

# Amar para vivir y vivir para amar

**Sexuality Among Hispanics  
Age 45 and Older**





# **Sex, Romance, and Relationships Among Hispanics Age 45 or Older**

## **2009 AARP Survey of Midlife and Older Adults**

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**AARP Knowledge Management**

**Data collected by  
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## PREFACE

Knowledge Networks, under contract to AARP, administered a survey about sexual attitudes and practices to 1,670 adults ages 45 and older in August of 2009. The survey was administered in both English and Spanish, and included an over-sample of 500 Hispanics, for a total of 630 Hispanic respondents. The Knowledge Networks online panel is the first online research panel that is representative of the entire U.S. population. Panel members are randomly recruited by probability-based sampling, and households are provided with access to the Internet and hardware if needed. Detailed information about survey methodology can be found in the Appendix to this report.

This report documents the basic findings of the Hispanic respondents from the survey and provides analysis, where appropriate, by gender, age, and partner status as well as comparisons to the general U.S. population ages 45 years and older. It also includes self-reported and analytical data on some of the factors that affect both sexual performance and satisfaction. AARP produces at least two additional reports on these data: a full report on the general U.S. population age 45+, and another that provides greater depth of analysis on the correlates of sexual performance and satisfaction as well as other aspects of the survey data.

This is the third survey that AARP has completed on this topic over the past 10 years. Some comparisons will be made to the prior surveys where appropriate. However, the 2009 survey was completed using a different methodology than the prior surveys, so we make those comparisons with that caveat. Each survey was conducted using pre-tested questions, self-administered by trusted panels, to ensure confidentiality and candor among respondents as well as validity of responses. The move from a large mail panel to a telephone recruited online panel (full description in Appendix A) is cause for caution in trend interpretation. However, stability in items such as specific medical diagnoses adds to confidence that the two types of samples can be trended.



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# EXECUTIVE SUMMARY

## Key Findings

The sexual revolution continues in the Hispanic 45+ population as well as the U.S. general 45+ population as boomers continue to age. Opposition to sex among those who are not married and belief that there is too much emphasis on sex in our culture today is down over the past five years.

On the other hand, this push to a social environment that is more favorable to widespread sexual activity has run head on into an economic environment that is adding to stress and financial anxiety, factors which previous research has shown to be strongly related to sexual satisfaction.

Like the general 45+ men, Hispanic men continue to think about sex more often than women, see it as more important to their quality of life, engage in sexual activities more often, be less satisfied if without a partner, and to be more than twice as likely as women (23 percent vs. 10 percent) to admit to sexual activity outside their relationship.

What does a happy sexual relationship look like? Those who are the most satisfied tend to have the following:

- A sexual partner
- Frequent sexual intercourse (more than once a week, but not necessarily daily)
- Good health (self and partner)
- Low levels of stress
- Absence of financial worries

Unlike the general 45+ population in which sexual satisfaction is higher among dating singles, sexual satisfaction is higher among married Hispanics than dating singles. Nearly two-thirds (65 percent) of Hispanics who are married are extremely or somewhat satisfied with their sex life, which is much higher than those who are single.

## Sex Attitudes

Sexuality remains an essential element of the lives of many Hispanics ages 45 and older as well as the general U.S. population ages 45 and older. In fact, the Hispanic 45+ population is more likely than the general 45+ population to believe sexual activity is critical to a good relationship, and less likely to say there is too much emphasis on sex in today's culture. Hispanics also are more likely than the general 45+ population to feel that sex is a duty to one's partner and for procreation.

Like the general 45+ population, fewer than one in 20 Hispanics believe that sex is only for younger people.

Over time, both the Hispanic population and the general population have become more open toward sex. Most notably, the percentage of 45+ adults who believe that "people should not have a sexual relationship if they are not married" has dropped from 27 percent five years ago to 22 percent today for the Hispanic population and from 34 percent to 22 percent for the general 45+ population.

The opinion that sexual activity is a duty to one's spouse/partner increased from five years ago – up from 31 percent in 2004 to 43 percent in 2009.

## Sex Behaviors and Relationships

Kissing and hugging and sexual touching/caressing are the sexual activities most frequently engaged in by the Hispanic 45+ population and the general 45+ population, followed by sexual intercourse.

Hispanics are more sexually active than the general 45+ population when it comes to sexual touching/caressing and sexual intercourse. Four in ten Hispanics age 45+ (39%) say they engage in sexual intercourse at least once a week compared to just under three in ten adults age 45+ (28%). These numbers rise if one focuses only on those with a current or recent sexual partner (54 percent for Hispanics 45+ and 41 percent for the general 45+ population).

Like the general 45+ population, six in ten Hispanics 45+ (60%) say they engage in kissing and hugging at least once a week (78 percent of those with sexual partners), and over half (53%) report sexual touching and caressing at least once a week (71 percent if they have a partner).

Like the general 45+ population, more than one in five (22%) say they engage in self-stimulation at least once a week. The presence of a sexual partner does not really matter, as 25 percent of those with sexual partners say they engage in self-stimulation at least once a week.

Two-thirds of both the Hispanics age 45+ and U.S. adults age 45+ say they have either a current or recent sexual partner, though only 56 percent of Hispanics and 59 percent of the general 45+ population say they are married or living with a partner. Nearly eight in ten Hispanics with partners (78%) and a little more than seven in ten of the general U.S. 45+ population (73%) say they have been with their partner for more than 10 years.

Five percent of Hispanics age 45+ report having same-sex partners, including six percent of males and two percent of females. When asked about sexual orientation, two percent reported being gay, under half of 1 percent lesbian, and one percent bisexual. These figures are similar to the general 45+ population.

In addition to 59 percent of Hispanics age 45+ who said they were married (when asked about relationship status), 17 percent said they are dating or engaged—including singles, divorcees, widows and widowers, and those who are separated and dating. Nearly two-thirds (63%) of Hispanics who are married are extremely or somewhat satisfied with their sex life, which is much higher than those who are single. In the general population, those who are dating are actually a little more satisfied than those who are married (60% compared to 52%).

## Satisfaction With Sex Life

Nearly six in ten Hispanics age 45+ (57%) say they are at least somewhat satisfied with their sex lives, including 26 percent who are “extremely satisfied.” Hispanics age 45+ are more likely to be satisfied with their sex life than the general 45+ population (especially Hispanic men). Although satisfaction with their sex life declined for the general U.S. population 45+ over the past five years, it has remained the same for the Hispanic population.

Like the general U.S. 45+ population, for most Hispanics age 45+, the presence of a sexual partner appears to be a prerequisite to sexual satisfaction, though not a guarantee. Among all Hispanics with a sexual partner, 64 percent are satisfied with their sex lives compared to 57 percent of the general U.S. population age 45+.

For both the general U.S. population age 45+ and the Hispanic 45+ population, the number one factor predicting satisfaction with one’s sex life is the frequency of sexual intercourse. Among Hispanics who report that they have sexual intercourse at least once a week, nearly nine in ten (87%) are satisfied, compared with 37 percent of those who engage in intercourse just once or twice a month, 63 percent of those having intercourse less than once a month, and 20 percent of those who have not had intercourse in the past six months.

Other key factors affecting sexual satisfaction include health (including medications), stress, financial situation and such lifestyle practices as exercise.

Like the general 45+ population, healthy and physically active Hispanic respondents are generally more satisfied with their sex lives than those who are not. Among Hispanics who say they are in “excellent” or “very good” health, nearly half (49%) say they have sex at least once a week, and six in ten (61%) are satisfied. Among those with just fair or poor health, in contrast, only one in five reports having sex at least once a week and just 35 percent say they are satisfied with their sex lives.

Moreover, among Hispanics age 45+ who say their sex lives are worse than they were 10 years ago, the top reasons cited are more stress, worse financial situation and worse personal health. Among those with higher satisfaction, the top reason is less stress. These reasons are the same ones given by the general 45+ population.

What would improve current satisfaction? Nearly four in ten men (37%) and women (38%) say better health for them would help. Less stress follows, for 31 percent of men and 37 percent of women. Having a better financial situation is cited by 31 percent of men and 32 percent of women as a change that would increase their satisfaction with their sex life.

## Health and Quality of Life

Hispanics are less likely to rate their personal health as excellent/very good than is the general 45+ population, 32 percent compared to 40 percent, respectively.

Despite the fact that Hispanics assess their personal health lower than the general 45+ population, Hispanics appear to be more health conscious than the general 45+ population. They are slightly more likely to engage in vigorous or moderate exercise than the general population. Hispanics are less likely to smoke cigarettes, cigarillos, a pipe or cigars, or chew tobacco than the general population, 85 percent compared to 77 percent. In addition, Hispanics are also less likely to consume alcoholic beverages, 51 percent do not drink compared to 43 percent of the general population.

Overall stress levels of Hispanics 45+ are similar to those of the general population. The stress levels of Hispanic men do not differ than those of Hispanic women, nor do they differ by age, unlike the general population. Among the general population, stress is highest among the age groups under 60, and especially so for women.

Stress is a major factor in sexual satisfaction for both the Hispanic population and the general 45+ population. Just 45 percent of Hispanics age 45+ reporting high levels of stress are very or somewhat satisfied with their sex lives, compared to 57 percent of those reporting moderate stress levels and 67 percent of those reporting low stress. Stress also impacts frequency of intercourse - as stress levels rise, the frequency of having sexual intercourse declines.

A number of medical conditions affect Hispanics' health and quality of life. These conditions include high cholesterol, high blood pressure, back problems, arthritis/rheumatism, diabetes and depression. Nearly three in ten Hispanic males report they have some degree of erectile dysfunction (are never or only sometimes able to get and keep an erection sufficient for sexual intercourse), and one in five say they have actually been diagnosed with erectile dysfunction or impotence. The incidence of high cholesterol, erectile dysfunction and cancer are very similar among Hispanics and the general 45+ population. However, Hispanics currently report lower incidences of high blood pressure, arthritis/rheumatism, and back problems than does the rest of the population, but higher incidences of diabetes and depression.

Hispanics in this age group demonstrate a decidedly more positive outlook on life as compared with the general 45+ population – both currently, and in terms of expectations for the future. Nearly six in ten Hispanics (59%) say that they are on the top three steps of a 10-step “ladder of life” at this time (compared to 46% of the general 45+ population) and over half of Hispanics age 45+ (53% compared to 50% of the general 45+ population) say they were at that level five years ago, but 68 percent of Hispanics think they will be there five years into the future compared to 57 percent of the general 45+ population). Hispanic women are more optimistic about their future quality of life than men, with three-quarters of women saying they expect a high quality of life in the future compared to only six in ten males.

# DETAILED FINDINGS

## I. Quality of Life

In general, midlife and older Hispanic adults anticipate that their lives will be better five years from now. Nearly six in ten (59%) say that they are on the top three steps of a 10-step “ladder of life” at this time – compared to 53 percent who say they were at that level five years ago, but 68 percent who think they will be there five years into the future.

Hispanic women are more optimistic about their future quality of life than men, with three-quarters of women (74%) saying they expect a high quality of life in the future compared to only six in ten males (62%). The most optimistic group consists of women ages 45-59, among whom 67% say they expect a high quality of life five years from now. In contrast, barely half (51%) of men in their late forties and 62 percent of those in their fifties have such high hopes for the future.

Hispanics in this age group demonstrate a decidedly more positive outlook on life as compared with the general 45+ population – both currently, and in terms of expectations for the future.

**Table 1. Quality of Life Five Years Ago, Now, & Five Years Into the Future  
Hispanic Population vs. General Population**

Q1. Steps on the Ladder of Life (See below) Base = those answering	Quality of Life Ratings			
	Five Years Ago	Now	Five Years Into Future	
	High 8 - 10	High 8 - 10	High 8 - 10	Unweighted Count
<b>Hispanic 45+</b>	53%	59%	68%	596
<b>General 45+ Population</b>	50%	46%	57%	1016

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*Q1. LADDER OF LIFE: below is a step ladder with 10 steps representing the "ladder of life." The top step of the ladder, or "10", represents the best possible life for you. The bottom step of the ladder, or "1", represents the worst possible life for you. On which of these 10 steps of the ladder do you feel you personally stand at the present time? What about five years ago? Where do you think you will stand five years from now?*

Regardless of gender, respondents with a regular sexual partner have a more positive outlook on life, both present and future, than do those who do not have a regular sex partner.

However, the partner gap in rated life quality is larger for men than for women – especially where current quality of life is concerned. Among men with sexual partners, six in ten (62%) say their current quality of life is high – 27 points higher than the 35 percent rating among those without partners.

Among women, in contrast, the partner gap in current quality of life ratings is only 5 points – 66 percent among those with partners and 61 percent among those without partners.

Not surprisingly, health and stress impact their outlook on life. Hispanics who say they are in excellent/very good health as well as those having low stress levels have a more positive outlook on life now and into the future than those having poor health and/or moderate or high stress levels.

What makes for a high quality of life? Being healthy and active tops the list as “very or somewhat” important. For both the Hispanic and the general populations, the large majorities say that all eight factors listed in the survey are important to their quality of life. Large majorities say that all eight factors listed in the survey are important to their quality of life. Spiritual well-being is more important to women than to men, while a satisfying sexual relationship is substantially more important to men than to women.

Although there are not many significant differences between Hispanics and the general population in terms of quality of life factors, a couple factors do stand out:

- ◆ A satisfying sexual relationship is significantly more important for Hispanics (83%) than for general population (72%).
- ◆ Spiritual well-being is also slightly more important for Hispanics (95%) as compared to the general population (88%).

**Table 2. Factors Important to Overall Quality of Life**

Percent Important (Very or Somewhat)

Q2. Listed below are some things that affect some people’s quality of life. For each item below, please indicate how important it is to you personally with regard to your own quality of life.		
<b>Factors Important to Quality of Life</b>	<b>Hispanic 45+</b>	<b>General 45+</b>
Unweighted count	627	1102
Being healthy, vigorous, and phys. active	97%	98%
Financial security	98%	98%
Close ties to friends and family	94%	96%
Personal independence	96%	96%
Spiritual well-being	95%	88%
A good relationship with spouse/partner*	91%	87%
Being productive, contributing	92%	87%
A satisfying sexual relationship	83%	72%

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## II. Overall Health Assessment

Three-quarters of Hispanics age 45+ (76%) say their current health is at least “good.” Four in ten (39 percent) say it is either “excellent” or “very good,” and another 43 percent say it is “good.” One quarter (24 percent) say it is fair or poor. Hispanic women are more likely than Hispanic men to rate their health “poor,” 17 percent versus 3 percent.

Hispanics are less likely to rate their personal health as excellent/very good than is the general 45+ population, 32 percent compared to 40 percent, respectively.

**Table 3. Overall Health Self-Assessment**

Q3. How would you rate your overall health at the present time?	Overall Health Self-Assessment					
	Excellent	Very good	Good	Fair	Poor	Total
	Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>Hispanic 45+</b>	6%	26%	43%	14%	10%	626
<b>General 45+ Population</b>	7%	33%	38%	18%	3%	1106

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Overall stress levels of Hispanics 45+ are similar to those of the general population. The stress levels of Hispanic men do not differ than those of Hispanic women, nor do they differ by age, unlike the general population. Among the general population, stress is highest among the age groups under 60, and especially so for women.

