Pandemic impact on a healthy lifestyle among LGBTQ+ adults ages 50+

Six in ten (59%) of LGBTQ+ adults ages 50+ agree (completely or somewhat) that their health felt out of control last year.

LGBTQ Health has felt out of control in the last year

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Nearly half (47%) of LGBTQ+ adults ages 50+ say it has been harder to maintain a healthy lifestyle in the last year. However, two-thirds (68%) intend to make improvements to their health by getting regular exercise and nearly half (44%) are again engaging in social activities by visiting with family and friends.

Maintaining a healthy lifestyle

Desired improvements to health

Current activities