

Seniors and Health - US - December 2018

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"The number of Seniors, adults aged 65+, is on the rise. By 2023, the US population of Seniors will be 61.6 million strong, accounting for 23.2% of the total US population – up from 20.6% in 2018. Today's Seniors express a positive, realistic attitude toward health."

- Marissa Gilbert, Associate Director - Health & Wellness

This report looks at the following areas:

- Seniors lack attention to weight management and mental health
- Loneliness is a key issue
- Incomes among Senior households are lower

Focusing on preventive health and self-care seem to drive Seniors' contentment and confidence in their ability to take care of their own wellbeing. While Seniors are increasingly tech-savvy, they remain dedicated to the basics of health management and prioritize enjoyment in their golden years.

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Table of Contents

Overview

What you need to know

Definition

Executive Summary

Overview: Seniors represent fastest growing segment of US population

Figure 1: Population aged 18 or older, by age, 2018-23

The issues

Seniors lack attention to weight management and mental health

Figure 2: Health conditions – Seniors vs all, August 2018

Loneliness is a key issue

Figure 3: Mental health management, by household size and marital status, August 2018

Incomes among Senior households are lower

Figure 4: Household income distribution, shares by age of householder, 2016

The opportunities

Seniors maintain a positive health outlook

Figure 5: Attitudes toward health and wellbeing, August 2018

Preventive health and self-care are essential wellness tools for Seniors

Figure 6: Motivations for living healthy, August 2018

Seniors continue to work

Figure 7: Labor force participation rate of adults aged 65 and older, by age, 1996-2026

What it means

Seniors – What You Need to Know

With the arrival of Boomers, Senior population continues to grow

Women represent larger share of Senior population

Seniors have lower household incomes

Senior population dominated by White non-Hispanics

Married Seniors face the prospect of becoming widowed as they age

Medicare serves the healthcare needs of the Senior population

Dip in life expectancy among Americans

Seniors are staying employed longer

Seniors by the Numbers

US population continues to age

Figure 8: Population aged 18 or older, by age, 2013-23

Senior women outnumber Senior men

Figure 9: Population aged 65 or older, by gender and age, 2013-23

Incomes among Senior households are lower

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Figure 10: Household income distribution, shares by age of householder, 2016

Senior population dominated by non-Hispanic Whites

Figure 11: Distribution of the population, by age and race/Hispanic origin, 2018

Seniors' marital status and living situation change with age

Figure 12: Distribution of households, by age of householder and type of household, 2017

Figure 13: Marital status, by age, 2017

Market Perspective

Medicare serves Senior population

Figure 14: Health insurance coverage, August 2018

Figure 15: Attitudes toward healthcare, August 2018

Figure 16: Attitudes about healthcare costs, by age, August 2018

Market Factors

After decades of increases, life expectancy among Americans drops

Figure 17: Life expectancy in the US, 1940-2016

The Boomers are here

Figure 18: Population, by generation, 2018

Seniors remain in the labor force

Figure 19: Labor force participation rate of adults aged 65 and older, by age, 1996-2026

Figure 20: Unemployment and underemployment, January 2007-October 2018

Key Players – What You Need to Know

Seniors prioritize proactive, self-care

Health coverage meets the needs of most Seniors

Loneliness and other mental health issues hard to diagnosis in Seniors

Seniors less engaged in weight management

Exercise offers opportunity to engage Seniors

Tech-savvy Seniors? – increasingly so!

Boomers change Senior living with wellness demands

What's In?

Preventative health and self-care are important to Seniors

Figure 21: Frequency of practicing self-care, by age, October 2017

Figure 22: Usage of select vitamins, minerals, and supplements, by age, June 2018

Figure 23: Health attributes sought, by age, May 2018

Seniors are satisfied with health coverage

Figure 24: Health attributes sought, by age, May 2018

What's Struggling?

Seniors struggle with mental health as a taboo subject

Figure 25: Mental health management – Seniors vs all, August 2018

Loneliness is a key issue

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Figure 26: Mental health management, by gender, household size, and marital status, August 2018

Fewer Seniors manage their weight

Figure 27: Weight management – Seniors vs all, August 2018

What's Next?

Engage Seniors in exercise

Figure 28: Exercise frequency, by age, September 2018

Smart tech offers promise for Seniors

Boomers want wellness as part of Senior living

Figure 29: Perceptions of retirement communities, February 2016

The Consumer – What You Need to Know

Mobility and chronic illness are key health focuses among Seniors

Seniors are active health managers

Prevention of sickness and pain motivate Seniors to live healthfully

Seniors trust their doctors for health information

Seniors are confident in their ability to take care of their own wellbeing

Health Focuses

Seniors focus on mobility and managing chronic illnesses

Figure 30: Health focuses – Seniors vs all, August 2018

Low-income Seniors are less focused on exercise

Figure 31: Health focuses, by income, August 2018

Senior women taking a more holistic approach

Figure 32: Health focuses, by gender, August 2018

Health Management

Seniors take care of basics but eschew mental health

Figure 33: Health condition management, August 2018

Senior women show a better response toward mental health care

Figure 34: Health condition management – Mental health, by gender, August 2018

Weight challenges younger Seniors, aging ailments have a greater impact on older Seniors

Figure 35: Currently managing body weight, heart health, arthritis, bone density, and urinary issues, by age, August 2018

Low-income Seniors less likely to treat oral health

Figure 36: Health condition management – Dental health, by income, August 2018

Arthritis and bone density management sought by Senior women

Figure 37: Health condition management – Arthritis and bone density health, by gender, August 2018

Motivations for Healthy Living

Seniors focus on mobility and managing chronic illnesses

Figure 38: Motivations for living healthy – Seniors vs all, August 2018

Senior men are motivated by their spouse/partner

Figure 39: Motivations for living healthy, by gender, August 2018

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Higher-income Seniors take part in proactive care to enjoy retirement, travel

Figure 40: Motivations for living healthy, by income, August 2018

Information Sources

Medical professionals provide the most trustworthy information

Figure 41: Information sources, August 2018

Senior women more apt than men to trust online and news sources

Figure 42: Information sources, by gender, August 2018

Higher-income Seniors have trust in medical professionals

Figure 43: Information sources, by income, August 2018

Attitudes toward Health and Wellbeing

Seniors happy and confident in their health management

The mental health discussion

Wearable devices offer opportunity

Figure 44: Attitudes toward health and wellbeing, August 2018

Senior women keep up with health trends

Figure 45: Attitudes toward health and wellbeing – Net agree, by gender, August 2018

Younger Seniors don't think of themselves as old

Figure 46: Attitudes toward health and wellbeing – Net agree, by age, August 2018

Lower-income Seniors regret past choice and have less hope for change

Figure 47: Attitudes toward health and wellbeing – Net agree, by income, August 2018

Appendix – Data Sources and Abbreviations

Data sources

Consumer survey data

Abbreviations and terms

Abbreviations

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