**Table 4. Stress Levels**

Q 12. 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.	Level of Stress			
	High (8-10)	Moderate (5-7)	Low (1-4)	Total
	Row N %	Row N %	Row N %	Unweighted Count
<b>Hispanic 45+</b>	17%	45%	38%	628
<b>General 45+ Population</b>	22%	43%	35%	1107

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Many of the survey findings point to stress as a major factor in sexual satisfaction. Just 45 percent of those reporting high levels of stress are very or somewhat satisfied with their sex lives, compared to 57 percent of those reporting moderate stress levels and 67 percent of those reporting low stress (*refer to Table 35 – Sexual Satisfaction by Stress Levels*).

Stress also impacts frequency of intercourse. As stress levels rise, the frequency of having sexual intercourse declines.

Three in ten Hispanics age 45+ say they engage in vigorous or moderate exercise six or more times a week, and an additional 39 percent say they exercise three to five times a week. One third say they either do not exercise at all (20%) or do so only once a week (12%).

Hispanics appear to be more health conscious than the general 45+ population. They are slightly more likely to engage in vigorous or moderate exercise than the general population. Hispanics are less likely to smoke cigarettes, cigarillos, a pipe or cigars, or chew tobacco than the general population, 85 percent compared to 77 percent. In addition, Hispanics are also less likely to consume alcoholic beverages, 51 percent do not drink compared to 43 percent of the general population.

High cholesterol and high blood pressure are the most common medical conditions the Hispanic respondents have been diagnosed with, followed by back problems, arthritis/rheumatism, diabetes, and depression.

The incidence of high cholesterol, erectile dysfunction and cancer are very similar among Hispanics and the general 45+ population. However, Hispanics currently report lower incidences of high blood pressure, arthritis/rheumatism and back problems than does the rest of the population, but higher incidences of diabetes and depression.

**Table 5. Medical Conditions Diagnosed**

Q8a. Please indicate which of these medical conditions you have been diagnosed with.	Hispanic 45+	General 45+ Population
<i>Total respondents:</i>	624	1112
High blood pressure	32%	44%
High cholesterol	40%	42%
Arthritis or rheumatism	24%	32%
Back problems	30%	36%
ED/Impotence	21%	23%
Erectile dysfunction ( <i>base is men only</i> )	20%	22%
Impotence ( <i>base is men only</i> )	8%	11%
Diabetes	22%	16%
Enlarged or swollen prostate ( <i>base is men only</i> )	13%	18%
Depression	21%	16%
Breast cancer ( <i>base is women only</i> )	3%	5%
Cervical cancer ( <i>base is women only</i> )	4%	2%
Ovarian cancer ( <i>base is women only</i> )	1%	1%
Prostate cancer ( <i>base is men only</i> )	1%	5%
Genital pain	2%	2%
Drug/alcohol abuse	1%	2%

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Like the general population, there are gaps between the proportion of Hispanics diagnosed and the proportion receiving treatment for a number of medical conditions, including high cholesterol, arthritis/rheumatism, back problems, depression and erectile dysfunction. There is a 10 percentage point gap between Hispanic men who have been diagnosed with erectile dysfunction and those receiving treatment for it. There is also an eight percentage point gap between men who have been diagnosed with an enlarged/swollen prostate and those currently receiving treatment.

**Table 6. Medical Conditions Diagnosed and Treated**

Q8a. Please indicate which of these medical conditions you have been diagnosed with.  Q8b. Please indicate for which of these medical conditions you are currently receiving treatment.	Hispanic 45+		General 45+ Population	
	Diagnosed	Treated	Diagnosed	Treated
<b>* Caution: small bases</b>				
<i>Total respondents:</i>	624	624	1112	1112
High blood pressure	32%	31%	44%	41%
High cholesterol	40%	29%	42%	32%
Arthritis or rheumatism	24%	15%	32%	15%
Back problems	30%	15%	36%	14%
Erectile dysfunction ( <i>base is men only</i> ) *	21%	11%	22%	7%
Diabetes	22%	21%	16%	13%
Enlarged/swollen prostate ( <i>base is men only</i> )*	13%	5%	18%	8%
Depression	21%	13%	16%	11%

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Consistent with their diagnosed medical conditions, medications for blood pressure, cholesterol, and pain are the most common prescription medications respondents are currently taking. Very few respondents (fewer than 5 percent) report at this point in the survey that they are taking prescription medications to improve sexual functioning.

Hispanics are less likely to report using blood pressure medication and cholesterol medication than is the general population – though they are just as likely as the rest of the population to report being diagnosed with high cholesterol. In fact, there is a 13 point gap between diagnosis and medication for cholesterol among Hispanics.

Hispanic women are more likely than men to be taking thyroid pills, pain killers, medications for a nervous condition, medications for depression, and sleeping pills. Hispanic women are more likely than women in the general population to be taking medication for nervous conditions and sleeping pills. However, men in the Hispanic population as well as the general population are more likely than women to be taking prescription drugs for cholesterol.

Women in Hispanic 45+ population are just as likely as men to be taking pills to thin their blood and medications for the heart. However, men in the general population are more likely than women to be taking these medications.

Sample sizes are too small to analyze by age, but within the general population, regardless of gender, there is a greater likelihood for older than younger respondents to be on a prescription medication.

## **Sexual Dysfunction**

Similar to the general population, one in five Hispanic men (20%) say they have been diagnosed with erectile dysfunction or impotence. Moreover, 27 percent say later in the survey that they either “never” or just “sometimes” are able to have an erection sufficient for intercourse.

Nearly three-quarters (73%) of the Hispanic men surveyed say they are always (47%) or usually (26%) able to get an erection sufficient for sexual intercourse. This leaves over one-quarter who either say they are “never” able to get an erection (11%) or are only “sometimes” able to do so (16%).

When all those surveyed were asked if they had ever had any problems with sexual functioning, 28 percent of Hispanic men and 12 percent of Hispanic women said “yes.” The percent increases with age for men, but not for women.

Of those who acknowledged experiencing problems, four in 10 (40 percent) said they had sought treatment from their personal physician, 31 percent from a specialist physician, 11 percent from a mental health professional, and 1 percent from a sex therapist. Those who did not seek treatment said they were not comfortable discussing sexual problems (50 percent) or could not afford it (37 percent). Almost half (48 percent) of those who sought help said the treatment made their sexual function better, while another 48 percent said it made no difference.

Only 11 percent of Hispanics who have been diagnosed with erectile dysfunction are receiving treatment. This is significantly lower than those among the general population who have been diagnosed with erectile dysfunction and are receiving treatment (27%).

**Table 7. Erectile Dysfunction Among Males**

Q8a. Please indicate which of these medical conditions you have been diagnosed with.	Hispanic 45+	General 45+ Population
Total respondents:	299	524
<b>Diagnosed With ED</b>	20%	22%
<b>Receiving Treatment for ED (of those diagnosed)</b>	11%	27%
<b>Ability to get an erection sufficient for intercourse:</b>		
<b>Always</b>	47%	49%
<b>Usually</b>	26%	22%
<b>Sometimes</b>	16%	16%
<b>Never</b>	11%	14%

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## **Sexually Transmitted Diseases**

The most common sexually transmitted disease is vaginitis, such as yeast infections, among 17 percent of Hispanic women, which is lower than that of the general population. Five percent of those surveyed reported they have been diagnosed with Gonorrhea, while three percent reported a diagnosis of HPV (human papillomavirus or genital warts), hepatitis or genital herpes.

An item about the use of protection during sex revealed that protecting oneself is far from universal. Indeed, just one in five sexually active men (22%) report using protection regularly compared to one in six women (16%). Use of protection does not differ between Hispanics and the general population.

### III. Sex Attitudes

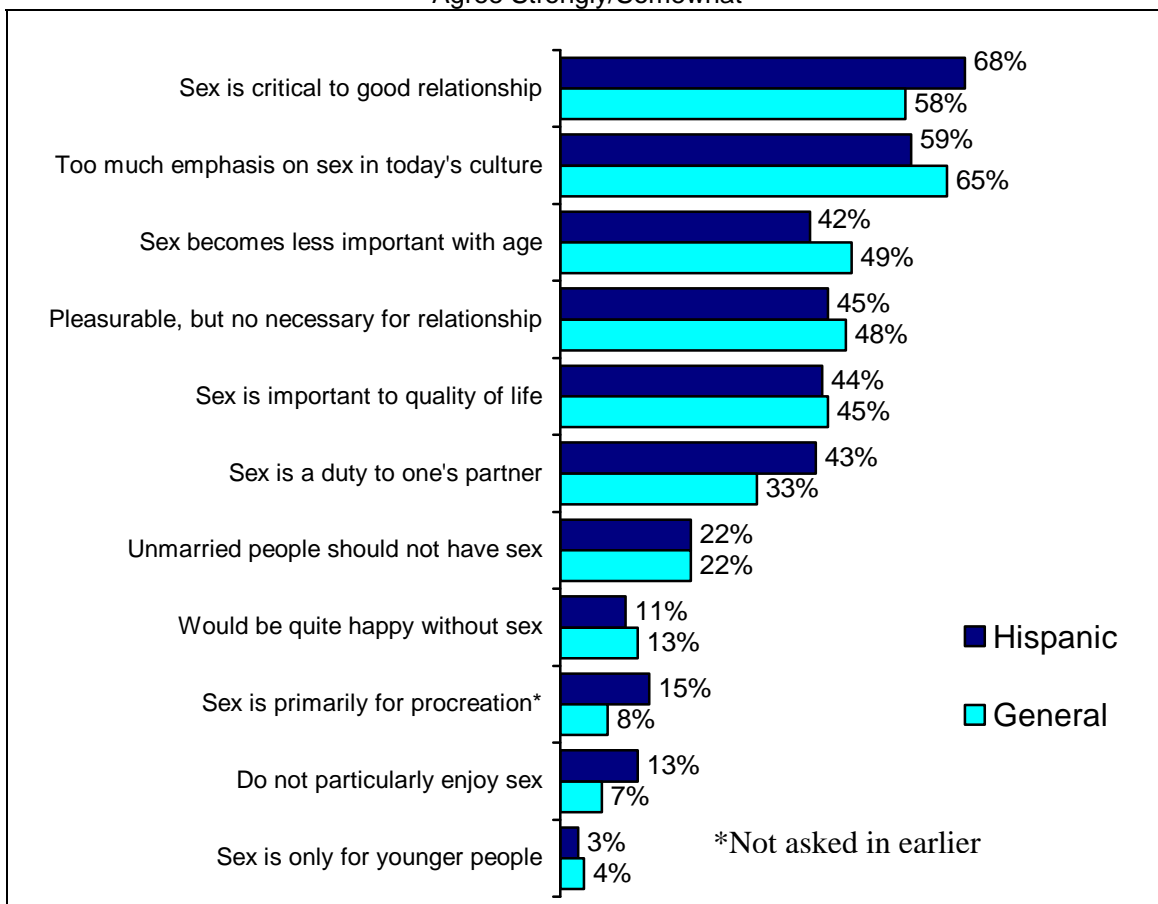
#### Attitudes Toward Sexuality

Overall, attitudes toward sex among Hispanics, as well as the general population, are positive. The Hispanic 45+ population is more likely than the general 45+ population to believe sexual activity is critical to a good relationship, 68 percent compared to 58 percent, and less likely than the general population to say that there is too much emphasis on sex in today's culture, 59 percent versus 65 percent.

Hispanics also are more likely than the general population to feel that sex is a duty to one's partner and for procreation and to say they do not particularly enjoy sex, especially among Hispanic women.

Only three percent of Hispanics think sex is only for younger people.

**Figure 1**  
**Attitudes Toward Sexuality**  
**Hispanic Population vs. General Population**  
 Agree Strongly/Somewhat



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Over time, both the Hispanic population and the general population have become more open toward sex. Most notably, the percentage of 45+ adults who believe that “people should not have a sexual relationship if they are not married” has dropped from 27 percent in 2004 to 22 percent today for the Hispanic population and from 34 percent to 22 percent for the general population.

Opinion that sexual activity is a duty to one’s spouse/partner has increased from 2004 – up from 31 percent in 2004 to 43 percent in 2009. We have also seen a steady increase in the proportion saying sex becomes less important with age, from 31 percent to 42 percent today.

Men and women have different attitudes on a number of these issues. Fewer Hispanic women than men believe sexual activity is important to their overall quality of life (38% compared to 63%), and more Hispanic women than men say there is too much emphasis on sex in our culture today (69% compared to 49%) and they do not particularly enjoy sex (19 percent compared to 5 percent).

## IV. Sex Behaviors and Orientation

### Sexual Thoughts/Fantasies

Similar to the general population, two in ten Hispanics ages 45+ say they have sexual thoughts, fantasies, or erotic dreams at least once a day, including 10 percent who say it is more than once a day.

Four in ten Hispanics (41 percent) say they have such thoughts at least once a week. Two in three (66 percent) say they have them at least once a month.

Men are more likely to say they have such thoughts frequently as are women. For example, among all Hispanic men and women, 31 percent of men and just 11 percent of women say they have these thoughts once or more each day.

Hispanics age 45+ are slightly less than the general 45+ population to have sexual thoughts, fantasies and erotic dreams.

**Table 8. Frequency of Sexual Thoughts, Fantasies, and Erotic Dreams by Gender**

Q 19: How frequently have you had sexual thoughts, fantasies or erotic dreams?	Frequency of Sexual Thoughts, Fantasies, or Erotic Dreams								Unweighted Count
	Not at all	Less than once a month	Once a month	2 or 3 times per month	Once a week	2 or 3 times per week	Once a day	More than once a day	
<b>General Population 45+</b>	20%	15%	7%	10%	8%	16%	9%	16%	1077
<b>Hispanics 45+</b>	28%	16%	9%	6%	6	15	10%	10%	615
<b>Men</b>	18%	8%	11%	5%	8%	20%	14%	17%	292
<b>Women</b>	36%	23%	8%	7%	4%	11%	7%	4%	323

*2009 AARP Sexuality Survey*

The frequency of thinking and fantasizing about sex tends to decline by age for both Hispanic men and women.

What are those fantasies in which these midlife and older Hispanic adults are indulging? The most common was having sex with a stranger.

- Having sex with a stranger (34 percent of all those having sexual thoughts or fantasies)
- Having sex with a celebrity (30 percent)
- Having sex with more than one person at the same time (23 percent)
- Having sex in public (15 percent)
- Having sex with someone of the same sex (11 percent)

Hispanic men are significantly more likely than Hispanic women to report fantasies of having sex with more than one person at a time (31% vs. 14%).

Two in five Hispanics age 45+ who acknowledged having sexual thoughts and fantasies said they had discussed them with someone – the most common someone being their spouse or partner, followed by a friend. Women are a little less likely to discuss their fantasies with anyone than are men.

Hispanics are more likely than the general population to discuss their sexual fantasies with their spouse/partner.

**Sexual Desire**

The majority (63 percent) of those surveyed believe their level of sexual desire is about average, while 25 percent believe it is below average and 12 percent think it is above average. There are no major differences between Hispanics and the general population in terms of sexual desire.

Men are more likely than women to believe their level of sexual of desire is about average, with 73 percent of men and 54 percent of women saying they have an about average level of desire. On the other hand, 15 percent of men and 35 percent of women believe they have a lower than average level of sexual desire.

