

Loneliness among Older Adults: A National Survey of Adults 45+

Conducted for *AARP The Magazine*

September 2010

A light gray, curved graphic element is located at the bottom of the page, mirroring the shape of the red graphic at the top. It starts on the left side and curves towards the right, ending near the bottom right corner.

Loneliness among Older Adults: A National Survey of Adults 45+

Report prepared by:
Knowledge Networks and Insight Policy Research

Survey Conducted by:
Knowledge Networks

For More Information, Contact:
G. Oscar Anderson, Research Analyst
Member Research and Insights, AARP

©Copyright AARP
Reprinting with permission only
601 E St. NW
Washington, D.C. 20049
www.aarp.org

September 2010

The views expressed herein are for information, debate and discussion, and do not necessarily represent official policies of AARP.

AARP is a nonprofit, nonpartisan organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. AARP does not endorse candidates for public office or make contributions to either political campaigns or candidates. We produce AARP The Magazine, the definitive voice for 50+ Americans and the world's largest-circulation magazine with over 35.1 million readers; AARP Bulletin, the go-to news source for AARP's millions of members and Americans 50+; AARP VIVA su Segunda Juventud, the only bilingual U.S. publication dedicated exclusively to the 50+ Hispanic community; and our website, AARP.org. AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.

Wilson, C., & Moulton, B. (2010). *Loneliness among Older Adults: A National Survey of Adults 45+*. Prepared by Knowledge Networks and Insight Policy Research. Washington, DC: AARP.

TABLE OF CONTENTS

CHAPTER	PAGE
Executive Summary	i
I: Background and Study Methodology	1
II: Survey Findings	2
A. Descriptive Profile of Lonely Older Americans.....	2
a. Incidence, cause and duration of loneliness among older adults	2
b. Demographics of those who are lonely (versus those who are not)	2
c. Life experiences and loneliness	4
d. Social network and loneliness.....	6
B. Loneliness and Health	11
a. Medical conditions	11
b. Mental health	13
c. Health behaviors.....	13
d. Effect of loneliness on health.....	13
C. Loneliness and Use of Technology	13
a. Use of communications technology	13
b. Perceived impact of using communications technology.....	16
D. Strategies for Coping With Loneliness	17
E. Predictors of Loneliness	17
III: Appendices	20
A. Annotated Questionnaire	35

EXECUTIVE SUMMARY

The purpose of this study was to provide a better understanding of loneliness among adults age 45 and older. In addition to examining prevalence rates across and within groups of older Americans, the study provides a descriptive profile of lonely older adults and examines the relationships between loneliness and health, health behaviors, involvement in a social network and use of technology for social communications and networking.

Overall, a little over one-third (35%) of the survey respondents were lonely, as measured by a score of 44 or higher on the UCLA loneliness scale. Among the demographic variables considered, age, income and marital status were significantly related to loneliness. Older adults and those with higher incomes reported lower rates of loneliness than those who were younger or earned less income. Among the six marital status categories, married respondents were least likely to be lonely (29%) and never-married respondents were most likely to be lonely (51%). Gender, education and race/ethnicity were not related to loneliness.

Perceived lack of social support and a shrinking network of friends were associated with loneliness. Lonely respondents were also less likely to be involved in activities that can help build a social network, such as attending religious services, volunteering, participating in a community organization or spending time on a hobby. They tend not to engage with others when they are feeling lonely, for example, by going out with friends or family, and they are more likely than non-lonely people to sleep, eat, watch television, surf the Internet and go out alone when feeling lonely.

The study also looked at the relationship between communication technology use and loneliness. Although lonely respondents were more likely than non-lonely respondents to feel that the Internet makes it easier to share personal information (17% of lonely respondents felt this way, compared to 10% of non-lonely respondents), a higher percentage of lonely respondents felt that the Internet might also contribute to loneliness. For example, 13% of lonely respondents felt they have fewer deep connections now that they keep in touch with people using the Internet, compared to 6% of non-lonely respondents.

Loneliness was a significant predictor of poor health, as measured by self-report and total number of diagnosed medical conditions. Drug use was also positively associated with loneliness.

Results of a multivariate model used to predict loneliness pointed to several factors that increase the risk of being lonely. Significant predictors of loneliness included younger age, poor health, less frequent sexual intercourse, being unmarried, and getting little sleep. Lonely individuals also tended to have an impoverished social network; they had less frequent in-person contact with friends, fewer supportive people in their life and fewer people with whom they could discuss important matters. With respect to friends, lonely respondents tended to meet more friends and acquaintances online than those who were not lonely. This may indicate that lonely people turn to the Internet in search of the companionship and social support that seems to be lacking in their lives.

Knowledge Networks provided all the respondents with Internet access in order to participate in the online panel; some respondents reported that they did not otherwise have Internet access. Those who did not have regular Internet access were more likely to be lonely than those who did have access.

I. BACKGROUND AND STUDY METHODOLOGY

The purpose of this study was to provide a better understanding of loneliness among adults age 45 and older. In addition to examining prevalence rates across and within groups of older Americans, the study provides a descriptive profile of lonely older adults, and examines the relationships between loneliness and health, health behaviors, involvement in a social network and use of technology for social communications and networking.

Data for this study were collected by Knowledge Networks, using an online research panel that is representative of the entire U.S. population. Knowledge Networks' panel members are randomly recruited by probability-based sampling, and households are provided with access to the Internet and hardware if needed.

The survey included questions about health and health behaviors, current relationships, size of social network, frequency and methods of communication with people in that network, participation in religious services, hobbies and community organizations, feelings of loneliness and coping strategies, and use of social communication technology.

The survey was fielded between May 26, 2010 and June 2, 2010. Surveys were completed in both English and Spanish, according to panelist language preference. The sample for the study consisted of 4,610 U.S. residents who were age 45 and older. Of those sampled, 3,012 completed the survey, resulting in a 65.3 percent completion rate. The confidence interval width for estimates of loneliness items is approximately plus or minus 2 percent or less (at the 95 percent confidence level).

II. SURVEY FINDINGS

A. Descriptive Profile of Lonely Older Americans

The survey included two direct measures of loneliness: the UCLA loneliness scale, which includes 20 items designed to assess subjective feelings of loneliness or social isolation, and a single item measure, which asked, “Overall, how often do you feel lonely or isolated from those around you?” Unless otherwise indicated, the results in this report are based on the UCLA loneliness scale. Respondents who scored 44 or higher on this 80-point scale were defined as “lonely” while those with a score of 43 or less were defined as “not lonely.”

a. Incidence, cause and duration of loneliness among older adults

Overall, 35 percent of the survey respondents were lonely. Of those respondents, over four in ten (45 percent) indicated that their loneliness has persisted for 6 years or more, close to one-third (32 percent) reported that they have felt lonely for 1 to 5 years, and 24 percent said they have felt lonely for up to a year.

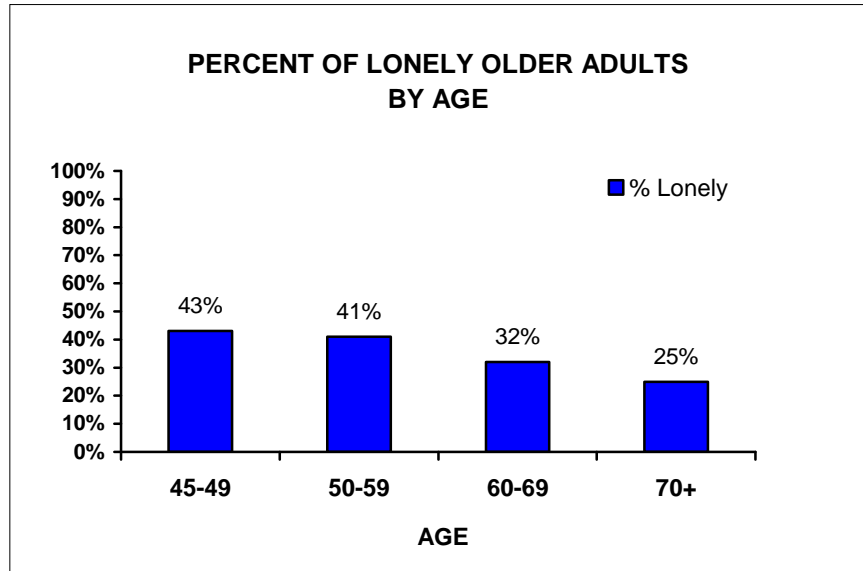
In response to the question, “Overall, how often do you feel lonely or isolated from those around you?” those who reported *ever* feeling lonely (i.e., always, sometimes or rarely) were asked if there was a specific cause for their feelings of loneliness and whether, compared to 5 years ago, they felt more lonely, less lonely or about the same. Over two-thirds (69 percent) of the respondents reported that there is no specific cause for their loneliness. With respect to duration, close to half (48 percent) indicated that they felt about the same as they did 5 years ago. The other half of the respondents were almost equally divided between those who felt more lonely than they did 5 years ago (25 percent) and those who felt less lonely than they did 5 years ago (26 percent).

b. Demographics of those who are lonely¹

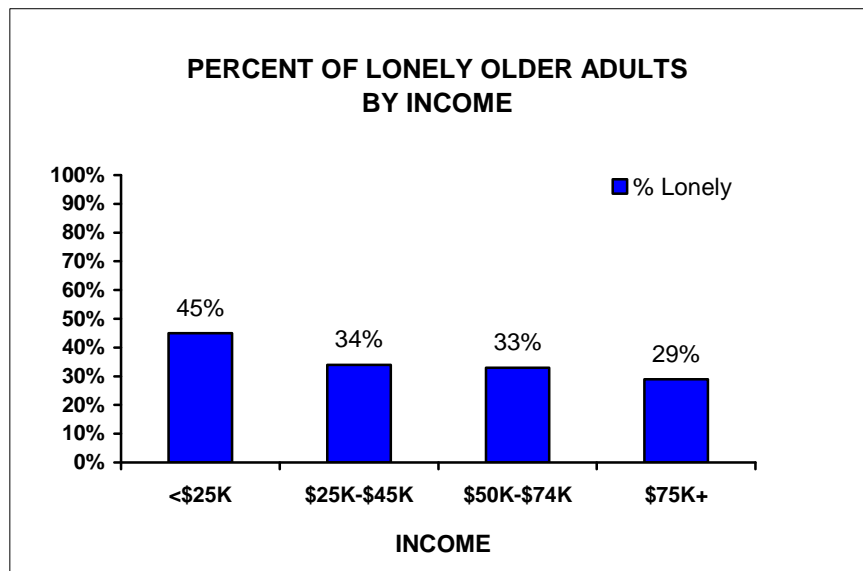
Thirty-seven percent of men and 34 percent of women were lonely, as measured by a score of 44 or higher on the UCLA loneliness scale. The average scores on the UCLA Index were 40.4 for males and 39.2 for females.

Loneliness decreased significantly with age. Among the four age categories, (45-49, 50-59, 60-69 and 70+), 25 percent of respondents in the oldest age category (age 70 or older) were lonely, compared to 43 percent of the respondents in the youngest age category (age 45-49). By comparison, 32 percent of respondents in the 60-69 age category and 41 percent of those in the 50-59 age category were lonely.

¹ Cross-tabulations of loneliness by social demographic variables are shown in Appendix A.

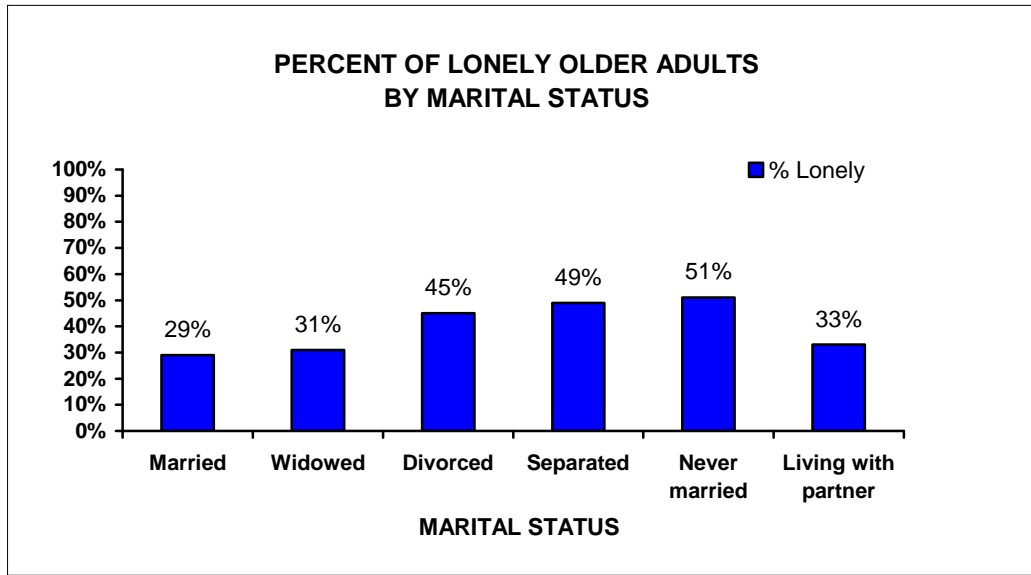


Respondents in the highest income category were less likely to be lonely than respondents with lower incomes. Forty-five percent of respondents in the lowest income category (less than \$25,000 per year) reported that they were lonely, compared to 29 percent of respondents in the highest income category (\$75,000 per year or more).

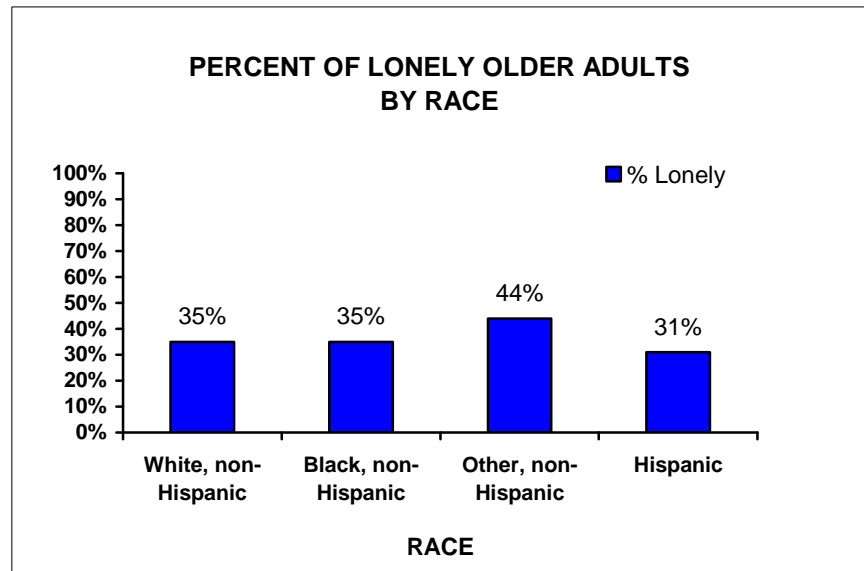


Variations in loneliness across education levels were not statistically significant. Thirty-five percent of those with less than a high school education reported being lonely, while 36 percent of those with a Bachelor's degree or higher reported being lonely.

Comparing respondents across marital status, separated and never-married respondents were most likely to be lonely (49 percent and 51 percent, respectively). Married respondents were least likely to be lonely (29 percent).



Percentages for race/ethnicity indicated some variability in rates of loneliness, but the differences were not statistically significant.²



c. Life experiences and loneliness³

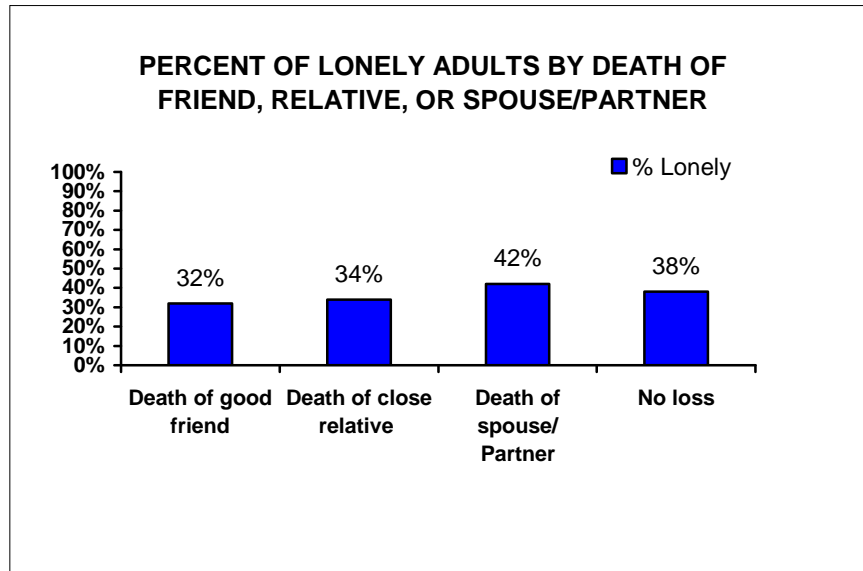
One question of interest was whether life changes in older adults' lives are related to

² Results for the category "2 races, non-Hispanic" are not reported because the number of respondents in this category was too small.

³ Cross-tabulations of loneliness by life experience variables are shown in Appendix A-2.

loneliness. To address this question, respondents were asked about recent experiences of loss, retirement and changes in residency.

Experiences of loss. Respondents were asked whether a spouse, good friend or close relative had died in the last 5 years. They were also asked whether a good friend or close relative had moved away in the last 5 years. Forty-two percent of the respondents who lost a spouse or partner, 34 percent of those who lost a close relative, and 32 percent of those who lost a good friend reported being lonely. Among those who did not experience the loss of a good friend, close relative or spouse/partner in the past 5 years, 38 percent reported being lonely.



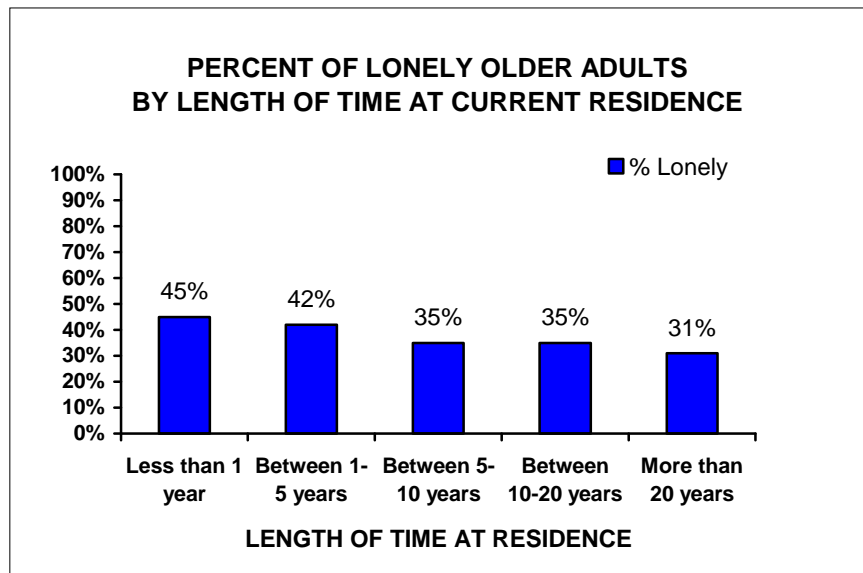
There were no significant differences in rates of loneliness across respondents who experienced a close relative move away in the past 5 years (35 percent), a good friend move away (34 percent), or who had neither a good friend nor a close relative move away (36 percent).

Retirement. Retired respondents were less likely to be lonely than respondents who were not retired (30 percent versus 37 percent). Among those who were retired, no clear pattern emerged between length of retirement and loneliness. Loneliness was, however, less likely among respondents who maintained contact with former co-workers following retirement. Only 16 percent of those who reported regular contact with former co-workers reported feeling lonely, compared to 42 percent of those who did not maintain contact with former co-workers following their retirement.⁴

Relocation versus stability at the same residence. Respondents who had recently relocated were more likely to report feeling lonely than those who had been in their current residence for more than 20 years. Almost half (45 percent) of those who had lived in their

⁴ Cross-tabulations for loneliness by contact with former co-workers are shown in Appendix A-3.

current residence for less than 1 year reported feeling lonely. By comparison, 31 percent of those respondents who had lived at their current residence for more than 20 years were lonely.

