Report of Findings
May 2010
More than 20 years ago, two innovative Minnesota Nurse Practitioners had a vision of the future that would eventually change the model for health care coordination nationwide and internationally. Through their years of care experience, they noticed that many people who entered nursing homes had difficulty seeing their primary care physicians regularly, making it harder for families to coordinate their care. As a result, nursing home residents were often in and out of hospitals and emergency rooms at great physical, emotional and financial cost to them and their families, and increased costs to the health care system.

The Solution was Evercare.

By assigning a Nurse Practitioner to every Evercare member, these neediest Medicare beneficiaries now had someone on their side – a trusted partner who helped coordinate their care by collaborating with doctors, nursing homes and the families. This personalized, compassionate care is known as the Evercare Care Model and today, Evercare Nurse Practitioners and Care Managers are still at the heart of what we do.

Focusing care back on the individual needs of members, Evercare has applied its pioneering Care Model to not only people in nursing homes, but also to serving people who live independently at home or have special needs, such as those who have chronic illnesses or disabilities. By personalizing our members’ care, Evercare has become the health care coordination program of choice for hundreds of thousands of people in 38 states through Medicare and Medicaid health plans.¹ The Evercare Care Model is also seen in a special program delivered through employers nationwide which provides more than 500,000 working caregivers access to support services.

Today, Evercare is one of the largest care coordination programs for individuals living with disabilities, long-term or advanced illness. Founded in 1987, Evercare serves members nationwide through its health plans for people in nursing homes and assisted living, hospice and palliative care and provides services to support family caregivers.

Evercare is part of Ovations, a division of UnitedHealth Group (NYSE:UNH) dedicated to the health care needs of Americans over age 50. For more information about Evercare, visit AboutEvercare.com

¹ Evercare Membership Source ending January 31, 2008
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Evercare first surveyed centenarians in 2006 to provide insight into one of the fastest-growing segments of the population. According to the U.S. Census Bureau, there are more than 84,000 centenarians in the United States today, and that number is projected to increase seven-fold to 580,000 by 2040. Since Evercare serves approximately 1,000 centenarians today, the company conducts this annual survey to bring greater awareness and education to the keys to living longer. The survey also provides an upbeat perspective on Older Americans – erasing some common perceptions around aging as well as showcasing how physical, mental and emotional well-being, when practiced properly, can prevent multiple chronic illnesses and thus, contribute to greater longevity. Most of the scientists and the medical community believe that longevity is based 20 percent on genetics and 80 percent on lifestyle choices.

This anecdotal survey of our cherished Older Americans is meant to provide a cultural snapshot of the lives and lifestyles of those who achieve and surpass the 100-year-old milestone through their actions – social networking, staying connected to world and current events, and health and wellness choices. As part of UnitedHealthcare, our mission is to help people live healthier, longer lives. By conducting this annual Evercare 100@100 Survey™ we uncover the secrets of the centenarians – those “life lessons” on how to age successfully from those who know it best – our “young at heart” centenarians.

This 2010 poll supplemented the telephone responses of centenarians with an online survey of college seniors to identify the sometimes surprising similarities – as well as striking differences – between these two groups of “seniors.”

Background and Objectives
Research Firm

GfK Roper Public Affairs & Media is a division of GfK Custom Research North America. The division specializes in customized public opinion polling, media and communications research, and corporate reputation measurement -- in the U.S. and globally. Headquartered in New York, GfK Custom Research North America is part of the GfK Group, which is among the top-five market research organizations in the world.

Methodology

GfK Roper interviewed 100 centenarians (ages 99 and higher at the time of the interview) by telephone between March 22 - April 1, 2010, obtained from a non-probability sample of older Americans. The poll did not include older respondents whose potentially frail condition would not allow them to participate in a telephone interview. Therefore, the responses from these centenarians should be interpreted as being indicative (not statistically representative) of the views of healthy and articulate Americans in this age range.

GfK Roper also conducted a total of 1,002 online interviews between March 22 – April 2, 2010 with U.S. residents age 20-22 who expect to graduate from a 4-year college or university in 2010.
The Economy:

- 48% say that the recession has not impacted their ability to continue living out their retirement/end of life plans
- 30% think the current recession is at least somewhat more severe than even the Great Depression

Health, Wellness, Lifestyle:

- 74% felt prepared to reach the age of 100 years old
- 47% say that lifestyle choices are the key to longevity
- 76% believe it is more important to maintain a healthy attitude than a healthy weight
- 32% regularly eat organic food
- 62% pray, meditate or engage in a “spiritual” activity daily
- 17% currently do some type of volunteer work

Staying Connected:

