

VITAL VOICES

Issues That Impact U.S.
African American/
Black Adults
Age 45 and Older,
October 2022

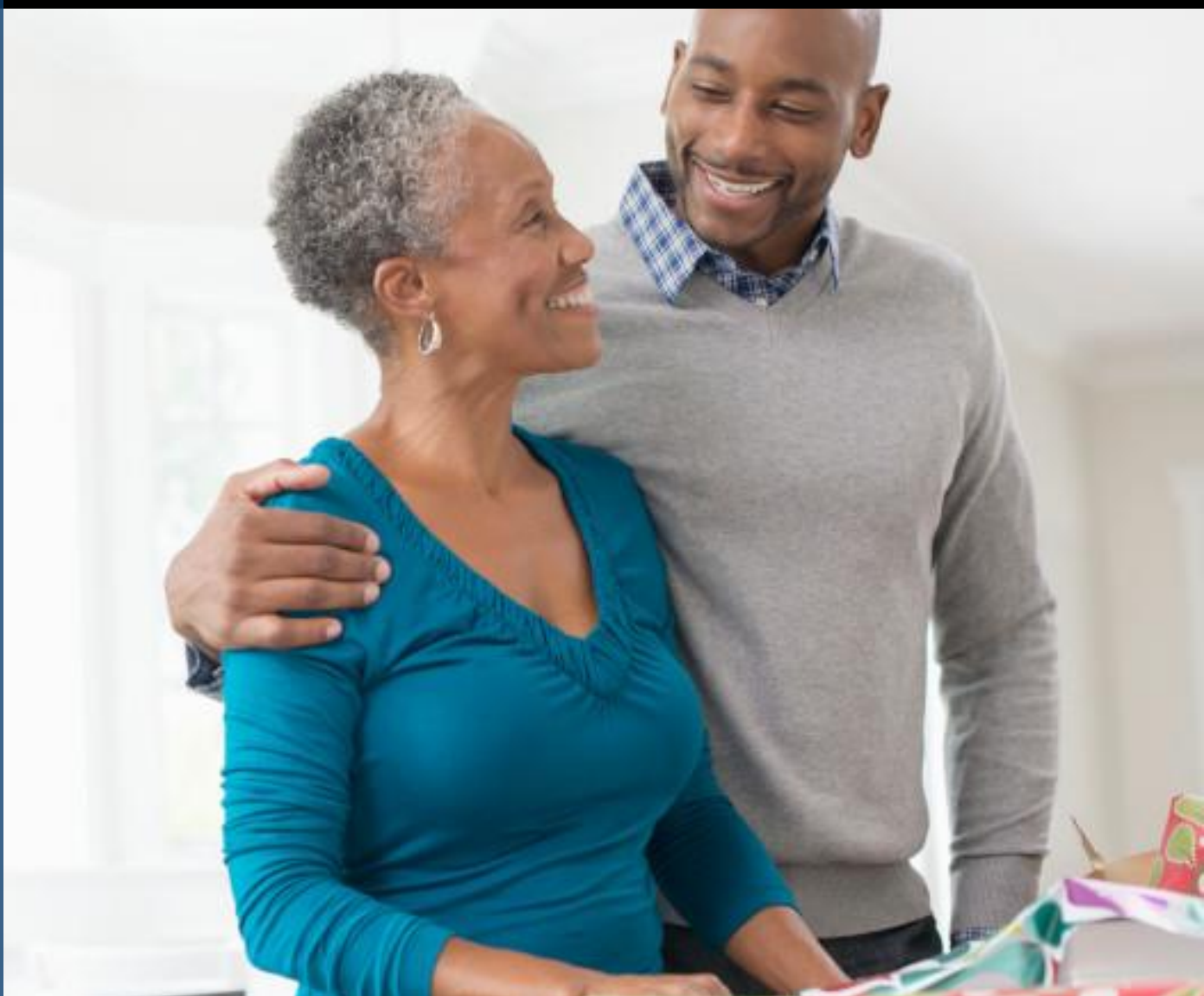


TABLE OF CONTENTS

Introduction to Vital Voices Surveys	3
Health Questions	4
Wealth Questions	21
Livable Communities Questions	34
Methodology	45
About AARP	47
Contact	48



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.



