Pandemic impact on a healthy lifestyle among adults ages 50+ by location: Suburbs

More than a third (37%) of adults ages 50+ live in suburban areas. The pandemic increased snack consumption among suburbanites, which the majority (62%) blame on being home more.

Location type

37% of adults ages 50+ live in the suburb of a large city.

Impact on diet

Snack consumption increased across the board, with over a third (34%) in the suburbs eating more sweets.

<table>
<thead>
<tr>
<th>Snack type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet snacks</td>
<td>34%</td>
</tr>
<tr>
<td>Salty snacks</td>
<td>22%</td>
</tr>
<tr>
<td>Highly processed food</td>
<td>17%</td>
</tr>
</tbody>
</table>

Top 3 reasons for diet changes

- Home more: 62%
- Watching TV: 51%
- Boredom: 35%

Day-to-day activities currently doing today

- Visit friends: 53%
- Dine out: 47%
- Entertainment: 43%
- Exercise: 38%
- Run errands: 32%
- Shop: 32%

Stress levels

Stress levels increased the most among suburbanites. 45%↑

Exercise time

Exercise stayed the same or decreased for most during the pandemic, however 44% of suburbanites have plans to increase exercise in the next 6 months.

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