Rising prices lead to changes in lifestyle and shopping habits for adults ages 30+

AARP’s new Financial Security Trends Survey shows that rising prices are affecting everyday life in a variety of ways.

78% of adults have adjusted their lifestyle or shopping habits due to inflation

50% cut back on extras

45% cut back on basic expenses

33% ↑ 22%

% who say their current financial situation is worse than 12 months ago:

Food & Groceries

80% ↑

66%

Housing

53% ↑

46%

Transportation

80% ↑

61%

TOP REASONS

Food & Groceries: 65%

Expenses increased

Transportation: 36%

Investments declined in value

52% of adults who are not retired say that they either expect to work in retirement or never retire

74% will keep working for financial reasons

26% will keep working for non-financial reasons