National Survey Results- Health Questions

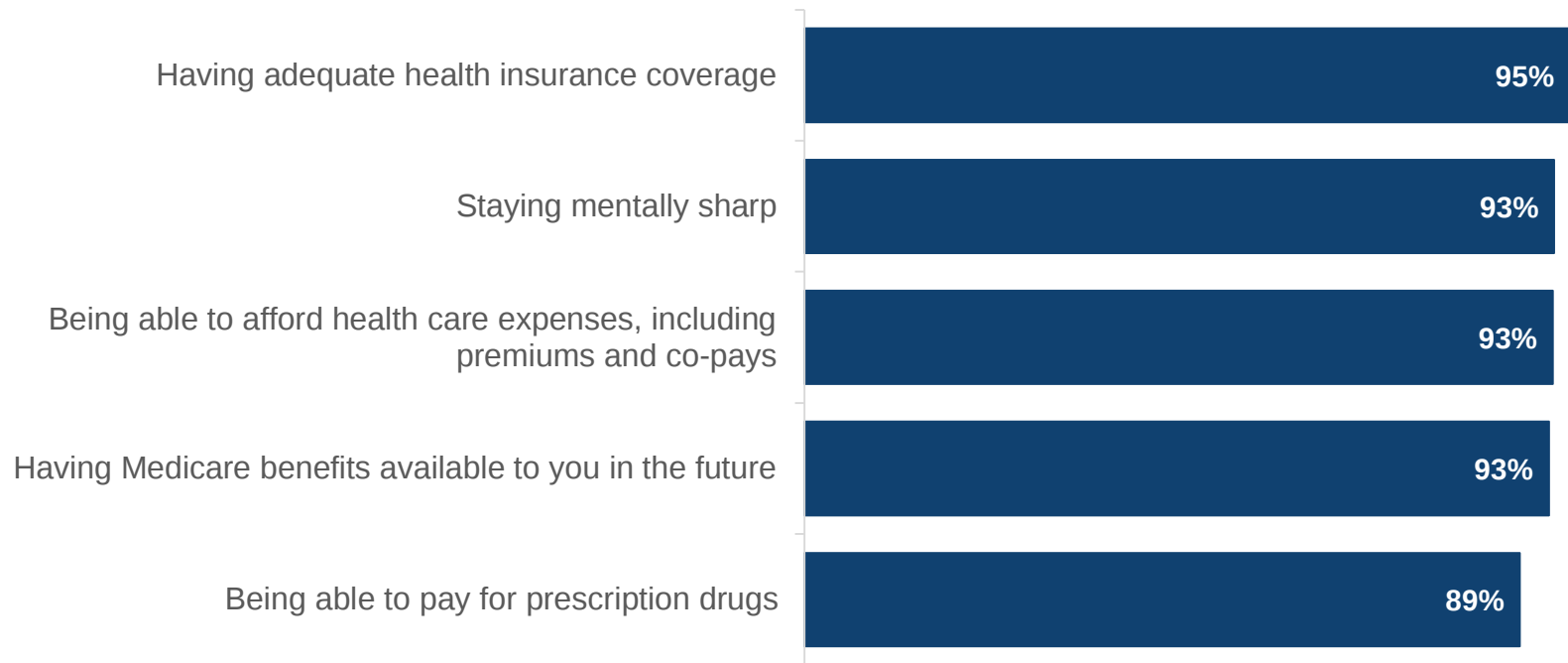
Issues That Impact U.S.
African American/
Black Adults
Age 45 and Older



ISSUES OF IMPORTANCE

African American/Black adults age 45+ think many healthcare issues are important, with having adequate health insurance coverage (95%) topping the list.

