



The United States of Aging Survey African-American Findings

With seniors living longer and more active lives, and with more than 77 million baby boomers turning 65 at a rate of 10,000 per day, the United States is experiencing historic growth in the 65-plus demographic. This growth is pressing communities to think differently and more broadly about a whole host of issues: housing, transportation, social services, cultural offerings, and health and wellness programs, to name just a few. The ultimate question is: Are we as individuals and communities ready for an aging population?

To examine this question, the National Council on Aging (NCOA), UnitedHealthcare and USA TODAY created The United States of Aging Survey. In its inaugural year, the survey included a nationally representative sample of 1,000 Americans aged 60 and older, and oversamples of 250 respondents in Dallas, upstate New York, Milwaukee, Miami and Orange County, Calif., who shared their perspectives on their own individual readiness for aging as well as their perceptions of their community's resources for senior residents. The below findings represent responses from African-American seniors included in the national sample (N = 90).

Outlook

African-American seniors are optimistic about their future health and happiness – sometimes even more so than seniors in the national sample – and the majority are content with their communities.

- Compared to the national average, African-American seniors are more than twice as confident that their quality of life will get much or somewhat better in the next five to 10 years (62 percent vs. 30 percent nationally).
- Eighty-four percent are confident in their ability to do the things needed to maintain their health over the next five to 10 years, exactly the same as the national sample.
- Sixty-three percent report that their community helps them lead a happy and healthy life, compared to 50 percent of the national sample.
- Sixty percent are confident their community will have all of the resources and services they need to lead a healthy and independent lifestyle for the next five to 10 years, compared to 63 percent of the national sample.

Financial Security

Economic difficulties are significantly more challenging for this group.

- Only 37 percent are confident their financial plan is sufficient to last for all of their retirement years, compared to 69 percent of the national sample.
 - Additionally, 25 percent don't have a financial plan, compared to 8 percent of the national sample.
- Thirty-five percent say it is somewhat or very difficult to pay their monthly living expenses, compared to 22 percent of the national sample.
- Of those who plan to stay in their homes as they age, 52 percent are doing so because they cannot afford the cost of moving their things, compared to 26 percent of the national sample.
- Thirty-nine percent are not very or not at all confident that they would have the ability to pay if an unexpected expense were to occur in their life today, compared to 19 percent of the national sample.

Health and Wellness

Health issues are a top concern for this population.

- More than two-thirds (68 percent) have someone they consider a caregiver, compared to 50 percent of the national sample.
- Thirteen percent are not confident that they know what their medications do and what side effects to watch for, compared to 4 percent of the national sample.
- Eighteen percent need long-term care or support services, compared to 8 percent of the national sample.
- Seventy-one percent are confident in their ability to do the tasks and activities needed to manage their health conditions so as to reduce their need to see a doctor, compared to 80 percent of the national sample.

To access full survey findings as well as results for seniors in Dallas, upstate New York, Miami, Milwaukee and Orange County, visit www.ncoa.org/UnitedStatesofAging or the newsroom at www.UnitedHealthGroup.com.

About the United States of Aging Survey

Penn Schoen Berland conducted 2,250 telephone interviews with Americans aged 60 and older between May 10 and June 6, 2012. This included a nationally representative sample of 1,000 respondents, and oversamples of 250 respondents in upstate New York, Milwaukee, Miami, Dallas and Orange County, Calif. The margin of error for the general population is +/-3.1 percent and 6.2 percent for each of the oversamples. The data is reflective of the U.S. Census Bureau demographic statistics in terms of gender, age, ethnicity, income, education and region.

About NCOA

The National Council on Aging is a nonprofit service and advocacy organization headquartered in Washington, D.C. NCOA is a national voice for millions of older adults—especially those who are vulnerable and disadvantaged—and the community organizations that serve them. It brings together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults. NCOA works with thousands of organizations across the country to help seniors find jobs and benefits, improve their health, live independently, and remain active in their communities. For more information, please visit: www.ncoa.org | www.facebook.com/NCOAging | www.twitter.com/NCOAging.

About UnitedHealthcare

UnitedHealthcare (www.uhc.com) 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 650,000 physicians and care professionals and 5,000 hospitals nationwide. UnitedHealthcare serves more than 38 million people and is one of the businesses of UnitedHealth Group (NYSE: UNH), a diversified Fortune 50 health and well-being company.