- 12% have listened to music on an iPod or similar device
- 11% have watched a video on YouTube
- 8% sent a text or instant message
- 5% used TiVo to watch a TV program later
- 1% have used Nintendo’s Wii Fit

Pop Culture:

- Betty White (57%) edges out perennial favorite Bill Cosby (55%) as top dinner guest pick
- 57% would not invite Tiger Woods to dinner, as opposed to the 2008 poll where he was the #2 dinner pick
- 55% know who Taylor Swift is, and 53% know about Kanye West
- 28% think parents do the most “good” in our society
Similarities & Differences of Centenarians and College Seniors

“You say tomato and I say tomata …”

Similarities

- **Making good health choices:** Both groups agree that senior citizens do a better job than college students of taking care of their health
- **Social butterflies:** Large majorities in both groups think that it is more important to maintain an active social life than an active sex life as you age
- **Leaving a legacy:** A sizeable number in each group would like to be remembered as good parents, while good employee and good boss are less important to both groups
- **Girl Power:** Two-thirds or more of these centenarians and college seniors agree that women volunteer more than men

Differences

- **Home or away:** If they only had six months to live, many of these centenarians would use that time to make things easier on their family, while college seniors would take a trip to see somewhere they have always wanted to go
- **Good night, sleep tight:** More of the centenarians polled say they get a full eight hours or more of sleep every night versus the more than half of college seniors who say they do not get a full eight hours or more
- **Goodie Goodie:** In addition to parents, these centenarians think spiritual leaders do the most “good” in our society, whereas college seniors give this honor to teachers
- **Depression vs. Recession:** Compared to these centenarians, the college seniors seem to be feeling the effects of the “Great Recession” with two-thirds saying they fear the job market after graduation and just under half who say the stress and anxiety of the recession has made them less healthy
“If I could leave any message, never stop learning. Period. That's it,” said Evercare member and Maryland-based Centenarian Maurice Eisman.
Staying Connected: Health, Wellness, and Community

On the Move
- These Centenarians do the following at least once a week to stay healthy:
  - 41% walk or hike
  - 32% do gardening
  - 32% eat organic food
  - 6% practice Tai Chi, yoga or meditate
  - 5% play a sport such as basketball, tennis, baseball, or soccer
  - 4% ride a bike
  - 2% run

Take care daily
- These Centenarians’ daily routine includes:
  - 82% talk to/communicate with a friend or family member
  - 75% eat nutritiously balanced meals
  - 75% get 8 hours or more of sleep
  - 72% laugh or giggle

Longevity is in the choices
- 47% of these Centenarians and 36% of College Seniors believe that lifestyle choices contribute more to living longer than genetics do
- 13% of these Centenarians said both equally play a role while 60% of College Seniors think this is the case
Staying Connected: Health, Wellness, and Community

Living to 100.

Be prepared and take care

- **74%** of these Centenarians report being prepared to reach the age of 100, while slightly more College Seniors at **77%** feel they will be ready for their 100th birthday.
- **84%** of these Centenarians think senior citizens take better care of themselves than college students and **74%** of College Seniors agree.
- More than half of these Centenarians and College Seniors see **medical breakthroughs** such as polio and small pox vaccines and artificial limbs as the most important thing that has happened in the last 100 years.
- Majorities in each group agree that it is more **important** to maintain **mental health** as you age, but majorities in each group admit that it is **harder** to maintain **physical health**.
- College Seniors think it is more **important** to maintain a **clear conscience** than a clear memory and these Centenarians were split between a clear conscience and a clear memory, but both feel it is more **difficult** to maintain a **clear memory**.
- With chronic illness, **26%** of these Centenarians think researchers will find a cure for Cancer, while **26%** of College Seniors believe Diabetes will be cured first.
Staying Connected: Health, Wellness, and Community

Giving back can make you healthier and happier.

President’s Call To Action for Volunteers – Heard Across the Lifespan

- 17% of these Centenarians report they *currently* volunteer to help others in their communities and 71% of College Seniors report lending a helping hand as well

Serving your community, your country, and yourself

- 68% of these Centenarians and 66% of College Seniors strongly agree that volunteering can help create a stronger, healthier America
- 66% of these Centenarians and 70% of College Seniors strongly agree that volunteering is an important service to your community
- 67% of these Centenarians and 57% of College Seniors strongly agree that volunteering makes people happier
Staying Connected: Technology

One key to longevity is staying engaged with family, friends, and current events.

The Silver Hairs Love “Silverware”

- 12% of these Centenarians listened to music on an iPod or similar device
- 11% of these Centenarians have watched a video on YouTube
- 8% of these Centenarians have sent a text message or instant message
- 5% of these Centenarians have used TiVo to watch a TV program later
- 4% of these Centenarians said they have used Google
- 2% of these Centenarians have used Facebook
- 1% of these Centenarians have used an online dating service
- 1% of these Centenarians have used an “app” on an iPhone or similar device
- 1% of these Centenarians have tried Nintendo’s Wii Fit
Great Depression or Not?
- 30% of these Centenarians are inclined to think that the great recession is much more or somewhat more severe than even the 1930s Great Depression that hit when they were young adults while only 17% of College Seniors report the same.

