

## Healthy Ageing – Highlights from opinion poll

All figures provided by YouGov PLC. Sample size was 6362 adults, of which 2153 are aged 40-60. Fieldwork was undertaken between 22-28 August 2019. The survey was carried out online. The figures have been weighted and are representative of all GB adults (aged 18+). The survey was commissioned by Independent Age and the Centre for Ageing Better.

### When asked about what could affect people's physical health over the age of 65:

- Two in three (67%) think that experiencing ageism, or being treated differently based on age, has a negative effect on physical health.
- Women are more likely to say support to work for longer (43%) and being financially secure (64%) would have a "very positive" impact. 35% and 51% of men respectively said the same.
- Women are also much more likely to say that having good social connections would have a "very positive" effect on physical health, with 69% saying this compared to 51% of men.
- People who don't do recommended levels of moderate physical activity or eat a healthy, balanced diet are less likely to think these will be important at 65+ (77% vs 93% who take part in moderate physical activity at recommended levels and 94% who eat a healthy, balanced diet).
- Nearly one in five (18%) think that moderating alcohol consumption makes no difference to physical health in people over 65.

### When asked about what they will value in the future (i.e. when over the age of 65):

- Four in five (81%) rated having good mental health as something which would be "very important" to them when they reached 65 or older. This compares to nearly three quarters (72%) for physical health.
- Nearly three quarters (74%) think being financially secure will be "very important". This attitude is significantly more common among women (79%) than men (69%).
- Three out of five (60%) say being able to see family and friends face to face as much as they want will be "very important". Again, women are more likely to say this than men (68% vs 51%).
- Three in five (60%) women say being able to live in a location which has good transport links would be "very important", compared to 44% of men.
- Two thirds (67%) say that "being able to make a positive contribution to society", such as by volunteering, will be important to their happiness beyond the age of 65. This is much higher among women (73%) than men (61%).
- Similarly, 71% of women say being able to participate in and influence decisions that affect them (e.g. about health or care needs) will be "very important" to their happiness, vs. 51% of men.

### When asked about how physical health will affect their ability to do things when over the age of 65:

- Three in five (62%) worry their physical health may impact their ability to be as financially secure as they would like over the age of 65.
  - Amongst people who are unemployed, this rises to 81%.
  - Women are more likely to be concerned, at 66%, compared to 57% of men.
- Three fifths (60%) of people who are unemployed worry their physical health will prevent them from being in paid work for as long as they want to, compared to 41% of those currently working.
- More than half (55%) worry it will impact their ability to be as physically active as they want.
- Two in five (43%) worry it may affect their ability to keep living in the same type of home as now.

### Asked what should be prioritised in the UK to ensure people over-65 have a good quality of life:

- Overall, 69% say improving homes to meet the needs of older people, for example by having home adaptations installed by the local council or a handyman service at a reduced cost.
  - 75% of women say this, compared to 63% of men.
- Nearly as many, 68%, say improving neighbourhoods to meet the needs of older people (e.g. by adding benches or providing disability-friendly public transport options) should be a priority.
- Nearly two thirds (63%) say preventing people from being treated differently due to their age.
- When it comes to work, 58% listed supporting people to stay in work for as long as they want, and nearly half (48%) said providing training to help people change careers in later life.