VITAL VOICES

Issues that Impact Minnesota Adults Age 45 and Older

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For the past two decades, AARP has provided state offices with data to support planning and advocacy. As the breadth of our work has expanded, AARP Research and our national partners have responded by creating a tool that will empower state offices and staff to do more for their local constituents.

As part of our transition from National to Nationwide, AARP is launching a new research initiative that will deliver vital, current, and state-specific data to every state office on a rolling three-year schedule. The name of this nationwide initiative is Vital Voices, and we will use it to ensure that each individual state has access to the data they need for local advocacy, outreach, and education efforts. States can use the data in numerous ways:

- Predict the need for a specific program or interest in a specific issue.
- Enhance all communications with current data.
- Track issues and attitudes over time to assess shifts in public opinion.

Bringing Vital Voices to the states has been an enterprise-wide initiative. Never before has AARP launched a research program of this size and with this much promise. We give it to you with the hope that this data will inform better decisions for Minnesota adults age 45 and older.
Survey Results for Minnesota-Core Questions

Issues that Impact Minnesota Adults Age 45 and Older
Minnesota residents age 45+ think many issues are important, including ‘having adequate health insurance coverage, staying mentally sharp and staying physically healthy.’

Percentage Rating Health Care Issues as Extremely or Very Important

- Having adequate health insurance coverage: 93%
- Staying mentally sharp: 93%
- Staying physically healthy: 93%
- Having Medicare benefits available to you in the future: 91%
- Paying for health care expenses, including premiums and co-pays: 85%
- Paying for prescription drugs: 77%

**Note:** For the following list of issues, please indicate how important each is to you personally. (Health Care) (n=701) *not all charts equal one-hundred percent due to removal of small cells, see annotation for all categories.
ISSUES OF IMPORTANCE

Nine in ten Minnesota residents age 45+ rate ‘having enough income or savings to retire’ as at least very important.

Percentage Rating Economic Issues as Extremely or Very Important

- Having enough income or savings to retire: 92%
- Having adequate Social Security benefits available to you in the future: 88%
- Protecting yourself against consumer fraud: 75%
- Protecting yourself against unfair financial practices: 73%
- Being able to stop working for pay at the age you want: 71%
- Having online security: 68%
- Having good employment opportunities in your community: 63%
- Protection from age discrimination: 58%
- Maintaining relevant job skills and experience: 49%

I1. For the following list of issues, please indicate how important each is to you personally. (Economic/Financial) (n=701)

*not all charts equal one-hundred percent due to removal of small cells, see annotation for all categories
‘Caring for a loved one’ is at least very important to four in five Minnesota residents age 45+.

**Percentage Rating Independent Living Issues as Extremely or Very Important**

- **Caring for a loved one**: 81%
- **Staying in your own home as you get older**: 79%
- **Having high quality long-term care in your community**: 79%
- **Getting to the places you need to go independently**: 78%
- **Having affordable housing options in your community**: 69%
- **Having paid time off to care for yourself or a seriously ill family member**: 58%

**11.** For the following list of issues, please indicate how important each is to you personally. (Independent Living and Long-Term Care) (n=701)

*not all charts equal one-hundred percent due to removal of small cells, see annotation for all categories*
About one-fourth (28%) of Minnesota residents age 45+ are currently providing unpaid care to an adult relative or friend.

Providing Unpaid Adult Care

- Yes: 28%
- No: 72%

CARE1. Are you currently providing unpaid help to a relative or friend 18 years or older to help them take care of themselves? This would include doing things for them such as grocery shopping, providing transportation, managing finances, arranging for healthcare or other services, or preparing meals.

(n=701)
Over one-third (37%) of Minnesota residents age 45+ who are not currently providing unpaid care have provided this type of care in the past.

Ever Provided Unpaid Adult Care

- Yes: 37%
- No: 62%

CARE1_A. Have you ever provided this type of unpaid help in the past? (n=504)
Survey Results for Minnesota-Health Questions

Issues that Impact Minnesota Adults Age 45 and Older
One-third (32%) of Minnesota residents age 45+ would be extremely or very likely to face serious financial hardship if taking a few months of unpaid time away from work.
CAREGIVING ISSUES

Half (50%) of Minnesota residents age 45+ would be extremely or very likely to contribute a payroll deduction to fund family and medical leave coverage.

