



## **The United States of Aging Survey Hispanic Findings**

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**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 Hispanic seniors included in the national sample (N = 100).**

### **Outlook**

While Hispanic seniors look back on the past year of their life positively, they are less content with their communities today than the average American senior.

- Eighty-one percent of Hispanic seniors say the past year of their life has been normal or better than normal, compared to 65 percent of the national sample.
- Seventy-eight percent say that the past year of their life has been normal or better than normal in regard to their health, compared to 66 percent of the national sample.
- Just over half (53 percent) are satisfied with their community's resources and services, compared to 56 percent of the national sample.
- Forty-five percent say their community helps them lead a happy and healthy life, compared to 50 percent of the national sample.

### **Financial Security**

Although many Hispanic seniors face financial difficulties, the majority remains optimistic about the future.

- More than one-third of Hispanic seniors (34 percent) find it very or somewhat difficult to pay their monthly living expenses, higher than the national average of 22 percent.
- Sixty-one percent are very or somewhat confident that they would have the ability to pay if an unexpected expense were to occur in their life today, lower than the national average of 71 percent.
- Nearly two-thirds (65 percent) are very or somewhat confident that their financial plan is sufficient to last through retirement, compared to 69 percent of the national sample.
  - Nine percent do not have a financial plan for retirement, compared to 8 percent of the national sample.

### **Aging in Place**

The majority of Hispanic seniors are committed to staying in their current home for the near future, and many have made modifications to their homes to help make this possible.

- The vast majority of Hispanic seniors (95 percent) intend to continue living in their current home for the next five to 10 years, compared to 90 percent of the national sample.

- Just over a third of Hispanic seniors (34 percent) have made significant modifications to their home to help them age in place, compared to 21 percent of the national sample.

### **Community Resources and Support**

While nearly one in four Hispanic seniors is in need of support services, most remain confident in their ability to maintain their health in the near future.

- Almost one-quarter of Hispanic seniors (24 percent) report currently needing long-term care or support services, compared to only 8 percent of the national sample.
- Nearly three-quarters of Hispanic seniors (74 percent) exercise at least once a week, compared to 77 percent of the national sample.
- Eighty-two percent are very or somewhat confident they will be able to do the things needed to maintain their health over the next five to 10 years, compared to 84 percent of the national sample.
- Among those with a chronic condition, 83 percent are very or somewhat 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, similar 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](http://www.ncoa.org/UnitedStatesofAging) or the newsroom at [www.UnitedHealthGroup.com](http://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](http://www.ncoa.org) | [www.facebook.com/NCOAging](https://www.facebook.com/NCOAging) | [www.twitter.com/NCOAging](https://www.twitter.com/NCOAging).

### **About UnitedHealthcare**

UnitedHealthcare ([www.uhc.com](http://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.

