The Majority of Women 50+ Experience Discrimination Regularly

Nearly two out of three (63%) women 50-plus feel discriminated against regularly.*

The most common types of discrimination are:

- **Age**: 48%
- **Ethnicity/Race/Skin Tone**: 41%
- **Weight**: 40%

83% of women 50-plus who experience discrimination regularly try to avoid discriminatory behavior.

Avoidance tactics used most often include:

- Carefully observe what happens around you: 74%
- Carefully watch what you say and how you say it: 58%
- Consider how safe or comfortable you may feel: 51%

Discrimination Impacts the Mental Health of Women 50-plus

Women 50-plus who experience discrimination regularly rate their current mental health lower than those who do not (50% vs. 41% say they have low/moderate mental health).

Discrimination based on weight appeared to have the greatest impact on mental health.

*defined as “sometimes,” “often,” or “almost always”