Youth Are Feeling the Impact on Their Current Life Situations
- 19% of these Centenarians say the recession has caused them stress or anxiety that has made them feel less healthy, whereas 46% of College Seniors feel their health has been similarly affected.

Controlling the Future
- 35% of these Centenarians report that the recession has impacted their ability to live out their retirement and 69% of College Seniors believe the economic downturn will impact their ability to find a job upon graduation.
These Centenarians are staying on top of “newsmakers” with Betty White being the top choice for a dinner guest.

Guess who’s coming to dinner? Cosby wins again among College Seniors, but Betty White takes the lead among these Centenarians

- Similar to last year’s survey, Bill Cosby scores the majority of votes among College Seniors (72%) while these Centenarians would prefer to invite Betty White to a family dinner (57%), ending Cosby’s two year winning streak. Still, 55% of these Centenarians would invite him home for a family dinner placing him in a close second.

- College Seniors are next likely to invite Brad Pitt over (69%), whereas 43% of these Centenarians do not know who Brad Pitt is.

- Perhaps based on his current woes, 57% of these Centenarians and 54% of College Seniors would not invite Tiger Woods to a family dinner – even though he was the #2 dinner guest pick in the 2008 poll. This is not out of ignorance, 96% of these Centenarians and 95% of College Seniors know who Tiger Woods is.
"I think everybody should have something to say in what’s going on in their life and not just take everything for granted,” said 101-year-old Evercare member and Minnesota resident Marie Keeler.
Q1: Which of the following physical activities do you do regularly to be healthy? By regularly, we mean at least once a week.

- **Any (Net)**: 70% (Centenarians), 95%† (College Seniors)
  - Difference: -25
- **Walking or Hiking**: 41% (Centenarians), 74%† (College Seniors)
  - Difference: -33
- **Eating organic food**: 32% (Centenarians), 31% (College Seniors)
  - Difference: +1
- **Working in a garden**: 9% (Centenarians), 31%† (College Seniors)
  - Difference: +22
- **Yoga, Tai Chi or other form of mind/body/spirit activity**: 6% (Centenarians), 25%† (College Seniors)
  - Difference: -19
- **Sports like baseball, basketball, soccer, tennis**: 5% (Centenarians), 41%† (College Seniors)
  - Difference: -36
- **Bike riding**: 4% (Centenarians), 32%† (College Seniors)
  - Difference: -28
- **Running**: 2% (Centenarians), 54%† (College Seniors)
  - Difference: -52
- **None of these**: 5% (Centenarians), 30%† (College Seniors)
  - Difference: +25

† significantly different at the 95% level of confidence

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Health, Wellness, and Community

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[Image with diagram and data]
### Health, Wellness, and Community

#### Q2: Which of the following do you do EVERY day?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Centenarians</th>
<th>College Seniors</th>
<th>% Point Diff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any (Net)</td>
<td>100%†</td>
<td>99%</td>
<td>-1</td>
</tr>
<tr>
<td>Talk to/communicate with a friend or family member</td>
<td>82%</td>
<td>95%†</td>
<td>-13</td>
</tr>
<tr>
<td>Eat nutritiously balanced meals</td>
<td>44%</td>
<td>75%†</td>
<td>+31</td>
</tr>
<tr>
<td>Get 8 hours or more of sleep</td>
<td>49%</td>
<td>75%†</td>
<td>+26</td>
</tr>
<tr>
<td>Laugh or giggle</td>
<td>72%†</td>
<td>93%†</td>
<td>-21</td>
</tr>
<tr>
<td>Pray, meditate or engage in some type of &quot;spiritual&quot; activity</td>
<td>62%†</td>
<td>38%</td>
<td>+24</td>
</tr>
<tr>
<td>Exercise (walk, tai chi, sports, yoga, etc.)</td>
<td>54%</td>
<td>33%</td>
<td>-13</td>
</tr>
<tr>
<td>Work at a job or hobby</td>
<td>67%†</td>
<td>70%†</td>
<td>-37</td>
</tr>
<tr>
<td>None of these</td>
<td>1%</td>
<td></td>
<td>+1</td>
</tr>
</tbody>
</table>

† significantly different at the 95% level of confidence
Q12: Do you believe living longer is based more upon genetics or lifestyle choices?

