



The United States of Aging Survey National Findings

The United States of Aging Survey, conducted by the National Association of Area Agencies on Aging (n4a), the National Council on Aging (NCOA), UnitedHealthcare and USA TODAY, examines American seniors' perspectives on aging and what communities can do to better support an increasing, longer-living senior population.

Now in its third year, the survey comprised 3,279 telephone interviews. To explore different perspectives on aging preparedness, the 2014 survey oversampled the following audiences:

- Low-income seniors (ages 60 and older with a household income of less than \$15,000);
- Socially-isolated seniors (ages 60 and older who live alone and express feelings of loneliness);
- Seniors 60 and older from Cleveland, Dallas and Newark, N.J.

Attitudes and Actions on Health

Overall, seniors are taking more proactive steps to improve their health than last year, and expressing more confidence about their health in future years than in 2013.

- More than a third (37 percent) of seniors say they exercise for 30 minutes or more every day, compared with 26 percent in 2013.
- More seniors nationally report setting health goals this year than in 2013 (53 percent compared with 47 percent); however, for low-income seniors, the trend is reversed—39 percent report setting health goals in 2014 compared with 45 percent in 2013.
- Seniors who set health goals, compared with those who did not, are more than twice as likely to be confident their health (28 percent compared with 9 percent) and overall quality of life (38 percent compared with 16 percent) will improve over the next five to 10 years.
- Seniors receiving support from loved ones are more likely to set health goals than those without support (55 percent compared with 46 percent).

Financial Foundation

Despite remaining concern for the future, seniors are increasingly confident in their financial stability this year compared to 2013 and 2012.

- More seniors find it easy to pay their monthly bills this year than in previous years (69 percent, compared with 66 percent in 2013 and 64 percent in 2012). However, 49 percent of seniors are concerned their savings and income will be sufficient to last the rest of their lives, down 4 percentage points since 2013.
- Socially-isolated seniors are less confident about their financial future. More than half (58 percent) are concerned their savings and income will not be sufficient to last the rest of their life (vs. 49 percent of seniors nationally), and 23 percent expect their financial situation to worsen over the next five to 10 years (compared with 20 percent of seniors nationally).
- Although nearly half (45 percent) of seniors wish they had saved more money for their later years, only 5 percent say being “financially secure” is the key to a positive outlook on life.

Support Network

A majority of seniors feel their community is putting resources in place to support an aging population, but point to areas where their community is falling short of meeting seniors' needs.

- More seniors (54 percent) say their community is doing enough to prepare for the needs of a growing senior population, compared with 49 percent in 2013. However, less than half (43



percent) of adults 18-59 agree.

- Seniors cite home maintenance (40 percent) and transportation (39 percent) as the areas they most anticipate needing help with in the future. While more than half of seniors (59 percent) say transportation support currently provided by their community is adequate, only 22 percent feel home maintenance help meets seniors needs.
- Both low-income and socially-isolated seniors are most likely to list transportation as the area they most anticipate needing help with in the future (53 percent and 48 percent, respectively).

To access the survey findings, visit www.ncoa.org/UnitedStatesofAging.

About The United States of Aging Survey

The United States of Aging Survey is an annual survey conducted by the National Association of Area Agencies on Aging, National Council on Aging, UnitedHealthcare and USA TODAY. For the 2014 survey, Penn Schoen Berland completed 3,279 telephone interviews from April 3, 2014, to May 6, 2014, including nationally representative samples of Americans 60 and older and adults 18-59. The margin of error for the national samples is +/-3.1 percent and between 6.17 percent and 6.2 percent for oversampled subpopulations. Data from general population samples, the regional oversampled audiences and the oversampled audiences of seniors are weighted to U.S. Census Bureau demographic statistics in terms of age, gender, marital status, and race.

About n4a

The National Association of Area Agencies on Aging (n4a) is the leading voice on aging issues for the 618 Area Agencies on Aging across the country and a champion in the nation's capital for the 246 Title VI Native American aging programs. n4a advocates on behalf of local aging agencies to ensure that needed resources and support services are available to older Americans and their caregivers. For more information, please visit www.n4a.org.

About the National Council On Aging

The National Council on Aging (NCOA) is the nation's leading nonprofit service and advocacy organization representing older adults and the community organizations that serve them. Our goal is to improve the health and economic security of 10 million older adults by 2020. For more than 60 years, NCOA has been a trusted voice and innovative problem-solver helping seniors navigate the challenges of aging in America. We work with local and national partners to give older adults tools and information to stay healthy and secure, and we advocate for programs and policies to improve the lives of all seniors, especially the most vulnerable. For more information, please visit www.ncoa.org.

About UnitedHealthcare

UnitedHealthcare is dedicated to helping people nationwide live healthier lives by simplifying the health care experience, meeting consumer health and wellness needs, and sustaining trusted relationships with care providers. The company offers the full spectrum of health benefit programs for individuals, employers and Medicare and Medicaid beneficiaries, and contracts directly with more than 800,000 physicians and care professionals, and 6,000 hospitals and other care facilities nationwide. Globally, UnitedHealthcare serves more than 45 million people in health benefits and is one of the businesses of UnitedHealth Group (NYSE: UNH), a diversified Fortune 50 health and well-being company

