Pandemic impact on a healthy lifestyle among adults ages 50+ by location: Urban

Less than one in five adults (15%) ages 50+ live in an urban area. These residents report an increased snack consumption, especially for sweets, however at a slightly lower level (26%) than residents of rural and suburban areas.

Location type

Impact on diet

Many urbanites blame this increased snack consumption on watching TV (62%).

Top 3 reasons for diet changes

Source: 2021 AARP Healthy Living Survey ©2021 AARP ALL RIGHTS RESERVED

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Urban area residents also stated they have higher stress levels, but compared to others, fewer urbanites report an increase: urban (38%) vs. rural (43%) vs. suburban (45%).

Stress levels

Stress levels increased the least among urban residents.

38%↑

Exercise time

The pandemic limited exercise for many, regardless of where they were, but exercise is on the up overall.

Day-to-day activities currently doing today