**Sexual Activities**

Kissing and hugging and sexual touching/caressing are the sexual activities most frequently engaged in by the Hispanic 45+ population.

As shown in the table below, Hispanics are more sexually active when it comes to sexual touching/caressing and sexual intercourse.

**Table 9. Sexual Activities Engaged in Once a Week or More Often in Past Months**

Q 52. During the past 6 months, how often, on average, have you engaged in the following sexual activities?	Hispanic 45+			General 45+
	Total	Men	Women	Total
<b>Sexual Activity</b>	611	292	319	1112
Kissing and Hugging	60%	68%	53%	58%
Sexual Touching or Caressing	53%	63%	44%	44%
Sexual Intercourse	39%	49%	30%	28%
Oral Sex	23%	31%	16%	16%
Anal Sex	8%	11%	5%	3%
Self Stimulation	22%	29%	15%	22%

*2009 AARP Sexuality Survey*

Although it is clear that sexual thought is not as often on women’s minds as it is on men’s, the big differentiator between the sexes where sexual behavior is concerned is that women, especially as they age, are less and less likely to have a partner. So, for example, among all those surveyed, 49 percent of men and just 30 percent of women say they have sexual intercourse at least once a week.

Hispanics age 45+ are more likely than the general 45+ population to have sexual intercourse at least once a week, 39 percent compared to 28 percent, respectively.

The frequency of intercourse definitely declines with age. While nearly six in ten Hispanic men ages 45-49 (and nearly as many in their 50s) report having intercourse at least once a week, that frequency drops to 25 percent of men in their 70s and older. If you reduce the frequency to at least once a month, then about seven in ten of those in their late 40s and 50s (64%-69%) report sexual intercourse at that frequency. Even at once a month though, intercourse drops to 54 percent of those in their 60s and 48 percent of those 70 and older.



Among women, 49 percent of those in their late 40s, 26 percent of those in their 50s, and 24 percent of those in their 60s report intercourse at least once a week—numbers that rise on a monthly basis to 61 percent, 36 percent, and 32 percent. At age 70 and older, though, the frequency of intercourse for women drops to 18 percent reporting intercourse at least once a week and 24 percent reporting intercourse at least once a month.

It is important to note, however, that women lose their partners at a much higher rate than do men as they age, and if you look only at those with sexual partners, the numbers reporting intercourse on at least a weekly basis are higher for men than women (61 percent for men and 47 percent for women). This does not hold true for the general population where the number of women reporting intercourse on at least a weekly basis is virtually identical as that of men – 41 percent for women and 42 percent for men.

Health, stress, and exercise are all predictors of the frequency of intercourse (and of satisfaction, as we shall see later). The frequency of intercourse drops dramatically by self-reported health status. Half of those reporting their health as “excellent or very good” (49%) report having weekly sexual intercourse, compared to 43 percent of those whose health is only “good,” and 20 percent for those who say they are in “fair or poor” health.

Stress is also a factor in the frequency of sexual intercourse, although the drop in frequency is not as dramatic as the drop in satisfaction, which will be documented later in this report.

Finally, there is a clear drop-off in frequency of intercourse among those who do not exercise regularly. Those who exercise are more likely than those who do not exercise at all to report weekly intercourse.

### **Frequency of Orgasm**

If one wants to look for an explanation of the differences in sexual focus by men and women, the difference in the frequency of orgasm might just offer a clue.

Three-quarters of Hispanics (74%) report they always/usually have an orgasm when engaging in sexual intercourse. Three-quarters of Hispanic male respondents say they always had an orgasm when they engaged in sexual intercourse in the prior six months, compared to only one quarter of females.

**Table 10. Frequency of Orgasm by Gender**

Q 56. When you engaged in sexual activity in the last six months, how often did you have an orgasm (come to climax)?  (Based on all with partners)	Always	Usually	Sometimes	Rarely	Never	Did not attempt orgasm	Total
	Row N %	Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>General 45+</b>	51%	27%	9%	6%	5%	2%	752
<b>Hispanic 45+Total</b>	50%	24%	12%	4%	3%	1%	382
<b>Male</b>	74%	17%	2%	1%	1%	1%	191
<b>Female</b>	25%	31%	22%	7%	5%	0%	189

2009 AARP Sexuality Survey

## V. Relationships and Sexual Partners

### Relationships

Current relationship status is as follows:

- Married (59 percent)
- Single and not dating (10 percent)
- Divorced and not dating (8 percent)
- Widowed and not dating (4 percent)
- Single and dating (5 percent)
- Divorced and dating (4 percent)
- Widowed and dating (2 percent)
- Separated and not dating (3 percent)
- Separated and dating (2 percent)
- Engaged (4 percent)

Nearly six in ten (56%) say they have a long-term marriage or other formal commitment of a year or more (60 percent of men and 53 percent of women), while 11 percent say they have a long-term dating relationship of a year or more (10 percent of men and 12 percent of women). Two in ten (21%) say they are looking for someone to date. About 4 percent say they are in a long-term relationship at a distance.

Six percent say they have dated more than one person at a time, and 5 percent say they have been sexually active with more than one person at the same time (7 percent of men and 3 percent of women).

Nine in 10 (92 percent) say they are straight, while 2 percent are gay, under half of 1 percent lesbian, 1 percent bisexual, and 4 percent “other” (including “bicurious,” “pansexual,” “gay currently married and choosing not to act on my interest in men”).

Approximately two-thirds of Hispanic respondents report having a regular sexual partner, 69 percent of men compared to 59 percent of women.

Nearly eight in ten say they have been in their current relationships for more than 10 years, including 46 percent who have been in the relationship for more than 20 years.

Those with recent (but not current) sexual partnerships characterized those relationships as one-encounter partnerships (15%), casual relationships (36%), and relationships that have ended (49%).

Among those who currently have sexual partners, the vast majority (84%) live with that partner, while 12 percent say they live in the same area, but just not together, and 4 percent say they live far away from their sexual partner.

Among those with partners, 95 percent say they have just one partner, while 5 percent say they have two or more partners now.

Six percent of men said they had a male partner, and two percent of women said they had a female partner, consistent with the 7 percent overall who said earlier that they were gay, lesbian, bisexual or other.

Those with current or recent sexual partners were presented with a list of characteristics that might describe their partner, and asked whether each one applied to their primary sexual partner. Large majorities gave their partners high marks for having good personal hygiene (82% “applies strongly”), followed by “loves me deeply,” “is my best friend,” and “is kind and gentle” (each between 64% and 58%).

Relatively fewer said that such characteristics as “a skillful lover,” “romantic,” “exciting,” or “imaginative about sex” strongly applied to their partners.

Men and women gave their partners similar ratings on most of these characteristics. The Hispanic population ratings are also similar to those of the general 45+ population.

**Table 11. Partner Attributes by Gender**

(Percent “Applies Strongly”)

Base = those with a current or recent partner

Q 34: Please indicate how well each of the following describes your current/most recent sexual partner.	Hispanic 45+			General 45+ Population		
	Total	Men	Women	Total	Men	Women
Unweighted Count	452	242	210	752	397	335
Has good personal hygiene/cleanliness	82%	83%	81%	82%	84%	80%
Loves me deeply	64%	67%	60%	64%	63%	65%
Is my best friend	60%	63%	57%	63%	63%	64%
Is kind and gentle	58%	54%	62%	62%	60%	65%
Makes me feel important	57%	73%	59%	57%	56%	57%
Finds me physically attractive	55%	57%	54%	55%	51%	59%
Is sensitive to my moods and needs	49%	48%	51%	39%	40%	38%
Is physically attractive	45%	47%	42%	53%	54%	53%
Is romantic	43%	44%	42%	37%	41%	32%
Is a skillful lover	41%	44%	37%	38%	38%	39%
Is exciting	38%	43%	31%	33%	36%	30%
Is imaginative about sex	33%	37%	28%	29%	25%	34%

2009 AARP Sexuality Survey

**Keeping Romance in the Relationship**

What do people do to keep romance in their relationships? The most common practice, cited by six in ten Hispanic respondents, is to tell each other “I love you.” Men and women at all ages say they do this.

Second, and very close, is recognizing special occasions like birthdays and anniversaries (55%). Fewer – from 30 percent to 36 percent - say they make time for special romantic vacations once a year, bring each other surprises, or set aside one day a week just to be together. On the other hand, only seventeen percent said “Romance? What’s that?”

Again, what the Hispanic population does to keep romance in their relationships is very similar to that of the general 45+ population.

**Table 12. Romantic Practices By Gender**

Q35: How do you keep the romance in your relationship? <b>Romantic Practice</b>	<b>Hispanic 45+</b>			<b>General 45+ Population</b>		
	<b>Total</b>	<b>Men</b>	<b>Women</b>	<b>Total</b>	<b>Men</b>	<b>Women</b>
Make a point of telling each other “I love you.	60%	55%	66%	64%	63%	65%
Recognize birthdays, anniversaries	55%	59%	51%	58%	61%	53%
Set aside at least one day or evening a week just to enjoy each other’s company	36%	34%	39%	26%	27%	25%
Bring each other surprises/presents/flowers	35%	33%	38%	26%	24%	28%
Take a vacation/romantic weekend together at least once a year	30%	32%	27%	29%	33%	24%
Romance? What’s That?	17%	19%	15%	19%	16%	23%
Total Unweighted Count	449	240	209	752	403	349

*2009 AARP Sexuality Survey*

How recently have those with partners done these things? Among those who say they do these things regularly:

- Nearly nine in 10 (88%) said they had recognized a birthday or anniversary in the past year.
- Three in five (60%) said they had taken a vacation or romantic weekend in the last year.
- Over four in ten (44%) said they had surprised their spouse or partner with a present or flowers in the past month.
- Three in four (75%) said they had told their spouse/partner they loved them in the past week.
- Over half (56%) said they had spent a day or evening together in the last week.

The recency in which the Hispanic population has done these things with their partners is similar to that of the general 45+ population.

## Relationship Satisfaction

Six in ten of those with partners say their relationships are physically pleasurable and nearly two-thirds say their relationships are emotionally satisfying, and nearly three-quarters believe their relationship is extremely or very satisfying to their partners.

- Six in ten (59 percent) of those with partners say their relationship is extremely (25%) or very pleasurable physically.
- Almost two-thirds (65%) also say their relationship is extremely (28%) or very satisfying emotionally.
- And almost three-quarters (73 percent) believe their relationship is extremely (33%) or very satisfying to their partners.

Like the general population, Hispanic women are somewhat less satisfied physically. They are also more likely to judge that their partner is “extremely dissatisfied.”

**Table 13. Relationship Satisfaction By Gender**

		Hispanic 45+			General 45+ Population		
Base = those with sexual partners		Total	Men	Women	Total	Men	Women
Unweighted Count		454	240	214	752	394	335
Q41. In the past 6 months, how physically pleasurable was your relationship with your partner?	<b>Extremely pleasurable</b>	25%	29%	20%	22%	23%	19%
	<b>Very pleasurable</b>	35%	37%	32%	29%	32%	25%
	<b>Moderately pleasurable</b>	22%	20%	23%	24%	24%	24%
	<b>Slightly pleasurable</b>	12%	10%	13%	12%	11%	14%
	<b>Not at all pleasurable</b>	8%	4%	12%	13%	10%	17%
Q42. In the past 6 months, how emotionally satisfying was your relationship with your partner?	<b>Extremely satisfying</b>	28%	31%	25%	22%	25%	19%
	<b>Very satisfying</b>	37%	37%	36%	31%	30%	33%
	<b>Moderately satisfying</b>	25%	25%	24%	28%	28%	28%
	<b>Slightly satisfying</b>	7%	5%	9%	9%	11%	8%
	<b>Not at all satisfying</b>	3%	1%	6%	10%	6%	14%
Q43. How satisfied do you think your partner is with your sexual relationship?	<b>Extremely satisfied</b>	33%	35%	31%	31%	31%	30%
	<b>Somewhat satisfied</b>	39%	42%	37%	33%	35%	30%
	<b>Neither sat. nor dissat.</b>	13%	11%	15%	21%	21%	20%
	<b>Somewhat dissatisfied</b>	10%	11%	10%	10%	8%	13%
	<b>Extremely dissatisfied</b>	4%	1%	8%	6%	6%	7%

2009 AARP Sexuality Survey

## ***Fidelity***

Like the general 45+ population, Hispanic men are nearly twice as likely as women to acknowledge having had a sexual liaison outside their regular relationship (23% vs. 10%). Unlike the general 45+ population where both men and women are equally likely to say their partner has had such a liaison, (12% for men and 13% for women), Hispanic women are more likely to acknowledge that their partner had a sexual relationship with someone else, 22 percent of women and eight percent of men.

About one in seven (15%) of those in a current relationship say they have had a sexual relationship with another partner, and 17 percent say they are aware that their partner has had a sexual relationship with someone else.

Interestingly, almost six in ten (59%) of those who say they have personally been unfaithful sexually say it had no effect on their relationship with their partner, while only two in five (39%) of those whose partner has been unfaithful say the same.

In the case of personal infidelity:

- 17 percent say the infidelity caused tension, but the relationship survived intact.
- 18 percent say the relationship is stronger than ever.
- 11 percent say it caused lasting tension and lack of trust.
- 1 percent say it ended the relationship/marriage.

Four in ten (39%) also say the infidelity had no effect on their sexual satisfaction—and one in five say it made it better!

## VI. Satisfaction with Sex and Relationships

### Overall Sexual Satisfaction

Nearly six in ten (56%) say they are at least somewhat satisfied with their sex lives, including 26 percent who are “extremely satisfied.” Hispanics age 45+ are more likely to be satisfied with their sex lives than the general 45+ population, especially Hispanic men.

Men are somewhat more satisfied than Hispanic women (63% vs. 50%). Hispanic women more often find themselves saying they are “neither satisfied nor dissatisfied” (37% for women vs. 19% for men).

Although the bases are small, sexual satisfaction declines dramatically with age for both men and women.

**Table 14. Overall Satisfaction with Sex Life**

Q 14: How satisfied are you with your sex life?	Hispanic 45+			General 45+		
	Total	Men	Women	Total	Men	Women
Unweighted Count	623	299	324	1092	517	575
Extremely Satisfied	26%	32%	20%	18%	17%	18%
Somewhat satisfied	31%	31%	30%	25%	31%	21%
Neither satisfied nor dissatisfied	28%	19%	37%	35%	26%	43%
Somewhat dissatisfied	10%	13%	8%	15%	18%	13%
Extremely dissatisfied	6%	6%	6%	7%	9%	6%

*2009 AARP Sexuality Survey*

Sexual satisfaction has remained consistent since 2004 – 56 percent reported being extremely or somewhat satisfied.

If we look only at those who currently have a regular sex partner, satisfaction levels are significantly higher, with 64 percent overall saying they are at least somewhat satisfied, compared to 32 percent of those without a current sexual partner.

Among those Hispanics who are married or live with a partner, two-thirds are satisfied.

Nearly two-thirds (63%) of Hispanics who are married are extremely or somewhat satisfied with their sex lives, which is much higher than those who are single. In the general population, those who are dating are actually a little more satisfied than those who are married (60% compared to 52%).

