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INTRODUCTION

There are currently about 115 million Americans who are 50 and older; this number will grow to 157 million by 2050. The 50 and older population is and will continue to be an essential contributor to American society. Understanding the needs and opinions of older Americans is critical to ensuring they live longer and healthier lives.

Vital Voices, launched in 2019, is an exciting program of research undertaken by AARP. Through this research program, we have the ability to once again deliver critical, current, and state-specific data to 53 states and territories on a rolling three-year schedule between 2022 and 2024. We are making this data available to the public to assist with the development of programs, products, and policies for older adults. Beginning in Cycle 2 of the program, we look forward to uncovering trends that can guide your areas of focus. Specifically, this data will allow those in leadership positions to:

- Predict the need for a specific program or interest in a specific issue.
- Enhance program and product innovation and development.
- Track issues and attitudes over time to assess shifts in public opinion.
- Take action on critical advocacy issues.

Never before has AARP conducted a research program of this size and with this much promise. We give it to you, hoping that it will significantly impact the work you do.
Survey Results for District of Columbia - Health Questions

Issues That Impact District of Columbia Adults Age 45 and Older
District of Columbia residents age 45+ think many healthcare issues are important, with having adequate health insurance coverage topping the list. Compared to last cycle, significantly more residents think being able to afford health care expenses (91%) and being able to pay for prescription drugs (84%) is important in 2022.

**Important Healthcare Issues**

- Having adequate health insurance coverage: 95% (2021), 94% (2022)
- Staying mentally sharp: 96% (2021), 95% (2022)
- Staying physically healthy: 94% (2021), 94% (2022)
- Having access to high-quality hospital care: N/A (2021), 92% (2022)
- Being able to afford health care expenses, including premiums and co-pays: 83% (2021), 91% (2022)
- Having health care services in your community: N/A (2021), 90% (2022)
- Having Medicare benefits available to you in the future: 88% (2021), 89% (2022)
- Developing or maintaining healthy behaviors: N/A (2021), 85% (2022)
- Being able to pay for prescription drugs: 76% (2021), 84% (2022)

*For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’)  
† † indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.*
C2_CARE1. Are you currently or have you ever provided unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=705)

One in five (22%) District of Columbia adults age 45+ are currently providing unpaid help to an adult relative or friend.
Over half (58%) of District of Columbia residents age 45+ reported that their overall health is excellent or very good.

Overall Health Status

- Excellent/ very good: 58%
- Good: 28%
- Fair/ poor: 14%

ISO8. How is your overall health at this point in time? (n=705)
Living a healthy lifestyle is extremely important or very important to most (88%) District of Columbia residents age 45+.

**Healthcare and Wellness Issues of Importance**

- Living a healthy lifestyle: 88%
- Staying physically fit: 84%
- Getting enough sleep: 84%
- Maintaining a healthy diet: 82%
- Reducing stress: 80%

**HC2.** How important are each of the following to you, personally? (Percent ‘extremely important’ or ‘very important’) (n=705)
Nearly four in ten (39%) District of Columbia adults age 45+ reported that diseases, conditions, or illnesses limit their ability to engage in activities to at least some extent.
About two in five District of Columbia adults age 45+ currently suffer from aches or pains (42%) and high blood pressure (41%).

<table>
<thead>
<tr>
<th>Current Conditions or Illnesses</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aches or pains</td>
<td>42%</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>41%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>27%</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>20%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>18%</td>
</tr>
<tr>
<td>Obesity</td>
<td>16%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>14%</td>
</tr>
<tr>
<td>Depression</td>
<td>12%</td>
</tr>
<tr>
<td>Heart disease</td>
<td>6%</td>
</tr>
<tr>
<td>Gout</td>
<td>3%</td>
</tr>
<tr>
<td>None of these</td>
<td>22%</td>
</tr>
</tbody>
</table>

ISO35. Do you currently have any of the following conditions or illnesses? (Percent ‘yes’) (n=705)
Six in ten District of Columbia residents age 45+ ate nutritious and well-balanced meals (61%) and felt a sense of belonging (60%) in the past week.

**Frequency of Healthy Behaviors and Feelings**

- Eaten nutritious and well-balanced meals: 61%
- Felt a sense of belonging: 60%
- Managed stress effectively: 54%
- Socialized with family, friends, or others: 51%
- Felt well-rested: 45%
- Exercised: 35%

ISO30. For the following, how often have you felt or behaved this way in the past week? (Percent ‘Most or all of the time’) (n=705)
MENTAL HEALTH AND ISOLATION

District of Columbia adults age 45+ reported feeling mixed levels of stress in a typical day.

On a scale of 1 to 10, how much stress do you feel in a typical day, where 1 means no stress at all and 10 means a great deal of stress? (n=705)

- Rating of 1-3: 47%
- Rating of 4-7: 15%
- Rating of 8-10: 38%
- Don't know/ refused: <1%

HC4. On a scale of 1 to 10, how much stress do you feel in a typical day, where 1 means no stress at all and 10 means a great deal of stress? (n=705)
ISO2. How often do you feel the following? (Percent 'Very often' or 'Often' or 'Sometimes') (n=705)

Feelings of Isolation

- Lacking companionship: 36%
- Feeling isolated from others: 30%
- Feeling left out: 27%

Over one-third (36%) of District of Columbia adults age 45+ felt they were lacking companionship at least sometimes in 2022.
MENTAL HEALTH AND ISOLATION

Nine in ten (90%) District of Columbia adults age 45+ have friends or family who can help them at any time of the day or night if they were in trouble.