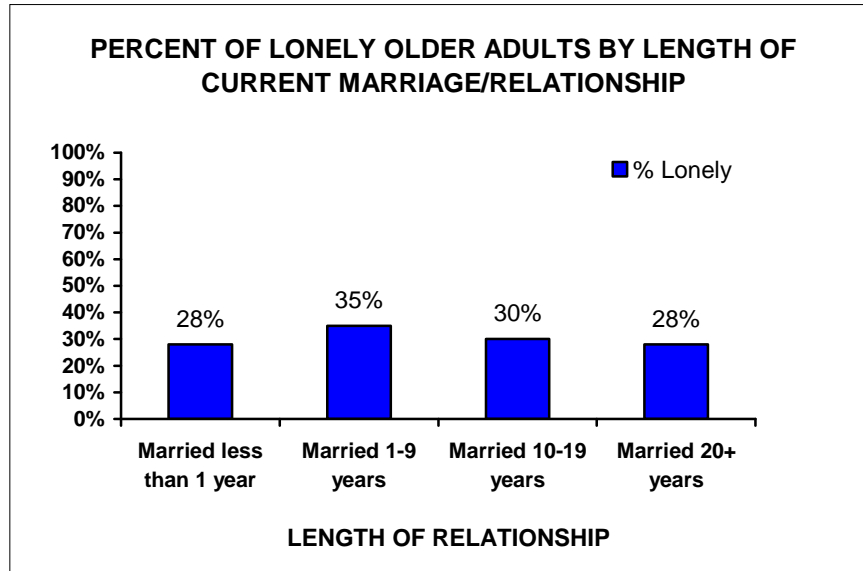


d. Social network and loneliness⁵

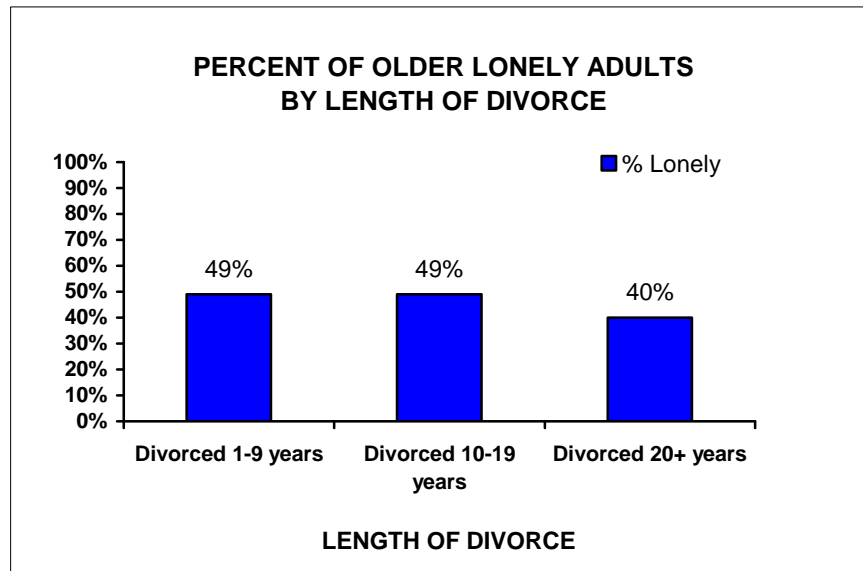
One purpose of this study was to provide some understanding of how loneliness among older adults might be related to aspects of their social network and their level of engagement with different people and activities. Questions about length of marriage or divorce, perceived availability of social support, engagement in religious services, volunteer work, community organizations and hobbies, and frequency of contact with friends and family provided several measures of how connected respondents were with one or more networks. This section summarizes how these measures relate to loneliness among the survey respondents.

Length of marriage. Among the currently married, there was no clear relationship between length of marriage and loneliness. Twenty-eight percent of respondents who were married to their current spouse for less than 1 year reported feeling lonely. An identical percentage (28 percent) of respondents who had been married to their current spouse for more than 20 years reported feeling lonely.

⁵ Cross-tabulations for loneliness by social network variables are shown in Appendix A-3.



Duration of time since divorce. Almost half (49 percent) of the respondents who had been divorced 1 to 9 years or 10 to 19 years were lonely, compared to 40 percent of respondents who were divorced for 20 years or more.



There were too few recently widowed respondents to report the percent who were lonely, but the loneliness rates among those who were widowed for 1-9 years, 10-19 years, and 20 years or more were all close to one third (29 percent, 34 percent and 31 percent, respectively).

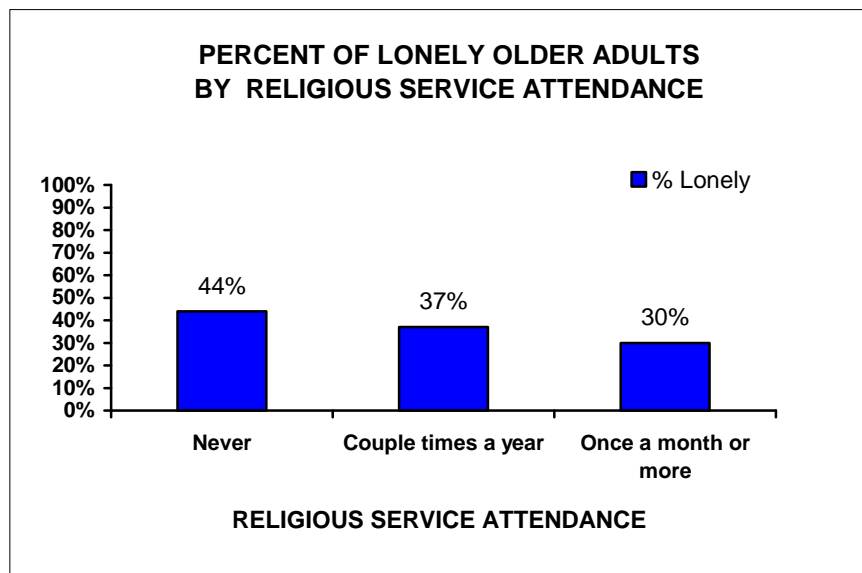
Social support. To assess perceived social support, respondents were asked, “How many people in your life have been very supportive of you in the past year?” More than three-quarters (76 percent) of those who reported having no supportive people in their life felt lonely, compared to approximately one-third (34 percent) of those who had one or more supportive people in their

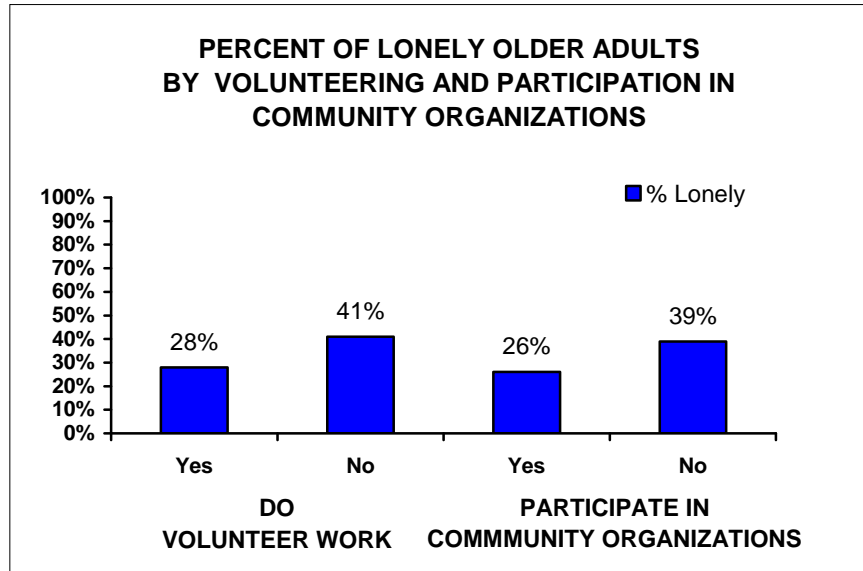
life. Respondents were also asked, “How many people do you have in your life with whom you most often discuss matters of personal importance?” Almost two-thirds (63 percent) of those who answered “none” and close to one-half (48 percent) of those who had one or two such people in their life were lonely. By comparison, respondents who had three or more such people in their life were less likely to be lonely. Specifically, 32 percent of respondents who had 3 or 4 people with whom they discussed matters of personal importance were lonely and just 21 percent of those who had 5 or more such people in their life were lonely.

A shrinking network of friends was associated with loneliness. More than half (56 percent) of the respondents who reported having fewer friends than they had 5 years ago felt lonely, compared to 19 percent of those who reported having more friends than they had 5 years ago and 33 percent of those who had about the same number of friends as they had 5 years ago.

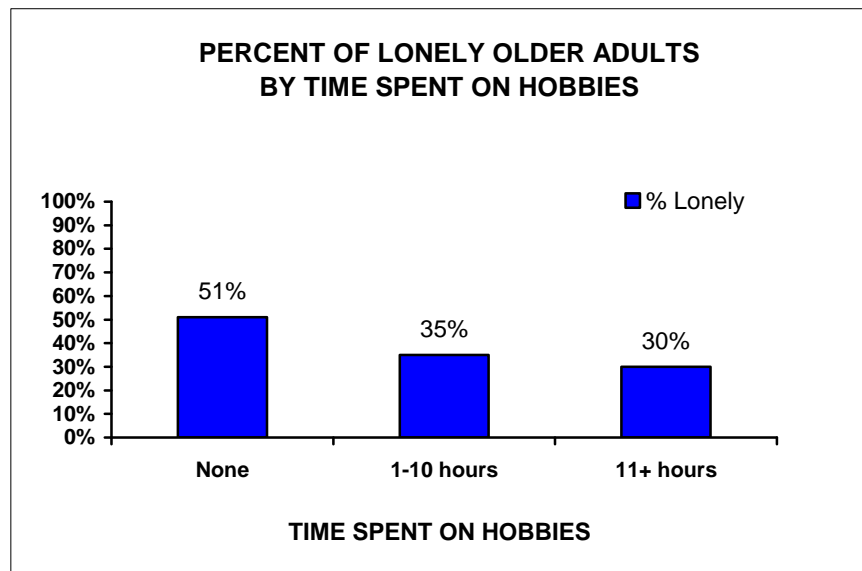
Lifestyle factors: Spirituality, worship attendance, community involvement and engagement in hobbies. Respondents who do not consider themselves spiritual and never attend religious services were more likely to be lonely than those who consider themselves very spiritual or who attend such services somewhat regularly. Specifically, 43 percent of respondents who indicated that they are not at all spiritual reported feeling lonely, compared to 27 percent of those who indicated that they are very religious or spiritual. Similarly, 44 percent of respondents who *never* attend religious services reported feeling lonely, compared to 30 percent of those who attend such services once a month or more.

Respondents who were not involved in volunteer work or community organizations were more likely to be lonely than those who were involved in such activities. Forty-one percent of the respondents who had *not* volunteered their time in the past 12 months were lonely, compared to 28 percent of those who had volunteered. Similarly, 39 percent of those who *do not belong* to a local community organization, club or group were lonely, compared to 26 percent of those who do belong to such an organization, club or group.





Lonely respondents were also less likely to spend time on hobbies; 51 percent of those who reported spending *no* time on a hobby reported feeling lonely, compared to 35 percent of those who spend between 1 and 10 hours per week on a hobby and 30 percent of those who spend more than 11 hours per week on a hobby.



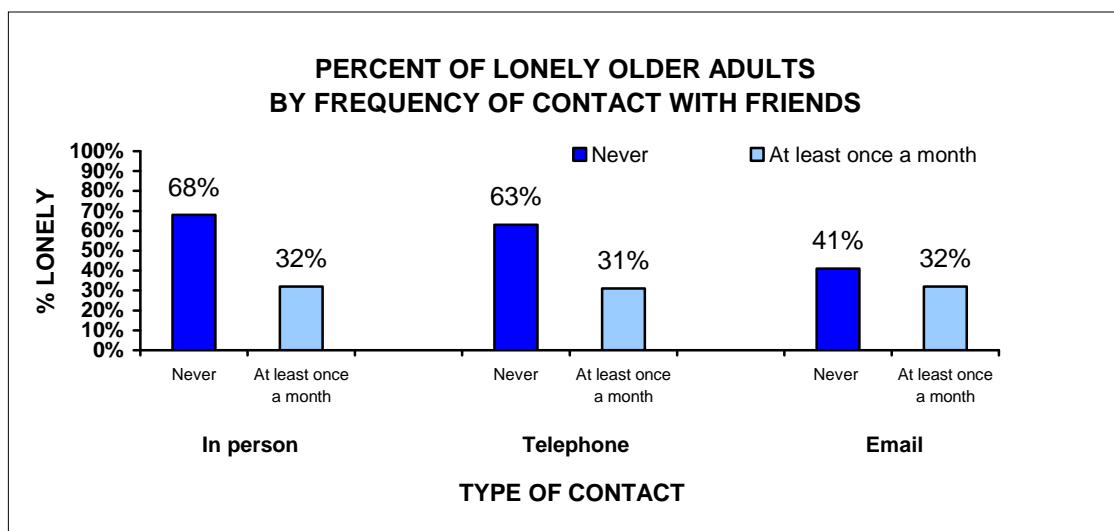
Frequency of contact with friends.⁶ Respondents were asked about frequency of contact with friends via email, phone, letters, text messaging, social networking sites and in person. Respondents who *never* talked to friends by phone or *never* saw friends in person were more likely to be lonely than those who had regular phone or in-person contact with friends. Almost

⁶ Results for frequency of contact with parents, siblings and children are also shown in Appendix A-3.

two-thirds of the respondents (63 percent) who *never* talk with friends by phone reported feeling lonely, compared to 48 percent of those who talk with a friend by phone *somewhat regularly* (at least once a month).⁷ More than two-thirds (68 percent) of respondents who *never* communicate with friends in person reported feeling lonely, compared to 32 percent of those who see a friend *somewhat regularly*.⁸

Respondents who reported *infrequent* email contact with friends and those who reported *never* using email to communicate with friends were more likely to be lonely than those who reported *regular* email contact with friends. Specifically, 44 percent of those who communicated with friends via email a couple of times a year or less, and 41 percent of those who *never* use email to communicate with friends were lonely, compared to 32 percent of respondents who communicated with friends via email at least once a month.⁹

Respondents who infrequently communicated with friends via text messaging (i.e., a couple of times a year or less) were more likely to be lonely than those who used text messaging at least once a month (47% versus 34%).¹⁰



Respondents who *never* communicated with friends via letters and postcards were more likely to report feeling lonely (39 percent) than those who communicated via letters or postcards a couple of times a year or less (32 percent).¹¹

⁷ These differences are statistically significant at the .05 level.

⁸ These differences are statistically significant at the .05 level.

⁹ The difference between those who *never* communicate with friends via email and those who *infrequently* communicate with friends via email was not statistically significant.

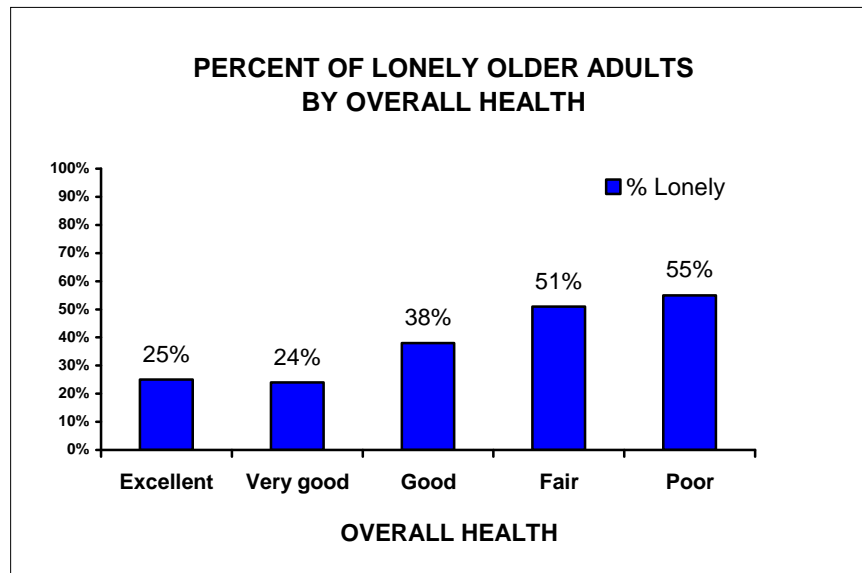
¹⁰ This difference is statistically significant at the .05 level.

Rates of loneliness varied somewhat by frequency of contact via social networking sites like Facebook and Twitter, but the differences were not statistically significant. Thirty-six percent of respondents who *never* communicated with friends through social networking sites reported feeling lonely, as did 40 percent of those who were infrequent users (i.e., those who used these sites a couple of times a year or less) and 33 percent of those who were regular users (i.e., those who used it once a month or more).

B. Loneliness and Health¹²

To explore the relationship between loneliness and health, respondents were asked about their overall health, as well as whether they had been diagnosed with a number of medical conditions (see Table 1).

Respondents were asked to rate their overall health using the following categories: excellent, very good, good, fair or poor. Over half (55 percent) of the respondents who reported being in poor health were lonely, compared to one-quarter (25 percent) of respondents who reported being in excellent health and 24 percent of those who reported being in very good health.



a. Medical conditions

Across all medical conditions, respondents who had been diagnosed with cancer had the lowest rate of loneliness; only 24 percent reported feeling lonely. The percentage of individuals

¹¹ This difference is statistically significant at the .05 level. However, levels of loneliness between infrequent and frequent were not significantly different.

¹² Cross-tabulations for health and loneliness and health behaviors and loneliness are shown in Appendix A-4.

diagnosed with either hypertension, arthritis, gastrointestinal diseases, cardiovascular/heart disease or high cholesterol who reported feeling lonely was slightly more than one-third, which is comparable to the prevalence of loneliness for the overall sample. Forty-two percent of respondents with diabetes reported feeling lonely. Not including those diagnosed with a mood disorder or drug/alcohol abuse, the respondents with the highest rates of loneliness were those who had a chronic pain condition (47 percent) or were obese (43 percent). Table 1 below shows the distribution of lonely and not-lonely respondents who had been diagnosed with each of 15 medical conditions.¹³ The bar chart on page 19 also shows the loneliness rates by medical condition.

Table 1. Medical Condition by Loneliness		
Diagnosed with:	Lonely	Not Lonely
Cancer	24%	76%
Arthritis / Rheumatism	35%	65%
Cardiovascular / Heart disease	38%	62%
Hypertension	35%	65%
Gastrointestinal diseases	37%	63%
High cholesterol	35%	65%
Diabetes	42%	58%
Obesity	43%	57%
Other medical condition	42%	57%
Sleep disorder	45%	54%
Other chronic pain condition	47%	53%
Anxiety	56%	44%
Other mood disorder	59%	41%
Depression	60%	40%
Drug / Alcohol abuse	63%	37%

Note: Rows may not sum to 100 percent due to rounding error.

b. Mental health

Over one-half of the respondents diagnosed with anxiety, depression or another mood disorder reported feeling lonely (56 percent, 60 percent and 59 percent, respectively). Close to two-thirds of those who had been diagnosed with drug/alcohol abuse (63 percent) were lonely.

c. Health behaviors

Loneliness was positively associated with smoking and drug use but negatively associated with drinking.

Forty-five percent of respondents who had been diagnosed with a sleep disorder were lonely, and respondents who got little sleep (3-5 hours a night) were more likely to be lonely than those who got more sleep. Over half (51 percent) of the respondents who slept an average

¹³ No tests were performed to determine whether differences in loneliness across various medical conditions were statistically significant.

of 3-5 hours a night reported feeling lonely, compared to 33 percent of those who got between 6 and 7 hours of sleep a night and 32 percent of those who got 8 to 10 hours of sleep a night.¹⁴

Across different frequencies of sexual activity, those who reported having sex once a week were less likely to be lonely than respondents who had sex once a month or less often. Twenty-four percent of respondents who reported having weekly sex were lonely, compared to 36 percent of those who had sex once a month, 42 percent of those who had sex a few times a year and 37 percent of those who never had sex.

d. Effect of loneliness on health¹⁵

A multivariate regression was used to test whether loneliness was a significant predictor of health. The outcome variable was the total number of diagnosed medical conditions reported by the respondent. Loneliness emerged as a strong predictor of poor health (as measured by number of medical conditions), even after controlling for other variables that are closely related to health, such as age.

C. Loneliness and Use of Technology¹⁶

a. Use of communications technology

Ninety-three percent of all respondents indicated that they use the Internet or email.¹⁷ Compared to Internet users, a slightly lower higher percentage of non-users were lonely, but the difference was not statistically significant (36% Internet users versus 34% non-users).

Respondents were asked how frequently their spouse or partner uses the Internet and how frequently their children use the Internet. Respondents whose spouses never use the Internet were more likely to be lonely than respondents whose spouses use the Internet on a daily basis (35% versus 27%). The difference in rates of loneliness between respondents whose spouses use the Internet on a weekly basis (30 percent) or monthly basis (33 percent) was not statistically significant.

Among respondents who reported their children's frequency of Internet use, close to half of those whose children used the Internet on a monthly basis were lonely (48%). By comparison, only 31% of those whose children used the Internet on a daily basis reported feeling lonely.

¹⁴ Too few respondents reported getting less than 3 or more than 10 hours of sleep a night to report percentages for these categories.

¹⁵ Results of this model are shown in Appendix A-5.

¹⁶ Cross-tabulations for loneliness and use of technology are shown in Appendix A-6.

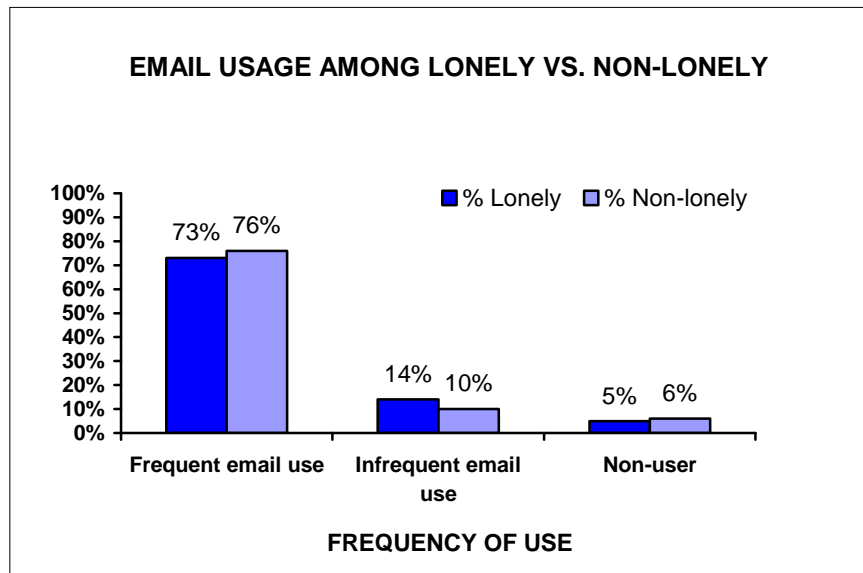
¹⁷ It should be noted, however, that all respondents were part of the Knowledge Networks panel, and as panelists, they are provided with household Internet access if they do not already have it, so that they can participate in the panel web surveys. The reported percentage of Internet users, therefore, may not be representative of the population of older adults.