The biggest single predictor of sexual satisfaction is the frequency of intercourse. Among those who report that they have sexual intercourse at least once a week, nearly nine in ten (87%) are satisfied, compared with 37 percent of those who engage in intercourse just once or twice a month, 63 percent of those having intercourse less than once a month, and 20 percent of those who have not had intercourse in the past six months.

The importance of self-reported health status is clear – and manifests for all who do not say their health is at least “very good.” Among those whose health is either “excellent” or “very good,” six in ten say they are satisfied with their sex lives – though the level of satisfaction drops even for those whose health is “good.” More than one in three (36 percent) of those with “excellent or very good” health are

“extremely” satisfied, compared to 27 percent of those whose health is “good” and only seven percent of those whose health is “fair or poor.”

Those with low stress levels also are more satisfied with their sex lives than those with moderate or high stress levels, with 39 percent being “extremely” satisfied compared to 21 percent and 20 percent, respectively.

We reported earlier in this report that sexual frequency is related to exercise frequency, so it should not be surprising that sexual satisfaction is also lower among those who do not exercise at all.

### **Changes in Sexual Satisfaction**

In AARP’s 2009 survey, just one in five Hispanics age 45+ (19%) said they are now more satisfied with their sex lives than they were 10 years ago, while 43 percent said they are now less satisfied and 38 percent say there is no difference.

There are no major differences by men and women. However, older men (age 60+) are more likely than those under age 60 to say they are less satisfied, 57 percent compared to 29%.

Health and stress were key changes experienced over that time. Among the plurality who say they are less satisfied than they were 10 years ago, more than four in 10 cited more stress (41 percent), and three in ten say worse financial situation (33%), worse personal health (29%), and worse health of partner (22%). Just over one in four (27 percent) cited weight gain.

Among those who are now more satisfied than they were 10 years ago, one in three (34 percent) said they now have less stress, while approximately one quarter say a divorce/separation occurred (28%), a change in partners occurred (26%) and their health has improved (25%). It may be of interest that divorce or separation occurred among 23 percent of those who are now less satisfied, but also among 28 percent of those who are now more satisfied.

What would improve current sexual satisfaction? Better health, less stress and better financial situation top the list of changes that would improve current sexual satisfaction, and this is true for both men and women. Men are, however, more likely to cite a number of changes that would be helpful — specifically, a younger partner and more favorable social attitudes toward aging and sexuality.



## **Respondent Profile**

Similar to the general 45+ population, the final sample of 630 Hispanic respondents consists of more women (52%) than men (48%). The average age of the Hispanic sample is 53.3 years, which is slightly older than that of the general 45+ population – 50.4 years. Women tend to be slightly older than the men in both samples.

Less than half of the Hispanic 45+ population (46%) and the general 45+ population (45%) are working. Men are more likely than women to be employed in both populations.

Six in ten Hispanics are married compared to 54 percent of the general population. In both samples, men are more likely than women to be married.

The men in both samples are far more likely than the women to report the presence of a regular sex partner in their life. In aggregate, seven in ten Hispanics and two-thirds of the general population report having a regular sex partner.

The Hispanic 45+ population has a lower education level as well as lower household income level than the general 45+ population. Only 14 percent of the Hispanic 45+ population graduated from college compared to 28 percent of the general 45+ population. The mean income of the Hispanic 45+ population is \$43,600 compared to \$55,900 for the general 45+ population.



# **APPENDIX A**

## **ADDITIONAL PROJECT INFORMATION**



## ADDITIONAL PROJECT INFORMATION

### Objective

AARP is using the results of this research to broaden public knowledge on the topic of midlife and older adult sexuality.

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## Project Statement

On behalf of AARP, Knowledge Networks conducted a survey about human sexuality. The survey covered topics such as quality of life, overall health, sexual history, sexual behavior, and attitude toward sexuality. People who are at least 45 years old were invited to participate in the survey. The survey was administered in both English and Spanish.

The survey underwent two stages:

- **Pretest:** A total of 50 Knowledge Networks panelists ages 45 and older were invited to participate in the English pretest between August 17, 2009 and August 19, 2009. An additional 50 Knowledge Networks panelists ages 45 and older were invited to participate in the Spanish pretest between September 1, 2009 and September 4, 2009. The primary goals of the pretest were to ensure the correct survey functionality and estimate the questionnaire length.
- **Main:** A total of 2,072 Knowledge Networks panelists ages 45 and older were invited to participate in the English main survey on August 21, 2009. The Spanish main survey was launched on September 4, 2009 to 377 panelists ages 45 and older. By September 14, 2009, 1,487 panelists (71.8 percent) had completed the survey in English and 183 panelists (48.5 percent) had completed the survey in Spanish. The following table displays the number of completes for the English and Spanish versions of the survey.

**Survey Completion Rates**

	<b>Invited</b>	<b>Completed</b>	<b>Completion Rates</b>
English	2072	1487	72%
Spanish	377	183	49%
Total	2449	1670	68%

## **Knowledge Networks Methodology**

### **Introduction**

Knowledge Networks has recruited the first online research panel that is representative of the entire U.S. population. Panel members are randomly recruited by probability-based sampling, and households are provided with access to the Internet and hardware if needed.

Knowledge Networks selects households using random-digit dial (RDD) and address-based sampling methods. Once a person is recruited to the panel, they can be contacted by e-mail (instead of by phone or mail). This permits surveys to be fielded very quickly and economically. In addition, this approach reduces the burden placed on respondents, since e-mail notification is less obtrusive than telephone calls, and most respondents find answering Web questionnaires to be more interesting and engaging than being questioned by a telephone interviewer.

### **Panel Recruitment Methodology**

Beginning recruitment in 1999, Knowledge Networks (KN) established the first online research panel (now called KnowledgePanel®) based on probability sampling that covers both the online and offline populations in the U.S. The panel members are randomly recruited by telephone and by self-administered mail and web surveys. Households are provided with access to the Internet and hardware if needed. Unlike other Internet research that covers only individuals with Internet access who volunteer for research, Knowledge Networks surveys are based on a dual sampling frame that includes both listed and unlisted phone numbers, telephone and non-telephone households, and cell-phone-only households. The panel is not limited to current Web users or computer owners. All potential panelists are randomly selected to join the KnowledgePanel; unselected volunteers are not able to join.

### **RDD and ABS Sample Frames**

Knowledge Networks initially selects households using random digit dialing (RDD) sampling and address-based sampling (ABS) methodology. In this section, we will describe the RDD-based methodology, while the ABS methodology is described in a separate section below.

KnowledgePanel recruitment methodology uses the quality standards established by selected RDD surveys conducted for the Federal Government (such as the CDC-sponsored National Immunization Survey).

Knowledge Networks utilizes list-assisted RDD sampling techniques based on a sample frame of the U.S. residential landline telephone universe. For efficiency purposes, Knowledge Networks excludes only those banks of telephone numbers (a bank consists of 100 numbers) that have less than 2 directory listings. Additionally, an "over sample" is conducted among a stratum telephone exchanges that have high concentrations of African-American and Hispanic households based on Census data. Note that recruitment sampling is done without replacement, thus, numbers already fielded are not fielded again.

A telephone number for which a valid postal address can be matched occurs in about 70 percent of the sample. These address-matched cases are all mailed an advance letter informing them that they have been selected to participate in KnowledgePanel. For efficiency purposes, the unmatched numbers are under-sampled at a current rate of 0.75 relative to the matched numbers. Both the over sampling

mentioned above and this under-sampling of non-address households are adjusted appropriately in the panel's weighting procedures.

Following the mailings, the telephone recruitment begins for all sampled phone numbers using trained interviewer/recruiters. Cases sent to telephone interviewers are dialed for up to 90 days, with at least 14 dial attempts on cases where no one answers the phone, and on numbers known to be associated with households. Extensive refusal conversion is also performed. The recruitment interview, about 10 minutes long, begins with informing the household member that they have been selected to join KnowledgePanel. If the household does not have a computer and access to the Internet, they are told that in return for completing a short survey weekly, they will be provided with a laptop computer (previously a WebTV device was provided) and free monthly Internet access. All members in a household are then enumerated, and some initial demographic and background information on prior computer and Internet use are collected.

Households that inform interviewers that they have a home computer and Internet access are asked to take their surveys using their own equipment and Internet connection. Incentive points per survey, redeemable for cash, are given to these "PC" respondents for completing their surveys. Panel members who were provided with either a WebTV earlier or currently a laptop computer (both with free Internet access) do not participate in this per survey points incentive program. However, all panel members do receive special incentive points for select surveys to improve response rates and for all longer surveys as a modest compensation for burden.

For those panel members receiving a laptop computer (as with the former WebTV), prior to shipment, each unit is custom configured with individual e-mail accounts, so that it is ready for immediate use by the household. Most households are able to install the hardware without additional assistance, though Knowledge Networks maintains a telephone technical support line. The Knowledge Networks Call Center contacts household members who do not respond to e-mail and attempts to restore both contact and cooperation. PC panel members provide their own e-mail addresses and we send their weekly surveys to that e-mail account.

All new panel members are sent an initial survey to both welcome them as new panel members but also to familiarize them with how online survey questionnaires work. They also complete a separate profile survey that collects essential demographic information such as gender, age, race, income, and education to create a personal member profile. This information can be used to determine eligibility for specific studies, is used for weighting purposes, and operationally need not be gathered with each and every survey. This information is updated annually with each panel member. Once completed new member is "profiled," they are designated as "active" and ready to be sampled for client studies. [Note: Parental or legal guardian consent is also collected for conducting surveys with teenage panel members, ages 13-17.]

Once a household is contacted by phone—and additional household members recruited via their e-mail addresses—panel members are sent surveys linked through a personalized e-mail invitation (instead of by phone or mail). This permits surveys to be fielded quickly and economically and also facilitates longitudinal research. In addition, this approach reduces the burden placed on respondents, since e-mail notification is less obtrusive than telephone calls and allows research subjects to participate in research when it is convenient for them.

### **Address-Based Sampling (ABS) Methodology**

When KN started KnowledgePanel panel recruitment in 1999, the state of the art in the industry was that probability-based sampling could be cost effectively carried out using a national random-digit dial



(RDD) sample frame. The RDD landline frame at the time allowed access to 96 percent of the U.S. population. This is no longer the case. We introduced the ABS sample frame to rise to the well-chronicled changes in society and telephony in recent years. The following changes have reduced the long-term scientific viability of the landline RDD sampling methodology: declining respondent cooperation to telephone surveys; do not call lists; call screening, caller-ID devices and answering machines; dilution of the RDD sample frame as measured by the working telephone number rate; and finally, the emergence and exclusion of cell-phone-only households (CPOHH) because they have no landline phone.

According to the Center for Disease Control, approximately 25 percent of U.S. households cannot be contacted through RDD sampling: 22 percent as a result of CPOHH status and 3 percent because they have no phone service whatsoever. Among some segments of society, the sample non-coverage is substantial: more than one-third of young adults, ages 18-24, reside in CPOHHs.

After conducting an extensive pilot project in 2008, we made the decision to add an address-based sample (ABS) frame in response to the growing number of cell-phone-only households that are outside of the RDD frame. Before conducting the ABS pilot, we also experimented with supplementing our RDD samples with cell-phone samples. However, this approach was not cost effective for you our clients and raised a number of other operational, data quality, and liability issues (e.g., calling people's cell phones while they were driving).

The key advantage of the ABS sample frame is that it allows sampling of almost all U.S. households. An estimated 98 percent of households are "covered" in sampling nomenclature. Regardless of household telephone status, they can be reached and contacted via the mail. Second, our ABS pilot project revealed some other advantages beyond the expected improvement in recruiting adult from CPOHHs:

- Improved sample representation of minority racial and ethnic groups.
- Improved inclusion of lower educated and low-income households.
- Exclusive inclusion of CPOHHs that have neither a landline telephone nor Internet access (approximately 4 percent to 6 percent of U.S. households).

ABS involves probability-based sampling of addresses from the U.S. Postal Service's Delivery Sequence File. Randomly sampled addresses are invited to join KnowledgePanel through a series of mailings, and in some cases telephone follow-up calls to non-responders when a telephone number can be matched to the sampled address. Invited households can join the panel by one of several means:

- By completing and mailing back a paper form in a postage-paid envelope.
- By calling a toll-free hotline maintained by Knowledge Networks.
- By going to a designated KN web-site and completing an online recruitment form.

After initially accepting the invitation to join the panel, respondents are then "profiled" online answering key demographic questions about themselves. This profile is maintained using the same procedures established for the RDD-recruited research subjects. Respondents not having an Internet connection are provided a laptop computer and free Internet service. Respondents sampled from ABS frame, like those from the RDD frame, are provided the same privacy terms and confidentiality protections that we have developed over the years and have been reviewed by dozens of Institutional Review Boards.

Large-scale ABS sampling for our KnowledgePanel recruitment began in April, 2009. As a result, KnowledgePanel will be improving its sample coverage of CPOHHs and young adults.

Because we will have recruited panelists from two different sample frames – RDD and ABS – we are taking several technical steps to merge samples sourced from these frames. Our approach preserves the representative structure of the overall panel for the selection of individual client study samples. An advantage of mixing ABS frame panel members in any KnowledgePanel sample is a reduction in the variance of the weights. ABS-sourced sample tends to align more true to the overall population demographic distributions and thus the associated adjustment weights are somewhat more uniform and less varied. This variance reduction efficaciously attenuates the sample’s design effect and confirms a real advantage for study samples drawn from KnowledgePanel with its dual frame construction.

## **Sampling and Recruitment Procedures for KnowledgePanel Latino<sup>SM</sup>**

In addition to the above-documented English-based panel recruitment, in 2008 we constructed KnowledgePanel Latino<sup>SM</sup> to provide researchers a capability to conduct representative online surveys with U.S. Hispanic community. Prior to the advent of KnowledgePanel Latino, there did not exist in the U.S. an online panel that represents both the Internet and non-Internet Hispanics, and that was representative of that part of the U.S. population able to participate in Spanish-only surveys. The sample for the KnowledgePanel Latino is recruited by a hybrid telephone recruitment design, based on a random-digit dialing sample of U.S. Latinos and Hispanic-surname sample. It is a geographically balanced sample that covers areas that, when aggregated, encompasses approximately 93 percent of the nation’s 45.5 million Latinos.

In addition to the national sample of Latinos that are recruited by RDD, we over sample Latinos residing in 70 U.S. DMAs that have relatively large Latino populations. We take this step to increase the sample size of Latinos that are less assimilated or so-called “unassimilated.” The DMA-over-sampling approach is dedicated to the recruitment of Spanish-Language-Dominant adults that are categorized as “unassimilated” on the basis of Hispanic self-identification, Spanish-language TV viewing frequency, and primary spoken language. The 70 DMAs are grouped into 5 regions (Northeast, West, Midwest, Southeast, and Southwest). Each region is further divided into two groupings of census tracts, those that have a “high-density” Latino population and the balance made up of all the “low-density” census tracts. The threshold percent for “high density” varies by region. The 5 regions each divided into 2 density groups constitute 10 unique sample frames (5 x 2).

Using a geographic targeting approach, an RDD landline sample is generated to cover the high-density census tracts within each region. Due to the inaccuracy of telephone exchange coverage, there is some spillage outside these tracts and some smaller degree of non-coverage within these tracts. About 32 percent of the Latino population across these five regions is theoretically covered with this targeted RDD landline sample. All the numbers generated are screened to locate a Latino household.