Percent With Friends or Family to Help When Needed

- Yes: 90%
- No: 9%
- Don't know: 1%
MENTAL HEALTH AND ISOLATION

If District of Columbia residents age 45+ were in trouble and needed help, 44% have their nearest family or friend located in their community.

Distance of Nearest Friend or Family to Offer Assistance

- In your community: 44%
- In your home: 39%
- Outside of DC: 13%
- Don't know/ refused: 3%
Mental Health and Isolation

Nine percent (9%) of District of Columbia residents age 45+ are currently seeing a mental health professional or are in group therapy for issues related to depression or anxiety.

Mental Health Issues Currently Being Treated Professionally

- Depression: 9%
- Anxiety: 9%

ISO36. Are you currently seeing a mental health professional, or are you in group therapy for issues related to [ITEM]? (n=705)
MENTAL HEALTH AND ISOLATION

One in ten District of Columbia residents age 45+ are currently taking medication to treat depression (11%) or anxiety (10%).

Mental Health Issues Currently Taking Medication For

- Depression: 11%
- Anxiety: 10%

ISO37. Are you currently taking any medication to treat [ITEM]? (n=705)
Two in five (44%) District of Columbia adults age 45+ are only somewhat satisfied, not very satisfied, or not satisfied at all with the quality of their social relationships.

Satisfaction with Social Relationships

- Very satisfied: 56%
- Somewhat satisfied: 35%
- Not very satisfied: 6%
- Not satisfied at all: 3%
Survey Results for District of Columbia-Wealth Questions

Issues That Impact District of Columbia Adults Age 45 and Older
District of Columbia adults age 45+ find many economic issues important, particularly those related to savings and retirement.

### Important Economic Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>2021 (n=704)</th>
<th>2022 (n=705)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having enough savings for emergencies or unexpected expenses</td>
<td>N/A</td>
<td>94%</td>
</tr>
<tr>
<td>Having enough income or savings to retire</td>
<td>N/A</td>
<td>91%</td>
</tr>
<tr>
<td>Being able to afford groceries or other household necessities</td>
<td>N/A</td>
<td>91%</td>
</tr>
<tr>
<td>Having adequate Social Security benefits</td>
<td>N/A</td>
<td>86%</td>
</tr>
<tr>
<td>Having affordable utilities</td>
<td>N/A</td>
<td>84%</td>
</tr>
<tr>
<td>Protecting yourself against consumer fraud</td>
<td>N/A</td>
<td>81%</td>
</tr>
<tr>
<td>Having access to affordable high-speed Internet</td>
<td>N/A</td>
<td>73%</td>
</tr>
<tr>
<td>Having protection from age discrimination</td>
<td>N/A</td>
<td>74%</td>
</tr>
</tbody>
</table>

II. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) 

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.
Survey Results for District of Columbia-Livable Communities Questions

Issues That Impact District of Columbia Adults Age 45 and Older
Getting around independently and aging in place are top priorities for District of Columbia adults age 45+ in 2022, significantly increasing in importance since last cycle.

### Important Independent Living Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>2021 (n=704)</th>
<th>2022 (n=705)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting to the places you need to go independently</td>
<td>N/A</td>
<td>83%</td>
</tr>
<tr>
<td>Staying in your own home as you get older</td>
<td>N/A</td>
<td>79%</td>
</tr>
<tr>
<td>Having enough services so people who want to be cared for in their homes</td>
<td>N/A</td>
<td>85%</td>
</tr>
<tr>
<td>Having high quality long-term care in your community</td>
<td>N/A</td>
<td>84%</td>
</tr>
<tr>
<td>Having affordable housing in your community</td>
<td>N/A</td>
<td>83%</td>
</tr>
<tr>
<td>Improving D.C.'s long-term care services</td>
<td>N/A</td>
<td>80%</td>
</tr>
<tr>
<td>Having flexibility in your schedule to care for a loved one</td>
<td>N/A</td>
<td>74%</td>
</tr>
<tr>
<td>Having paid time off to care for yourself or a seriously ill family member</td>
<td>N/A</td>
<td>73%</td>
</tr>
</tbody>
</table>

11. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important')

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.
In October 2022, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among the District of Columbia adults age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, retirement issues, and physical and mental health issues.

ANR completed a total of 705 interviews (344 via landline telephone, 187 via cell phone, 91 online, and 83 utilizing text-to-web (TTW) methodology). (Note that TTW was introduced mid-fielding on October 25, 2022.) Respondents were screened to meet the following criteria:

- Age 45+
- Resident of the District of Columbia (D.C.)

Survey length averaged 19.1 minutes by telephone and 17.6 minutes online.
Sampling Procedure

Landline, cell phone, and online sampling were used for this research, with the telephone sample drawn randomly from a list of District of Columbia residents age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 33,895 records were utilized. The list of 231,921 District of Columbia residents age 45 and older was randomly divided into 232 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 34 replicates representing a total of 33,895 records were dialed to complete the telephone portion of this study.

The sample of 705 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 20, 2022 and closed on November 11, 2022.

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 2020 American Community Survey (ACS) 5-year estimates.
ABOUT AARP

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.