Those whose children never used the Internet were no more likely to feel lonely than those whose children used the Internet on a monthly basis.

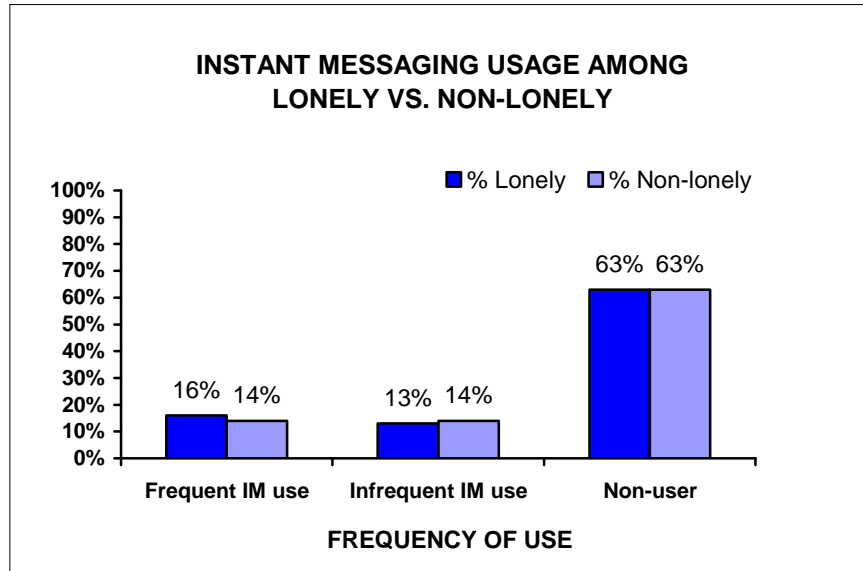
Respondents were also asked how frequently they use email, instant messaging, social networking sites like Facebook, Twitter and MySpace, and how often they participate in online forums or message boards. There were five response categories: 1) at least daily, 2) at least weekly, 3) at least monthly, 4) less than monthly, or 5) never. For purposes of analysis, the five categories were collapsed into three: frequent users (at least daily and at least weekly), infrequent users (at least monthly and less than monthly) and non-users (never).

Lonely and non-lonely people did not differ significantly from each other in terms of their frequency of email use.

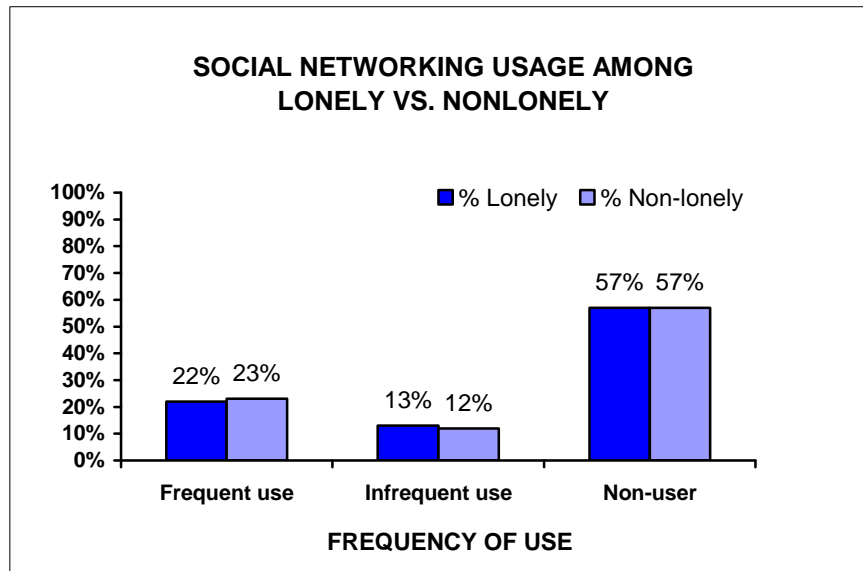
Both lonely and non-lonely respondents tended not to use online forums or message boards, instant messaging and social networking sites like Facebook, Twitter or MySpace. Seventy-one percent of lonely respondents and 73% of non-lonely respondents indicated they never participate in online forums or message boards. Fifty-seven percent of both lonely and non-lonely respondents indicated they never use social networking sites and 63% of both groups never use instant messaging.



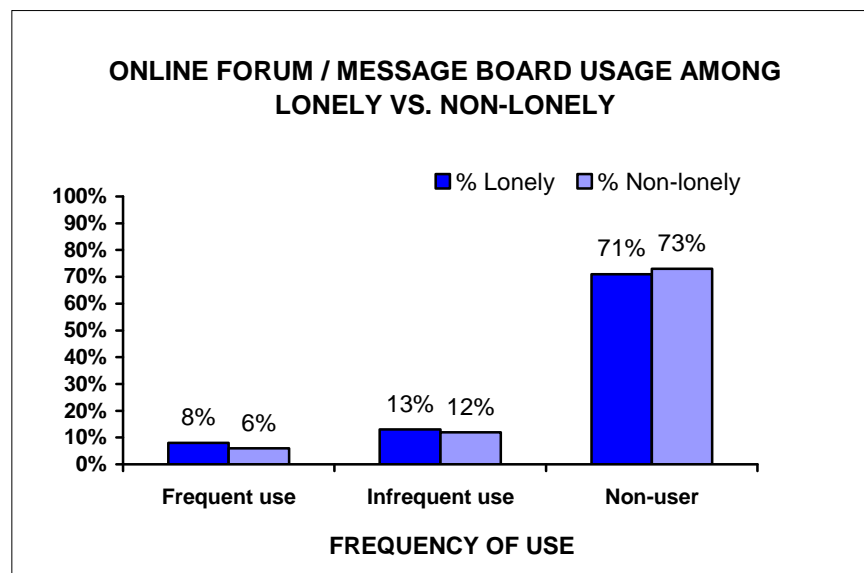
Note: Percentages indicate frequency of email usage within each loneliness category (i.e., lonely or not lonely). Missing data accounts for 8 percent of the lonely respondents and 9 percent of the non-lonely respondents.



Note: Percentages indicate frequency of instant messaging usage within each loneliness category. Missing data accounts for 9 percent of both the lonely respondents and the non-lonely respondents.



Note: Percentages indicate frequency of social networking usage within each loneliness category. Missing data accounts for 8 percent of the lonely respondents and 9 percent of the non-lonely respondents.



Note: Percentages indicate frequency of online forum/message board usage within each loneliness category. Missing data accounts for 8 percent of the lonely respondents and 9 percent of the non-lonely respondents.

b. Perceived impact of using communications technology

Respondents were also asked about the perceived impact of Internet use and social communication technology on their relationships with others and their sense of social connectedness. The results suggest that lonely people are more likely than non-lonely people to feel that the Internet makes it easier to share personal or uncomfortable information; 17% of lonely respondents agreed with this statement, compared to 10% of non-lonely respondents.

Whereas these results suggest that lonely respondents have some positive feelings about online communication, other results suggest that they also see some drawbacks to Internet use and online communication. Specifically, compared to non-lonely respondents, lonely respondents were *more likely to agree* with the following statements:

- “The more I use the Internet as a replacement for other forms of communication, the lonelier I feel.” (11 percent of lonely respondents agreed versus 5 percent of non-lonely respondents);
- “I have fewer deep connections now that I keep in touch with people using the Internet.” (13 percent of lonely respondents agreed versus 6 percent of non-lonely respondents); and
- “Technology has made it harder to spend time with my friends and family in person.” (12 percent of lonely respondents agreed versus 9 percent of non-lonely respondents)

D. Strategies for Coping With Loneliness¹⁸

To better understand what older adults tend to do when feeling lonely, respondents were asked how often (always, sometimes, rarely or never) they engage in various activities, such as talking to a friend or relative, attending religious services, watching television, drinking alcohol or using drugs. For purposes of analysis, responses were collapsed into two categories, with “always” and “sometimes” comprising one category and “rarely” and “never” comprising the other category.

Respondents who indicated that they always, sometimes or rarely felt lonely were asked how often they engage in a variety of behaviors to cope with feelings of loneliness or isolation. Lonely respondents (here defined as those who indicated that they sometimes or always felt lonely) were *more* likely than rarely lonely respondents to sleep, eat food, watch television, surf the Internet and go out alone when feeling lonely. They were also more likely to report that they smoke or use tobacco, go shopping, or drink when feeling lonely.

Lonely respondents were *less* likely than respondents who were rarely lonely to report that they go out with friends or family or talk to a friend or relative when feeling lonely. They were also less likely to report that they attend religious services or work on a hobby when feeling lonely.

The majority of both lonely and non-lonely people reported never using drugs when feeling lonely (94% and 96%, respectively).

E. Predictors of Loneliness

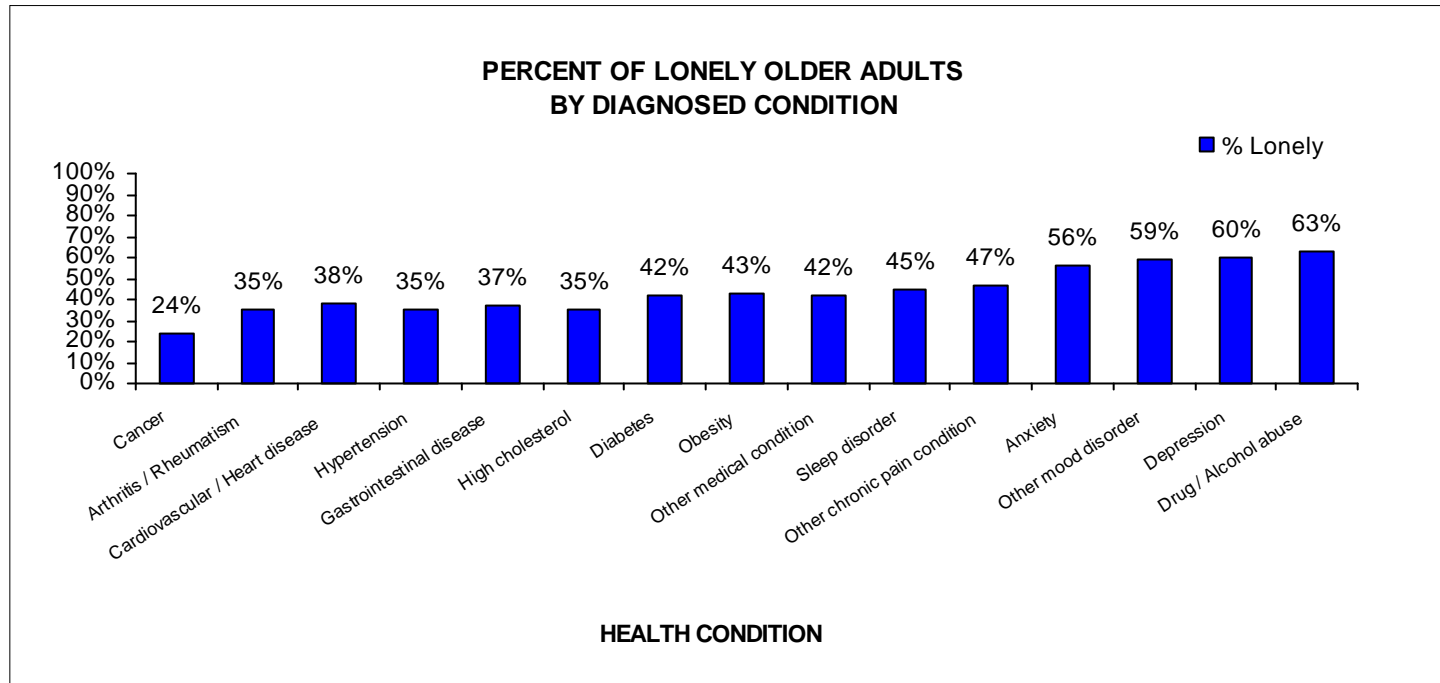
A series of multivariate regression models were created to identify the variables that characterize lonely older adults.¹⁹ Three groups of variables were included in the model. The first group of variables included several socio-demographic measures. The second set of variables included measures of health and health behaviors. The third set of variables included measures related to social support and a social network.

Lonely respondents tended to be younger. They also tended to be in poor health, as indicated both by a self-report measure and a sum total of diagnosed medical conditions. Less-frequent sexual intercourse and less sleep also increased the likelihood of being lonely. Heavy smokers, however, tended to be less lonely. Lonely individuals also tended to have an impoverished social network; they had less frequent contact with friends via telephone and in person. Lonely respondents also reported fewer supportive people in their life, fewer people with whom they could discuss important matters, and fewer volunteering experiences than non-lonely respondents. Loneliness was also associated with having children over the age of 18, and meeting friends online. Respondents who held a generally favorable view of the Internet were less likely to be lonely.

¹⁸ Cross-tabulations for loneliness and strategies for coping with loneliness are shown in Appendix A-7.

¹⁹ Results of these models are shown in Appendix A-8.

Although Knowledge Networks provided all the respondents with Internet access in order to participate in the online panel, some respondents reported that they did not otherwise have Internet access. Those who did not have regular Internet access were more likely to be lonely than those who did have access.



APPENDICES

--Percentages within a variable should be compared by row rather than by column (e.g., 34% of females are lonely versus 37% of males).

--Rows may not sum to 100% because of rounding error.

Appendix A-1 Social Demographics

Loneliness by Socio-Demographic Characteristics			
	Lonely	Not Lonely	Missing
Gender			
Male	37%	62%	1%
Female	34%	66%	0%
Age			
45-49	43%	56%	1%
50-59	41%	59%	1%
60-69	32%	68%	0%
70+	25%	75%	0%
Income			
<25K	45%	55%	0%
25-49	34%	65%	1%
50-74	33%	67%	0%
75+	29%	71%	0%
Education			
Less than high school	35%	63%	2%
High School	35%	65%	0%
Some college/AA	36%	64%	0%
College graduate or higher	36%	64%	0%
Marital Status			
Married	29%	70%	1%
Widowed	31%	69%	0%
Divorced	45%	54%	0%
Separated	49%	49%	3%
Never married	51%	49%	0%
Living with partner	33%	66%	1%
Race			
White, non-Hispanic	35%	65%	0%
Black, non-Hispanic	35%	63%	2%
Other, non-Hispanic	44%	55%	1%
Hispanic	31%	67%	2%
2+ races, non-Hispanic	41%	58%	1%

Appendix A-2
Recent Life Experiences

Loneliness by Life Experiences			
	Lonely	Not Lonely	Missing
Q34. Have any good friends, close relatives or a spouse or partner passed away in the past 5 years?			
1 = Yes, a good friend	32%	68%	0%
2 = Yes, a close relative	34%	66%	0%
3 = Yes, a spouse or partner	42%	58%	0%
4 = No	38%	62%	0%
5 = Refused	16%	64%	21%
Q35. Have any good friends or close relatives moved away from you in the past 5 years?			
1 = Yes, a good friend	34%	65%	1%
2 = Yes, a close relative	35%	65%	0%
4 = No	36%	63%	0%
5 = Refused	24%	57%	18%
Q 54. Are you retired from a previous career?			
1 = Yes	30%	69%	1%
2 = No	37%	62%	0%
Q61. How long have you been retired from your previous career?			
1 = Less than 1 year	31%	69%	0%
2 = Between 1 and 5 years	20%	80%	0%
3 = Between 5 and 10 years	27%	72%	1%
4 = More than 10 years	25%	75%	0%
Q64. How long have you lived at your current residence?			
1 = Less than 1 year	45%	54%	1%
2 = Between 1 and 5 years	42%	58%	0%
3 = Between 5 and 10 years	35%	65%	0%
4 = Between 10 and 20 years	35%	65%	1%
5 = More than 20 years	31%	69%	0%

Note: Rows may not sum to 100% because of rounding error.

**Appendix A-3
Social Networks**

Loneliness by Duration of Marital Status			
	Lonely	Not Lonely	Missing
Q21. How long have you been married or in a relationship with your current partner?			
Less than 1 year	28%	64%	7%
1-9 years	35%	65%	0%
10-19 years	30%	68%	2%
20+ years	28%	72%	0%
Q23. How long have you been divorced?			
Less than 1 year	100%	0%	0%
1-9 years	49%	51%	0%
10-19 years	49%	51%	0%
20+ years	40%	60%	1%
Q24. How long have you been widowed?			
Less than 1 year	0%	100%	0%
1-9 years	29%	71%	0%
10-19 years	34%	66%	0%
20+ years	31%	69%	0%

Note: Rows may not sum to 100% because of rounding error.

Appendix A-3 (Continued)
Social Networks

Loneliness by Engagement in Social Networks and Hobbies			
	Lonely	Not Lonely	Missing
Q28. How many people do you have in your life with whom you most often discuss matters of personal importance?			
None	63%	37%	0%
1 or 2	48%	51%	1%
3 or 4	32%	68%	0%
5 or more	21%	79%	0%
Q30. How many people do you have in your life who have been very supportive of you during the past year?			
None	76%	22%	2%
One or more	34%	66%	0%
Q38. Would you say that you have more friends, fewer friends or about the same number of friends as you did 5 years ago?			
More	19%	81%	0%
Fewer	56%	44%	0%
About the same	33%	67%	0%
Q45. Would you describe yourself as very religious or spiritual, somewhat religious or spiritual, or not religious or spiritual at all?			
Very religious/spiritual	27%	73%	0%
Somewhat religious/spiritual	38%	61%	1%
Not at all religious/spiritual	43%	56%	1%
Q46. How often do you attend religious services or other events at a place of worship?			
Never	44%	56%	0%
A couple of times a year or less	37%	63%	0%
Once a month or more	30%	70%	0%
Q48. In the past 12 months, have you volunteered, that is, given your time or skills, for a non-profit organization, a charity, school, hospital, religious organization, neighborhood association, civic or any other group?			
Yes	28%	72%	0%
No	41%	58%	1%
Q50. Do you belong to any local community organizations, clubs, or groups such as Kiwanis, book clubs, gardening groups or other social groups?			
Yes (1 or more)	26%	74%	1%
No	39%	61%	0%
Q53. How many hours per week do you spend on hobbies? This could include activities such as sports, gardening...			
None	51%	47%	1%
1-10	35%	65%	0%
11+	30%	70%	0%
Q63. Have you stayed in contact with any of your former co-workers after your retirement?			
Yes, regularly	16%	84%	0%
Yes, occasionally	19%	80%	1%
Yes, once in a while	22%	78%	0%
No	42%	57%	1%

Note: Rows may not sum to 100% because of rounding error.

Appendix A-3 (Continued)
Social Networks

Q27_A. Frequency of contact with parents			
	Lonely	Not Lonely	Missing
In person			
Never	48%*	48%*	4%
A couple of times a year or less	41%	59%	0%
Once a month or more	38%	61%	1%
Email			
Never	38%	61%	1%
A couple of times a year or less	48%	52%	0%
Once a month or more	41%	59%	1%
Telephone			
Never	40%*	60%	0%
A couple of times a year or less	64%	36%	0%
Once a month or more	37%	62%	1%
Letters and postcards			
Never	41%	59%	1%
A couple of times a year or less	38%	62%	0%
Once a month or more	41%*	57%	3%
Text messaging			
Never	40%	60%	0%
A couple of times a year or less	45%*	55%*	0%
Once a month or more	44%	53%	3%
Social Networking Sites (e.g., Facebook, Twitter)			
Never	39%	61%	0%
A couple of times a year or less	54%*	46%*	0%
Once a month or more	44%	53%	3%

Note: Rows may not sum to 100% because of rounding error.

Appendix A-3 (Continued)
Social Networks

Q27_B. Frequency of contact with children			
	Lonely	Not Lonely	Missing
In person			
Never	55%	45%*	0%
A couple of times a year or less	32%	68%	0%
Once a month or more	33%	67%	0%
Email			
Never	39%	61%	0%
A couple of times a year or less	31%	69%	0%
Once a month or more	31%	69%	0%
Telephone			
Never	41%	59%	0%
A couple of times a year or less	52%	48%	0%
Once a month or more	32%	68%	0%
Letters and postcards			
Never	38%	62%	0%
A couple of times a year or less	28%	72%	0%
Once a month or more	32%	67%	1%
Text messaging			
Never	32%	68%	0%
A couple of times a year or less	38%	62%	0%
Once a month or more	36%	63%	1%
Social Networking Sites (e.g., Facebook, Twitter)			
Never	34%	66%	0%
A couple of times a year or less	39%	61%	0%
Once a month or more	31%	69%	1%

Note: Rows may not sum to 100% because of rounding error.