The remaining 68 percent of the Latinos in these five regions are addressed with a listed-surname sample. Listed surnames only include households where the telephone subscriber has a surname that has been pre-identified to likely be a Latino name. It is important to note that excluded from this low-density listed sample frame are: a) the mixed Latino/non-Latino households where the subscriber does not have a Latino surname, and b) all the unlisted landline Latino households. The percent of listed vs. unlisted varies at the DMA level. The use of the listed surname is intended to utilize cost effective screening to locate a Latino household in these low-density areas since the rate of finding a Latino household from this list although not 100 percent is still very high. KN’s current composition of KnowledgePanel Latino members is 57 percent from the National RDD frame, 11 percent from the high-density Latino RDD frame and 32 percent from the low-density Latino Listed Surname frame.

## **Survey Administration**

For client surveys, samples are drawn at random from among active panel members. Depending on the study, eligibility criteria will be applied or in-field screening of the sample will be carried out. Sample sizes can range widely depending on the objectives and design of the study.

Once assigned to a survey, members receive a notification e-mail letting them know there is a new survey available for them to take. This e-mail notification contains a link that sends them to the survey questionnaire. No login name or password is required. The field period depends on the client's needs, and can range anywhere from a few hours to several weeks.

After three days, automatic e-mail reminders are sent to all non-responding panel members in the sample. If e-mail reminders do not generate a sufficient response, an automated telephone reminder call may be initiated. The usual protocol is to wait at least three or four days after the e-mail reminder before calling. To assist panel members with their survey taking, each individual has a personalized "home page" that lists all the surveys that were assigned to that member and have yet to be completed.

Knowledge Networks also operates an ongoing, modest, incentive program to encourage participation and create member loyalty. Members can enter special raffles or can be entered into special sweepstakes with both cash and other prizes to be won.

The typical survey commitment for panel members is one survey per week or four per month with duration of 10-15 minutes per survey. Some client surveys exceed this time and in the case of longer surveys an additional incentive may be provided.

## Survey Sampling from KnowledgePanel

Once Panel Members are recruited and profiled, they become eligible for selection for specific client surveys. In most cases, the specific survey sample represents a simple random sample from the panel, for example, a general population survey. Customized stratified random sampling based on profile data may also be conducted as required by the study design.

The general sampling rule is to assign no more than one survey per week to members. Allowing for rare weekly exceptions, this limits a member's total assignments per month to 4 or 6 surveys. In certain cases, a survey sample calls for pre-screening, that is, members are drawn from a sub-sample of the panel (such as, females, Republicans, grocery shoppers, etc.). In such cases, care is taken to ensure that all subsequent survey samples drawn that week are selected in such a way as to result in a sample that remains representative of the panel distributions.

For this survey, a total of 2,449 panelists ages 45 and older were selected. In the end, 1,670 respondents completed the full survey.

## Sample Weighting

The design for a KnowledgePanel® sample begins as an equal probability sample that is self-weighting with several enhancements incorporated to improve efficiency. Since any alteration in the selection process is a deviation from a pure equal probability sample design, statistical weighting adjustments are made to the data to offset known selection deviations. These adjustments are incorporated in the sample's **base weight**.

There are also several sources of survey error that are an inherent part of any survey process, such as non-coverage and non-response due to panel recruitment methods and to inevitable panel attrition. We address these sources of sampling and non-sampling error using a **panel demographic post-stratification weight** as an additional adjustment.

However, prior to this adjustment, a separate sample of Spanish-speaking Latino panel members are weighted so as to be merged into the overall panel. This language-specific group is recruited through a geographically targeted dual frame sample that is screened for Spanish-language dominant households. The weighting of this unique sample involves a **Spanish language base weight** that incorporates several adjustments including ones that address geographic frame and home language usage. The panel demographic post-stratification weight is then calculated for all panel members and proportionally adjusts for the merged Spanish-speakers.

Lastly, a set of **study-specific post-stratification weights** are constructed for the study data to adjust for the study's sample design and survey non-response.

A description of these types of weights follows.

### **The Base Weight**

In a KnowledgePanel sample there are seven known sources of deviation from an equal probability of selection design. These are corrected in the Base Weight and are described below.

1. Under-sampling of telephone numbers unmatched to a valid mailing address

An address match is attempted on all the Random Digit Dial (RDD) generated telephone numbers in the sample after the sample has been purged of business and institutional numbers and screened for non-working numbers. The success rate for address matching is in the 60-70 percent range. The telephone numbers with valid addresses are sent an advance letter, notifying the household that they will be contacted by phone to join KnowledgePanel. The remaining, unmatched numbers are under-sampled as a recruitment efficiency strategy. Advance letters improve recruitment success rates. Under-sampling stopped between July 2005 and April 2007. It was resumed in May 2007 with a sampling rate of 0.75.

2. RDD selection proportional to the number of telephone landlines reaching the household

As part of the field data collection operation, information is collected on the number of separate telephone landlines in each selected household. A multiple line household's selection probability is down weighted by the inverse of its number of landlines.

3. Some minor over sampling of Chicago and Los Angeles due to early pilot surveys

Two pilot surveys carried out in Chicago and Los Angeles when the panel was first being built increased the relative size of the sample from these two cities. With natural attrition and growth in size, the impact is disappearing over time. It remains part of our base adjustment weighting because of a small number of extant panel members from that nascent panel cohort.

4. Early over sampling the four largest states and central region states

At the time when the panel was first being built, survey demand in the four largest states (California, New York, Florida, and Texas) required over-sampling during January-October 2000. Similarly, the central region states were over-sampled for a brief period. These now diminishing effects still remain in the panel membership and thus require weighting adjustments for these geographic areas.

5. Under-sampling of households not covered by the MSN<sup>®</sup> TV service network

Certain small areas of the U.S. are not serviced by MSN<sup>®</sup>; therefore, our MSN<sup>®</sup>TV units cannot be used for recruited non-Internet households. In some of these cases, we use other Internet Service Providers for Internet access via the member's personal computer. Overall, the result is a small under-sample of these geographic areas thus requiring a minor weighting adjustment.

6. Over sampling of African- American and Hispanic telephone exchanges

As of October 2001, we began over-sampling telephone exchanges with a higher density of minority households (specifically African American and Hispanic) to increase panel membership for those groups. These exchanges are over sampled at approximately twice the rate of other exchanges. This over-sampling is corrected in the base weight.

7. Address-based sample phone match adjustment

Towards the end of 2008, Knowledge Networks began recruiting panel members using an address-based sample (ABS) frame in addition to RDD recruitment. Once recruitment through the mail, including follow-up mailings to ABS non-respondents was completed, a telephone recruitment was added. Non-responding ABS households where a landline telephone number could be matched to an address were subsequently called and a telephone recruitment initiated.

This effort resulted in a slight overall disproportionate number of landline households being recruited in a given ABS sample. A base weight adjustment is applied to return the ABS recruitment panel members to the sample's correct national proportion of phone-match and no phone match households.

### **The Spanish Language Base Weight**

In 2008, as an augmentation to KnowledgePanel, Spanish language-specific panel members had been recruited through a geographically targeted dual frame sample that is screened for Spanish-language dominant households. Generally, these are households that speak Spanish and also who did the recruitment interview in Spanish. Eleven geographic regions covering approximately 95 percent of the national Latino population was screened. Each region had both high and low density Hispanic population areas. High density areas were screened using RDD methods and low density areas screened using Hispanic surname listed samples. Three adjustments are incorporated in the Spanish language base weight.

1. Household selection proportional to the number of telephone landlines reaching the household

As part of the field data collection operation, information is collected on the number of separate telephone landlines in each eligible (Spanish-speaking) household. A multiple line household's selection probability is down weighted by the inverse of its number of landlines.

2. Geographic frame balancing for RDD and listed surname samples

The recruitment sample frame has a given proportional distribution across 11 regions each consisting of both a high and low Hispanic population density area (ranging from 0.3 percent density to 13.9 percent; average = 4.6 percent). This adjustment factor returns the recruited households by area to their correct relative proportion across the 22 geographic density areas.

3. Distribution of degree of Spanish language spoken at home by Census Regions

Eligible households to be recruited are screened to qualify for one of three levels of Spanish language usage at home: All Spanish, Mostly Spanish, and Spanish and English Equally. Using data from the 2006 Pew Hispanic Center surveys as a benchmark, the recruited members are proportioned across these three levels within U.S. Census Region based on their reported language usage at the time of recruitment.

### **The Panel Demographic Post-Stratification Weight**

To reduce the effects of any non-response and non-coverage bias in the overall panel membership, a post-stratification adjustment is applied using demographic distributions from the most recent data from the Current Population Survey (CPS) and for Hispanic language usage from the 2006 Pew Hispanic Center Survey. Language usage adjustments allow for the correct proportional fitting of Spanish-speaking members relative to other English-speaking Hispanic and non-Hispanic panel members. Benchmark distributions for Internet Access among the U.S. population of adults are obtained from KnowledgePanel recruitment data since this measurement is not collected as part of the CPS.

The post-stratification variables include:

- Gender (Male/Female)
- Age (18-29, 30-44, 45-59, and 60+)
- Race/Hispanic ethnicity (White/Non-Hispanic, Black/Non-Hispanic, Other/Non-Hispanic, 2+ Races/Non-Hispanic, Hispanic)
- Education (Less than High School, High School, Some College, Bachelor and beyond)
- Census Region (Northeast, Midwest, South, West)
- Metropolitan Area (Yes, No)
- Internet Access (Yes, No)

This weighting adjustment is applied prior to the selection of any client sample from KnowledgePanel. These weights constitute the starting weights for any client survey selected from the panel.

### **Study-Specific Post-Stratification Weights**

Once all the study data are returned from the field, we proceeded with a post-stratification process to adjust for any survey non-response and also any non-coverage due to the study-specific sample design. Demographic and geographic distributions from the latest Current Population Survey (CPS) for the study population of people aged at least 45 years old as benchmarks in this adjustment. The Internet Access distributions are obtained from KnowledgePanel recruitment data.

Two sets of weights were computed for the study:

1. Weight for the general population sample. The latest CPS benchmarks for all U.S. population aged 45 or older were used as benchmarks. The ranking variables include:
  - Age: 45-54, 55-64, 65-74, 75+
  - Gender: male, female
  - Race/ethnicity: white (non-Hispanic), black (non-Hispanic), other/2+races (non-Hispanic), Hispanic
  - Education: Less than high school, high school graduates, some college, college graduates
  - Region: Midwest, South
  - Metro, Non-metro
  - Household Internet access: yes, no
  - Language spoken at home: Non-Hispanic; Hispanic, Speak Spanish Only/Mostly Spanish; Hispanic, Speak Spanish Equally with English at home; Hispanic, Speak English Only/Mostly at home

2. Weight for all Hispanics. The latest CPS benchmarks for the Hispanic population aged 45 and older were used as the benchmarks. The ranking variables include:

- Age: 45-54, 55-64, 65-74, 75+
- Gender: male, female
- Education: Less than high school, high school graduates, some college, college graduates
- Region: Midwest, South
- Metro, Non-metro
- Household Internet access: yes, no
- Language spoken at home: Only Spanish, More Spanish than English, Both Spanish and English equally, More English than Spanish, Only English

Comparable distributions are calculated using all completed cases from the field data. Since study sample sizes are typically too small to accommodate a complete cross-tabulation of all the survey variables with the benchmark variables, an iterative proportional fitting is used for the post-stratification weighting adjustment. This procedure adjusts the sample data back to the selected benchmark proportions. Through an iterative convergence process, the weighted sample data are optimally fitted to the marginal distributions.

After this final post-stratification adjustment, the distribution of the calculated weights are examined to identify and, if necessary, trim outliers at the extreme upper and lower tails of the weight distribution. The post-stratified and trimmed weights are then scaled to the sum of the sample size of all respondents in the general population sample as well as all Hispanics.



# **APPENDIX B**

# **QUESTIONNAIRE**



**AARP Study 45+**  
**August, 2009**  
**- Study Details -**

**Note: This page may be removed when the questionnaire is sent to the client. However, it must exist in the version sent to Operations.**

<b>SNO</b>	<b>12889</b>
<b>Survey Name</b>	<b>Sexuality Survey - Pretest</b>
<b>Client Name</b>	<b>AARP</b>
<b>Quick Arrow Project Number</b>	<b>K2350</b>
<b>Project Director Name</b>	<b>Li</b>
<b>Team/Area Name</b>	<b>SPQR</b>

<b>Sample Criteria</b>	<b>45+</b>
<b>Samvar</b>	Xrel1 Xrel2 Xrel3
<b>Timing Template Required</b>	<b>By default</b>
<b>Multi-Media</b>	<b>Image</b>
<b>Incentive</b>	<b>None</b>

**Note: The change request log can be deleted, if you do not require it.**

<b>Change Request Log</b> (Operations Please Disregard)					
Note: Do not change Question numbers after Version 1; to add new question, use alpha characters (e.g., 3a, 3b, 3c)					
Author	Ver- sion	Description of Change (Q#, plus change)	Approval Name	Date Apprv'd	Com- pleted (Y/N)

**Note: To add a line in the table, go to the last cell in the last row of the table and insert a tab that styles have been set up for these standards.**

**[DISPLAY]**

**INTRO.**

You are part of a select group of people receiving this survey and your participation is very important. Again, let me reassure you that your responses will remain confidential.

Because of the intimate nature of this survey, please answer the questions in complete privacy.

Please don't share this information with anyone else in your household.

**[DISPLAY]**

**INTRO\_A.**

In this survey, we will ask you questions about your sexuality. Some of the questions contain very explicit technical and medical terms that may make you feel uncomfortable. Please know that if you are uncomfortable answering any question, you may of course skip it, and you may stop participating at any time. Your participation is completely voluntary and anonymous. We do not ask for any identifying information, and NO personally identifiable information will be attached to any response.

We recognize that this is a very sensitive subject and we recommend that you please take the survey in a private setting. If you are interrupted during the survey, please press the "View" button on your WebTV keyboard to hide the survey. Pressing the "View" button again will return you to the survey screen. (If you are viewing this survey on your computer, you can quickly minimize your browser by clicking on the box with the one lower line in it that appears in the upper right hand corner of the program.)

Please give us your honest answers to the questions. Your responses will help doctors and researchers better understand people who have troubles in this area. Please know that this research can only be successful with your help. Again we appreciate your time and efforts.

**[GRID, SP DOWN]**

**Q1.**

LADDER OF LIFE: Below is a step ladder with ten steps representing the "Ladder of Life."

The top step of the ladder, or "10", represents the best possible life for you. The bottom step of the ladder, or "1", represents the worst possible life for you. On which of these 10 steps of the ladder do you feel you personally stand at the present time? What about five years ago? Where do you think you will stand five years from now?

	<u>Now</u>	<u>5 Years Ago</u>	<u>5 Years Into The Future</u>
<b>Best possible life</b>			
10			
9			
8			
7			
6			
5			
4			
3			
2			
1			
<b>Worst possible life</b>			

[GRIDS, SP]

Q2.

Listed below are some things that affect some people's quality of life. For each item below, please indicate how important it is to you personally with regard to your own quality of life. How important to you is . . .

