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

Less than one in five adults (15%) ages 50+ live in an urban area. These residents report an increased snack consumption, especially for sweets, however at a slightly lower level (26%) than residents of rural and suburban areas.

**Location type**

15% of adults ages 50+ live in a large city.

**Impact on diet**

Many urbanites blame this increased snack consumption on watching TV (62%).

**Top 3 reasons for diet changes**

- Watching TV: 62%
- Home more: 55%
- Boredom: 42%

**Stress levels**

Stress levels increased the least among urban residents. 38% ↑

**Exercise time**

The pandemic limited exercise for many, regardless of where they were, but exercise is on the up overall.

- Increase: 49%
- Same: 47%
- Decrease: 2%

**Day-to-day activities currently doing today**

- Visit friends: 40%
- Dine out: 40%
- Entertainment: 37%
- Exercise: 29%
- Run errands: 28%
- Shop: 26%

Urban area residents also stated they have higher stress levels, but compared to others, fewer urbanites report an increase: urban (38%) vs. rural (43%) vs. suburban (45%).

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