Appendix A-3 (Continued)
Social Networks

Q27_C. Frequency of contact with siblings			
	Lonely	Not Lonely	Missing
In person			
Never	45%	54%	1%
A couple of times a year or less	37%	63%	0%
Once a month or more	33%	67%	0%
Email			
Never	38%	62%	0%
A couple of times a year or less	40%	60%	0%
Once a month or more	32%	68%	0%
Telephone			
Never	52%	47%	1%
A couple of times a year or less	39%	61%	0%
Once a month or more	33%	67%	0%
Letters and postcards			
Never	41%	59%	0%
A couple of times a year or less	30%	70%	0%
Once a month or more	35%	65%	0%
Text messaging			
Never	35%	65%	0%
A couple of times a year or less	42%	58%	0%
Once a month or more	37%	63%	0%
Social Networking Sites (e.g., Facebook, Twitter)			
Never	36%	64%	0%
A couple of times a year or less	39%	61%	0%
Once a month or more	34%	66%	1%

Note: Rows may not sum to 100% because of rounding error.

Appendix A-3 (Continued)
Social Networks

Q27_D. Frequency of contact with friends			
	Lonely	Not Lonely	Missing
In person			
Never	68%	30%	2%
A couple of times a year or less	48%	52%	0%
Once a month or more	32%	68%	0%
Email			
Never	41%	58%	1%
A couple of times a year or less	44%	56%	0%
Once a month or more	32%	69%	0%
Telephone			
Never	51%	49%	0%
A couple of times a year or less	42%	57%	1%
Once a month or more	30%	69%	1%
Letters and postcards			
Never	36%	64%	0%
A couple of times a year or less	30%	69%	1%
Once a month or more	33%	66%	1%
Text messaging			
Never	33%	66%	1%
A couple of times a year or less	40%	60%	0%
Once a month or more	32%	68%	0%
Social Networking Sites (e.g., Facebook, Twitter)			
Never	33%	66%	1%
A couple of times a year or less	31%	69%	0%
Once a month or more	34%	65%	1%

Note: Rows may not sum to 100% because of rounding error.

Appendix A-4
Health Characteristics by Loneliness

Loneliness by Overall Health and Medical Conditions			
	Lonely	Not Lonely	Missing
Q2. Overall Health			
1 = Excellent	22%	77%	1%
2 = Very good	23%	77%	0%
3 = Good	37%	63%	0%
4 = Fair	46%	52%	2%
5 = Poor	54%	46%	0%
Q5. Which of the following medical conditions have you been diagnosed with?			
Diabetes [N =yes (% = yes)]	37%	62%	1%
Hypertension [N =yes (% = yes)]	34%	65%	1%
Arthritis / Rheumatism [N =yes (% = yes)]	34%	65%	1%
Gastrointestinal diseases [N =yes (% = yes)]	35%	64%	1%
Obesity [N =yes (% = yes)]	42%	56%	2%
Cancer [N =yes (% = yes)]	25%	74%	1%
Depression [N =yes (% = yes)]	62%	38%	0%
Anxiety [N =yes (% = yes)]	60%	40%	0%
Other mood disorder [N =yes (% = yes)]	61%	39%	0%
Sleep disorder [N =yes (% = yes)]	46%	53%	1%
Cardiovascular / Heart disease [N =yes (% = yes)]	34%	65%	1%
High cholesterol [N =yes (% = yes)]	35%	64%	1%
Other chronic pain condition [N =yes (% = yes)]	47%	52%	1%
Drug / Alcohol abuse [N =yes (% = yes)]	66%	34%	0%
Other medical condition [N =yes (% = yes)]	44%	55%	1%

Note: Rows may not sum to 100% because of rounding error.

Appendix A-4 (Continued)
Health Characteristics by Loneliness

Health Behavior Characteristics by Loneliness			
	Lonely %	Not Lonely%	Missing%
Q12. Do you smoke cigarettes, cigarillos, a pipe, or cigars, or chew tobacco, and if so, how often per day?			
Yes	32%	67%	1%
No	37%	62%	1%
Q14. Do you drink alcoholic beverages, and if so, how many drinks do you have per week?			
Yes	32%	68%	0%
No	35%	64%	1%
Q16. Do you use recreational drugs, and if so, how often do you use drugs?			
Yes	42%	55%	2%
No	33%	66%	1%
Q18. On average, how many hours of sleep do you get per night?			
1 = 2 hours or less	57%	43%	0%
2 = 3-5 hours	51%	49%	0%
3 = 6-7 hours	31%	68%	1%
4 = 8-10 hours	29%	71%	0%
5 = 11 hours or more	40%	53%	7%
Q20. On average, how frequently have you had sexual relations with a partner in the past year?			
Daily or near daily	30%	69%	1%
Once a week	24%	75%	1%
A few times a month	25%	74%	1%
Once a month	36%	63%	1%
A few times in the past year	42%	58%	0%
Never	37%	62%	1%

Note: Rows may not sum to 100% because of rounding error.

**Appendix A-5
Predictors of Total Number of Diagnosed Ailments – Loneliness and
Socio-Demographic Measures**

Loneliness and Socio-Demographic Measures				
	Beta			
	Estimate	Lower CI	Upper CI	p-value
Loneliness (UCLA Index)	0.017	0.009	0.025	<.0001
Currently Working	-0.411	-0.590	-0.232	<.0001
Age	0.027	0.019	.0035	<.0001
Self-Reported Health	-0.848	-0.943	-0.754	<.0001
Disability (Q8)	1.551	1.337	1.765	<.0001
Contact with Friends via Social Networking Sites	0.152	0.060	0.244	0.0010
No. Children over Age 18	-0.198	-0.313	-0.082	0.0010
No. Persons to Discuss Personal Matters With	0.075	0.051	0.098	<.0001
Close Relative Moved, Past Five Years	0.422	0.194	0.650	0.0000
Spiritual	0.216	0.097	0.334	0.0000

**Appendix A-6
Use of Technology**

Loneliness and Technology Use of Spouses and Children			
	Lonely	Not Lonely	Missing
Q 82a. How often does your spouse or partner go online (i.e., use the Internet or email)?			
Daily	26%	74%	0%
Weekly	28%	71%	1%
Monthly or less	31%	69%	0%
Do not go online	33%	66%	1%
Q 82b. How often does your child or children go online (i.e., use the Internet or email)?			
Daily	28%	71%	1%
Weekly	33%	66%	1%
Monthly or less	45%	55%	0%
Do not go online	36%	63%	1%

Loneliness and Use of Social Communication Technology				
	Frequently	Infrequently	Never	Missing
Q 83_1. How frequently do you send or receive email?				
Lonely	74%	13%	5%	8%
Not Lonely	75%	10%	6%	9%
Q 83_2. How frequently do you use instant messaging (e.g., AIM, MSN or Yahoo! Messenger)?				
	Frequently	Infrequently	Never	Missing
Lonely	17%	12%	63%	8%
Not Lonely	14%	14%	63%	9%
Q 83_3. How frequently do you participate in social networking sites such as Facebook, Twitter or MySpace?				
	Frequently	Infrequently	Never	Missing
Lonely	24%	12%	57%	7%
Not Lonely	21%	13%	57%	9%
Q 83_4. How frequently do you participate in online forums or message boards?				
	Frequently	Infrequently	Never	Missing
Lonely	9%	12%	72%	7%
Not Lonely	6%	13%	73%	9%

Note: Rows may not sum to 100% because of rounding error.

Appendix A-6 (Continued)
Use of Technology

Attitudes About Technology					
		Agree	Neither Agree nor Disagree	Disagree	Missing
Q89_A. The Internet has brought me closer together with my friends and family					
Lonely		24%	31%	36%	9%
Not Lonely		29%	30%	32%	10%
Q89_B. The Internet makes it easier for me to share personal or uncomfortable information.					
Lonely		17%	34%	40%	9%
Not Lonely		10%	30%	49%	11%
Q89_C. Communicating online is less satisfying than communicating on the phone or with letters.					
Lonely		42%	28%	21%	9%
Not Lonely		48%	23%	19%	10%
Q89_D. Social networking sites such as Facebook and Twitter make me feel connected with my friends and family.					
Lonely		19%	24%	47%	11%
Not Lonely		17%	27%	46%	10%
Q89_E. The more I use the Internet as a replacement for other forms of communication, the lonelier I feel.					
Lonely		11%	39%	42%	9%
Not Lonely		5%	27%	58%	11%
Q89_F. Social networking has helped keep me in touch with friends and family I would have otherwise drifted away from.					
Lonely		28%	26%	38%	9%
Not Lonely		29%	23%	38%	10%
Q89_G. I have fewer "deep" friendship connections now that I keep in touch with people using the Internet.					
Lonely		13%	37%	41%	9%
Not Lonely		6%	27%	55%	11%
Q89_H. I would recommend using the Internet to others in order to help with loneliness.					
Lonely		29%	34%	29%	9%
Not Lonely		23%	36%	30%	10%
Q89_I. Technology has made it harder to spend time with my friends and family in person.					
Lonely		12%	34%	45%	9%
Not Lonely		9%	24%	57%	11%
Q89_J. I find it easy to balance my time on the Internet with in-person activities and obligations.					
Lonely		39%	34%	19%	9%
Not Lonely		43%	27%	19%	10%

Note: Rows may not sum to 100% because of rounding error.

**Appendix A-7
Coping Behaviors**

Frequency of Behaviors When Feeling Lonely			
Q76. How often do you do each of the following activities when you are feeling lonely?			
	Always/Sometimes	Rarely/Never	Missing
Talk to a friend or relative			
Lonely	72%	26%	2%**
Not Lonely	81%	17%	2%
Watch television			
Lonely	86%	13%	1%**
Not Lonely	74%	24%	2%
Write in a diary or journal			
Lonely	12%	86%	1%**
Not Lonely	12%	86%	2%
Drink alcohol			
Lonely	21%	78%	1%**
Not Lonely	14%	83%	3%
Smoke cigarettes or use other tobacco products			
Lonely	24%	75%	1%**
Not Lonely	15%	83%	2%
Sleep			
Lonely	66%	33%	1%**
Not Lonely	44%	53%	3%
Go out alone, such as to a restaurant or run an errand			
Lonely	50%	48%	2%**
Not Lonely	39%	59%	2%
Eat food			
Lonely	67%	32%	1%**
Not Lonely	49%	49%	2%
Go out with friends or family			
Lonely	53%	46%	1%**
Not Lonely	72%	26%	2%
Surf the Internet			
Lonely	59%	40%	1%**
Not Lonely	47%	51%	2%
Go to bars or clubs			
Lonely	16%	92%	1%**
Not Lonely	18%	92%	3%
Work on a hobby or personal interest			
Lonely	65%	34%	1%**
Not Lonely	69%	28%	3%
Attend religious services			
Lonely	34%	64%	2%**
Not Lonely	39%	59%	2%
Use drugs			
Lonely	5%	94%	1%**
Not Lonely	1%**	96%	3%
Take a walk			
Lonely	52%	47%	1%**
Not Lonely	53%	44%	3%
Go shopping			
Lonely	45%	53%	1%**
Not Lonely	36%	61%	3%

Note: Rows may not sum to 100% because of rounding error.

**Appendix A-8
Significant Predictors of Loneliness (Ordinary Least Squares Regression Model)**

Significant Predictors of Loneliness				
	Beta			p-value
	Estimate	Lower CI	Upper CI	
Bachelors Degree or More	1.556	0.664	2.448	0.0010
Divorced	2.761	1.698	3.825	<.0001
Widowed	2.697	1.219	4.175	0.0000
Other Marital Status	3.039	1.972	4.106	<.0001
Currently Working	-1.656	-2.714	-0.598	0.0020
Retired	-2.669	-4.019	-1.318	0.0000
Age	-0.142	-0.192	-0.092	<.0001
No. Diagnosed Conditions	0.403	0.211	0.595	<.0001
Self-Reported Health	-1.751	-2.248	-1.254	<.0001
Heavy Smoker	-2.140	-3.548	-0.732	0.0030
Sexual Intercourse Frequency	-2.068	-3.081	-1.056	<.0001
Hours of Sleep per Night	-0.971	-1.585	-0.357	0.0020
In Person Contact with Friends	-1.896	-2.866	-0.926	0.0000
Telephone Contact with Friends	-3.059	-3.939	-2.180	<.0001
No. Supportive People Past Year	-0.030	-0.047	-0.012	0.0010
Volunteered Past Year	-1.724	-2.538	-0.911	<.0001
No. People to Discuss Important Matters	-0.527	-0.653	-0.401	<.0001
No. Persons Met Online	0.609	0.264	0.954	0.0010
No. Children Over Age 18	0.801	0.216	1.386	0.0070
Frequency of Send/Receive Email	1.090	0.340	1.840	0.0040
Internet Favorability Index (Q89)	-0.247	-0.365	-0.129	<.0001

Annotated Questionnaire

KEY DEMOGRAPHICS

Gender

	Total
Male	47.0%
Female	53.0%

Education level

	Total
Less than high school	14.2%
High School	32.4%
Some college	25.4%
Bachelor's degree or higher	28.0%

Race/Ethnicity

	Total
White, Non-Hispanic	74.8%
Black, Non-Hispanic	10.2%
Other, Non-Hispanic	4.6%
Hispanic	9.6%
2+ Races, Non-Hispanic	0.9%

[SP]

Q2. How would you rate your overall health at the present time?

	Total	Male	Female	45-49	50-59	60-69	70+
Excellent	8.0%	9.3%	6.8%	8.6%	8.1%	7.2%	7.8%
Very Good	33.3%	32.9%	33.6%	34.7%	32.6%	34.1%	32.4%
Good	37.6%	34.0%	40.7%	40.0%	37.1%	35.9%	38.0%
Fair	17.5%	19.7%	15.6%	13.1%	17.8%	18.8%	19.2%
Poor	3.4%	3.5%	3.3%	3.4%	3.8%	3.7%	2.4%
Refused	0.4%	0.6%	0.1%	0.2%	0.6%	0.3%	0.1%

[NUMBER BOX, 0-7; SHOW Q3 & Q4 ON SAME PAGE]

How many days in a typical week do you engage in...

Q3. moderate exercise (such as brisk walking, yoga, or moderate swimming)?

	Total	Male	Female	45-49	50-59	60-69	70+
0	26.4%	26.2%	26.5%	31.2%	24.6%	22.8%	29.1%
1	8.9%	9.1%	8.7%	8.1%	9.6%	8.0%	9.3%
2	14.2%	15.9%	12.7%	14.6%	16.1%	14.9%	10.1%
3	17.4%	17.7%	17.1%	16.4%	17.1%	20.6%	15.4%
4	8.6%	7.4%	9.7%	8.1%	8.3%	7.6%	10.7%
5	12.3%	11.4%	13.1%	11.6%	13.2%	12.6%	11.1%
6	4.1%	3.7%	4.4%	3.9%	3.4%	3.7%	5.6%
7	6.7%	7.2%	6.2%	5.1%	6.0%	7.9%	7.8%
Refused	1.4%	1.3%	1.5%	1.1%	1.6%	1.9%	0.9%

Q4. vigorous exercise (such as running, jogging, aerobics, swimming or biking)?

	Total	Male	Female	45-49	50-59	60-69	70+
0	69.9%	65.3%	74.0%	63.4%	66.9%	70.9%	78.8%
1	7.6%	9.1%	6.4%	10.4%	7.5%	7.3%	5.8%
2	7.1%	9.1%	5.4%	8.3%	8.9%	7.3%	3.3%
3	6.0%	5.7%	6.2%	7.7%	6.7%	4.7%	4.7%
4	1.7%	2.4%	1.1%	2.8%	2.1%	1.0%	1.2%
5	2.8%	3.5%	2.1%	3.0%	3.7%	1.9%	1.8%
6	1.0%	1.3%	0.6%	1.2%	1.1%	1.0%	0.7%
7	1.0%	1.1%	0.8%	1.6%	0.5%	1.8%	0.3%

Refused	3.0%	2.5%	3.4%	1.6%	2.7%	4.0%	3.4%
----------------	------	------	------	------	------	------	------

[GRID, SP ACROSS. RANDOMIZE AND RECORD]

Which of the following medical conditions have you been diagnosed with?

Q5_1. Diabetes (high blood sugar)

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	17.3%	16.8%	17.6%	11.3%	15.5%	20.5%	21.6%
No	75.7%	76.6%	74.8%	84.0%	78.1%	69.7%	71.3%
Refused	7.1%	6.6%	7.5%	4.8%	6.4%	9.8%	7.1%

Q5_2. Hypertension/High blood pressure

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	43.2%	43.5%	42.9%	24.8%	38.6%	51.3%	57.0%
No	51.9%	52.0%	51.8%	70.6%	57.0%	42.7%	38.0%
Refused	4.9%	4.5%	5.3%	4.6%	4.4%	5.9%	5.0%

Q5_3. Arthritis or Rheumatism

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	29.9%	23.0%	36.0%	12.9%	25.2%	35.8%	44.9%
No	63.3%	68.9%	58.4%	79.6%	69.6%	55.6%	48.3%
Refused	6.8%	8.1%	5.6%	7.6%	5.2%	8.6%	6.8%

Q5_4. Gastrointestinal Diseases (e.g., IBS, acid reflux, ulcer)

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	21.1%	17.2%	24.5%	15.5%	19.0%	22.3%	27.9%
No	70.6%	73.9%	67.6%	79.0%	74.8%	66.3%	61.6%

Refused	8.3%	8.9%	7.8%	5.5%	6.2%	11.5%	10.5%
----------------	------	------	------	------	------	-------	-------

Q5_5. Obesity

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	16.5%	12.4%	20.1%	13.9%	19.3%	18.3%	12.4%
No	75.8%	79.7%	72.3%	80.6%	74.8%	71.2%	78.1%
Refused	7.7%	7.9%	7.6%	5.5%	5.9%	10.5%	9.5%

Q5_6. Cancer

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	10.1%	10.3%	9.9%	3.2%	5.8%	11.5%	21.2%
No	81.4%	80.9%	81.9%	89.8%	86.1%	78.7%	70.3%
Refused	8.5%	8.8%	8.2%	7.1%	8.1%	9.8%	8.6%

Q5_7. Depression

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	16.0%	13.4%	18.3%	16.7%	21.8%	15.4%	7.1%
No	75.9%	79.0%	73.1%	77.3%	72.2%	74.4%	81.9%
Refused	8.1%	7.6%	8.5%	6.0%	5.9%	10.2%	11.0%

Q5_8. Anxiety

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	11.8%	9.6%	13.8%	12.9%	16.5%	9.7%	6.1%
No	79.9%	82.0%	78.0%	81.5%	77.0%	79.5%	83.4%
Refused	8.3%	8.3%	8.2%	5.6%	6.5%	10.8%	10.5%

Q5_9. Other mood disorder (e.g., ADHD, bipolar disorder)

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	4.0%	3.7%	4.2%	6.5%	5.9%	1.8%	1.3%
No	87.0%	87.3%	86.7%	87.3%	86.6%	87.1%	86.8%
Refused	9.0%	9.0%	9.1%	6.2%	7.4%	11.1%	11.9%

Q5_10. Sleep disorder (e.g., insomnia, sleep apnea)

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	15.0%	17.0%	13.3%	14.5%	14.3%	18.3%	13.2%
No	77.1%	75.5%	78.5%	79.5%	79.3%	72.1%	76.9%
Refused	7.9%	7.6%	8.2%	6.0%	6.3%	9.7%	9.9%

Q5_11. Cardiovascular /Heart Disease

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	12.1%	15.5%	9.1%	4.6%	8.0%	14.5%	22.1%
No	79.8%	76.6%	82.7%	88.9%	85.3%	75.1%	69.0%
Refused	8.1%	7.8%	8.3%	6.5%	6.7%	10.4%	8.9%

Q5_12. High Cholesterol

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	40.3%	41.4%	39.3%	24.3%	36.1%	50.2%	49.3%
No	53.8%	52.6%	54.9%	69.1%	58.9%	43.2%	44.4%
Refused	5.9%	6.0%	5.9%	6.5%	5.0%	6.6%	6.4%

Q5_13. Other Chronic Pain Condition

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	17.5%	16.7%	18.3%	13.8%	18.5%	20.2%	16.4%
No	74.6%	75.3%	74.0%	80.4%	75.3%	69.4%	74.1%
Refused	7.8%	8.0%	7.7%	5.8%	6.2%	10.4%	9.5%

Q5_14. Drug/Alcohol Abuse

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	2.7%	3.8%	1.6%	4.1%	4.5%	0.8%	0.4%
No	88.6%	87.6%	89.4%	89.9%	88.4%	87.4%	88.8%
Refused	8.8%	8.6%	8.9%	6.0%	7.1%	11.8%	10.8%

Q5_15. Other medical condition not listed

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	21.5%	19.8%	23.0%	17.4%	21.8%	23.1%	22.7%
No	70.9%	73.0%	69.1%	76.4%	72.1%	67.7%	68.0%
Refused	7.6%	7.2%	7.9%	6.2%	6.1%	9.1%	9.3%

[If Q5="Other medical condition not listed"]

[TEXT BOX]

Q5A. You indicated that you have been diagnosed with a medical condition that was not listed in the previous list. Please indicate the medical condition here.

[SP]

Q8. Does any disability, handicap or chronic disease keep you from participating fully in work, school, household, or other activities?

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	24.2%	24.3%	24.1%	21.7%	24.7%	26.1%	23.4%
No	75.6%	75.5%	75.6%	78.3%	75.1%	73.6%	76.0%
Refused	0.2%	0.1%	0.3%	0.0%	0.2%	0.3%	0.6%

[IF Q8=1]

[SP]

Q9. How long have you had this disability?