Important Healthcare Issues



I1. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=594)

ISSUES OF IMPORTANCE

The importance of being able to afford health care expenses (93%) and prescription drugs (89%) is the highest observed among African American/Black adults age 45+ since the start of Vital Voices.

Important Healthcare Issues

	2020 (n=417)	2021 (n=500)	2022 (n=594)
Having adequate health insurance coverage	93%	92%	95%↑
Staying mentally sharp	95%	94%	93%
Being able to afford health care expenses, including premiums and co-pays	85%	83%	93%↑
Having Medicare benefits available to you in the future	92%	91%	93%
Being able to pay for prescription drugs	81%	82%	89%↑

I1. 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.

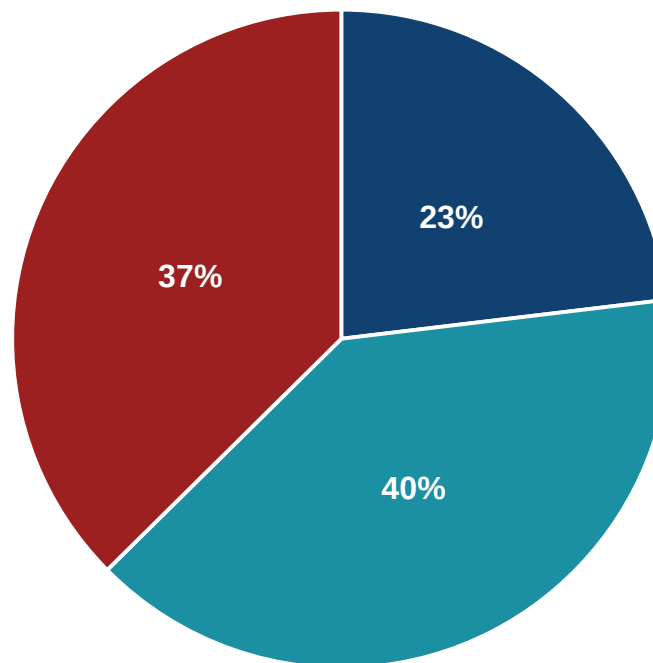


C2_CARE1. Are you currently or have you ever provided unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=594)

CAREGIVING ISSUES

Nearly one-quarter (23%) of African American/Black adults age 45+ are currently providing unpaid help to an adult relative or friend.

Percent Providing Unpaid Adult Care



■ Yes, I am currently providing care ■ Yes, I have provided care in the past ■ No

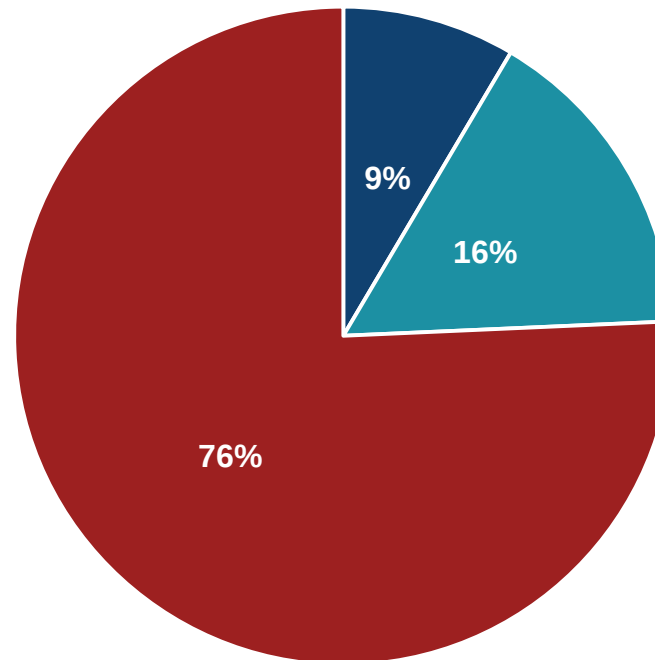


C2_CARE2. Are you currently or have you ever been a caregiver to someone under 18 years of age with a disability or special needs? (n=594)

CAREGIVING ISSUES

Nine percent (9%) of African American/Black adults age 45+ are currently providing care to someone under 18 years of age with a disability or special needs.

