Nearly half (47%) of LGBTQ+ adults ages 50+ say it has been harder to maintain a healthy lifestyle in the last year. However, two-thirds (68%) intend to make improvements to their health by getting regular exercise and nearly half (44%) are again engaging in social activities by visiting with family and friends.

**Maintaining a healthy lifestyle**

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harder to maintain a healthy lifestyle last year</td>
<td>47%</td>
</tr>
<tr>
<td>No difference compared to previous years</td>
<td>40%</td>
</tr>
<tr>
<td>Easier to maintain a healthy lifestyle</td>
<td>13%</td>
</tr>
</tbody>
</table>

**Desired improvements to health**

- Get regular exercise: 68%
- Lose weight: 57%
- Eat a healthier diet: 56%
- Control stress: 33%

**Current activities**

- Visit family/friends: 44%
- Hug an acquaintance: 33%
- Host/attend a small gathering: 23%
- Stay in a hotel: 19%
- Shake a stranger’s hand: 18%
- Eat in a crowded restaurant: 16%

Six in ten (59%) of LGBTQ+ adults ages 50+ agree (completely or somewhat) that their health felt out of control last year.