	Total	Male	Female	45-49	50-59	60-69	70+
Less than 1 year	4.8%	2.0%	7.3%	4.1%	3.9%	3.7%	8.2%
1 to 2 years	11.5%	11.6%	11.4%	13.8%	7.0%	11.1%	17.6%
3 to 4 years	11.2%	10.8%	11.7%	14.6%	9.3%	9.0%	14.5%
5 to 9 years	27.5%	26.2%	28.8%	22.8%	32.2%	29.6%	21.4%
10 to 19 years	24.7%	24.7%	24.6%	27.6%	25.2%	24.9%	21.4%
20 years or more	19.5%	23.3%	16.1%	16.3%	22.1%	21.7%	14.5%
Refused	0.8%	1.5%	0.3%	0.8%	0.4%	0.0%	2.5%

[GRID, SP ACROSS]

Q10. On a scale from 1 to 10, where 1 is “extremely low” and 10 is “extremely high,” please rate the overall stress level in your life today.

	Total	Male	Female	45-49	50-59	60-69	70+
Extremely Low -1	6.4%	7.1%	5.8%	3.7%	4.0%	8.2%	10.4%
2	11.2%	11.5%	10.8%	6.9%	7.2%	13.3%	18.8%
3	13.5%	15.4%	11.8%	10.0%	10.5%	17.2%	17.3%
4	10.5%	9.0%	11.8%	11.4%	9.8%	10.5%	10.8%

5	15.6%	15.3%	15.9%	16.0%	14.5%	14.2%	18.4%
6	13.5%	14.2%	12.8%	17.4%	15.8%	11.2%	9.0%
7	11.9%	12.7%	11.1%	11.6%	16.0%	9.8%	7.9%
8	10.7%	9.9%	11.3%	14.1%	13.2%	8.7%	5.9%
9	4.0%	2.4%	5.4%	4.6%	5.9%	3.9%	0.6%
Extremely High - 10	2.3%	1.7%	2.8%	3.3%	2.9%	2.2%	0.4%
Refused	0.5%	0.7%	0.4%	0.9%	0.3%	0.8%	0.4%

[SP]

Q12. Do you smoke cigarettes, cigarillos, a pipe or cigars or chew tobacco, and if so, how often per day?

	Total	Male	Female	45-49	50-59	60-69	70+
Do not smoke	77.8%	76.3%	79.2%	68.4%	71.6%	84.5%	88.3%
1-4 day	4.6%	5.7%	3.6%	8.5%	5.1%	2.9%	2.4%
5-9 per day	4.7%	4.8%	4.6%	5.3%	6.7%	3.6%	2.1%
10-14 per day	4.4%	3.5%	5.3%	5.5%	6.3%	2.6%	2.5%
15+ per day	7.9%	9.0%	6.9%	12.4%	9.9%	5.9%	3.3%
Refused	0.6%	0.7%	0.5%	0.0%	0.4%	0.4%	1.5%

[SP]

Q14. Do you drink alcoholic beverages, and if so, how many drinks do you have per week?

	Total	Male	Female	45-49	50-59	60-69	70+
Do not drink alcoholic beverages	45.8%	39.9%	51.0%	44.6%	42.1%	47.3%	50.9%
Less than 1 drink per week	22.7%	20.6%	24.5%	22.4%	24.6%	21.6%	21.2%
1 - 2 drinks per week	9.3%	10.8%	7.9%	12.9%	8.7%	8.6%	7.8%

3 - 5 drinks per week	9.3%	10.3%	8.4%	8.8%	11.1%	9.0%	7.2%
6 -10 drinks per week	7.1%	9.3%	5.1%	4.9%	7.7%	7.3%	7.4%
More than 10 drinks per week	5.2%	8.8%	2.1%	5.5%	5.2%	5.5%	4.9%
Refused	0.7%	0.4%	0.9%	0.9%	0.6%	0.7%	0.6%

[SP]

Q16. Do you use recreational drugs, and if so, how often do you use drugs?

	Total	Male	Female	45-49	50-59	60-69	70+
Do not use drugs	95.8%	93.2%	98.1%	92.4%	95.5%	96.1%	98.5%
Less than once a month	0.9%	1.0%	0.8%	1.4%	1.0%	0.8%	0.3%
One to two times per month	0.5%	1.1%	0.1%	0.5%	1.1%	0.3%	0.0%
Once a week	0.2%	0.4%	0.1%	0.0%	0.6%	0.1%	0.0%
A couple times a week	0.8%	1.6%	0.1%	2.8%	0.5%	0.6%	0.0%
Every day	0.7%	1.2%	0.3%	1.2%	0.9%	0.7%	0.1%
Refused	1.0%	1.6%	0.6%	1.6%	0.5%	1.4%	1.0%

[SP]

Q18. On average, how many hours of sleep do you get per night?

	Total	Male	Female	45-49	50-59	60-69	70+
2 hours or less	0.7%	0.8%	0.6%	0.4%	0.9%	0.6%	0.7%
3-5	14.1%	14.0%	14.1%	16.5%	15.8%	13.4%	10.1%
6-7	60.6%	61.4%	59.9%	64.4%	59.9%	60.9%	58.0%
8-10	23.9%	23.0%	24.8%	18.3%	22.6%	24.1%	30.8%
11 hours or more	0.6%	0.6%	0.5%	0.4%	0.6%	1.0%	0.3%
Refused	0.1%	0.1%	0.1%	0.0%	0.3%	0.1%	0.1%

[SP]

Q20. On average, how frequently have you had sexual relations with a partner in the past year?

	Total	Male	Female	45-49	50-59	60-69	70+
Daily or near daily	3.8%	4.9%	2.8%	8.6%	4.0%	2.1%	1.3%
Once a week	14.0%	17.7%	10.7%	20.2%	16.9%	11.9%	6.4%
A few times a month	16.3%	19.5%	13.5%	25.4%	17.8%	15.8%	7.0%
Once a month	6.0%	6.4%	5.6%	7.2%	6.7%	5.8%	4.0%
A few times in the past year	17.4%	18.1%	16.7%	17.4%	18.0%	19.0%	14.5%
Never	39.0%	30.0%	47.1%	18.5%	33.0%	41.4%	63.3%
Refused	3.5%	3.4%	3.6%	2.6%	3.6%	4.0%	3.6%

[--Personal Relationships--]

[IF PPMARIT=1, 6]

[SP]

Q21. How long have you been married or in a relationship with your current partner?

	Total	Male	Female	45-49	50-59	60-69	70+
Less than 1 year	1.0%	0.8%	1.2%	0.5%	1.0%	0.7%	1.9%
1 to 2 years	1.8%	1.7%	1.8%	4.1%	1.5%	0.9%	0.8%
3 to 4 years	3.4%	4.5%	2.3%	5.9%	5.1%	1.4%	0.6%
5 to 9 years	6.3%	6.8%	5.6%	10.3%	9.3%	2.5%	1.4%
10 to 19 years	18.8%	19.7%	17.9%	35.1%	21.6%	11.5%	6.4%
20 years or more	67.8%	65.8%	70.1%	44.1%	61.3%	82.7%	85.4%
Refused	0.9%	0.8%	1.1%	0.0%	0.2%	0.2%	3.6%

[IF PPMARIT=1, 6]

[SP]

Q22. How satisfied are you in your current relationship with your spouse or partner?

	Total	Male	Female	45-49	50-59	60-69	70+
Very satisfied	61.5%	63.5%	59.2%	62.3%	60.2%	60.0%	64.1%
Somewhat satisfied	18.4%	16.4%	20.6%	19.4%	20.1%	19.6%	13.5%
Neither satisfied nor dissatisfied	7.6%	7.9%	7.3%	7.8%	7.1%	8.1%	7.7%
Somewhat unsatisfied	4.6%	4.5%	4.7%	5.7%	6.6%	3.0%	1.9%
Very unsatisfied	6.6%	6.3%	7.0%	4.3%	5.3%	8.5%	8.8%
Refused	1.3%	1.3%	1.2%	0.5%	0.7%	0.7%	3.9%

[IF PPMARIT=3]

[SP]

Q23. How long have you been divorced?

	Total	Male	Female	45-49	50-59	60-69	70+
Less than 1 year	0.2%	0.0%	0.3%	0.0%	0.0%	0.6%	1.1%
1 to 2 years	1.1%	0.9%	1.2%	3.4%	1.3%	0.0%	0.0%
3 to 4 years	5.3%	8.9%	3.2%	12.6%	6.6%	1.3%	3.2%
5 to 9 years	15.2%	18.2%	13.3%	20.7%	14.8%	16.9%	7.5%
10 to 19 years	35.1%	32.2%	36.9%	43.7%	45.9%	25.3%	16.1%
20 years or more	41.5%	37.4%	44.1%	17.2%	29.7%	54.5%	71.0%
Refused	1.6%	2.3%	1.2%	2.3%	1.7%	1.3%	1.1%

[IF PPMARIT=2]

[SP]

Q24. How long have you been widowed?

	Total	Male	Female	45-49	50-59	60-69	70+
Less than 1 year	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
1 to 2 years	8.0%	9.1%	7.7%	42.9%	9.7%	10.7%	5.5%
3 to 4 years	10.9%	18.2%	8.6%	14.3%	29.0%	12.5%	7.1%
5 to 9 years	20.4%	24.2%	19.1%	28.6%	19.4%	30.4%	17.0%
10 to 19 years	36.4%	27.3%	39.2%	14.3%	32.3%	25.0%	41.8%
20 years or more	20.4%	13.6%	22.5%	0.0%	6.5%	21.4%	23.1%
Refused	4.0%	7.6%	2.9%	0.0%	3.2%	0.0%	5.5%

[SP]

Q25. Do you consider yourself to be...

	Total	Male	Female	45-49	50-59	60-69	70+
Heterosexual or straight	93.8%	92.6%	94.8%	92.0%	93.0%	94.7%	95.6%
Lesbian	0.6%	0.0%	1.1%	1.1%	0.8%	0.3%	0.1%
Bisexual	1.2%	1.7%	0.8%	1.4%	1.2%	1.2%	0.7%
Gay	1.6%	3.3%	0.1%	2.1%	2.7%	0.8%	0.1%
Other (please specify)	1.2%	0.8%	1.4%	2.3%	0.7%	1.5%	0.6%
Refused	1.7%	1.6%	1.9%	1.1%	1.6%	1.4%	2.8%

[SP]

Q25a. Are your parents still living?

	Total	Male	Female	45-49	50-59	60-69	70+
Yes, both	14.8%	14.8%	14.7%	36.2%	20.2%	2.4%	1.6%
Yes, one	25.2%	25.9%	24.5%	37.0%	33.2%	22.4%	5.8%
No	58.8%	57.8%	59.7%	25.9%	44.8%	74.8%	91.0%
Don't know	0.3%	0.4%	0.3%	0.4%	0.5%	0.1%	0.3%
Refused	0.9%	1.1%	0.8%	0.5%	1.3%	0.3%	1.3%

[NUMBER BOX, 0-15]

Q26. How many siblings do you have?

	Total	Male	Female	45-49	50-59	60-69	70+
0	7.8%	8.3%	7.4%	6.2%	4.1%	7.6%	15.1%
1	18.9%	19.7%	18.2%	14.5%	17.7%	22.8%	20.4%
2	23.7%	24.6%	22.9%	22.4%	26.4%	23.0%	21.2%
3	16.8%	16.3%	17.3%	19.8%	17.3%	16.2%	14.5%
4	11.6%	11.3%	11.9%	11.6%	11.4%	12.9%	10.7%
5	7.4%	7.2%	7.6%	7.2%	9.5%	6.4%	5.6%
6+	12.7%	11.0%	14.2%	16.6%	12.4%	10.9%	11.6%
Refused	1.0%	1.6%	0.6%	1.8%	1.1%	0.3%	0.9%

[NUMBER BOX, 0-15]

Q43. How many children over the age of 18 do you have?

	Total	Male	Female	45-49	50-59	60-69	70+
0	27.1%	31.3%	23.4%	46.1%	31.0%	18.4%	14.2%
1	17.1%	16.7%	17.4%	19.5%	21.2%	16.0%	9.8%
2	26.4%	24.8%	27.9%	19.7%	24.5%	34.5%	26.3%
3	14.5%	14.1%	14.9%	8.5%	13.1%	15.6%	20.5%
4	7.2%	5.8%	8.4%	4.0%	4.5%	8.7%	12.6%
5+	6.6%	6.4%	6.8%	1.6%	4.3%	5.9%	15.1%
Refused	1.1%	1.0%	1.2%	0.5%	1.3%	0.8%	1.5%

[NUMBER BOX, 0-15]

Q44. How many children under the age of 18 do you have?

	Total	Male	Female	45-49	50-59	60-69	70+
0	84.0%	81.8%	85.9%	55.1%	84.1%	95.4%	96.0%
1	7.9%	9.6%	6.4%	20.8%	9.3%	2.2%	1.2%
2	5.0%	5.2%	4.8%	16.9%	4.4%	0.4%	0.9%
3	1.3%	1.5%	1.2%	4.8%	0.8%	0.6%	0.0%
4+	0.6%	1.0%	0.3%	1.8%	0.7%	0.0%	0.1%
Refused	1.1%	0.8%	1.4%	0.7%	0.8%	1.4%	1.8%

[GRID, SP ACROSS. PLEASE SHOW SEPARATE PAGE FOR Q27a to Q27e. PLEASE MAKE Q27A TO Q27E TEXT LARGER & UNDERLINE]

Different people chose to keep in contact with friends and relatives in a variety of different ways such as getting together in person, through the telephone or over the internet. Please tell us, on average, how often you keep in contact with the following types of people through each mode of communication.

Parents [IF Q25a=1 OR 2]

Q27A_1. In person

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	37.1%	33.9%	40.0%	34.1%	39.5%	34.6%	43.1%
Once a month to a couple times a month	21.8%	23.6%	20.1%	22.8%	23.7%	16.2%	9.8%
A couple of times a year	16.8%	19.3%	14.5%	19.2%	13.6%	17.9%	25.5%
Once a year or less	18.0%	16.7%	19.1%	14.9%	18.3%	23.5%	19.6%
Never	4.2%	4.5%	4.0%	6.5%	2.9%	5.0%	0.0%
Refused	2.2%	2.1%	2.2%	2.4%	2.0%	2.8%	2.0%

Parents [IF Q25a=1 OR 2]

Q27A_2. Email

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	14.8%	14.9%	14.7%	17.8%	13.8%	12.4%	12.0%
Once a month to a couple times a month	13.1%	14.1%	12.3%	19.5%	11.1%	3.9%	16.0%
A couple of times a year	5.6%	5.7%	5.4%	5.0%	6.8%	4.5%	0.0%
Once a year or less	2.9%	2.3%	3.5%	4.1%	1.4%	3.4%	8.0%
Never	58.9%	58.2%	59.5%	50.0%	62.6%	69.1%	54.0%
Refused	4.7%	4.9%	4.6%	3.6%	4.3%	6.7%	10.0%

Parents [IF Q25a=1 OR 2]

Q27A_3. Telephone

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	59.6%	51.5%	67.1%	58.9%	60.0%	62.1%	56.0%

Once a month to a couple times a month	25.3%	30.8%	20.3%	29.1%	24.0%	20.9%	24.0%
A couple of times a year	6.1%	7.1%	5.3%	6.7%	5.2%	6.2%	10.0%
Once a year or less	1.4%	1.2%	1.6%	0.5%	2.2%	1.7%	0.0%
Never	6.5%	8.7%	4.5%	4.3%	7.3%	7.9%	8.0%
Refused	1.0%	0.7%	1.3%	0.5%	1.3%	1.1%	2.0%

Parents [IF Q25a=1 OR 2]

Q27A_4. Letters or postcards

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	1.6%	1.2%	1.9%	1.4%	0.7%	2.2%	10.2%
Once a month to a couple times a month	6.3%	3.3%	9.1%	6.3%	4.5%	11.8%	6.1%
A couple of times a year	22.3%	19.9%	24.6%	21.9%	22.4%	21.3%	26.5%
Once a year or less	13.3%	15.8%	11.0%	13.3%	14.9%	11.2%	4.1%
Never	52.5%	56.0%	49.3%	54.2%	53.8%	47.2%	46.9%
Refused	4.0%	3.8%	4.1%	2.9%	3.8%	6.2%	6.1%

Parents [IF Q25a=1 OR 2]

Q27A_5. Text messaging

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	4.7%	4.7%	4.6%	6.7%	4.3%	2.2%	1.9%
Once a month to a couple times a month	2.7%	3.0%	2.6%	3.4%	3.4%	0.0%	1.9%

A couple of times a year	1.4%	1.9%	1.0%	1.9%	0.7%	1.1%	3.8%
Once a year or less	1.4%	2.1%	0.8%	1.7%	1.4%	1.1%	1.9%
Never	85.4%	84.4%	86.3%	83.1%	85.8%	88.9%	82.7%
Refused	4.4%	4.0%	4.8%	3.1%	4.3%	6.7%	7.7%

Parents [IF Q25a=1 OR 2]

Q27A_6. Social networking sites (e.g., Facebook, Twitter)

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	3.2%	2.4%	3.8%	3.9%	3.0%	1.7%	3.9%
Once a month to a couple times a month	3.4%	2.8%	4.0%	4.8%	2.7%	2.8%	2.0%
A couple of times a year	1.8%	1.7%	1.9%	2.4%	2.0%	0.6%	0.0%
Once a year or less	1.0%	1.4%	0.6%	1.2%	0.9%	0.6%	2.0%
Never	86.5%	87.7%	85.5%	84.6%	87.7%	87.6%	86.3%
Refused	4.1%	4.0%	4.1%	3.1%	3.8%	6.8%	5.9%

Children [IF Q43 or Q44>0]

Q27B_1. In person

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	55.9%	52.1%	59.0%	75.7%	56.0%	46.3%	50.8%
Once a month to a couple times a month	22.0%	21.5%	22.3%	9.2%	20.6%	26.8%	28.1%
A couple of times a year	12.3%	13.3%	11.4%	6.8%	11.9%	16.2%	12.9%

Once a year or less	5.8%	7.3%	4.5%	2.4%	7.1%	6.7%	5.9%
Never	2.7%	4.3%	1.3%	3.5%	3.8%	2.1%	1.0%
Refused	1.4%	1.4%	1.3%	2.4%	0.5%	1.9%	1.2%

Children [IF Q43 or Q44>0]

Q27B_2. Email

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	31.8%	27.7%	35.2%	26.3%	28.8%	33.7%	37.7%
Once a month to a couple times a month	23.2%	22.6%	23.7%	19.2%	25.5%	21.6%	25.0%
A couple of times a year	8.8%	10.0%	7.9%	4.3%	9.7%	9.2%	10.6%
Once a year or less	2.5%	1.4%	3.4%	1.7%	3.5%	2.7%	1.7%
Never	30.7%	34.9%	27.3%	45.7%	30.4%	28.6%	22.3%
Refused	2.9%	3.4%	2.5%	2.8%	2.1%	4.1%	2.6%

Children [IF Q43 or Q44>0]

Q27B_3. Telephone

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	68.6%	59.2%	76.3%	68.8%	70.2%	66.4%	68.6%
Once a month to a couple times a month	21.2%	26.5%	16.8%	16.1%	18.6%	26.9%	22.3%
A couple of times a year	3.6%	4.8%	2.5%	1.7%	3.4%	2.6%	6.1%
Once a year or less	0.9%	1.0%	0.9%	0.2%	1.6%	0.9%	0.7%
Never	4.7%	6.9%	2.9%	11.8%	5.5%	1.5%	1.7%

Refused	1.0%	1.4%	0.6%	1.4%	0.7%	1.7%	0.5%
----------------	------	------	------	------	------	------	------

Children [IF Q43 or Q44>0]

Q27B_4. Letters or postcards

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	1.7%	1.8%	1.6%	3.1%	2.1%	1.2%	0.9%
Once a month to a couple times a month	6.6%	3.5%	9.1%	4.5%	6.0%	7.2%	8.0%
A couple of times a year	23.5%	18.6%	27.5%	17.3%	19.1%	25.9%	31.5%
Once a year or less	15.2%	14.9%	15.5%	12.1%	15.7%	12.5%	19.5%
Never	49.3%	57.2%	42.7%	60.0%	52.9%	48.5%	37.4%
Refused	3.7%	4.0%	3.5%	3.1%	4.2%	4.6%	2.8%

Children [IF Q43 or Q44>0]

Q27B_5. Text messaging

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	19.8%	16.7%	22.4%	37.0%	28.4%	10.4%	5.6%
Once a month to a couple times a month	8.9%	9.0%	8.8%	11.1%	11.4%	9.6%	3.3%
A couple of times a year	3.2%	4.0%	2.5%	3.1%	4.4%	3.8%	1.0%
Once a year or less	1.9%	2.6%	1.4%	1.2%	2.0%	2.6%	1.9%
Never	62.9%	64.1%	61.8%	46.0%	50.1%	69.3%	85.2%
Refused	3.3%	3.6%	3.1%	1.7%	3.7%	4.3%	3.0%

Children [IF Q43 or Q44>0]

Q27B_6. Social networking sites (e.g., Facebook, Twitter)

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	12.8%	10.2%	15.0%	17.0%	17.6%	8.0%	8.2%
Once a month to a couple times a month	8.9%	8.6%	9.2%	7.6%	12.6%	9.2%	4.9%
A couple of times a year	2.5%	3.0%	2.1%	1.9%	2.5%	3.4%	1.9%
Once a year or less	1.8%	1.8%	1.9%	0.7%	1.9%	1.9%	2.8%
Never	70.5%	73.2%	68.3%	68.6%	62.8%	72.9%	79.6%
Refused	3.4%	3.2%	3.4%	4.3%	2.5%	4.5%	2.6%

Siblings [IF Q26>0]