- Genetics: 22%†
- Lifestyle choices: 47%†
- Both equally: 60%†
- Neither: 4%†
- Don’t know/Refused: 14%†

% Point Diff

+18  +11  -47  +3  +14

† significantly different at the 95% level of confidence
Q23: Who do you think takes better care of themselves when it comes to health: college students or senior citizens?

Centenarians

- Don't know/Refused, 11%
- College students, 5%
- Senior citizens, 84%†

College Seniors

- College students, 26%†
- Senior citizens, 74%

† significantly different at the 95% level of confidence
Q28: How well prepared would you say you were/do you think you would be if you were to reach the age of 100?

Centenarians

- Very/Somewhat prepared (Net), 74%
- Not too/Not at all prepared (Net), 15%
- Don’t know/Refused, 11%†

College Seniors

- Very/Somewhat prepared (Net), 77%
- Not too/Not at all prepared (Net), 23%

† significantly different at the 95% level of confidence
Q3, Q5, Q7, Q9: Which of the following do you feel is more important to maintain as you age?

- Mental health: 54% Centenarians, 55% College Seniors
- Physical health: 21% Centenarians, 46%† College Seniors
- Healthy weight: 17% Centenarians, 36%† College Seniors
- Healthy attitude: 64% Centenarians, 76%† College Seniors
- Active social life: 79% Centenarians, 75% College Seniors
- Active sex life: 9% Centenarians, 25%† College Seniors
- Clear memory: 40% Centenarians, 41% College Seniors
- Clear conscience: 43% Centenarians, 59%† College Seniors

† significantly different at the 95% level of confidence
**Health, Wellness, and Community**

Q4, Q6, Q8, Q10: Which of the following do you feel is more difficult to maintain as you age?

<table>
<thead>
<tr>
<th>Category</th>
<th>Centenarians</th>
<th>College Seniors</th>
<th>% Point Diff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health</td>
<td>25%</td>
<td>25%</td>
<td>0</td>
</tr>
<tr>
<td>Physical health</td>
<td>56%</td>
<td>75%†</td>
<td>-19</td>
</tr>
<tr>
<td>Healthy weight</td>
<td>24%</td>
<td>74%†</td>
<td>-50</td>
</tr>
<tr>
<td>Healthy attitude</td>
<td>26%</td>
<td>54%†</td>
<td>+28</td>
</tr>
<tr>
<td>Active social life</td>
<td>34%</td>
<td>39%</td>
<td>-5</td>
</tr>
<tr>
<td>Active sex life</td>
<td>39%</td>
<td>47%</td>
<td>-14</td>
</tr>
<tr>
<td>Clear memory</td>
<td>25%</td>
<td>57%</td>
<td>-4</td>
</tr>
<tr>
<td>Clear conscience</td>
<td>39%†</td>
<td>61%</td>
<td>-14</td>
</tr>
</tbody>
</table>

† significantly different at the 95% level of confidence
Health, Wellness, and Community

Q24: Have you volunteered over the last 6 months?

Centenarians
- Yes, 17%
- No, 81%†
- Don’t know/Refused, 2%

College Seniors
- Yes, 71%†
- No, 25%
- Don’t know/Refused, 3%

† significantly different at the 95% level of confidence
Q25: In general, do you think that men or women do more volunteer work?

Centenarians

- Women, 72%
- Men, 5%
- They volunteer the same amount, 11%
- Don’t know/Refused, 12%

College Seniors

- Women, 67%
- Men, 2%
- They volunteer the same amount, 24%
- Don’t know/Refused, 8%

† significantly different at the 95% level of confidence
Health, Wellness, and Community

Q26: Which of these statements comes closer to your opinion?

Centenarians

- Overall, people around my age do as much volunteer work as should be expected of them, 52%†
- Overall, people around my age should volunteer more than they already do, 22%
- Don't know/Refused, 26%†

College Seniors

- Overall, people around my age do as much volunteer work as should be expected of them, 24%
- Overall, people around my age should volunteer more than they already do, 76%†

† significantly different at the 95% level of confidence
Q27: Please indicate whether you strongly agree, somewhat agree, somewhat disagree or strongly disagree with the following statements.