Not important at all	Not very important	Somewhat important	Very important
----------------------------	-----------------------	-----------------------	-------------------

- Being healthy, vigorous and physically active
- A good relationship with a spouse or partner
- Close ties with friends and family
- Financial security
- A satisfying sexual relationship
- Spiritual well-being
- Personal independence, not depending on others
- Being productive, contributing to your community and society

[SP]

**Q3.**

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

- Excellent ..... 1
- Very good. .... 2
- Good ..... 3
- Fair..... 4
- Poor ..... 5

[GRID]

[PROMPT IF SKIP]

[NUMBER BOX; RANGE 0-7]

**Q4.**

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

vigorous exercise (such as running, jogging, aerobics, swimming or biking)? \_\_\_\_\_ # of days

moderate exercise (such as brisk walking, moderate biking or moderate swimming)? \_\_\_\_\_ # of days

[SP]

**Q6.**

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

- Do Not Smoke. .... 1
- 1-4 Day ..... 2
- 5-9..... 3
- 10-14..... 4
- 15 +..... 5

[SP]

**Q7.**

Do you drink alcoholic beverages, and if so, how often do you do so?

- Do Not Drink Alcoholic Beverages. .... 1
- Less than 1 day/month. .... 2
- Less than 1 day/week. .... 3
- 1 - 2 days/week..... 4
- 3 - 4 days/week..... 5
- 5+ days/week..... 6

**[GRIDS, SP]**  
**[PROMPT IF SKIP]**

**Q8A.**

Please indicate which of these medical conditions you have been diagnosed with.

Yes No

Diabetes (high blood sugar)  
High blood pressure  
Arthritis or Rheumatism  
Depression  
[show if ppgender=1] Enlarged or Swollen Prostate  
[show if ppgender=1] Prostate Cancer  
[show if ppgender=1] Erectile Dysfunction  
Back Problems  
[show if ppgender=1] Impotence  
High Cholesterol  
Genital Pain  
Drug/Alcohol Abuse  
[show if ppgender=2] Breast Cancer  
[show if ppgender=2] Cervical Cancer  
[show if ppgender=2] Ovarian Cancer

**[GRIDS, SP]**  
**[PROMPT IF SKIP]**

**Q8B.**

Please indicate for which of these medical conditions you are currently receiving treatment.

Yes No

**[SHOW RESPONSES FROM Q8A=YES]**

**[GRIDS, SP]**  
**[PROMPT IF SKIP]**

**Q9.**

There are several diseases or infections that can be transmitted during sex. These are sometimes called venereal diseases. We will be using the medical term *sexually transmitted diseases* or STDs

At any point in time, have you ever been told by a doctor that you had any of the following STDs?

Yes No

- Gonorrhea (clap, drip)
- Syphilis (bad blood)
- Herpes (genital herpes)
- Genital warts (venereal warts, human papilloma virus or HPV)
- Hepatitis
- AIDS, HIV
- [show if ppgender=1] NGU (nongonococcal urethritis)
- [show if ppgender=2] Vaginitis such as yeast infection or candidiasis, trich or trichomonias
- [show if ppgender=2] Pelvis inflammatory disease (PID)
- Other (please specify) \_\_\_\_\_

**[GRIDS, SP]**

**Q9A.**

Which of the following STDs are you currently receiving treatment for?

Yes No

**Q9=Yes responses**

**[NUMBER BOX GRIDS; RANGE 0 - PPAGE]**

**IF RESPONDENT SELECTED OTHER=YES IN Q9, BUT DID NOT TYPE THE ANSWER, INSERT "Other STD".**

**Q10.**

At what age did you contract:

If you contracted the STD more than once, please report the most recent instance.

Age

**Q9=YES RESPONSES**

\_\_\_\_\_  
\_\_\_\_\_

**[SMALL TEXTBOX GRIDS]**

**IF RESPONDENT SELECTED OTHER=YES IN Q9, BUT DID NOT TYPE THE ANSWER, INSERT "Other STD".**

**Q11.**

Please report (if you know) how you contracted:

If you contracted the STD more than once, please report the most recent instance.



**Q9=YES RESPONSES**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**[SP]**

**Q12.**

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.

10 - Extremely high.....	10
9 .....	9
8 .....	8
7 .....	7
6 .....	6
5 .....	5
4 .....	4
3 .....	3
2 .....	2
1 – Extremely low .....	1

**[GRIDS, SP; BREAK INTO 2 SCREENS:5/5 ]**

**[PROMPT IF SKIP]**

**Q13.**

For each of the following statements, please indicate how much you agree or disagree.

Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
-------------------	-------	-------------------------------------	----------	----------------------

Sexual activity is important to my overall quality of life  
 Sexual activity is a critical part of a good relationship  
 Sexual activity is a duty to one’s spouse/partner  
 Sexual activity is a pleasurable, but not necessary, part of a good relationship

Sex becomes less important to people as they age  
 I do not particularly enjoy sex  
 I would be quite happy never having sex again  
 Sex is only for younger people  
 People should not have a sexual relationship if they are not married

There is too much emphasis on sex in our culture today  
 Sex is primarily for procreation

**[SP]**  
**Q14.**

How satisfied are you with your sex life?

- Extremely satisfied.....1
- Somewhat satisfied.....2
- Neither satisfied nor  
dissatisfied.....3
- Somewhat dissatisfied .....4
- Extremely dissatisfied .....5

**[SP]**  
**Q15.**

Are you more satisfied, or less satisfied, with your sex life than you were 10 years ago?

- More.....1
- Less .....2
- No difference .....3

**[ASK IF Q15=1 OR 2]**  
**[MP]**  
**Q16.**

What changes have affected your sexual life over the past 10 years?

- Change in sexual orientation .....1
- Death of partner .....2
- Divorce/separation.....3
- Change in partners .....4
- Better health for self.....5
- Better health for partner.....6
- Worse health for self.....7
- Worse health for partner .....8
- Improved financial situation .....9
- Worse financial situation.....10
- More free/leisure time .....11
- Less stress.....12
- More stress .....13
- Weight loss .....14
- Weight gain.....15
- Sexual therapy.....16
- Sexual drugs.....17
- Children moved out.....18
- Children moved back in .....19
- Retired/spouse or partner  
retired .....20
- Other (please  
specify).....21

**[MP]**  
**Q17.**

What changes, if any, would increase satisfaction with your sex life now?

Better financial situation .....	1
Better health for myself .....	2
Better health for partner.....	3
Partner initiates sex more often .....	4
More free time .....	5
Better relationship with my partner .....	6
Different partner .....	7
Finding a partner .....	8
More privacy .....	9
More favorable social attitudes toward aging and sexuality .....	10
Less stress .....	11
A more adventurous partner .....	12
Younger partner.....	13
Older partner.....	14
More partners .....	15
Other (please specify) .....	16
No change needed [sp].....	17

**[SP]**  
**Q18.**

How would you rate your level of sexual desire?

Lower than average .....	1
About average .....	2
Higher than average .....	3

**[SP]**  
**Q19.**

How frequently do you have sexual thoughts, fantasies, or erotic dreams?

More than once a day .....	1
Once a day .....	2
2 or 3 times per week .....	3
Once a week.....	4
2 or 3 times per month.....	5
Once a month .....	6
Less than once per month .....	7
Not at all.....	8

[ASK IF Q19=1-7]

[MP]

Q20.

What kinds of sexual fantasies have you had?

- Having sex with a stranger ..... 1
- Having sex with someone of  
the same sex ..... 2
- Having sex with more than  
one person at the same  
time ..... 3
- Having sex with a celebrity,  
such as a famous movie  
star ..... 4
- Having sex in public ..... 5
- Other (please specify)  
\_\_\_\_\_ ..... 6

[ASK IF Q19=1-7]

[MP]

Q21.

Have you ever discussed these fantasies, and if so, with whom?

- Spouse/partner ..... 1
- Friend ..... 2
- Medical professional ..... 3
- Stranger ..... 4
- Never discussed [sp] ..... 5

[MP]

Q22.

What sources have you used in the past year for information **about relationships**?

- Books ..... 1
- Friends and family ..... 2
- Health magazines ..... 3
- Health professional ..... 4
- Internet ads ..... 5
- Internet searches ..... 6
- Men's magazine ..... 7
- Women's magazine ..... 8
- TV or radio ..... 9
- Videos ..... 10
- Other (please specify)  
\_\_\_\_\_ ..... 11
- Do not seek information [sp] ..... 12

[ASK IF Q22=5 OR 6]

**[3 SMALL TEXT BOXES]**

**Q23.**

Can you please list the top three websites you visited most often as sources of information about relationships:

1. [small text box]
2. [small text box]
3. [small text box]

**[MP]**

**Q24.**

What sources have you used in the past year for information about sex?

Books.....	1
Friends and family .....	2
Health magazines .....	3
Health professional .....	4
Internet ads.....	5
Internet searches .....	6
Men's magazine.....	7
Women's magazine .....	8
TV or radio .....	9
Videos.....	10
Other (please specify)	
_____ .....	11
Do not seek information [sp] .....	12

**[ASK IF Q24=5 OR 6]**

**[3 SMALL TEXT BOXES]**

**Q25.**

Can you please list the top three websites you visited most often as sources of information about sex:

1. [small text box]
2. [small text box]
3. [small text box]

**[SP]  
STATUS.**

Which of the following best describes your current relationship status?

- Single and not dating ..... 1
- Single and dating ..... 2
- Engaged ..... 3
- Married..... 4
- Divorced and not dating..... 5
- Divorced and dating..... 6
- Separated and not dating ..... 7
- Separated and dating ..... 8
- Widowed and not dating ..... 9
- Widowed and dating ..... 10

**[SP]  
Q26.**

Do you consider yourself to be. . .

- Heterosexual or straight..... 1
- Gay ..... 2
- Lesbian ..... 3
- Bisexual ..... 4
- Other (please specify)  
\_\_\_\_\_ ..... 5

**[GRIDS, SP]  
Q27A.**

Are you now engaged in the following types of encounters/relationships?

Yes                      No

- Long-term formal commitment (marriage, living together for year+, etc)
- Long-term dating/relationship (dating for year+)
- Looking for someone to date
- Long-term dating/relationship long distance (dating for year+ with at least 3 months separated – include military)
- Dating more than one person during the same time period
- Sexually active with more than one person during the same time period
- Sex with someone only once

**[GRIDS, SP]  
[PROMPT IF SKIP]**

**Q27B.**

In the past 6 months, have you been engaged in the following types of encounters/relationships?

Yes No

- Long-term formal commitment (marriage, living together for year+, etc)
- Long-term dating/relationship (dating for year+)
- Looking for someone to date
- Long-term dating/relationship long distance (dating for year+ with at least 3 months separated – include military)
- Dating more than one person during the same time period
- Sexually active with more than one person during the same time period
- Sex with someone only once

**[SP]**

**Q28.**

Do you currently have a regular sexual partner?

Yes.....1  
No .....2

**[ASK IF Q28=YES]**

**[SP]**

**Q28A.**

Which of the following best describes your living arrangement with your partner?

We live together .....1  
We live in the same area, but  
don't live together .....2  
We live far away from each  
other (long distance).....3

**[ASK IF Q28=NO OR REFUSED]**

**[SP]**

**Q29.**

Have you had at least one sexual partner within the past 6 months?

Yes.....1  
No .....2

[ASK IF Q29=YES]

[SP]

Q29A.

Was this:

- A relationship that has ended ..... 1
- A casual relationship.....2
- A one-time encounter .....3

[ASK IF Q28=YES]

[NUMBER BOX; RANGE 1-99]

Q30.

How many sexual partners do you currently have?

\_\_\_\_\_

[DISPLAY]

INTRO\_PARTNER.

Please answer the following by thinking about your [if q28=yes, insert “current primary”; if q29=yes, insert “most recent”] sexual partner.

[ASK IF Q28=YES OR Q29=YES]

[NUMBER BOX; RANGE 0-120]

Q31.

What is the age of your [if q28=yes, insert “**CURRENT PRIMARY**”; if q29=yes, insert “*most recent*”] partner?

\_\_\_\_\_

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q32.

What is the sex of your [if q28=yes, insert “**CURRENT PRIMARY**”; if q29=yes, insert “*most recent*”] partner?

- Male ..... 1
- Female.....2



[ASK IF Q28=YES OR Q29=YES]

[SP]

Q33.

How long [if q28=yes, insert “have you been”; if q29=yes, insert “WERE YOU”] in this relationship?

Not a relationship.....	1
Less than 6 months .....	2
6 to 1 months .....	3
1 to 2 years .....	4
3 to 5 years .....	5
6 to 10 years .....	6
11 to 20 years .....	7
20 or more years.....	8

[ASK IF Q28=YES OR Q29=YES]

[GRIDS, SP]

Q34.

Please indicate how well each of the following describes your [if q28=yes, insert “current primary”; if q29=yes, insert “most recent”] sexual partner.

Applies strongly	Applies somewhat	Does not apply
---------------------	---------------------	-------------------

- Is exciting
- Is my best friend
- Is physically attractive
- Makes me feel important
- Is kind and gentle
- Has good personal hygiene/cleanliness
- Is romantic
- Loves me deeply
- Finds me physically attractive
- Is imaginative about sex
- Is a skillful lover
- Is sensitive to my moods and needs

[ASK IF Q28=YES OR Q29=YES]

[MP]

Q35.

How do you keep romance in your relationship?

- Romance? What's that? ..... 1
- Take a vacation/romantic weekend together at least once a year..... 2
- Set aside at least one day or evening a week just to enjoy each other's company..... 3
- Bring each other surprises/presents/flowers..... 4
- Recognize birthdays, anniversaries ..... 5
- Make a point of telling each other "I love you." ..... 6
- Other (please specify \_\_\_\_\_) ..... 7

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q36.

When was the last time you took a vacation/romantic weekend together?

- Last week..... 1
- Last month ..... 2
- Last six months..... 3
- Last year ..... 4
- Did not have a chance to do it..... 5

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q37.

When was the last time you spent a day or evening together just to enjoy each other's company?

- Last week..... 1
- Last month ..... 2
- Last six months..... 3
- Last year ..... 4
- Did not have a chance to do  
it..... 5

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q38.

When was the last time you surprised your spouse/partner with presents or flowers?

- Last week..... 1
- Last month ..... 2
- Last six months..... 3
- Last year ..... 4
- Did not have a chance to do  
it..... 5

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q39.

When was the last time you recognized a birthday or anniversary?

- Last week..... 1
- Last month ..... 2
- Last six months..... 3
- Last year ..... 4
- Did not have a chance to do  
it..... 5

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q40.

When was the last time you told your spouse/partner you loved him/her?

- Last week..... 1
- Last month ..... 2
- Last six months..... 3
- Last year ..... 4
- Did not have a chance to do  
it..... 5

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q41.

In the past **6 months**, how **physically** pleasurable was your relationship with your partner?

- Extremely pleasurable ..... 1
- Very pleasurable ..... 2
- Moderately pleasurable ..... 3
- Slightly pleasurable ..... 4
- Not at all pleasurable ..... 5

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q42.

In the past **6 months**, how **emotionally** satisfying was your relationship with your partner?

- Extremely satisfying ..... 1
- Very satisfying ..... 2
- Moderately satisfying ..... 3
- Slightly satisfying ..... 4
- Not at all satisfying ..... 5

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q43.

How satisfied do you think your partner is with your sexual relationship?