Q27C_1. In person

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	20.7%	19.6%	21.6%	23.9%	18.9%	20.8%	20.7%
Once a month to a couple times a month	22.0%	22.1%	21.8%	25.2%	21.5%	19.2%	23.0%
A couple of times a year	26.3%	27.0%	25.7%	27.3%	28.9%	25.7%	21.6%
Once a year or less	20.6%	20.2%	20.9%	13.8%	21.3%	25.1%	20.1%
Never	8.8%	9.4%	8.3%	8.4%	8.3%	7.7%	11.5%
Refused	1.7%	1.7%	1.6%	1.3%	1.1%	1.5%	3.2%

Siblings [IF Q26>0]

Q27C_2. Email

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	16.7%	14.9%	18.2%	17.6%	14.9%	17.7%	17.8%
Once a month to a couple times a month	25.7%	23.6%	27.6%	24.3%	29.0%	24.2%	23.3%
A couple of times a year	11.6%	12.9%	10.5%	14.6%	13.5%	9.6%	7.8%
Once a year or less	4.6%	6.0%	3.4%	5.6%	4.5%	4.2%	4.2%
Never	39.0%	39.5%	38.6%	36.0%	36.2%	42.0%	43.3%
Refused	2.3%	3.1%	1.7%	1.9%	1.8%	2.3%	3.5%

Siblings [IF Q26>0]

Q27C_3. Telephone

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	34.3%	27.4%	40.2%	37.1%	31.4%	34.1%	37.0%
Once a month to a couple times a month	35.2%	36.0%	34.6%	35.8%	36.0%	37.1%	31.0%
A couple of times a year	16.8%	21.2%	12.9%	14.7%	19.3%	15.5%	15.7%
Once a year or less	4.4%	4.9%	3.9%	4.4%	3.7%	5.4%	4.4%
Never	7.9%	8.8%	7.1%	7.6%	8.3%	6.8%	8.8%
Refused	1.5%	1.6%	1.3%	0.4%	1.3%	1.1%	3.2%

Siblings [IF Q26>0]

Q27C_4. Letters or postcards

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	0.8%	0.7%	1.0%	0.8%	1.0%	0.6%	0.9%
Once a month to a couple times a month	4.8%	2.9%	6.5%	3.4%	4.0%	5.4%	6.7%
A couple of times a year	22.4%	17.6%	26.7%	22.2%	20.2%	22.1%	27.1%
Once a year or less	17.8%	18.3%	17.5%	16.5%	17.2%	19.1%	18.8%
Never	50.4%	56.7%	45.0%	53.6%	53.9%	48.9%	43.0%
Refused	3.6%	3.9%	3.4%	3.4%	3.7%	3.9%	3.5%

Siblings [IF Q26>0]

Q27C_5. Text messaging

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	5.4%	3.0%	7.4%	11.7%	6.6%	2.4%	0.9%
Once a month to a couple times a month	6.8%	5.6%	7.8%	12.8%	9.1%	2.6%	2.5%
A couple of times a year	3.6%	4.5%	2.9%	6.5%	4.8%	1.8%	0.9%
Once a year or less	2.3%	2.4%	2.3%	4.0%	2.2%	1.8%	1.4%
Never	78.7%	81.0%	76.6%	62.9%	74.3%	87.8%	90.1%
Refused	3.2%	3.5%	3.0%	2.1%	3.0%	3.6%	4.2%

Siblings [IF Q26>0]

Q27C_6. Social networking sites (e.g., Facebook, Twitter)

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	6.2%	4.7%	7.4%	8.4%	8.1%	4.4%	2.8%
Once a month to a couple times a month	6.9%	6.0%	7.8%	12.2%	8.2%	3.0%	4.1%
A couple of times a year	3.3%	3.8%	2.9%	5.7%	3.5%	3.5%	0.7%
Once a year or less	1.6%	1.9%	1.4%	1.7%	2.4%	0.8%	1.4%
Never	78.6%	79.9%	77.5%	69.6%	75.0%	84.8%	86.0%
Refused	3.4%	3.8%	3.0%	2.3%	2.8%	3.6%	4.9%

Friends

Q27D_1. In person

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	51.5%	49.8%	53.0%	51.4%	51.5%	51.6%	51.4%
Once a month to a couple times a month	28.6%	28.9%	28.4%	28.8%	28.4%	31.3%	26.1%
A couple of times a year	10.8%	11.7%	10.1%	9.9%	12.2%	11.1%	9.3%
Once a year or less	4.9%	4.9%	4.9%	7.1%	4.0%	3.3%	6.1%
Never	2.7%	3.3%	2.3%	2.1%	3.2%	1.4%	3.7%
Refused	1.5%	1.5%	1.4%	0.7%	0.7%	1.4%	3.4%

Friends

Q27D_2. Email

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	34.4%	31.8%	36.7%	32.4%	34.9%	33.3%	36.5%
Once a month to a couple times a month	27.8%	26.0%	29.4%	28.5%	28.6%	28.1%	25.7%
A couple of times a year	7.8%	8.9%	6.9%	8.8%	8.7%	7.7%	5.9%
Once a year or less	2.6%	3.3%	1.9%	2.5%	2.9%	2.2%	2.7%
Never	25.2%	27.4%	23.3%	25.9%	23.8%	25.7%	26.3%
Refused	2.2%	2.6%	1.8%	1.9%	1.2%	2.9%	2.8%

Friends

Q27D_3. Telephone

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	46.9%	41.1%	52.0%	45.1%	45.5%	50.6%	46.7%
Once a month to a couple times a month	32.5%	32.8%	32.2%	36.2%	32.4%	30.6%	31.6%
A couple of times a year	11.3%	14.1%	8.9%	9.7%	12.4%	11.9%	10.5%
Once a year or less	3.4%	4.1%	2.8%	3.7%	4.8%	1.5%	3.1%
Never	4.3%	6.0%	2.8%	3.7%	3.8%	4.3%	5.5%
Refused	1.6%	1.9%	1.3%	1.6%	1.1%	1.1%	2.7%

Friends

Q27D_4. Letters or postcards

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	2.0%	1.6%	2.4%	2.6%	2.2%	1.5%	1.6%
Once a month to a couple times a month	5.7%	3.0%	8.1%	5.3%	4.6%	5.2%	8.3%
A couple of times a year	21.5%	15.1%	27.3%	15.5%	20.5%	23.9%	25.8%
Once a year or less	18.4%	18.1%	18.6%	16.8%	16.8%	18.9%	21.8%
Never	48.6%	57.9%	40.5%	56.4%	52.8%	46.7%	37.8%
Refused	3.7%	4.4%	3.1%	3.4%	3.1%	3.7%	4.7%

Friends

Q27D_5. Text messaging

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	9.9%	9.1%	10.6%	21.7%	12.2%	5.1%	1.5%
Once a month to a couple times a month	9.1%	8.9%	9.3%	15.3%	12.0%	5.1%	3.7%
A couple of times a year	3.1%	3.3%	2.9%	3.5%	4.5%	2.4%	1.3%
Once a year or less	2.8%	2.9%	2.6%	2.8%	3.4%	2.4%	1.9%
Never	71.7%	72.0%	71.4%	53.3%	65.2%	81.1%	87.3%
Refused	3.4%	3.7%	3.1%	3.4%	2.6%	4.0%	4.3%

Friends

Q27D_6. Social networking sites (e.g., Facebook, Twitter)

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	12.2%	9.8%	14.3%	17.4%	18.0%	6.8%	4.4%
Once a month to a couple times a month	10.1%	10.1%	10.1%	16.7%	11.0%	7.5%	6.2%
A couple of times a year	3.6%	4.0%	3.3%	4.6%	4.3%	3.6%	1.8%
Once a year or less	2.1%	2.3%	2.0%	2.8%	1.9%	1.8%	2.2%
Never	68.8%	70.3%	67.5%	55.8%	62.7%	77.1%	80.1%
Refused	3.2%	3.5%	2.9%	2.6%	2.2%	3.2%	5.2%

[NUMBER BOX, 0-500]

Q28. How many people do you have in your life with whom you most often discuss matters of personal importance?

	Total	Male	Female	45-49	50-59	60-69	70+
0	3.7%	5.5%	2.0%	3.0%	3.8%	4.6%	3.0%
1	15.9%	20.9%	11.4%	15.6%	15.9%	16.6%	15.1%
2	20.1%	21.6%	18.7%	18.6%	20.3%	19.9%	21.2%
3	19.7%	18.4%	20.9%	23.0%	20.5%	16.9%	19.0%
4	12.0%	10.0%	13.8%	12.7%	11.6%	11.8%	12.3%
5	12.0%	9.1%	14.6%	10.9%	13.3%	13.3%	9.6%
6+	15.8%	13.6%	17.8%	14.9%	13.5%	16.1%	19.7%
Refused	0.8%	0.9%	0.8%	1.2%	1.0%	0.8%	0.1%

[IF Q28>0]

[MP]

Q29. What is your relationship to these individuals?

	Total	Male	Female	45-49	50-59	60-69	70+
Friend	65.3%	58.2%	71.5%	64.1%	67.3%	66.8%	61.8%
Spouse or partner	55.8%	66.0%	47.2%	62.7%	55.9%	56.8%	49.0%
Child	41.0%	30.8%	49.6%	28.7%	35.2%	45.2%	55.4%
Parent	20.1%	18.0%	21.9%	37.9%	26.3%	9.2%	7.2%
Other relative	38.2%	31.9%	43.6%	38.1%	36.1%	41.4%	38.2%
Neighbor	9.4%	8.4%	10.2%	5.3%	7.8%	10.8%	13.8%
Coworker	9.0%	8.5%	9.4%	13.4%	12.8%	6.4%	2.1%
Other	6.3%	5.8%	6.8%	6.3%	6.6%	4.4%	7.8%
Refused	0.3%	0.3%	0.3%	0.2%	0.3%	0.1%	0.5%

[NUMBER BOX, 0-500]

Q30. How many people do you have in your life who have been very supportive of you during the past year?

	Total	Male	Female	45-49	50-59	60-69	70+
N							
0	2.9%	4.8%	1.3%	3.2%	3.3%	3.0%	2.1%
1	9.2%	12.8%	6.1%	9.9%	11.0%	9.0%	6.4%
2	11.2%	12.7%	9.9%	9.5%	13.9%	9.5%	10.5%
3	12.5%	13.4%	11.7%	14.8%	11.1%	12.3%	12.7%
4	11.4%	9.8%	12.8%	11.8%	11.7%	12.7%	9.3%
5	13.1%	11.5%	14.5%	13.0%	12.7%	13.5%	13.3%
6+	38.2%	33.5%	42.4%	36.8%	35.0%	38.7%	43.9%
Refused	1.4%	1.5%	1.4%	1.1%	1.3%	1.4%	1.8%

[IF Q30>0]

[MP]

Q31. What is your relationship to these individuals?

	Total	Male	Female	45-49	50-59	60-69	70+
Friend	74.2%	68.2%	79.4%	70.0%	74.8%	75.5%	75.3%
Spouse or partner	56.9%	66.2%	49.0%	66.5%	56.1%	58.1%	49.0%
Child	51.5%	43.5%	58.3%	43.3%	44.9%	55.6%	64.3%
Parent	26.8%	27.1%	26.5%	49.0%	34.2%	13.7%	10.5%
Other relative	49.1%	44.2%	53.3%	50.2%	46.1%	52.7%	49.1%
Neighbor	18.6%	17.2%	19.8%	14.3%	14.2%	21.7%	25.6%
Coworker	16.7%	16.0%	17.4%	21.1%	22.4%	15.2%	6.0%
Other	10.3%	9.0%	11.4%	9.6%	10.3%	9.6%	11.9%
Refused	0.3%	0.5%	0.3%	0.4%	0.1%	1.0%	0.2%

[MP]

Q34. Have any good friends, close relatives, or a spouse or partner passed away in the past 5 years?

	Total	Male	Female	45-49	50-59	60-69	70+
Yes, a good friend	36.8%	35.9%	37.5%	24.2%	31.0%	41.6%	51.0%
Yes, a close relative	45.0%	43.5%	46.3%	41.5%	46.1%	43.4%	47.9%
Yes, a spouse or partner	4.6%	4.2%	5.0%	1.4%	3.7%	4.2%	9.2%
No [SP]	34.2%	36.5%	32.1%	44.4%	36.6%	32.8%	23.4%
Refused	0.7%	0.8%	0.6%	0.2%	0.3%	1.4%	0.9%

[MP]

Q35. Have any good friends or close relatives moved away from you in the past 5 years?

	Total	Male	Female	45-49	50-59	60-69	70+
Yes, a good friend	18.9%	16.3%	21.2%	19.6%	19.9%	16.5%	19.5%
Yes, a close relative	14.0%	13.1%	14.7%	13.4%	14.4%	14.1%	13.5%
No [SP]	69.7%	72.8%	66.9%	70.4%	69.3%	70.5%	68.6%
Refused	1.0%	1.4%	0.6%	0.7%	0.5%	1.5%	1.3%

[SP]

Q38. Would you say that you have more friends, fewer friends, or about the same number of friends as you did 5 years ago?

	Total	Male	Female	45-49	50-59	60-69	70+
More	19.9%	18.3%	21.4%	21.2%	20.5%	18.5%	19.7%
Fewer	23.2%	22.9%	23.4%	25.0%	23.6%	19.6%	24.7%
About the same	56.4%	58.2%	54.7%	53.1%	55.6%	61.5%	54.4%
Refused	0.5%	0.6%	0.5%	0.7%	0.3%	0.3%	1.2%

[SP]

Q39. Are you currently providing unpaid care to an **adult** relative or friend in order to help them care for themselves? Unpaid care may include help with personal needs or household chores, managing finances, arranging for outside services, or regularly visiting to see how they are doing. This person need not live with you.

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	19.5%	16.2%	22.5%	19.7%	19.6%	19.9%	18.8%
No	79.6%	82.5%	77.0%	79.8%	79.7%	79.4%	79.6%
Refused	0.9%	1.3%	0.5%	0.5%	0.7%	0.7%	1.6%

[SP]

Q45. Would you describe yourself as very religious or spiritual, somewhat religious or spiritual, or not religious or spiritual at all?

	Total	Male	Female	45-49	50-59	60-69	70+
Very religious/spiritual	29.0%	23.1%	34.2%	22.2%	27.4%	28.2%	37.9%
Somewhat religious/spiritual	54.5%	54.4%	54.6%	59.5%	53.9%	57.5%	47.9%
Not at all religious/spiritual	16.0%	21.8%	10.9%	18.3%	18.0%	13.6%	13.8%
Refused	0.5%	0.7%	0.4%	0.0%	0.7%	0.7%	0.4%

[SP]

Q46. How often do you attend religious services or other events at a place of worship?

	Total	Male	Female	45-49	50-59	60-69	70+
Once a week or more	33.4%	29.0%	37.3%	26.8%	27.2%	35.3%	46.7%
A couple times a month	6.7%	6.3%	7.0%	5.3%	7.3%	8.2%	5.2%
Once a month	4.1%	3.9%	4.3%	5.1%	5.1%	3.0%	2.8%
A couple times a year	15.0%	14.3%	15.7%	17.3%	15.5%	14.7%	12.7%
Once a year or less	17.4%	18.1%	16.7%	20.6%	17.6%	17.6%	14.4%
Never	22.4%	27.7%	17.8%	24.6%	26.3%	20.6%	16.4%
Refused	1.0%	0.8%	1.3%	0.4%	1.1%	0.7%	1.8%

[SP]

Q48. In the past 12 months, have you volunteered, that is given your time or skills, for a non-profit organization, a charity, school, hospital, religious organization, neighborhood association, civic or any other group?

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	43.9%	41.2%	46.3%	42.3%	40.5%	46.3%	47.7%
No	55.3%	57.9%	53.0%	56.9%	58.3%	53.1%	51.7%
Refused	0.8%	0.9%	0.8%	0.9%	1.1%	0.6%	0.6%

[SP]

Q50. Do you belong to any local community organizations, clubs, or groups such as Kiwanis, book clubs, gardening groups, or other social groups? If so, how many?

	Total	Male	Female	45-49	50-59	60-69	70+
0	73.9%	76.1%	72.0%	81.0%	79.8%	69.6%	63.7%
1	14.6%	13.1%	15.8%	12.1%	12.0%	16.2%	18.8%
2	7.0%	6.1%	7.8%	4.0%	5.3%	9.1%	9.9%
3 or more	3.8%	3.6%	3.9%	1.8%	2.8%	4.1%	6.7%
Refused	0.7%	1.1%	0.4%	1.1%	0.2%	1.0%	0.9%

[SP]

Q51. How many hours per week do you spend watching television, including news and sports?

	Total	Male	Female	45-49	50-59	60-69	70+
None	2.6%	2.3%	2.9%	4.2%	3.1%	1.5%	1.8%
1-3	8.4%	7.5%	9.1%	11.1%	9.0%	6.6%	7.0%
4-6	13.5%	12.2%	14.6%	19.5%	13.3%	11.3%	10.8%
7-10	17.4%	18.3%	16.5%	19.5%	19.5%	15.7%	13.8%
11-15	15.5%	15.7%	15.3%	13.7%	15.2%	17.7%	15.1%
16-20	15.5%	16.6%	14.5%	12.5%	13.7%	17.0%	19.3%
21+	26.6%	26.6%	26.6%	18.5%	25.8%	29.1%	32.0%
Refused	0.6%	0.7%	0.4%	0.9%	0.4%	1.0%	0.3%

[SP]

Q53. How many hours per week do you spend on hobbies? This could include activities such as sports, gardening, writing, photography, movie going, and other leisure pursuits.

	Total	Male	Female	45-49	50-59	60-69	70+
None	12.0%	13.7%	10.5%	9.8%	11.7%	10.1%	16.4%
1-3	24.9%	21.6%	27.9%	27.8%	26.6%	22.7%	22.2%
4-6	22.2%	20.6%	23.5%	24.4%	24.9%	19.9%	18.5%
7-10	17.7%	19.4%	16.3%	16.5%	18.7%	18.4%	16.3%
11-15	10.1%	10.0%	10.2%	9.1%	8.2%	12.0%	11.7%
16-20	5.3%	6.4%	4.3%	5.6%	4.3%	6.6%	5.0%
21+	6.9%	7.2%	6.6%	4.6%	5.0%	9.7%	8.7%
Refused	1.0%	1.2%	0.8%	2.1%	0.7%	0.4%	1.0%

[IF PPWORK=1 OR 2]

[SP]

Q54. Are you retired from a previous career?

	Total	Male	Female	45-49	50-59	60-69	70+
Yes	16.6%	19.0%	14.3%	6.7%	10.7%	29.7%	57.7%
No	82.4%	80.1%	84.6%	91.7%	88.7%	68.7%	42.3%
Refused	1.0%	0.9%	1.1%	1.6%	0.6%	1.5%	0.0%

[IF PPWORK=1 OR 2]

[SP]

Q56. How long have you been employed at your current job?

	Total	Male	Female	45-49	50-59	60-69	70+
Less than 1 year	8.2%	10.2%	6.3%	9.1%	8.2%	7.3%	5.8%
1 year to less than 5 years	20.3%	16.5%	23.9%	23.6%	19.6%	17.8%	20.2%
5 years to less than 10 years	18.9%	18.9%	19.0%	22.0%	18.7%	16.6%	14.4%
10 years to less than 20 years	24.3%	26.8%	21.8%	26.7%	24.8%	20.1%	22.1%
20 years or more	25.7%	26.0%	25.4%	16.1%	26.2%	36.3%	31.7%
Refused	2.6%	1.6%	3.6%	2.6%	2.4%	1.9%	5.8%

[IF PPWORK=1 OR 2]

[SP]

Q57. How satisfied are you with your current job?

	Total	Male	Female	45-49	50-59	60-69	70+
Very satisfied	31.4%	33.6%	29.3%	23.1%	34.7%	33.6%	36.9%
Somewhat satisfied	37.5%	35.5%	39.3%	41.7%	36.4%	35.1%	35.0%
Neither satisfied nor dissatisfied	12.7%	13.6%	12.0%	14.8%	11.6%	12.4%	13.6%
Somewhat unsatisfied	9.0%	9.4%	8.7%	10.4%	9.0%	9.7%	2.9%
Very unsatisfied	7.0%	6.2%	7.7%	8.3%	6.7%	5.8%	5.8%

[IF PPWORK=5 OR Q54=1]

[SP]

Q61. How long have you been retired from your previous career?

	Total	Male	Female	45-49	50-59	60-69	70+
Less than 1 year	4.3%	4.7%	4.0%	6.7%	8.9%	5.2%	2.7%
More than 1 year but less than 5 years	18.7%	18.7%	18.7%	20.0%	35.0%	32.0%	6.7%
More than 5 years but less than 10 years	24.7%	24.0%	25.4%	63.3%	18.7%	33.3%	18.3%
10 years or more	51.5%	51.7%	51.2%	10.0%	35.0%	28.9%	71.5%
Refused	0.8%	0.9%	0.7%	0.0%	2.4%	0.5%	0.8%

[IF PPWORK=5 OR Q54=1]

[SP]

Q63. Have you stayed in contact with any of your former coworkers after your retirement?

	Total	Male	Female	45-49	50-59	60-69	70+
Yes, regularly	19.1%	12.2%	25.1%	3.3%	21.1%	22.7%	17.1%
Yes, occasionally	27.4%	28.6%	26.4%	36.7%	22.8%	32.3%	25.0%
Yes, once in a while	28.4%	33.5%	23.9%	40.0%	29.3%	25.3%	29.6%
No	24.4%	25.0%	23.9%	20.0%	26.0%	19.0%	27.8%
Refused	0.6%	0.6%	0.7%	0.0%	0.8%	0.8%	0.5%

[SP]

Q64. How long have you lived at your current residence?