<table>
<thead>
<tr>
<th>Statement</th>
<th>% Point Diff</th>
<th>Top 2 box (Strongly/Somewhat agree)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteering improves physical health</td>
<td>0</td>
<td>79%</td>
</tr>
<tr>
<td>Volunteering improves emotional health</td>
<td>-5</td>
<td>87%</td>
</tr>
<tr>
<td>Volunteering makes people happier</td>
<td>-4</td>
<td>89%</td>
</tr>
<tr>
<td>Volunteering builds self-esteem</td>
<td>-8</td>
<td>83%</td>
</tr>
<tr>
<td>Through volunteering, one person can make a real difference</td>
<td>-4</td>
<td>89%</td>
</tr>
<tr>
<td>Volunteering is an important service to your community</td>
<td>-4</td>
<td>92%</td>
</tr>
<tr>
<td>Volunteering can help create a stronger, healthier America</td>
<td>-4</td>
<td>90%</td>
</tr>
<tr>
<td>Volunteering keeps people physically active</td>
<td>0</td>
<td>86%</td>
</tr>
<tr>
<td>Volunteering provides networking and career development opportunities</td>
<td>-23</td>
<td>72%</td>
</tr>
</tbody>
</table>

† significantly different at the 95% level of confidence
Q11: In terms of chronic illness, which do you believe researchers will find a cure for first?

<table>
<thead>
<tr>
<th>Condition</th>
<th>Centenarians</th>
<th>College Seniors</th>
<th>% Point Diff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>26%†</td>
<td>16%</td>
<td>+10</td>
</tr>
<tr>
<td>Heart disease</td>
<td>11%</td>
<td>12%</td>
<td>-1</td>
</tr>
<tr>
<td>Alzheimer’s</td>
<td>8%</td>
<td>13%</td>
<td>-5</td>
</tr>
<tr>
<td>Rheumatoid arthritis/joint disease</td>
<td>8%</td>
<td>16%†</td>
<td>-8</td>
</tr>
<tr>
<td>Diabetes</td>
<td>7%</td>
<td>26%†</td>
<td>-19</td>
</tr>
<tr>
<td>COPD and other lung/respiratory diseases</td>
<td>2%</td>
<td>4%</td>
<td>-2</td>
</tr>
<tr>
<td>AIDS</td>
<td>1%</td>
<td>9%†</td>
<td>-8</td>
</tr>
<tr>
<td>Multiple sclerosis</td>
<td>3%</td>
<td></td>
<td>-3</td>
</tr>
<tr>
<td>Don’t know/Refused</td>
<td>37%†</td>
<td></td>
<td>+37</td>
</tr>
</tbody>
</table>

† significantly different at the 95% level of confidence
Q13: How spiritual would you say you are?

- **Centenarians**
  - Not too/Not at all spiritual (Net): 15%
  - Very/Somewhat spiritual (Net): 77%

- **College Seniors**
  - Not at all spiritual: 11%
  - Not too spiritual: 34%
  - Somewhat spiritual: 23%
  - Very spiritual: 46%

† significantly different at the 95% level of confidence
**Staying Connected: Technology**

**Q15: Have you ever...**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Centenarians</th>
<th>College Seniors</th>
<th>Diff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listened to music on an iPod or similar device</td>
<td>12%</td>
<td>100%†</td>
<td>-88</td>
</tr>
<tr>
<td>Watched a video on YouTube</td>
<td>11%</td>
<td>100%†</td>
<td>-89</td>
</tr>
<tr>
<td>Sent someone a text message or instant message</td>
<td>8%</td>
<td>99%†</td>
<td>-91</td>
</tr>
<tr>
<td>Used TiVo to watch a TV program later</td>
<td>5%</td>
<td>65%†</td>
<td>-60</td>
</tr>
<tr>
<td>Used Google</td>
<td>4%</td>
<td>100%†</td>
<td>-96</td>
</tr>
<tr>
<td>Read an eBook on a Nook or Kindle or similar device</td>
<td>2%</td>
<td>26%†</td>
<td>-24</td>
</tr>
<tr>
<td>Used Facebook</td>
<td>2%</td>
<td>97%†</td>
<td>-95</td>
</tr>
<tr>
<td>Used an online dating service</td>
<td>1%</td>
<td>17%†</td>
<td>-16</td>
</tr>
<tr>
<td>Used Nintendo’s WiiFit</td>
<td>1%</td>
<td>62%†</td>
<td>-61</td>
</tr>
<tr>
<td>Use an &quot;app&quot; on an iPhone or similar device</td>
<td>1%</td>
<td>75%†</td>
<td>-74</td>
</tr>
<tr>
<td>Used Twitter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cast a vote for a reality TV show</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>None of these</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

† significantly different at the 95% level of confidence
Q21: Which one of these do you think is the most important thing that has happened in the last 100 years?

**Centenarians**
- Technology breakthroughs: electricity, computers, mobile communications 33%
- Medical breakthroughs: polio & small pox vaccines, artificial limbs, fertility techniques, etc. 53%
- Don’t know/Refused 14%†

**College Seniors**
- Medical breakthroughs: polio & small pox vaccines, artificial limbs, fertility techniques, etc. 52%
- Technology breakthroughs: electricity, computers, mobile communications 48%

† significantly different at the 95% level of confidence
Q14: If you only had 6 months to live, what is the ONE most important thing you would want to ensure you did?