- Extremely satisfied ..... 1
- Somewhat satisfied ..... 2
- Neither satisfied nor  
dissatisfied ..... 3
- Somewhat dissatisfied ..... 4
- Extremely dissatisfied ..... 5

[ASK IF Q28=YES OR Q29=YES]

[MEDIUM TEXT BOX]

Q44.

What have you and/or your partner done/tried to improve your sexual satisfaction?

---

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q45.

During your relationship with your [if q28=yes, insert "CURRENT PRIMARY"; if q29=yes, insert "most recent"] partner, did you ever have a sexual relationship with another partner?

Yes..... 1  
No ..... 2

[ASK IF Q45=YES]

[MEDIUM TEXT BOX]

Q46.

What were the reasons of having sex with another partner while still in relationship with your [if q28=yes, insert "CURRENT PRIMARY"; if q29=yes, insert "most recent"] one?

\_\_\_\_\_

[ASK IF Q45=YES]

[SP]

Q47.

How, if at all, has your having sex with another partner affected your relationship with your partner?

Ended relationship/marriage..... 1  
It has caused lasting tension  
and lack of trust ..... 2  
It caused tension but  
relationship survived intact..... 3  
Relationship is stronger than  
ever ..... 4  
Other (please  
specify \_\_\_\_\_) ..... 5  
No effect ..... 6

[ASK IF Q45=YES]

[SP]

Q48.

How, if at all, has your having sex with another partner affected your sexual satisfaction with your partner?

It made it better..... 1  
It made it worse ..... 2  
It had no effect ..... 3  
Not applicable ..... 4

[ASK IF Q28=YES OR Q29=YES]

[SP]

Q49.

To the best of your knowledge, during your relationship with your [if q28=yes, insert "CURRENT PRIMARY"; if q29=yes, insert "most recent"] PARTNER did your partner have a sexual relationship with someone else other than you?

Yes..... 1  
No ..... 2

[ASK IF Q49=YES]

[SP]

Q50.

How, if at all, has your partner having sex with someone else other than you affected your relationship with your partner?

Ended marriage/relationship..... 1  
It has caused lasting tension  
and lack of trust..... 2  
It caused tension but  
relationship survived intact..... 3  
Relationship is stronger than  
ever ..... 4  
Other (please  
specify \_\_\_\_\_) ..... 5  
No effect ..... 6

[ASK IF Q49=YES]

[SP]

Q51.

How, if at all, has your partner having sex with someone else other than you affected your sexual satisfaction with your partner?

It made it better..... 1  
It made it worse ..... 2  
It had no effect ..... 3  
Not applicable ..... 4

**[GRIDS, SP]  
Q52.**

During the past **6 months**, how often, on average, have you engaged in the following sexual activities?

Not at all	Less than once a month	Once or twice a month	About once a week	More than once a week	Daily
1	2	3	4	5	6

- Kissing or hugging
- Sexual touching or caressing
- Sexual intercourse
- Oral sex
- Anal sex
- Self stimulation

**[GRIDS, SP]  
Q53.**

Did you do this last week?

Yes      No

**ONLY SHOW Q52>1 ITEMS**

**[SP]  
Q54.**

Have you ever used a vibrator for self-stimulation?

Yes..... 1  
No ..... 2

**[SP]  
Q55.**

How do you feel about how often you have sexual intercourse?

It's not often enough ..... 1  
It's just right for me ..... 2  
It's more often than I'd like ..... 3

[SP]  
Q56.

When you engaged in sexual activity in the last **6 months**, how often did you have an orgasm (come to climax)?

- Always ..... 1
- Usually ..... 2
- Sometimes ..... 3
- Rarely ..... 4
- Never ..... 5
- Did not attempt orgasm ..... 6
- Not applicable ..... 7

[SP]  
Q57.

Do you usually use any protection, such as condoms or other methods, when you have sex?

- Yes, all the time ..... 1
- Usually, but not all the time ..... 2
- Sometimes ..... 3
- Rarely or not at all ..... 4
- Not applicable ..... 5

[ASK IF PPGENDER=1]

[SP]  
Q58.

**Erectile dysfunction (sometimes referred to as “impotence”)** refers to being unable to get and keep an erection that is rigid enough for satisfactory sexual activity.

How would you describe yourself?

- Always able to get and keep an erection good enough for sexual intercourse ..... 1
- Usually able to get and keep an erection good enough for sexual intercourse ..... 2
- Sometimes able to get and keep an erection good enough for sexual intercourse ..... 3
- Never able to get and keep an erection good enough for sexual intercourse ..... 4



[SP]

**Q59.**

Have you ever had any problems related to sexual functioning?

Yes.....1  
No .....2

[ASK IF Q59=YES]

[GRIDS, SP]

[PROMPT IF SKIP]

**Q60.**

Have you ever sought treatment for any problems related to sexual functioning with any of the following?

Yes      No

- Your personal physician (including internist or family doctor)
- Specialist physician (including urologist or other specialist)
- Mental health professional
- Sex therapist
- Other (Specify)\_\_\_\_\_

[ASK IF ALL Q60 ANSWERS ARE NO OR REFUSED]

[MP]

**Q61.**

Why did you not seek treatment for problems related to sexual functioning?

Not comfortable discussing.....1  
Can't afford it .....2  
Other (please specify)  
\_\_\_\_\_ .....3

[ASK IF ANY Q60 ANSWERS ARE YES]

[SP]

**Q62.**

What effect did this treatment have on your sexual functioning?

It made it better.....1  
It made it worse .....2  
It had no effect .....3

[SP]  
Q63.

Have you ever paid for sex?

Yes.....1  
No .....2

[GRIDS, SP]  
[PROMPT IF SKIP]

Q64.

In the past 6 months have you taken any of the following prescription drugs?

Yes      No

- Pills or other medicines to thin your blood?
- Anything for your heart or heart beat including pills or paste patches?
- Any medications for cholesterol or fats in your blood?
- Blood pressure pills?
- Thyroid pills?
- Insulin or pills for sugar in your blood?
- Medications for a nervous condition, such as tranquilizers
- Medications for anti-depression?
- Sleeping pills or other medications to help you sleep?
- Any androgens, testoderm, or bromocriptine?
- [ask if ppgender=2] Hormone creams or suppositories for vaginal dryness?
- Medications to improve sexual functioning?
- Pain killers?
- [ask if ppgender=2] Hormone pills such as estrogen or progesterone, for example Premarin, Provera?

[SP]  
Q65.

Are you currently using any sort of medicines, hormones, or other treatments to improve sexual function and activity?

Yes.....1  
No .....2

**[ASK IF Q65=YES]**  
**[5 SMALL TEXT BOXES]**  
**Q66.**

Which medicines, hormones, or other treatments are you currently using? (please be as specific as possible, up to 5 items can be entered)

---

---

---

---

---

**[ASK IF Q65=YES]**  
**[SP]**  
**Q67.**

How did these medicines, hormones, or treatments affect your satisfaction or enjoyment with sex?

- Greatly increased..... 1
- Somewhat increased ..... 2
- No change ..... 3
- Somewhat decreased ..... 4
- Greatly decreased ..... 5

**[ASK IF Q65=YES]**  
**[SP]**  
**Q68.**

What effect did these medicines, hormones, or treatments have on your relationship with your partner?

- Very positive ..... 1
- Somewhat positive..... 2
- Neither positive nor negative ..... 3
- Somewhat negative ..... 4
- Very negative..... 5

[ASK IF XREL1=14 (MISSING)]

[SP]

**Q69.**

What is your religion?

- Baptist—any denomination..... 1
- Protestant (e.g., Methodist,  
Lutheran, Presbyterian,  
Episcopal)..... 2
- Catholic..... 3
- Mormon ..... 4
- Jewish..... 5
- Muslim ..... 6
- Hindu ..... 7
- Buddhist..... 8
- Pentecostal ..... 9
- Eastern Orthodox..... 10
- Other Christian..... 11
- Other non-Christian, please  
specify: \_\_\_\_\_ ..... 12
- None ..... 13

[ASK Q69A IF Q69 = “BAPTIST” OR “PROTESTANT” OR “CATHOLIC” OR “MORMON” OR “PENTECOSTAL” OR “EASTERN ORTHODOX” OR “OTHER CHRISTIAN”]

[SP]

**Q69A.**

Would you describe yourself as a born-again or evangelical Christian?

- Yes..... 1
- No ..... 2

[ASK Q70 IF Q69 NE “NONE”]

[SP]

**Q70.**

How often do you attend religious services?

- More than once a week ..... 1
- Once a week..... 2
- Once or twice a month..... 3
- A few times a year ..... 4
- Once a year or less..... 5
- Never ..... 6

**INSERT STANDARD CLOSE**

# **APPENDIX C**

## **ADDITIONAL TABLES**



## APPENDIX C – LISTING OF TABLES

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**Table 1. Quality of Life Five Years Ago, Now, & Five Years Into the Future  
Hispanic Population vs. General Population**

Q1. Steps on the Ladder of Life (See below) Base = those answering	Quality of Life Ratings			
	Five Years Ago	Now	Five Years Into Future	
	High 8 - 10	High 8 - 10	High 8 - 10	Unweighted Count
<b>Hispanic 45+</b>	53%	59%	68%	596
<b>General 45+ Population</b>	50%	46%	57%	1016

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**Table 2. Quality of Life Five Years Ago, Now & Five Years Into the Future by Overall Health and Stress**

Q1. Steps on the ladder of Life Base = those answering  Q3. How would you rate your overall health at the present?  Q12. On a scale from 1 to 10, where "1" is extremely" and 10 is "extremely high," please rate the overall stress level in your life today.	Quality of Life Ratings		
	Five Years Ago	Now	Five Years Into Future
	High 8 - 10	High 8 - 10	High 8 - 10
<b>OVERALL HEALTH:</b>			
Excellent/Very Good Health	60%	73%	78%
Good Health	57%	61%	67%
Poor Health	38%	37%	56%
<b>STRESS LEVEL:</b>			
High	66%	44%	57%
Moderate	43%	54%	65%
Low	67%	78%	80%

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**Table 3. Frequency of Moderate or Vigorous Exercise**

Q4. How many days a week do you engage in: Moderate exercise (such as brisk walking, moderate biking or moderate swimming)?  Q5. Vigorous exercise (such as running, jogging, aerobics, swimming or biking)?	Frequency of Moderate or Vigorous Exercise				
	6 or more times a week	3 to 5 times a week	1 to 2 times a week	None	Total
	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>Hispanic 45+</b>	29%	39%	12%	20%	604
<b>General 45+ Population</b>	24%	37%	12%	28%	1100

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**Table 4. Prescription-Drug Use**

Q 64. In the past six months have you taken any of the following prescription drugs?	Hispanic 45+			General 45+ Population		
	Total	Men	Women	Total	Men	Women
	Col %	Col %	Col %	Col %	Col %	Col %
	626	298	328	1112	523	583
Blood pressure pills	33%	32%	34%	43%	44%	42%
Medications for cholesterol	27%	31%	24%	36%	39%	33%
Pain killers	36%	27%	45%	39%	38%	41%
Pills or other medicines to thin your blood	12%	14%	11%	17%	23%	11%
Anything for your heart including pills or paste patches	8%	9%	7%	12%	15%	10%
Insulin or pills for sugar in blood	18%	17%	18%	12%	10%	14%
Thyroid pills	8%	3%	13%	12%	4%	18%
Medications for depression	17%	13%	20%	13%	10%	16%
Sleeping pills or other medications to help you sleep	19%	14%	23%	16%	14%	18%
Medications for a nervous condition, such as tranquilizers	11%	6%	16%	7%	5%	9%
Medications to improve sexual functioning	5%	10%	0%	5%	10%	0%
Any androgens, testoderm, or bromocriptine	2%	3%	1%	1%	2%	0%
Hormone creams/suppositories for vaginal dryness	9%	---	9%	4%	---	4%
Hormone pills, such as estrogen or progesterone	5%	---	5%	9%	---	9%

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**Table 5. Sexually Transmitted Diseases**

Q9. There are several diseases or infections that can be transmitted during sex. These are sometimes called venereal diseases. We will be using the medical term sexually transmitted diseases or STDs. At any point in time, have you ever been told by a doctor that you had any of the following STDs?		
	Hispanic 45+	General 45+ Population
Unweighted N	620	1110
Vaginitis/yeast infections ( <i>base: women only</i> )	17%	35%
HPV/Genital Warts	3%	5%
Gonorrhea (clap-drip)	5%	5%
Hepatitis	3%	3%
Herpes/genital herpes	3%	3%
PID (Pelvic Inflammatory disease) ( <i>base: women only</i> )	2%	2%
Syphilis	1%	1%
HIV/AIDS	1%	1%
NGU ((nongonococcal urethritis)	<1%	1%

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**Table 6. Use of Protection By Gender**

Q. 57 Do you usually use any protection, such as condoms or other methods, when you have sex?						
Base+ those who have had sexual intercourse at least once a month in the last six months	<b>Yes, all the time</b>	<b>Usually, but not all the time</b>	<b>Sometimes</b>	<b>Rarely or not at all</b>	<b>Not applicable</b>	<b>Total</b>
<b>General 45+</b>	8%	48%	2%	42%	44%	427
<b>Total Hispanic 45+</b>	13%	6%	8%	38%	36%	284
<b>Male</b>	18%	4%	10%	36%	33%	168
<b>Female</b>	6%	10%	0%	40%	40%	116

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**Table 7. Attitudes Toward Sex by Gender**

Q 13: For each of the following statements, please indicate how much you agree or disagree Percent Agree or Agree Strongly	<b>Attitudes Toward Sex</b>					
	<b>Hispanic 45+ Population</b>			<b>General 45+ Population</b>		
	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>Male</b>	<b>Female</b>
Unweighted count	629	300	329	1112	523	583
There is too much emphasis on sex in our culture today	59%	49%	69%	65%	58%	71%
Sexual activity is a critical part of a good relationship	68%	70%	67%	58%	67%	50%
Sex becomes less important to people as they age	42%	37%	47%	49%	48%	49%
Sexual activity is a pleasurable, but not necessary, part of a good relationship	44%	40%	47%	45%	40%	49%
Sexual activity is important to my overall quality of life	50%	63%	38%	42%	60%	26%
Sexual activity is a duty to one's spouse/partner	43%	46%	40%	33%	42%	25%
People should not have a sexual relationship if they are not married	22%	18%	25%	22%	17%	28%
I would be quite happy never having sex again	11%	8%	13%	13%	5%	21%
Sex is primarily for procreation	15%	13%	16%	8%	8%	9%
I do not particularly enjoy sex	13%	5%	19%	7%	3%	12%
Sex is only for younger people	3%	3%	3%	4%	3%	6%

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**Table 8. Types of Sexual Fantasies by Gender**  
(as a percentage of those who have had such fantasies)

Q 20. What kinds of sexual fantasies have you had?	Hispanic 45+Gender			General 45+ Population		
	Total	Male	Female	Total	Male	Female
	Col %	Col %	Col %	Col %	Col %	Col %
Unweighted N	398	207	191	893	476	417
Having sex with a stranger	34%	34%	34%	38%	45%	28%
Having sex with more than one person at the same time	23%	31%	14%	21%	30%	10%
Having sex with a celebrity, such as a famous movie star	30%	28%	32%	19%	20%	17%
Having sex in public	15%	18%	12%	11%	13%	9%
Having sex with someone of the same sex	11	9%	13%	9%	9%	8%