Percent Providing Underage Disability or Special Needs Care

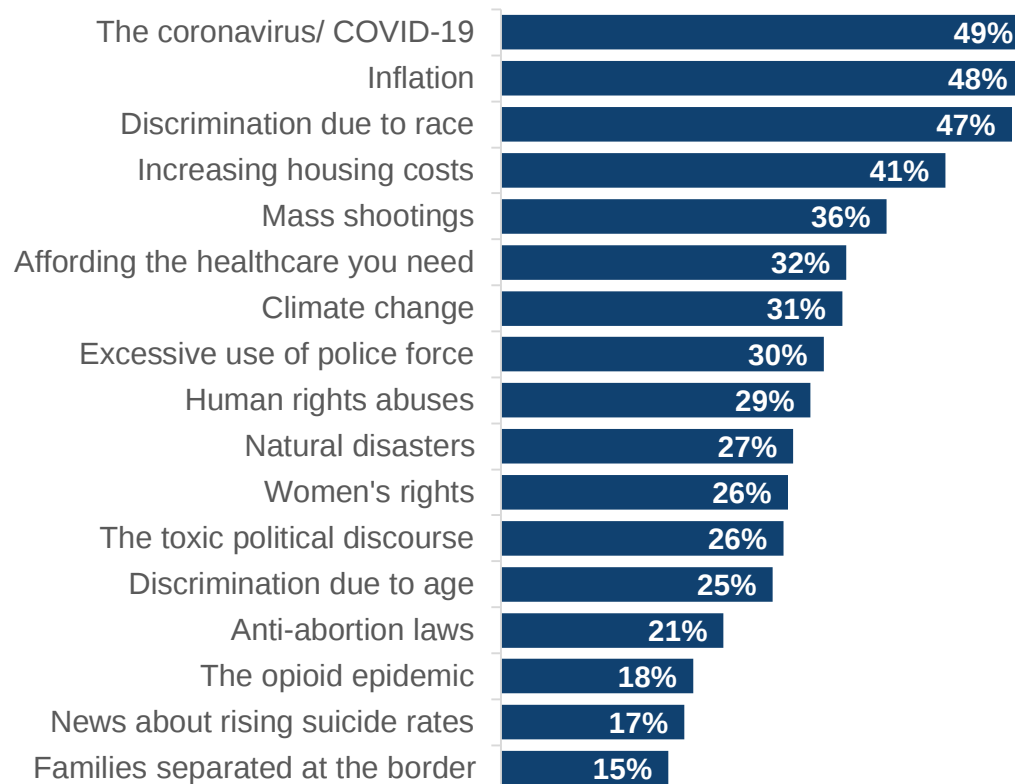


■ Yes, I am currently providing care ■ Yes, I have provided care in the past ■ No

WELLBEING

As of October 2022, nearly half (49%) of African American/Black adults age 45+ reported that the coronavirus/COVID-19 has negatively impacted their wellbeing. Additionally, nearly half said inflation (48%) or discrimination due to race (47%) have had a negative impact.

Issues Negatively Affecting Wellbeing



Q741. Have any of the following affected your wellbeing in a negative way? (Percent 'yes') (n=298)

WELLBEING

While the negative impact COVID-19 has on African American/Black adults' age 45+ wellbeing is steadily decreasing, the negative impact of increasing housing costs and mass shootings is increasing.