- Make things easier on your family: 31%†
- Make sure you say good-bye to family, friends: 16% +33%†
- Get your finances in order: 15%†
- Eliminate any pain you might be experiencing: 12%†
- Embrace your faith more strongly: 9% +15%
- Take a trip or visit a place you always wanted to: 3% +37%†
- Don’t know/Refused: 14%†

% Point Diff

† significantly different at the 95% level of confidence
Q22: How important is it to you to be remembered in each of the following ways

<table>
<thead>
<tr>
<th>Role</th>
<th>Top box (Very important)</th>
<th>% Point Diff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good parent</td>
<td>89%</td>
<td>92% (-3)</td>
</tr>
<tr>
<td>Good spouse</td>
<td>78%</td>
<td>91%† (-13)</td>
</tr>
<tr>
<td>Good boss</td>
<td>43%</td>
<td>40% (+3)</td>
</tr>
<tr>
<td>Good employee</td>
<td>60%†</td>
<td>48% (+12)</td>
</tr>
<tr>
<td>Good citizen</td>
<td>78%†</td>
<td>52% (+26)</td>
</tr>
<tr>
<td>Good follower of your faith</td>
<td>70%†</td>
<td>38% (+32)</td>
</tr>
<tr>
<td>Good friend</td>
<td>76%</td>
<td>92%† (-16)</td>
</tr>
</tbody>
</table>

† significantly different at the 95% level of confidence
Q20: From the following list, who do you feel does the most "good" in our society?

<table>
<thead>
<tr>
<th>Role</th>
<th>% College Seniors</th>
<th>% Centenarians</th>
<th>Diff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>24%</td>
<td>28%</td>
<td>+4</td>
</tr>
<tr>
<td>Spiritual leaders</td>
<td>9%</td>
<td>23%†</td>
<td>+14</td>
</tr>
<tr>
<td>Teachers</td>
<td>13%</td>
<td>39%†</td>
<td>-26</td>
</tr>
<tr>
<td>Nurses</td>
<td>8%</td>
<td>14%</td>
<td>-6</td>
</tr>
<tr>
<td>Policemen</td>
<td>5%</td>
<td>8%</td>
<td>+3</td>
</tr>
<tr>
<td>Firemen</td>
<td>5%</td>
<td>9%</td>
<td>-4</td>
</tr>
<tr>
<td>Presidents &amp; Politicians</td>
<td>2%†</td>
<td>13%†</td>
<td>+2</td>
</tr>
<tr>
<td>Don’t know/Refused</td>
<td></td>
<td></td>
<td>+13</td>
</tr>
</tbody>
</table>

† significantly different at the 95% level of confidence
Q19: Who do you believe is the most inspirational leader of the last 100 years?

<table>
<thead>
<tr>
<th>Leader</th>
<th>Centenarians</th>
<th>College Seniors</th>
<th>% Point Diff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reverend Billy Graham</td>
<td>18%†</td>
<td>2%</td>
<td>+16</td>
</tr>
<tr>
<td>Franklin Delano Roosevelt</td>
<td>15%†</td>
<td>9%</td>
<td>+6</td>
</tr>
<tr>
<td>Pope John Paul II</td>
<td>11%†</td>
<td>3%</td>
<td>+8</td>
</tr>
<tr>
<td>Ronald Reagan</td>
<td>11%†</td>
<td>5%</td>
<td>+6</td>
</tr>
<tr>
<td>John F. Kennedy</td>
<td>9%</td>
<td>6%</td>
<td>+3</td>
</tr>
<tr>
<td>Martin Luther King, Jr.</td>
<td>6%</td>
<td>6%</td>
<td>-32</td>
</tr>
<tr>
<td>Mother Theresa</td>
<td>5%</td>
<td>9%</td>
<td>-4</td>
</tr>
<tr>
<td>Oprah Winfrey</td>
<td>2%</td>
<td>3%</td>
<td>-1</td>
</tr>
<tr>
<td>President Barack Obama</td>
<td>2%</td>
<td>3%</td>
<td>-1</td>
</tr>
<tr>
<td>Winston Churchill</td>
<td>2%</td>
<td>6%</td>
<td>-4</td>
</tr>
<tr>
<td>Mahatma Gandhi</td>
<td>2%</td>
<td>2%</td>
<td>-11</td>
</tr>
<tr>
<td>Dalai Lama</td>
<td>3%</td>
<td>3%</td>
<td>-3</td>
</tr>
<tr>
<td>Don't know/Refused</td>
<td>17%†</td>
<td>2%</td>
<td>+17</td>
</tr>
</tbody>
</table>

† significantly different at the 95% level of confidence
Q31: Compared to the Great Depression, would you say that the current economic downturn is …

More Severe (Net): 30%†
- Much more severe: 12%†
- Somewhat more severe: 18%
- Somewhat less severe: 24%
- Much less severe: 28%

Less Severe (Net): 52%
- Much more severe: 3%
- Somewhat more severe: 14%
- Somewhat less severe: 83%†
- Much less severe: 30%

† significantly different at the 95% level of confidence
Q29: Has the recession impacted your ability to continue living out your retirement/end of life plans?/Do you feel the recession will impact your ability to find a job right after graduation?