	Total	Male	Female	45-49	50-59	60-69	70+
Less than 1 year	4.9%	4.9%	5.0%	9.5%	5.8%	2.4%	2.5%
1 year to less than 5 years	16.4%	16.7%	16.1%	22.9%	21.3%	11.9%	8.0%
5 years to less than 10 years	19.7%	19.7%	19.6%	22.9%	19.6%	19.8%	16.9%
10 years to less than 20 years	27.2%	28.0%	26.5%	32.6%	28.2%	24.5%	24.0%
20 years or more	30.9%	29.5%	32.1%	10.1%	24.5%	41.0%	47.6%
Refused	0.9%	1.2%	0.7%	1.9%	0.7%	0.4%	1.0%

[IF Q64=1-3]

[NUMBER BOX, 1-50]

Q65. How many times have you moved in the past 10 years?

	Total	Male	Female	45-49	50-59	60-69	70+
1	47.6%	45.9%	49.2%	43.3%	43.4%	51.6%	60.5%
2	24.0%	26.4%	21.9%	20.4%	27.0%	24.0%	22.2%
3	14.9%	14.7%	15.1%	21.3%	13.3%	14.2%	8.6%
4	6.3%	7.5%	5.2%	7.0%	6.4%	6.9%	4.3%
5	3.3%	3.1%	3.5%	3.8%	3.9%	1.6%	3.8%
6	1.3%	0.7%	1.8%	1.6%	1.6%	0.8%	0.0%
7	0.3%	0.2%	0.5%	0.3%	0.6%	0.0%	0.0%
8	0.2%	0.2%	0.3%	0.3%	0.2%	0.4%	0.0%
9	0.0%	0.0%	0.0%	0.0%	0.0%	0.4%	0.0%
10+	0.5%	0.5%	0.5%	1.3%	0.4%	0.0%	0.0%
Refused	1.5%	0.9%	2.0%	0.6%	3.1%	0.0%	0.5%

[SP]

Q67. In general, how safe would you say you are from crime when walking in your neighborhood: would you say you are very safe, somewhat safe, not too safe, or not at all safe?

	Total	Male	Female	45-49	50-59	60-69	70+
Very safe	56.6%	60.8%	52.9%	53.8%	54.6%	60.0%	58.7%
Somewhat safe	37.3%	34.2%	39.9%	37.2%	40.2%	34.4%	35.7%
Not too safe	4.4%	3.4%	5.3%	6.5%	3.8%	3.7%	4.1%
Not at all Safe	1.2%	0.9%	1.4%	1.8%	0.7%	1.5%	1.0%
Refused	0.6%	0.6%	0.5%	0.7%	0.8%	0.3%	0.4%

[MP]

Q69. Do you own any pets? If so, what kind?

	Total	Male	Female	45-49	50-59	60-69	70+
Dog	34.5%	33.9%	35.1%	44.4%	39.0%	31.5%	22.4%
Cat	28.1%	25.9%	30.1%	29.5%	32.8%	26.1%	21.9%
Bird	4.3%	4.8%	3.9%	3.5%	4.9%	4.6%	3.9%
Reptile	1.4%	2.1%	0.9%	2.1%	1.8%	1.2%	0.4%
Other	7.0%	7.2%	6.8%	10.9%	8.4%	5.7%	3.1%
None [SP]	44.1%	45.1%	43.3%	34.5%	38.2%	47.9%	57.4%
Refused	0.4%	0.7%	0.1%	0.4%	0.3%	0.3%	0.4%

[GRID, SP ACROSS]

The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described.

Q70_1. How often do you feel that you are "in tune" with the people around you?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	1.3%	1.4%	1.2%	1.8%	1.9%	0.7%	0.7%
Rarely	7.3%	9.1%	5.8%	8.5%	9.5%	6.8%	3.7%
Sometimes	61.5%	62.8%	60.4%	66.9%	63.0%	60.3%	55.7%
Always	28.9%	25.3%	32.1%	21.0%	24.7%	31.5%	39.1%
Refused	1.0%	1.4%	0.6%	1.9%	0.9%	0.7%	0.7%

Q70_2. How often do you feel that you lack companionship?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	26.1%	27.5%	24.8%	19.2%	24.2%	28.6%	32.0%
Rarely	29.5%	30.5%	28.6%	30.1%	28.3%	30.0%	30.2%
Sometimes	36.8%	33.9%	39.3%	40.8%	36.8%	36.4%	33.6%
Always	6.7%	6.9%	6.5%	8.1%	9.6%	4.7%	3.4%
Refused	1.0%	1.1%	0.8%	1.8%	1.1%	0.3%	0.7%

Q70_3. How often do you feel that there is no one you can turn to?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	40.8%	42.4%	39.3%	31.2%	34.3%	45.6%	53.6%
Rarely	31.1%	30.1%	31.9%	31.9%	33.2%	29.3%	28.9%
Sometimes	23.2%	21.9%	24.4%	29.2%	26.1%	21.6%	15.6%
Always	4.1%	4.5%	3.7%	5.5%	5.6%	3.3%	1.2%
Refused	0.9%	1.1%	0.7%	2.3%	0.8%	0.1%	0.7%

Q70_4. How often do you feel alone?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	32.0%	34.1%	30.2%	29.3%	27.4%	34.9%	38.3%
Rarely	34.0%	33.5%	34.4%	32.0%	35.2%	34.4%	33.4%
Sometimes	27.5%	25.4%	29.4%	30.2%	30.1%	26.1%	22.9%
Always	5.1%	5.6%	4.6%	6.4%	6.1%	4.3%	3.3%
Refused	1.4%	1.4%	1.4%	2.1%	1.1%	0.3%	2.1%

Q70_5. How often do you feel part of a group of friends?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	5.7%	6.8%	4.8%	4.9%	7.7%	4.8%	4.3%
Rarely	15.7%	17.5%	14.1%	19.9%	18.7%	12.0%	11.1%
Sometimes	46.8%	47.6%	46.0%	48.8%	45.7%	47.5%	45.9%
Always	29.7%	26.0%	33.0%	22.5%	26.0%	34.5%	36.4%
Refused	2.1%	2.1%	2.1%	3.9%	1.8%	1.1%	2.2%

Q70_6. How often do you feel that you have a lot in common with the people around you?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	2.5%	3.0%	2.1%	2.8%	3.2%	1.8%	2.2%
Rarely	15.1%	16.3%	14.2%	17.6%	18.3%	11.9%	11.7%
Sometimes	58.2%	59.7%	56.9%	59.7%	57.9%	63.3%	51.8%
Always	22.4%	19.5%	24.9%	17.6%	18.7%	21.7%	32.5%
Refused	1.8%	1.6%	1.9%	2.3%	1.9%	1.2%	1.8%

Q70_7. How often do you feel that you are no longer close to anyone?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	40.0%	37.8%	41.9%	31.3%	35.3%	42.7%	51.4%
Rarely	30.3%	31.2%	29.5%	32.3%	30.7%	31.7%	26.7%
Sometimes	24.8%	26.0%	23.8%	29.0%	28.2%	21.3%	19.9%
Always	3.4%	3.7%	3.1%	5.1%	4.5%	3.2%	0.6%
Refused	1.5%	1.2%	1.8%	2.3%	1.3%	1.1%	1.5%

Q70_8. How often do you feel that your interests and ideas are not shared by those around you?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	15.2%	14.1%	16.1%	11.8%	16.5%	15.8%	15.3%
Rarely	37.0%	36.7%	37.2%	35.1%	33.5%	40.2%	40.7%
Sometimes	41.1%	41.9%	40.4%	45.0%	41.3%	38.7%	40.1%
Always	4.3%	5.1%	3.7%	5.3%	6.2%	3.5%	1.6%
Refused	2.4%	2.2%	2.6%	2.8%	2.5%	1.8%	2.4%

Q70_9. How often do you feel outgoing and friendly?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	2.0%	2.8%	1.3%	1.8%	2.7%	1.7%	1.6%
Rarely	8.4%	9.8%	7.2%	8.8%	12.1%	6.2%	4.9%
Sometimes	47.8%	48.5%	47.2%	55.4%	47.4%	46.6%	43.4%
Always	39.4%	36.7%	41.8%	30.2%	36.5%	42.9%	48.0%
Refused	2.3%	2.1%	2.4%	3.9%	1.3%	2.6%	2.1%

Q70_10. How often do you feel close to people?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	1.8%	2.6%	1.0%	2.3%	2.2%	0.8%	1.5%
Rarely	11.4%	14.3%	8.8%	14.1%	14.2%	8.7%	7.6%
Sometimes	51.9%	52.0%	51.9%	53.5%	52.7%	54.4%	47.0%
Always	30.4%	26.9%	33.5%	26.1%	27.1%	31.4%	37.9%
Refused	4.5%	4.2%	4.9%	4.0%	3.7%	4.7%	6.1%

Q70_11. How often do you feel left out?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	18.4%	19.7%	17.3%	15.0%	16.7%	19.9%	22.5%
Rarely	43.6%	42.8%	44.2%	40.5%	40.1%	45.2%	49.9%
Sometimes	32.4%	32.6%	32.3%	36.8%	35.8%	30.9%	25.1%
Always	3.7%	3.3%	3.9%	4.6%	5.6%	2.2%	1.3%
Refused	1.9%	1.6%	2.3%	3.2%	1.8%	1.8%	1.2%

Q70_12. How often do you feel that your relationships with others are not meaningful?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	25.7%	25.0%	26.3%	23.4%	24.3%	26.0%	29.3%
Rarely	37.6%	36.8%	38.3%	32.9%	35.7%	41.3%	40.6%
Sometimes	31.9%	32.7%	31.2%	36.6%	34.1%	28.8%	27.7%
Always	3.2%	3.9%	2.6%	4.0%	4.7%	2.2%	1.3%
Refused	1.6%	1.6%	1.6%	3.0%	1.2%	1.7%	1.0%

Q70_13. How often do you feel that no one really knows you well?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	21.7%	21.6%	21.8%	17.6%	20.6%	24.6%	23.5%
Rarely	34.5%	33.4%	35.5%	32.1%	32.1%	35.1%	39.6%
Sometimes	34.6%	35.4%	33.9%	38.8%	35.4%	32.2%	32.4%
Always	7.4%	7.8%	7.1%	9.3%	10.4%	5.7%	3.1%
Refused	1.8%	1.9%	1.7%	2.1%	1.4%	2.4%	1.3%

Q70_14. How often do you feel isolated from others?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	31.1%	30.5%	31.6%	22.6%	29.0%	32.6%	39.9%
Rarely	36.6%	36.2%	37.1%	40.0%	34.9%	37.1%	36.1%
Sometimes	25.6%	26.5%	24.9%	29.5%	28.1%	23.5%	20.9%
Always	4.3%	4.6%	4.0%	5.3%	6.5%	3.5%	1.0%
Refused	2.3%	2.2%	2.4%	2.6%	1.5%	3.3%	2.1%

Q70_15. How often do you feel you can find companionship when you want it?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	5.7%	6.1%	5.4%	5.6%	7.1%	4.0%	5.6%
Rarely	14.3%	13.6%	14.9%	19.9%	15.7%	13.1%	8.9%
Sometimes	36.9%	37.9%	36.0%	37.9%	38.1%	36.5%	34.4%
Always	41.3%	40.7%	41.7%	34.3%	37.5%	44.4%	49.5%
Refused	1.8%	1.6%	2.0%	2.3%	1.6%	1.9%	1.6%

Q70_16. How often do you feel that there are people who really understand you?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	3.4%	3.8%	3.1%	3.2%	4.3%	2.9%	2.7%
Rarely	15.5%	18.7%	12.6%	18.3%	17.3%	14.3%	11.5%
Sometimes	52.3%	50.2%	54.2%	52.9%	51.6%	53.0%	52.4%
Always	27.3%	25.4%	29.0%	24.0%	25.6%	28.0%	32.0%
Refused	1.5%	1.9%	1.1%	1.6%	1.1%	1.8%	1.5%

Q70_17. How often do you feel shy?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	17.0%	18.2%	16.0%	12.7%	16.0%	18.4%	20.9%
Rarely	33.3%	34.5%	32.3%	32.6%	32.4%	35.2%	33.1%
Sometimes	42.6%	39.3%	45.5%	45.0%	43.5%	41.3%	40.7%
Always	5.6%	6.1%	5.2%	7.4%	6.7%	3.6%	4.6%
Refused	1.4%	1.9%	0.9%	2.3%	1.3%	1.5%	0.7%

Q70_18. How often do you feel that people are around you but not with you?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	15.4%	15.3%	15.5%	13.7%	14.9%	16.0%	16.9%
Rarely	37.1%	35.9%	38.1%	37.1%	35.3%	38.6%	38.2%
Sometimes	42.1%	42.6%	41.6%	42.3%	43.1%	39.4%	43.0%
Always	3.9%	4.5%	3.4%	4.9%	5.4%	3.9%	0.9%
Refused	1.5%	1.7%	1.4%	1.9%	1.3%	2.1%	1.0%

Q70_19. How often do you feel that there are people you can talk to?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	2.0%	2.3%	1.8%	2.1%	3.1%	1.0%	1.5%
Rarely	8.7%	11.7%	6.0%	9.5%	11.3%	8.0%	4.4%
Sometimes	38.5%	38.5%	38.6%	42.1%	41.3%	35.6%	34.5%
Always	49.2%	45.7%	52.3%	43.8%	43.3%	53.7%	58.2%
Refused	1.6%	1.9%	1.3%	2.5%	1.1%	1.7%	1.3%

Q70_20. How often do you feel that there are people you can turn to?

	Total	Male	Female	45-49	50-59	60-69	70+
Never	1.9%	2.3%	1.5%	1.6%	2.8%	1.2%	1.5%
Rarely	10.0%	12.9%	7.4%	13.6%	13.0%	7.3%	5.0%
Sometimes	34.2%	34.7%	33.9%	36.1%	37.0%	33.5%	29.3%
Always	51.9%	47.7%	55.7%	46.7%	45.5%	55.6%	62.4%
Refused	2.0%	2.5%	1.5%	2.1%	1.7%	2.4%	1.8%

[SP]

Q71. Overall, how often do you feel lonely or isolated from those around you?

	Total	Male	Female	45-49	50-59	60-69	70+
Always	3.9%	4.2%	3.6%	4.9%	5.8%	2.8%	1.2%
Sometimes	29.3%	28.6%	29.8%	34.7%	31.4%	27.8%	23.1%
Rarely	39.4%	37.7%	40.9%	37.9%	37.8%	38.9%	43.6%
Never	26.7%	28.4%	25.2%	22.0%	24.4%	29.6%	31.0%
Refused	0.8%	1.1%	0.5%	0.5%	0.6%	1.0%	1.2%

[IF Q71=1-3]

[SP]

Q75. Sometimes loneliness is caused by a specific event or condition such as the loss of a spouse or an unexpected illness, and sometimes there doesn't seem to be a specific reason why people feel lonely. Is there a specific cause for your feelings of loneliness?

	Total	Male	Female	45-49	50-59	60-69	70+
No	69.0%	76.4%	62.8%	68.9%	67.8%	69.7%	70.5%
Yes	29.6%	22.7%	35.4%	28.2%	31.8%	28.9%	27.7%
Refused	1.4%	0.9%	1.9%	3.0%	0.4%	1.4%	1.7%

[GRID, SP ACROSS. RANDOMIZE AND RECORD]

Below are some behaviors that people might do to cope with feelings of loneliness or isolation. How often do you do each of the following activities when you are feeling lonely?

Q76_1. Talk to a friend or relative

	Total	Male	Female	45-49	50-59	60-69	70+
Always	19.3%	13.1%	24.8%	19.4%	18.2%	20.9%	19.3%
Sometimes	58.2%	55.5%	60.6%	57.7%	58.2%	58.4%	58.7%
Rarely	13.1%	18.5%	8.4%	15.3%	14.3%	12.2%	10.5%
Never	6.8%	10.3%	3.8%	5.3%	6.8%	6.6%	8.3%
Refused	2.5%	2.7%	2.3%	2.3%	2.5%	1.8%	3.3%

Q76_2. Watch television

	Total	Male	Female	45-49	50-59	60-69	70+
Always	22.5%	22.5%	22.6%	20.1%	24.3%	21.7%	22.8%
Sometimes	55.1%	53.1%	56.9%	54.4%	54.2%	58.5%	53.6%
Rarely	11.2%	11.4%	11.0%	12.5%	10.7%	10.5%	11.4%
Never	8.8%	10.3%	7.5%	9.3%	8.8%	7.9%	9.5%
Refused	2.4%	2.7%	2.1%	3.7%	2.0%	1.4%	2.8%

Q76_3. Write in a diary or journal

	Total	Male	Female	45-49	50-59	60-69	70+
Always	2.8%	1.8%	3.6%	1.8%	2.9%	2.6%	3.6%
Sometimes	8.9%	4.6%	12.7%	12.0%	8.6%	7.1%	8.7%
Rarely	10.8%	7.6%	13.7%	11.8%	11.5%	10.1%	9.6%
Never	75.2%	83.3%	68.1%	71.5%	75.1%	78.4%	75.1%
Refused	2.4%	2.8%	2.0%	3.0%	1.9%	1.8%	3.0%

Q76_4. Drink alcohol

	Total	Male	Female	45-49	50-59	60-69	70+
Always	1.8%	2.6%	1.0%	2.5%	2.2%	0.8%	1.5%
Sometimes	14.5%	18.2%	11.1%	18.7%	16.7%	14.0%	8.0%
Rarely	17.3%	18.7%	16.2%	21.8%	19.3%	14.0%	14.1%
Never	63.9%	57.6%	69.5%	54.9%	59.1%	69.1%	73.3%
Refused	2.5%	2.9%	2.2%	2.1%	2.7%	2.1%	3.1%

Q76_5. Smoke cigarettes or use other tobacco products

	Total	Male	Female	45-49	50-59	60-69	70+
Always	8.6%	8.5%	8.7%	11.6%	12.8%	4.7%	3.7%
Sometimes	9.3%	10.4%	8.3%	14.6%	11.0%	7.0%	4.6%
Rarely	3.6%	4.1%	3.1%	6.3%	3.3%	2.8%	2.4%
Never	76.6%	75.2%	77.9%	65.1%	70.8%	84.0%	87.4%
Refused	1.9%	1.8%	2.0%	2.3%	2.0%	1.5%	1.9%

Q76_6. Sleep

	Total	Male	Female	45-49	50-59	60-69	70+
Always	7.6%	7.4%	7.9%	9.7%	8.5%	6.1%	6.2%
Sometimes	43.5%	44.6%	42.5%	47.4%	44.3%	41.4%	41.0%
Rarely	26.6%	24.0%	28.9%	23.8%	27.2%	28.3%	26.4%
Never	19.8%	21.4%	18.4%	16.9%	17.7%	21.5%	23.7%
Refused	2.5%	2.7%	2.3%	2.3%	2.3%	2.8%	2.7%

Q76_7. Go out alone, such as to a restaurant or to run an errand

	Total	Male	Female	45-49	50-59	60-69	70+
Always	4.5%	3.4%	5.6%	4.9%	5.2%	4.4%	3.3%
Sometimes	37.5%	33.5%	41.1%	37.0%	39.1%	40.0%	32.9%
Rarely	23.0%	23.9%	22.3%	24.5%	22.5%	24.7%	20.9%
Never	32.4%	36.0%	29.2%	30.5%	31.1%	29.4%	39.4%
Refused	2.5%	3.2%	1.9%	3.0%	2.2%	1.5%	3.6%

Q76_8. Eat food

	Total	Male	Female	45-49	50-59	60-69	70+
Always	9.6%	9.2%	9.9%	9.8%	10.3%	9.0%	8.6%
Sometimes	45.5%	38.1%	52.1%	46.6%	45.3%	47.0%	43.4%
Rarely	24.2%	26.0%	22.5%	23.7%	25.3%	23.3%	23.6%
Never	18.7%	24.2%	13.9%	17.2%	17.5%	18.9%	21.6%
Refused	2.1%	2.5%	1.6%	2.6%	1.5%	1.8%	2.8%

Q76_9. Go out with friends or family

	Total	Male	Female	45-49	50-59	60-69	70+
Always	8.1%	6.6%	9.5%	5.3%	6.9%	9.6%	10.5%
Sometimes	57.6%	51.9%	62.7%	55.6%	55.9%	60.7%	58.7%
Rarely	19.2%	21.6%	17.0%	22.2%	22.2%	16.6%	14.8%
Never	13.0%	17.4%	9.1%	14.4%	13.4%	11.5%	13.0%
Refused	2.1%	2.5%	1.7%	2.5%	1.6%	1.7%	3.0%

Q76_10. Surf the internet

	Total	Male	Female	45-49	50-59	60-69	70+
Always	9.0%	10.2%	7.9%	9.9%	11.7%	6.9%	6.4%
Sometimes	41.4%	42.7%	40.3%	49.0%	44.1%	41.1%	31.4%
Rarely	20.4%	17.3%	23.2%	19.4%	20.0%	20.3%	21.9%
Never	26.8%	26.9%	26.7%	19.0%	22.3%	29.5%	37.2%
Refused	2.4%	3.0%	1.9%	2.6%	2.0%	2.2%	3.1%