Issues Negatively Affecting Wellbeing – Top Mention*

	2020 (n=417)	2021 (n=500)	2022 (n=298)
The coronavirus/ COVID-19	59%	53%	49%
Inflation	N/A	N/A	48%
Discrimination due to race	49%	39%↓	47%↑
Increasing housing costs	N/A	33%	41%↑
Mass shootings	32%	27%	36%↑
Affording the healthcare you need	32%	31%	32%
Climate change	27%	32%	31%
Excessive use of police force	39%	31%↓	30%
Human rights abuses	33%	27%↓	29%
Natural disasters	18%	26%↑	27%
Women's rights	N/A	N/A	26%
The toxic political discourse	36%	27%↓	26%

Q741. Have any of the following affected your wellbeing in a negative way? (Percent 'yes')

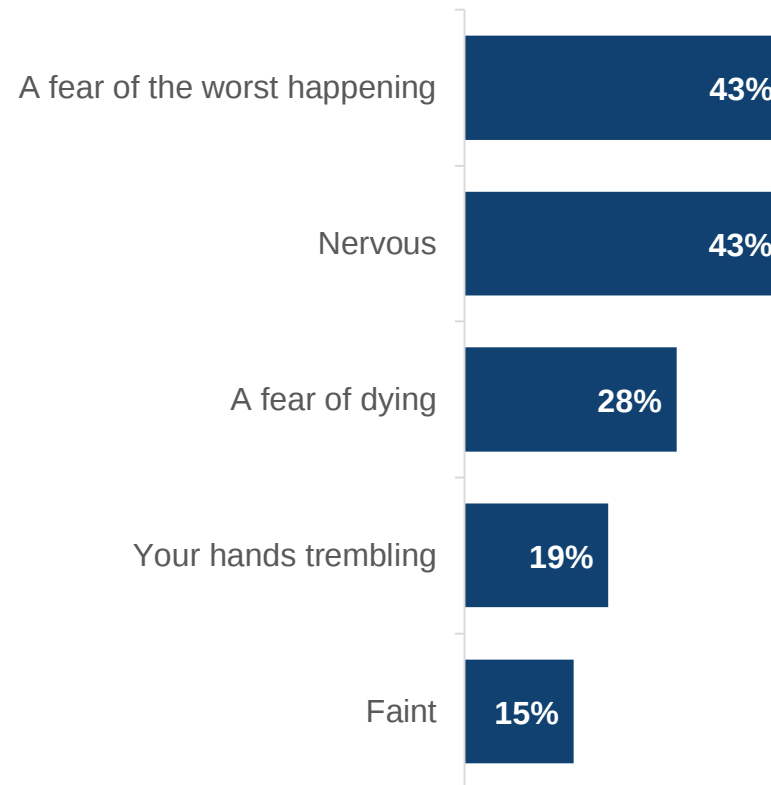
*Table includes top mentions for 2022

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

MENTAL HEALTH

More than two in five (43%) African American/Black adults age 45+ have felt a fear of the worst happening or nervous in the past week.