Centenarians

- Yes, 35%
- No, 48%
- Don’t know/Refused, 17%

College Seniors

- Yes, 69%
- No, 23%
- Don’t know/Refused, 8%

† significantly different at the 95% level of confidence
Q30: Has the recession caused you stress or anxiety that has made you feel less healthy?

Centenarians

- Yes, 19%
- No, 70%†
- Don’t know/Refused, 11%†

College Seniors

- Yes, 46%†
- No, 51%
- Don’t know/Refused, 4%

† significantly different at the 95% level of confidence
Percent of centenarians saying they know who this person is*

- Bill Clinton: 93%
- Bill Cosby: 86%
- Michelle Obama: 86%
- Betty White: 83%
- Elton John: 82%
- Sarah Palin: 79%
- Nancy Pelosi: 78%
- Ellen DeGeneres: 74%
- Angelina Jolie: 60%
- Brad Pitt: 57%
- Simon Cowell: 56%
- Taylor Swift: 55%
- Lady Gaga: 55%
- Peyton Manning: 54%
- Kanye West: 53%
- Lindsay Vonn: 52%

* Derived from Q16: “For each of the following people, please say whether you would invite them to a family dinner or not. If you don’t know who this person is, please say so.”
Q9: For each of the following people, please say whether you would invite them to a family dinner or not. If you don’t know who this person is, please say so.

Percent saying “would invite”

- Betty White: 47% (Centenarians), 57% (College Seniors)
- Bill Cosby: 55% (Centenarians), 72%† (College Seniors)
- Bill Clinton: 54% (Centenarians), 58% (College Seniors)
- Michelle Obama: 31% (Centenarians), 44%† (College Seniors)
- Sarah Palin: 33% (Centenarians), 61%† (College Seniors)
- Nancy Pelosi: 21% (Centenarians), 31%† (College Seniors)
- Elton John: 24% (Centenarians), 50%† (College Seniors)
- Ellen DeGeneres: 21% (Centenarians), 65%† (College Seniors)
- Peyton Manning: 14% (Centenarians), 57%† (College Seniors)
- Angelina Jolie: 10% (Centenarians), 57%† (College Seniors)
- Brad Pitt: 9% (Centenarians), 69%† (College Seniors)
- Taylor Swift: 9% (Centenarians), 65%† (College Seniors)
- Simon Cowell: 9% (Centenarians), 39%† (College Seniors)
- Lindsay Vonn: 8% (Centenarians), 30%† (College Seniors)
- Kanye West: 7% (Centenarians), 27%† (College Seniors)
- Lady Gaga: 4% (Centenarians), 45%† (College Seniors)

† significantly different at the 95% level of confidence
Q18: What about Tiger Woods? Would you invite Tiger Woods to a family dinner?

Centenarians
- Yes, 39%
- No, 57%
- Don’t know/Refused, 4%

College Seniors
- Yes, 42%
- No, 54%
- Don’t know/Refused, 5%

† significantly different at the 95% level of confidence
Centenarians

Gender:
- 74% Female
- 26% Male

Ethnicity:
- 75% Caucasian
- 11% African American
- 11% Other
- 3% Prefer not to say

Marital Status:
- 1% Single, never married
- 14% Married
- 79% Widowed
- 6% Separated or divorced

62% live in these 10 states:
- 10% Michigan
- 9% Florida
- 9% Texas
- 7% New York
- 5% California
- 5% Missouri
- 5% Tennessee
- 4% Illinois
- 4% Indiana
- 4% Wisconsin

26% live in these 11 states:
- 3% Connecticut
- 3% Massachusetts
- 3% Ohio
- 3% Pennsylvania
- 2% Georgia
- 2% Iowa
- 2% Kentucky
- 2% Maryland
- 2% New Jersey
- 2% Utah
- 2% Washington

The balance live in the following 12 states (1 each):
- Alabama
- Arizona
- Idaho
- Maine
- Nebraska
- North Carolina
- Oklahoma
- Oregon
- South Carolina
- South Dakota
- Virginia
- Wyoming