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**Table 9. Discussions of Sexual Fantasies**  
(as a percentage of those who said they have had such fantasies)

Q 21 Have you ever discussed these fantasies, and if so, with whom?	Hispanic 45+			General 45+ Population		
	Total	Male	Female	Total	Male	Female
Unweighted count	470	252	218	893	476	417
<b>Never discussed</b>	60%	52%	68%	64%	60%	68%
<b>Spouse/partner</b>	30%	36%	23%	21%	23%	18%
<b>Friend</b>	17%	18%	15%	15%	18%	11%
<b>Med. professional</b>	3%	3%	2%	3%	2%	4%
<b>Stranger</b>	1%	1%	1%	1%	1%	1%

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**Table 10. Frequency of Intercourse by Gender and Age**

Q 52. During the past six months, how often, on average, have you engaged in the following sexual activities? Sexual Intercourse		Frequency of Sexual Intercourse				
		At least once a week	Once or twice a month	Less than once a month	Never in last six months	Total
		Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>General 45+</b>	<b>Total</b>	28%	12%	12%	48%	1053
<b>Hispanic 45+</b>	<b>Total</b>	39%	10%	15%	36%	601
<b>Hispanic Male</b>	<b>Age 45-49</b>	57%	12%	3%	28%	68 *
	<b>Age 50-59</b>	56%	8%	21%	16%	99 *
	<b>Age 60-69</b>	41%	13%	13%	33%	85 *
	<b>Age 70 +</b>	25%	23%	5%	47%	34 *
	<b>Total</b>	49%	12%	11%	27%	286
<b>Hispanic Female</b>	<b>Age 45-49</b>	49%	12%	20%	42%	68 *
	<b>Age 50-59</b>	26%	10%	9%	49%	99 *
	<b>Age 60-69</b>	24%	8%	13%	55%	85 *
	<b>Age 70 +</b>	18%	6%	3%	87%	34 *
	<b>Total</b>	30%	9%	18%	43%	315

*\* Caution: small bases  
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**Table 11. Frequency of Intercourse by Gender and Presence of a Sexual Partner**

Q 52. During the past six months, how often, on average, have you engaged in the following sexual activities? Sexual Intercourse			Frequency of Sexual Intercourse				
			At least once a week	Once or twice a month	Less than once a month	Never in last six months	Total
			Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>Total General 45+</b>	<b>Current or recent sexual partner</b>	<b>Yes</b>	41%	19%	17%	23%	713
		<b>No</b>	1%	0%	2%	97%	340
		<b>Total</b>	28%	12%	12%	48%	1053
<b>Total Hispanic 45+</b>	<b>Current or recent sexual partner</b>	<b>Yes</b>	54%	14%	18%	13%	409
		<b>No</b>	3%	1%	7%	88%	173
		<b>Total</b>	39%	10%	15%	36%	450
<b>Hispanic Male</b>	<b>Current or recent sexual partner</b>	<b>Yes</b>	61%	15%	13%	11%	235
		<b>No</b>	10%	3%	5%	82%	51 *
		<b>Total</b>	49%	12%	11%	27%	277
<b>Hispanic Female</b>	<b>Current or recent sexual partner</b>	<b>Yes</b>	47%	13%	24%	16%	209
		<b>No</b>	0%	0%	9%	91%	106
		<b>Total</b>	30%	9%	18%	43%	315

\* Caution: small bases  
2009 AARP Sexuality Survey

**Table 12. Frequency of Intercourse by Health Status**

Q 52. During the past six months, how often, on average, have you engaged in the following sexual activities? Sexual Intercourse		Frequency of Sexual Intercourse				
		At least once a week	Once or twice a month	Less than once a month	Never in last six months	Total
		Row N %	Row N %	Row N %	Row N %	Unweighted Count
Q. 3 How would you rate your overall health at the present time?	<b>Excellent/Very good</b>	49%	12%	15%	26%	257
	<b>Good</b>	43%	8%	18%	32%	234
	<b>Fair/Poor</b>	20%	16%	10%	55%	107
	<b>Total</b>	39%	10%	15%	36%	601

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**Table 13. Frequency of Intercourse by Stress Levels**

Q 52. During the past six months, how often, on average, have you engaged in the following sexual activities? Sexual Intercourse		Frequency of Intercourse				
		At least once a week	Once or twice a month	Less than once a month	Never in last six months	Total
		Row N %	Row N %	Row N %	Row N %	Unweighted Count
	<b>Total</b>	39%	10%	15%	36%	601
Q 12 Level of Stress	<b>High</b>	40%	10%	11%	39%	136
	<b>Moderate</b>	35%	12%	17%	35%	284
	<b>Low</b>	46%	7%	12%	36%	180

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**Table 14. Frequency of Intercourse by Frequency of Exercise**

Q 52. During the past six months, how often, on average, have you engaged in the following sexual activities? Sexual Intercourse		Frequency of Sexual Intercourse				
		At least once a week	Once or twice a month	Less than once a month	Never in last six months	Total
		Row N %	Row N %	Row N %	Row N %	Unweighted Count
Q 4 and 5 Frequency of Moderate or Vigorous Exercise	<b>5 or more times a week</b>	43%	12%	16%	30%	272
	<b>3 to 4 times a week</b>	41%	11%	8%	40%	124
	<b>1 to 2 times a week</b>	54%	10%	17%	19%	91 *
	<b>None</b>	20%	7%	19%	53%	110
	<b>Total</b>	39%	10%	15%	36%	601

\* Caution: small bases  
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**Table 15. Sexual Satisfaction by Presence of a Sexual Partner**

Q 14: How satisfied are you with your sex life?			Sexual Satisfaction					
			Extremely satisfied	Somewhat satisfied	Neither sat. nor dissat.	Somewhat dissat.	Extremely dissat.	Total
			Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>General 45+ Total</b>	<b>Current or recent sexual partner</b>	Yes	21%	36%	23%	16%	4%	747
		No	11%	4%	58%	14%	14%	345
		Total	18%	25%	35%	15%	7%	1092
<b>Hispanic 45+ Total</b>	<b>Current or recent sexual partner</b>	Yes	29%	35%	12%	10%	2%	461
		No	15%	17%	50%	10%	15%	162
		Total	26%	31%	28%	10%	6%	623
<b>Male</b>	<b>Current or recent sexual partner</b>	Yes	37%	35%	14%	12%	3%	245
		No	13%	17%	38%	15%	18%	54 *
		Total	32%	31%	19%	12%	6%	299
<b>Female</b>	<b>Current or recent sexual partner</b>	Yes	23%	39%	29%	8%	2%	216
		No	15%	15%	51%	7%	13%	108
		Total	20%	30%	36%	7%	5%	324

\* Caution: small bases  
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**Table 16. Sexual Satisfaction By Marital Status**

Q 14: How satisfied are you with your sex life?			Sexual Satisfaction					
			Extremely satisfied	Somewhat satisfied	Neither sat. nor dissat.	Somewhat dissat.	Extremely dissat.	Total
			Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>General 45+</b>	<b>Married or Live with a Partner</b>	Yes	21%	31%	29%	14%	5%	599
		No	14%	19%	40%	16%	10%	493
		Total	18%	25%	35%	15%	7%	1092
<b>Hispanic 45+ Total</b>	<b>Married or Live with a Partner</b>	Yes	30%	36%	23%	9%	2%	367
		No	20%	22%	34%	11%	11%	256
		Total	26%	31%	28%	10%	6%	623
<b>Male</b>	<b>Married or Live with a Partner</b>	Yes	37%	33%	16%	11%	3%	194
		No	22%	28%	24%	15%	11%	105
		Total	32%	31%	19%	13%	6%	299
<b>Female</b>	<b>Married or Live with a Partner</b>	Yes	21%	39%	31%	7%	1%	173
		No	19%	19%	43%	8%	11%	151
		Total	20%	30%	37%	8%	6%	324

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**Table 17. Sexual Satisfaction by Type of Relationship Status**

Q 14. How satisfied are you with your sex life?		Sexual Satisfaction					
		Extremely satisfied	Somewhat satisfied	Neither sat. nor dissat.	Somewhat dissat.	Extremely dissat.	Total
		Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>Married, Dating, or Single</b>	<b>Single and Not Dating</b>	27%	44%	13%	12%	5%	96
	<b>Married</b>	30%	36%	23%	9%	2%	370
	<b>Single and Dating</b>	14%	8%	51%	12%	16%	147
	<b>Total</b>	26%	31%	28%	10%	6%	613

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**Table 18. Sexual Satisfaction by Frequency of Sexual Intercourse**

Q 14. How satisfied are you with your sex life?		Sexual Satisfaction					
		Extremely satisfied	Somewhat satisfied	Neither sat. nor dissat.	Somewhat dissat.	Extremely dissat.	Total
		Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>Frequency of Sexual Intercourse</b>	<b>At least once a week</b>	49%	38%	11%	2%	1%	229
	<b>Once or twice a month</b>	15%	22%	33%	30%	0%	60 **
	<b>Less than once a month</b>	5%	58%	22%	12%	5%	87 **
	<b>Never in last six months</b>	9%	11%	53%	13%	15%	196
	<b>Total</b>	25%	30%	29%	10%	6%	572

- Includes respondents who said "about once a week"

\*\* Caution – small bases

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**Table 19. Sexual Satisfaction by Health Status**

Q 14. How satisfied are you with your sex life?		Sexual Satisfaction					
		Extremely satisfied	Somewhat satisfied	Neither sat. nor dissat.	Somewhat dissat.	Extremely dissat.	Total
		Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>Q3. How would you rate your overall health at the present time?</b>	<b>Excellent/Very good</b>	36%	25%	29%	9%	1%	267
	<b>Good</b>	27%	37%	22%	10%	4%	244
	<b>Fair/Poor</b>	7%	28%	39%	12%	14%	109
	<b>Total</b>	26%	31%	28%	10%	6%	623

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**Table 20. Sexual Satisfaction by Stress Levels**

Q 14. How satisfied are you with your sex life?		Sexual Satisfaction					
		Extremely satisfied	Somewhat satisfied	Neither sat. nor dissat.	Somewhat dissat.	Extremely dissat.	Total
		Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>Q 12. Level of Stress</b>	<b>High</b>	20%	25%	34%	14%	7%	137
	<b>Moderate</b>	21%	36%	26%	11%	6%	301
	<b>Low</b>	39%	22%	29%	5%	4%	184
	<b>Total</b>	18%	25%	35%	15%	7%	1090

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**Table 21. Sexual Satisfaction by Frequency of Exercise**

Q 14. How satisfied are you with your sex life?		Sexual Satisfaction					
		Extremely satisfied	Somewhat satisfied	Neither sat. nor dissat.	Somewhat dissat.	Extremely dissat.	Total
		Row N %	Row N %	Row N %	Row N %	Row N %	Unweighted Count
<b>Q 4. Frequency of Moderate or Vigorous Exercise</b>	<b>5 or more times a week</b>	30%	29%	27%	9%	6%	282
	<b>3 to 4 times a week</b>	30%	28%	28%	10%	4%	131
	<b>1 to 2 times a week</b>	27%	40%	19%	9%	5%	97 *
	<b>None</b>	9%	31%	38%	14%	9%	285
	<b>Total</b>	26%	31%	28%	10%	6%	623

\* Caution: Small bases  
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**Table 22. Changes That Affected Sexual Satisfaction  
During the Last 10 Years**

Q 16 What changes have affected your sexual life over the past 10 years?			
Those LESS Satisfied (N=254)		Those MORE Satisfied (N=117)*	
Change	Percent	Change	Percent
More stress	41%	Less stress	34%
Worse financial situation	33%	Divorce/separation	28%
Worse health for self	29%	Change in partners	26%
Weight gain	27%	Better health for self	25%
Divorce/separation	23%	Better financial situation	23%
Worse health for partner	22%	More free time	22%
Change in partners	12%	Weight loss	15%
More free time	9%	Children moved out	13%
Retired or spouse/partner retired	7%	More stress	12%
Death of partner	7%	Retired or spouse/partner retired	12%
Children moved out	7%	Worse financial situation	11%
Less stress	4%	Death of spouse/partner	9%
Better health for self	4%	Weight gain	8%
Children moved back in	4%	Change in sexual orientation	8%
Better financial situation	3%	Worse health for self	7%
Change in sexual orientation	3%	Sexual drugs	7%
Age/got older	1%	Better health for partner	4%
Weight loss	1%	Worse health for partner	4%
No partner	1%	Children moved back in	3%
Better health for partner	1%	No partner	2%
Lost interest	1%	Got older	<1%
More medications	<1	Medications/Rx	<1%

\* Caution: small sample size for those "more satisfied"  
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**Table 23. Changes That Would Increase Current Sexual Satisfaction**

Q. 17. What changes, if any, would increase your satisfaction with your sex life now?	Changes Needed		
	Total N=617	Male N=293	Female N=324
Better health for myself	38%	37%	38%
Less stress	34%	31%	37%
Better financial situation	31%	31%	32%
Better health for partner	25%	23%	27%
Partner initiates sex more often	22%	26%	18%
Better relationship with my partner	21%	24%	18%
Finding a partner	20%	21%	19%
More free time	19%	21%	18%
More favorable social attitudes	18%	23%	13%
More privacy	13%	10%	15%
A more adventurous partner	10%	13%	7%
Younger partner	10%	18%	3%
Different partner	6%	6%	5%
More partners	2%	4%	1%
Older partner	1%	1%	1%
No change needed	19%	20%	18%

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**Table 24. Demographic Profile of Respondents**

	Gender			Gender		
	Total N=630	Male N=301	Female N=329	Total N=1112	Male N=525	Female N=587
<b>Gender</b>						
Male	48%	--	--	47%	--	--
Female	52%	--	--	53%	--	--
<b>Age</b>						
45-49	26%	29%	23%	16%	16%	15%
50-59	33%	34%	33%	37%	39%	35%
60-69	29%	25%	32%	26%	25%	27%
70 and older	12%	12%	13%	20%	18%	23%
<i>Mean Age (Years)</i>	53.3	57.4	59.2	50.4	59.6	61.2
<b>Employment Status</b>						
Working	46%	51%	40%	45%	50%	43%
Not Working	54%	49%	60%	55%	50%	57%
<b>Marital Status</b>						
Not Married	41%	36%	46%	46%	41%	49%
Married/Living with partner	59%	64%	54%	54%	59%	51%
<b>Have A Regular Sex Partner</b>						
Yes	71%	77%	64%	66%	78%	56%
No	29%	23%	36%	34%	22%	44%
<b>Education</b>						
High School or less	68%	61%	63%	46%	42%	52%
Some college	19%	22%	16%	25%	25%	24%
College Graduate or more	14%	17%	11%	28%	33%	24%
<b>Household Income</b>						
Less than \$10,000	9%	9%	10%	5%	6%	5%
\$10,000-\$49,999	61%	58%	55%	48%	43%	53%
\$50,000-\$74,999	15%	17%	14%	21%	20%	23%
\$75,000 or more	14%	17%	12%	25%	31%	20%
<i>Mean (\$ in thousands)</i>	43.6	46.2	41.2	55.9	60.5	52.9

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