Percent Feeling Anxious Feelings in Past Week

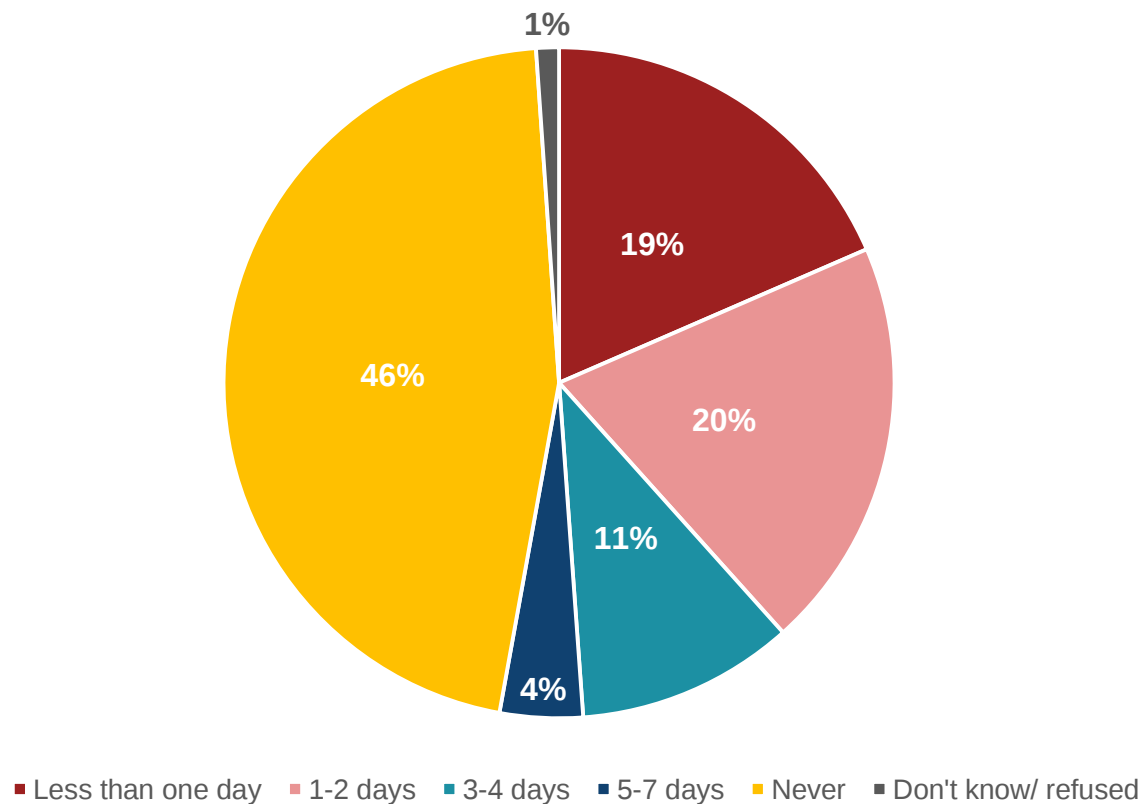


C2_ANX1. How often have you felt [ITEM] during the past week? (Percent 'most of the time' or 'some of the time') (n=298)

MENTAL HEALTH

Fifteen percent (15%) of African American/Black adults age 45+ said they felt down or helpless at least 3 days in the past week.