33 states were represented in our sample of centenarians.
The Evercare 100@100 Survey™ each year has showcased the opinions of Centenarians and other generations on healthy aging and longevity. This year, as an addendum, we decided to ask some of our UnitedHealthcare medical and clinical experts to weigh in with their opinions. While our experts were not polled on the official survey questions, they do have some key observations from being on the front lines of serving Older Americans every day.
The Evercare Clinical Care Model

- Integrated care management to support the full spectrum of health and well-being
- Holistic approach from a multi-disciplinary team of professionals, including physicians, nurses, social workers, therapists and other specialists
- Work with members and their families, caregivers and providers to create a personalized plan of care
- Care Managers:
  - Anticipate, identify and resolve members’ health issues and related needs before they become crises
  - Closely coordinate and integrate services and resources
  - Act as a vital communications link
  - Advocate for member and their family
  - Help members get the most from their coverage and benefits
  - Serve as a trusted guide to navigate the health care system
Ask the Experts:

*How does staying social, active and connected support longevity and good health?*
The year after Americans retire is one of the most statistically dangerous. It’s a huge transition – because people are leaving their work community and often move to other states, it can cut them off from their social networks. That can lead to isolation and poor lifestyle choices that allow chronic disease to creep in during later years and affect your long-term well being.

You’ve got to have a reason to get up in the morning. It’s essential to have a clear sense of how you can contribute in a tangible, meaningful way, and to have people who are counting on you for your contributions.

We tend to blame a lot of our health problems on heredity, but the fact is that we control a huge part of how we age. Genetics only affects about 25 percent of our health; the rest is up to us as individuals.
What the Experts Say: 
*Staying Social, Active and Connected*

- It’s important to establish good health habits early in life. But at the same time, it’s never too late to get started. For example, we’ve seen nursing home residents improve their muscle mass by more than 50 percent through simple strength exercises, helping them retain mobility, become more alert and avoid falls and fractures.

- Day-to-day movement is so important for your physical and mental well being. Dancing and balancing exercises can actually double your brain activity while improving your cardiovascular health and lowering stress.

- When you’re watching TV, your brain is close to a sleep state. Too much of that, or any other sedentary activity, and you really start to lose momentum. You’ve got to be willing to pull yourself out of routines; to get out of the house and get the blood pumping.
What the Experts Say:  
*Staying Social, Active and Connected*

- Having a spiritual component to your life is really valuable. That doesn’t have to mean organized religion; it’s an attitude that there’s something larger than I am, and I can be part of something beyond myself.

- There is no fountain of youth, no magic pill. You’ve got to be willing to put some effort into your health, to be honest about what you can to do live better and support your own well being.

- We shouldn’t be overly protective of our elders, telling them that they should stay inside or stop doing what they’ve always done. Isolation and depression are far more dangerous than any minor risks that come from living an active life.
Ask the Experts:

What are the key attributes you see among centenarians (and people in their 80s and 90s) that you feel contribute to their longevity?
In all my years as a geriatrician, I’ve never met a mean-spirited 100-year-old. People who reach this age are positive, compassionate and forgiving.

Healthy older adults are generally part of dynamic communities where they are woven into the social fabric. The community still expects them to look after the grandchildren, to tend the garden, to sew, to fish, to cook. These cultural attitudes reinforce the wisdom and value of our elders and position them as important, productive members of the community, instead of putting them in a corner and closing them off from day-to-day life.

People who are living well at an advanced age challenge themselves. They don’t just do what’s easy; they force themselves to keep going, to try new things and to be open to new ideas.
Older adults who are healthier tend to feel highly respected by their families and communities. They are asked for advice and invited to share their experiences. They are still seen as relevant, and that makes them feel optimistic about their lives.

People who live to 100 are the ones who keep doing what they love, even if they can’t do everything they used to. It’s natural to slow down, but it’s so important to stay close to the things that matter to you. For example, if you love classical music, keep going to concerts but be OK with leaving at intermission if you need to. You don’t have to do everything at the same intensity, just find ways to adapt and still enjoy what’s important to you.

Healthy older adults know how to let go of stress and anxiety. They don’t obsess over what they can’t control; they know how to move on, see the positives and enjoy life.
What the Experts Say: 
Key Attributes of America’s Centenarians

- People who live longer often have tightly knit, intergenerational social groups. They’re connected to their grandchildren and great-grandchildren, and they derive a lot of positive energy and hope from those relationships.

- People who live a long life don’t smoke. They maintain a healthy weight and eat a balanced diet with lots of fruits and vegetables. They incorporate activity into their daily lives. Ultimately, the factors that support healthy aging are the same behaviors that make us healthy at any age.

- The bottom line in longevity is consistent and clear: Be active until you can’t. Stay connected and engaged. That’s the common theme among people who live into their later years.
For full survey results, visit: Evercare100at100.com

For more information about Evercare, visit: AboutEvercare.com