Contribute to State Payroll Deduction Program for Paid Family / Medical Leave

- Extremely/very likely: 50%
- Somewhat likely: 28%
- Not very/not at all likely: 18%
- Don't know/refused: 4%

CARE 44. The several states that have enacted paid family and medical leave laws pay for the programs through a small payroll deduction from employees, employers, or both—on average for 2 to 3 dollars a week. If [STATE] enacted a paid leave law, how likely would you be to contribute through your paycheck $2 to $3 dollars a week for paid time off to care for yourself or your family member, or to have or adopt a child?
PRESCRIPTION DRUGS

In the past year, one in five Minnesota residents age 45+ report delaying getting a prescription filled because of the cost (18%) or decided not to fill a prescription because of cost (17%).

Challenges in Obtaining Prescriptions

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<tr>
<th>Challenge</th>
<th>Yes</th>
<th>No</th>
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<tr>
<td>Delayed getting a prescription filled because of the cost</td>
<td>18%</td>
<td>82%</td>
</tr>
<tr>
<td>Decided not to fill a prescription because of the cost of the drug</td>
<td>17%</td>
<td>83%</td>
</tr>
<tr>
<td>Taken less medicine than prescribed to make it last longer</td>
<td>15%</td>
<td>85%</td>
</tr>
<tr>
<td>Cut back on such items as food, fuel, or electricity to afford prescription drugs</td>
<td>11%</td>
<td>89%</td>
</tr>
<tr>
<td>Ordered your prescription drugs by mail or Internet from another country because they cost less</td>
<td>6%</td>
<td>94%</td>
</tr>
<tr>
<td>Traveled to Canada or another country to purchase prescription drugs because they cost less</td>
<td>1%</td>
<td>97%</td>
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PER9. Many people face difficult decisions when buying prescription medications. In the past 12 months, have you...?  
*chart cells of less than 5% are not shown
In September 2019, AARP engaged Alan Newman Research (ANR) to conduct a quantitative research study among Minnesota residents age 45+. Topics included healthcare, the economy and financial issues, independent living and long-term care, caregiving, and prescription drugs.

701 Interviews
Minnesota Residents 45+
Fielded in October 2019

ANR completed a total of 701 interviews (351 via landline telephone, 175 via cell phone, and 175 online). Respondents were screened to meet the following criteria:

• Age 45+
• Resident of Minnesota

Survey length averaged 17.1 minutes by telephone and 16.2 minutes online.
METHODOLOGY

Sampling Procedure

Landline, cell phone, and online sampling were used for this research, with the telephone sample drawn randomly from a list of residents age 45+ of Minnesota, purchased from Aristotle, and online sample provided by Fulcrum. A total of 31,628 records were utilized to achieve a sample of 701 respondents. The list of 2,473,232 residents of Minnesota age 45+ was randomly divided into 2,473 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 31 replicates representing a total of 30,600 resident records were dialed to complete the telephone portion of this study.

The total sample of 701 respondents yields a maximum statistical error of ±3.7% at the 95% level of confidence. (This means that in 95 out of 100 samples of this size, the results obtained in the sample would be within ±3.7 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on October 3, 2019 and closed on October 13, 2019.

Telephone interviewing was active between 5:30 p.m. and 9:00 p.m., with some additional calling done between 10:00 a.m. and 4:00 p.m. If necessary, up to 8 call attempts per telephone number were made to reach an eligible respondent. All numbers were called at multiple times of the day as well as days of the week to maximize each resident’s opportunity for inclusion in the study.

Percentages of some questions may exceed 100% due to rounding or the use of multiple response question formats.

All data have been weighted by age, gender, and race/ethnicity according to 2019 U.S. Census Bureau Current Population Survey (CPS) statistics for Minnesota.
AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation’s largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.
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This research was designed and executed by AARP Research.