Q76_11. Go to bars or clubs

	Total	Male	Female	45-49	50-59	60-69	70+
Always	0.7%	1.1%	0.4%	1.2%	0.7%	0.3%	0.7%
Sometimes	5.0%	7.5%	2.8%	7.2%	5.9%	4.3%	2.4%
Rarely	12.3%	15.4%	9.5%	19.0%	14.5%	9.3%	6.2%
Never	79.6%	73.3%	85.2%	70.2%	76.8%	84.5%	86.7%
Refused	2.5%	2.8%	2.2%	2.3%	2.1%	1.7%	4.0%

Q76_12. Work on a hobby or personal interest

	Total	Male	Female	45-49	50-59	60-69	70+
Always	11.2%	9.8%	12.5%	9.2%	10.2%	13.6%	12.1%
Sometimes	56.3%	54.7%	57.8%	57.0%	57.4%	56.9%	53.6%
Rarely	15.1%	15.7%	14.5%	14.5%	15.2%	14.4%	16.0%
Never	15.0%	17.6%	12.7%	16.0%	14.7%	13.4%	16.3%
Refused	2.4%	2.2%	2.5%	3.4%	2.5%	1.7%	2.1%

Q76_13. Attend religious services

	Total	Male	Female	45-49	50-59	60-69	70+
Always	10.6%	9.5%	11.6%	5.3%	9.7%	11.6%	15.6%
Sometimes	26.3%	20.8%	31.2%	24.6%	24.7%	27.5%	29.0%
Rarely	20.6%	20.1%	21.0%	23.2%	20.8%	18.8%	19.9%
Never	40.1%	47.2%	33.8%	44.5%	42.3%	40.2%	32.9%
Refused	2.4%	2.5%	2.3%	2.3%	2.6%	1.8%	2.7%

Q76_14. Use drugs

	Total	Male	Female	45-49	50-59	60-69	70+
Always	0.6%	1.0%	0.3%	0.9%	0.7%	0.4%	0.4%
Sometimes	1.8%	3.0%	0.7%	3.5%	1.7%	1.9%	0.0%
Rarely	2.4%	3.4%	1.6%	4.8%	3.2%	1.5%	0.3%
Never	92.8%	89.8%	95.5%	88.0%	92.5%	93.9%	96.4%
Refused	2.4%	2.8%	1.9%	2.8%	1.9%	2.2%	2.8%

Q76_15. Take a walk

	Total	Male	Female	45-49	50-59	60-69	70+
Always	6.2%	4.9%	7.3%	4.1%	6.7%	7.2%	6.2%
Sometimes	46.3%	42.0%	50.2%	45.3%	47.1%	50.3%	41.5%
Rarely	25.3%	27.8%	23.2%	26.8%	27.1%	23.7%	23.3%
Never	19.6%	21.9%	17.5%	20.1%	17.3%	16.7%	25.8%
Refused	2.6%	3.4%	1.8%	3.7%	1.8%	2.1%	3.3%

Q76_16. Go shopping

	Total	Male	Female	45-49	50-59	60-69	70+
Always	3.9%	2.2%	5.4%	3.7%	4.2%	4.3%	3.1%
Sometimes	35.1%	25.0%	44.0%	34.7%	35.9%	36.0%	33.3%
Rarely	29.9%	29.6%	30.2%	30.5%	29.4%	29.9%	30.2%
Never	28.7%	40.5%	18.2%	28.2%	28.2%	28.1%	30.5%
Refused	2.4%	2.7%	2.1%	3.0%	2.3%	1.7%	3.0%

[SP]

Q77. On average, how many hours per day are you physically alone?

	Total	Male	Female	45-49	50-59	60-69	70+
0-2 hours	34.7%	35.5%	34.0%	39.8%	32.1%	32.9%	36.4%
3-5 hours	21.0%	22.3%	20.0%	24.5%	20.6%	19.9%	19.9%
6-10 hours	17.7%	17.7%	17.6%	17.4%	19.1%	18.1%	15.3%
11-15 hours	10.8%	8.8%	12.5%	9.2%	12.0%	12.4%	8.4%
16-20 hours	7.6%	7.3%	7.8%	5.5%	6.9%	7.7%	10.2%
21-24 hours	7.6%	7.6%	7.5%	2.5%	8.7%	8.6%	9.2%
Refused	0.7%	0.8%	0.5%	1.2%	0.6%	0.4%	0.6%

[SP]

[IF Q71=1OR 2]

Q78. About how long have you felt lonely or isolated from those around you?

	Total	Male	Female	45-49	50-59	60-69	70+
In the past six months	16.2%	19.4%	13.5%	21.8%	13.0%	15.4%	17.1%
Six months to a year	10.4%	8.0%	12.5%	9.3%	10.5%	9.0%	12.8%
One to two years	14.9%	13.4%	16.3%	18.2%	15.1%	14.0%	11.6%
Three to five years	16.5%	13.1%	19.5%	12.9%	18.9%	14.9%	17.7%
Six to ten years	11.6%	11.4%	11.8%	9.3%	10.5%	13.1%	15.9%
More than ten years	27.8%	33.2%	23.0%	25.8%	30.2%	30.8%	20.7%
Refused	2.5%	1.5%	3.4%	2.7%	1.8%	2.7%	4.3%

[IF Q71=1-3]

Q79. On average, compared to how you felt 5 years ago, would you say that you are more lonely, less lonely, or about the same?

	Total	Male	Female	45-49	50-59	60-69	70+
More lonely	24.9%	22.7%	26.7%	28.0%	26.2%	23.3%	21.2%
Less lonely	26.0%	23.4%	28.2%	28.6%	27.1%	23.1%	24.7%
About the same	48.2%	53.4%	43.9%	41.8%	46.1%	53.2%	52.4%
Refused	1.0%	0.6%	1.3%	1.6%	0.6%	0.4%	1.7%

[--TECHNOLOGY--]

[SP]

Q82. Now we'd like to ask you some questions about your familiarity with and use of technology. How often do you go online (i.e. use the Internet or email)?

	Total	Male	Female	45-49	50-59	60-69	70+
Several times a day	43.4%	46.6%	40.6%	48.0%	46.6%	42.4%	35.9%
About once a day	24.3%	23.5%	25.1%	20.5%	23.2%	23.8%	30.1%
Several times per week	13.3%	12.6%	13.9%	12.2%	14.3%	13.7%	12.1%
About once per week	4.7%	3.7%	5.7%	5.5%	4.3%	5.3%	4.1%
Several times per month	2.7%	2.4%	2.9%	1.8%	2.6%	2.6%	3.4%
About once per month	1.3%	0.8%	1.8%	1.9%	1.0%	1.0%	1.8%
Less often than once per month	1.8%	2.1%	1.6%	1.9%	1.7%	2.4%	1.3%
I do not go online	7.5%	7.1%	7.8%	7.1%	5.4%	8.4%	10.1%
Refused	0.9%	1.1%	0.8%	1.2%	1.0%	0.4%	1.2%

[IF PPMARIT=1, 6]

[SP]

Q82a. How often does your spouse or partner go online (i.e. use the Internet or email)?

	Total	Male	Female	45-49	50-59	60-69	70+
Several times a day	36.0%	39.5%	32.2%	38.4%	42.4%	34.2%	25.3%
About once a day	21.3%	23.6%	18.8%	21.0%	23.1%	18.9%	21.8%
Several times per week	9.5%	11.0%	7.8%	9.4%	10.4%	12.0%	5.0%
About once per week	3.9%	3.0%	4.9%	5.1%	3.2%	3.9%	3.9%
Several times per month	2.6%	1.8%	3.5%	1.6%	2.5%	4.6%	1.4%
About once per month	2.3%	2.8%	1.8%	1.9%	1.5%	2.8%	3.9%
Less often than once per month	3.5%	3.6%	3.4%	4.3%	3.1%	2.8%	4.4%
He/she does not go online	19.7%	13.6%	26.3%	17.5%	12.7%	20.1%	32.2%
Refused	1.1%	1.0%	1.3%	0.8%	1.0%	0.7%	2.2%

[IF Q43>0 OR Q44>0]

Q82b. How often does your child or children go online (i.e. use the Internet or email)?

	Total	Male	Female	45-49	50-59	60-69	70+
Several times a day	38.9%	37.4%	40.2%	36.4%	44.4%	41.4%	31.4%
About once a day	15.4%	15.4%	15.4%	17.7%	18.1%	13.5%	12.0%
Several times per week	9.7%	10.9%	8.6%	14.9%	9.3%	7.0%	9.1%
About once per week	2.2%	1.7%	2.6%	5.2%	2.4%	0.9%	0.9%
Several times per month	1.8%	1.1%	2.3%	1.9%	1.2%	2.2%	2.3%
About once per month	1.1%	0.7%	1.4%	2.1%	1.2%	0.9%	0.2%
Less often than once per month	1.2%	0.9%	1.6%	0.9%	1.1%	1.2%	1.6%
He/she does not go online	19.7%	22.3%	17.5%	16.1%	16.3%	20.4%	26.0%
Refused	10.0%	9.6%	10.4%	4.7%	6.0%	12.5%	16.7%

[IF Q82=1-7]

[GRID, SP ACROSS]

How frequently do you do the following activities online?

Q83_1. Send or receive e-mail

	Total	Male	Female	45-49	50-59	60-69	70+
At least daily	58.3%	59.2%	57.5%	58.3%	59.6%	57.6%	56.7%
At least weekly	22.9%	21.5%	24.2%	20.6%	23.1%	22.6%	25.1%
At least monthly	5.6%	5.5%	5.7%	7.9%	5.1%	5.9%	4.3%
Less than monthly	6.5%	6.9%	6.0%	6.2%	6.3%	6.8%	6.7%
Never	5.9%	6.5%	5.5%	6.5%	5.0%	6.7%	6.2%
Refused	0.8%	0.4%	1.1%	0.6%	0.9%	0.5%	1.0%

Q83_2. Use instant messaging (e.g., AIM, MSN, or Yahoo! Messenger)

	Total	Male	Female	45-49	50-59	60-69	70+
At least daily	8.7%	7.9%	9.3%	12.1%	11.6%	4.7%	5.2%
At least weekly	7.6%	8.2%	7.1%	9.8%	8.4%	6.7%	5.8%
At least monthly	3.8%	3.2%	4.3%	4.0%	4.8%	3.0%	2.8%
Less than monthly	10.7%	12.0%	9.6%	12.7%	12.6%	9.4%	7.3%
Never	68.4%	67.8%	68.9%	60.5%	61.6%	75.3%	78.5%
Refused	0.8%	0.8%	0.8%	0.8%	1.0%	0.9%	0.3%

Q83_3. Participate in social networking sites such as Facebook, Twitter, or MySpace

	Total	Male	Female	45-49	50-59	60-69	70+
At least daily	13.0%	9.3%	16.2%	17.3%	17.1%	7.9%	8.2%
At least weekly	11.1%	11.1%	11.2%	13.4%	14.9%	9.0%	5.3%
At least monthly	6.1%	6.3%	5.9%	8.8%	6.5%	5.5%	3.7%
Less than monthly	7.3%	7.6%	7.0%	7.3%	7.2%	8.6%	5.7%
Never	62.0%	64.9%	59.4%	52.2%	53.9%	68.6%	76.6%
Refused	0.5%	0.7%	0.3%	1.0%	0.3%	0.5%	0.5%

Q83_4. Participate in online forums or message boards

	Total	Male	Female	45-49	50-59	60-69	70+
At least daily	3.2%	4.4%	2.1%	4.2%	3.9%	2.3%	2.0%
At least weekly	4.0%	5.2%	2.9%	5.2%	4.9%	3.2%	2.7%
At least monthly	3.5%	4.3%	2.8%	6.4%	3.8%	2.1%	2.0%
Less than monthly	10.2%	12.1%	8.5%	11.9%	13.0%	8.6%	5.7%
Never	78.6%	73.4%	83.2%	72.1%	74.1%	83.2%	87.1%
Refused	0.5%	0.5%	0.4%	0.2%	0.4%	0.6%	0.5%

[IF Q82=1-7]

[SP]

Q84. How many friends or acquaintances have you made through online sites or forums, that is, someone you did not know in person before you met them online?

	Total	Male	Female	45-49	50-59	60-69	70+
None	78.0%	75.1%	80.5%	71.0%	72.6%	85.2%	84.8%
1-2	9.0%	10.0%	8.1%	10.7%	11.8%	6.1%	5.8%
3-5	5.7%	5.3%	6.0%	8.1%	6.5%	3.3%	4.8%
6-10	2.6%	3.7%	1.7%	2.9%	3.6%	2.6%	1.0%
11-20	1.4%	1.8%	1.0%	2.7%	1.7%	0.6%	0.7%
21+	3.0%	3.7%	2.5%	4.2%	3.8%	2.0%	2.2%
Refused	0.3%	0.3%	0.3%	0.4%	0.0%	0.3%	0.7%

[SP]

[IF Q84=2-6]

Q86. Compared to your relationships with the friends you met in person first, are you able to discuss matters that are important to you with friends you met online more often, less often, or about the same?

	Total	Male	Female	45-49	50-59	60-69	70+
More often	10.5%	10.1%	11.0%	8.2%	14.2%	6.3%	8.1%
Less often	48.0%	44.8%	51.6%	51.0%	44.0%	46.9%	55.8%
About the same	41.0%	44.5%	37.0%	40.8%	41.4%	46.9%	33.7%
Refused	0.5%	0.6%	0.4%	0.0%	0.4%	0.0%	2.3%

[IF Q82=1-7]

[GRID, SP ACROSS. RANDOMIZE AND RECORD]

Below is a series of statements about internet relationships. Please indicate how much you agree or disagree with each statement.

Q89_A. The internet has brought me closer together with my friends and family

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	7.5%	6.5%	8.3%	8.0%	7.0%	7.3%	7.8%
Somewhat agree	21.8%	21.3%	22.2%	19.7%	20.7%	22.0%	25.3%
Neither agree nor disagree	33.0%	34.7%	31.5%	33.3%	34.9%	33.1%	29.3%
Somewhat disagree	12.0%	12.1%	11.8%	14.2%	10.7%	10.3%	13.8%
Strongly disagree	24.3%	24.0%	24.5%	23.4%	25.4%	25.1%	22.3%
Refused	1.5%	1.3%	1.7%	1.3%	1.3%	2.1%	1.3%

Q89_B. The internet makes it easier for me to share personal or uncomfortable information

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	3.6%	4.0%	3.2%	5.6%	4.6%	1.4%	2.7%
Somewhat agree	10.2%	11.0%	9.5%	13.4%	10.5%	8.0%	9.3%
Neither agree nor disagree	34.3%	37.0%	31.9%	39.2%	35.2%	33.2%	30.0%
Somewhat disagree	12.8%	13.1%	12.6%	11.9%	13.2%	12.3%	13.5%
Strongly disagree	37.1%	33.3%	40.6%	28.6%	34.8%	43.2%	41.7%
Refused	1.9%	1.5%	2.2%	1.3%	1.6%	1.8%	2.8%

Q89_C. Communicating online is less satisfying than communicating on the phone or with letter

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	22.7%	21.7%	23.5%	19.4%	20.0%	25.2%	27.2%
Somewhat agree	27.4%	26.1%	28.5%	32.7%	25.6%	27.9%	25.0%
Neither agree nor disagree	27.1%	29.8%	24.8%	24.6%	29.7%	26.6%	25.5%
Somewhat disagree	11.0%	11.4%	10.7%	13.1%	11.5%	9.9%	9.7%
Strongly disagree	10.4%	9.6%	11.1%	8.8%	11.7%	8.6%	11.2%
Refused	1.5%	1.5%	1.5%	1.3%	1.4%	1.8%	1.3%

Q89_D. Social networking sites like Facebook and Twitter make me feel connected with my friends and family

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	5.8%	4.2%	7.3%	8.8%	7.1%	3.9%	3.3%
Somewhat agree	14.2%	12.7%	15.5%	17.5%	18.2%	10.9%	8.3%
Neither agree nor disagree	27.1%	28.3%	26.1%	28.6%	27.6%	29.1%	22.9%
Somewhat disagree	8.5%	9.0%	8.1%	10.6%	7.7%	6.8%	9.8%
Strongly disagree	42.3%	43.4%	41.3%	33.8%	38.0%	46.2%	52.4%
Refused	2.1%	2.4%	1.8%	0.8%	1.5%	3.0%	3.2%

Q89_E. The more I use the internet as a replacement for other forms of communication, the lonelier I feel

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	2.7%	2.3%	3.0%	2.7%	4.3%	1.7%	1.0%
Somewhat agree	5.3%	5.7%	5.0%	7.1%	5.8%	4.2%	4.2%
Neither agree nor disagree	33.6%	35.2%	32.2%	33.4%	35.4%	35.2%	29.4%
Somewhat disagree	12.9%	13.1%	12.8%	16.5%	11.8%	10.3%	14.5%
Strongly disagree	43.8%	42.5%	44.9%	39.5%	41.3%	46.8%	48.4%
Refused	1.6%	1.2%	2.1%	0.8%	1.3%	1.8%	2.5%

Q89_F. Social networking has helped me keep in touch with friends and family I would have otherwise drifted away from

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	9.5%	8.0%	10.8%	12.1%	11.5%	7.4%	6.3%
Somewhat agree	21.9%	19.9%	23.7%	24.2%	21.9%	18.9%	23.0%
Neither agree nor disagree	25.8%	27.3%	24.6%	27.4%	26.1%	24.2%	25.9%
Somewhat disagree	7.0%	7.7%	6.3%	6.3%	5.4%	8.9%	7.8%
Strongly disagree	34.3%	36.1%	32.7%	28.6%	33.8%	38.6%	35.6%
Refused	1.5%	1.0%	1.9%	1.3%	1.2%	2.0%	1.3%

Q89_G. I have fewer “deep” friendship connections now that I keep in touch with people using the internet

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	2.9%	3.0%	2.9%	3.8%	3.6%	1.4%	2.8%
Somewhat agree	6.6%	7.8%	5.5%	8.8%	7.4%	5.0%	5.2%
Neither agree nor disagree	33.7%	35.0%	32.7%	34.4%	35.1%	33.9%	30.7%
Somewhat disagree	15.0%	14.7%	15.3%	16.2%	15.0%	13.6%	15.4%
Strongly disagree	39.9%	37.8%	41.7%	34.6%	37.3%	44.1%	43.7%
Refused	1.9%	1.8%	2.0%	2.1%	1.6%	2.0%	2.2%

Q89_H. I would recommend using the internet to others in order to help with loneliness

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	7.6%	7.4%	7.8%	9.4%	8.6%	5.9%	6.5%
Somewhat agree	19.7%	20.4%	19.1%	16.9%	19.7%	18.5%	23.5%
Neither agree nor disagree	38.5%	40.8%	36.4%	39.0%	37.4%	39.4%	38.7%
Somewhat disagree	12.0%	11.2%	12.7%	15.4%	9.9%	12.0%	12.3%
Strongly disagree	20.6%	19.2%	21.8%	18.1%	22.6%	22.5%	17.5%
Refused	1.6%	1.1%	2.1%	1.2%	1.8%	1.7%	1.5%

Q89_I. Technology has made it harder to spend time with my friends and family in person

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	2.8%	2.5%	3.2%	4.0%	3.2%	1.5%	2.7%
Somewhat agree	8.0%	8.4%	7.7%	7.7%	8.7%	6.8%	8.5%
Neither agree nor disagree	29.9%	31.6%	28.4%	30.3%	30.5%	31.2%	26.9%
Somewhat disagree	18.0%	18.2%	17.9%	20.7%	17.2%	17.1%	18.0%
Strongly disagree	39.5%	37.8%	41.0%	35.3%	39.2%	41.4%	41.6%
Refused	1.8%	1.6%	1.9%	1.9%	1.2%	2.0%	2.3%

Q89_J. I find it easy to balance my time on the internet with in person activities and obligations

	Total	Male	Female	45-49	50-59	60-69	70+
Strongly agree	24.8%	24.5%	25.1%	21.9%	29.2%	24.4%	20.7%
Somewhat agree	20.7%	20.8%	20.5%	25.0%	19.6%	21.5%	17.7%
Neither agree nor disagree	32.4%	34.1%	30.9%	34.4%	30.9%	32.1%	33.4%
Somewhat disagree	6.9%	6.3%	7.5%	6.7%	6.3%	7.0%	8.0%
Strongly disagree	13.6%	12.9%	14.2%	11.0%	12.8%	13.3%	17.7%
Refused	1.6%	1.4%	1.7%	1.0%	1.2%	1.7%	2.5%

[SP]

Q90. As a result of technology such as the internet and mobile phones, do you spend more time, less time, or about the same amount of time on family activities as you did 5 years ago?

	Total	Male	Female	45-49	50-59	60-69	70+
More time	10.2%	9.4%	11.0%	12.0%	12.6%	7.5%	7.9%
Less time	12.0%	12.4%	11.6%	17.8%	12.7%	10.0%	8.1%
About the same amount of time	76.8%	76.8%	76.8%	69.0%	74.1%	81.7%	82.4%
Refused	1.0%	1.3%	0.7%	1.2%	0.6%	0.8%	1.6%

[SP]

Q91. As a result of technology such as the internet and mobile phones, do you spend more time, less time, or about the same amount of time having intimate conversations as you did 5 years ago?

	Total	Male	Female	45-49	50-59	60-69	70+
More time	9.2%	8.4%	9.9%	9.5%	11.5%	7.5%	7.1%
Less time	15.5%	13.9%	17.0%	21.3%	15.6%	15.0%	11.2%
About the same amount of time	73.2%	75.8%	70.9%	66.0%	71.3%	75.5%	79.7%
Refused	2.1%	2.0%	2.1%	3.2%	1.6%	2.1%	1.9%