Percent Feeling Down or Helpless

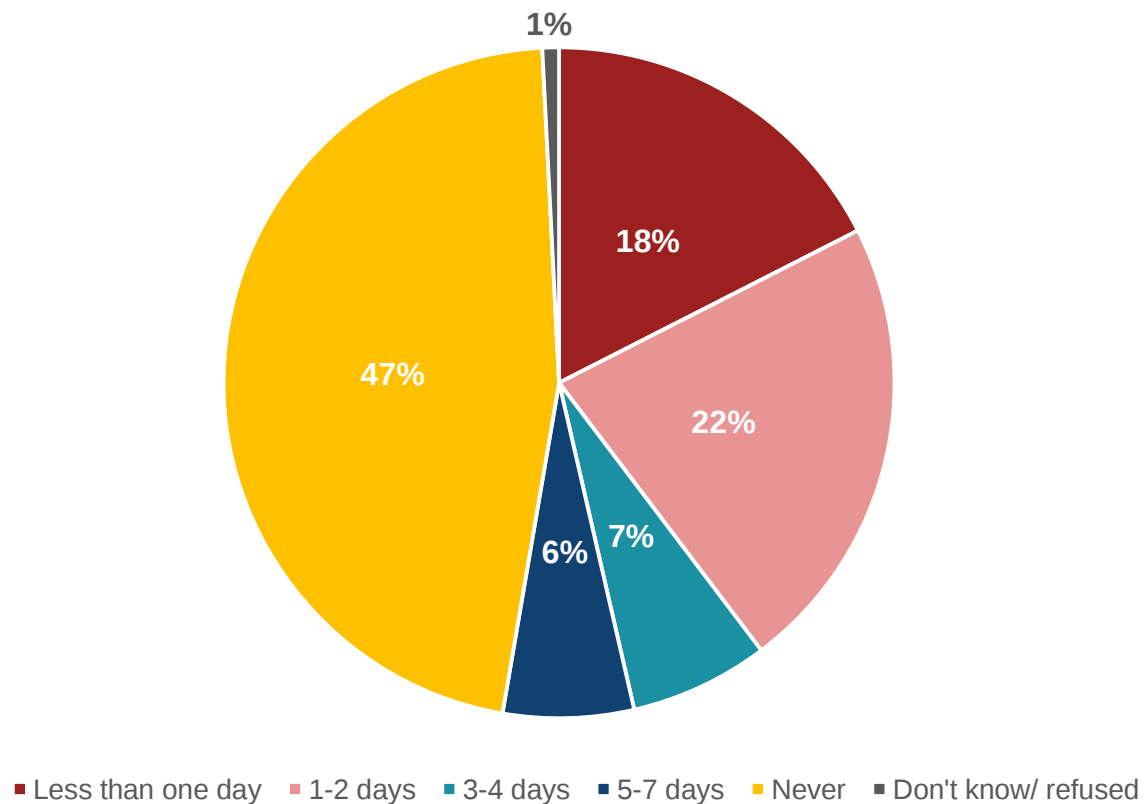


C2_DEP1_A. During the last week, how often have you been bothered by feeling down or helpless? (n=298)

MENTAL HEALTH

Thirteen percent (13%) of African American/Black adults age 45+ were bothered by having little interest or pleasure in doing things at least 3 days in the past week.

Percent Having Little Interest/Pleasure in Doing Things



C2_DEP1_B. During the last week, how often have you been bothered by having little interest or pleasure in doing things? (n=298)

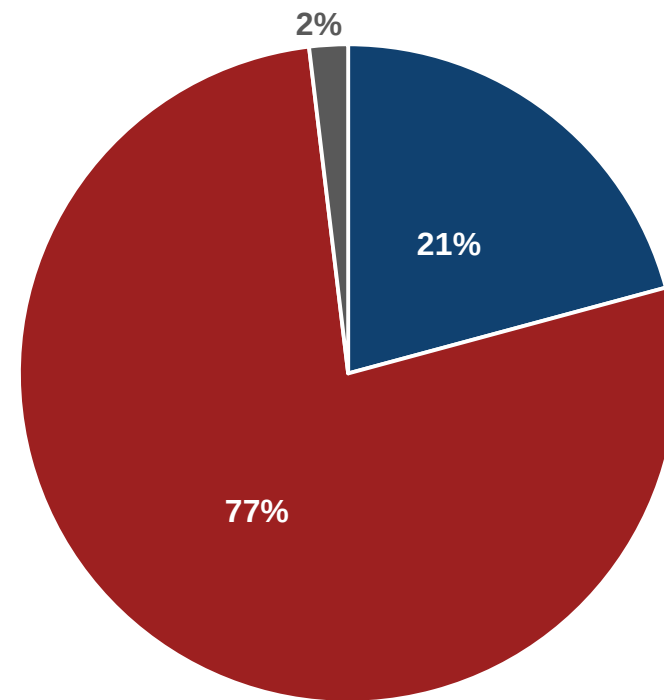


C2_MENTAL1. During the past 5 years or so, did you receive counseling or therapy from a mental health professional such as a psychiatrist, psychologist, psychiatric nurse, or clinical social worker? (n=298)

MENTAL HEALTH

One in five (21%) African American/Black adults age 45+ have received counseling or therapy from a mental health professional in the past five years.

Received Counseling or Therapy
In Past 5 Years



■ Yes ■ No ■ Don't know/ refused

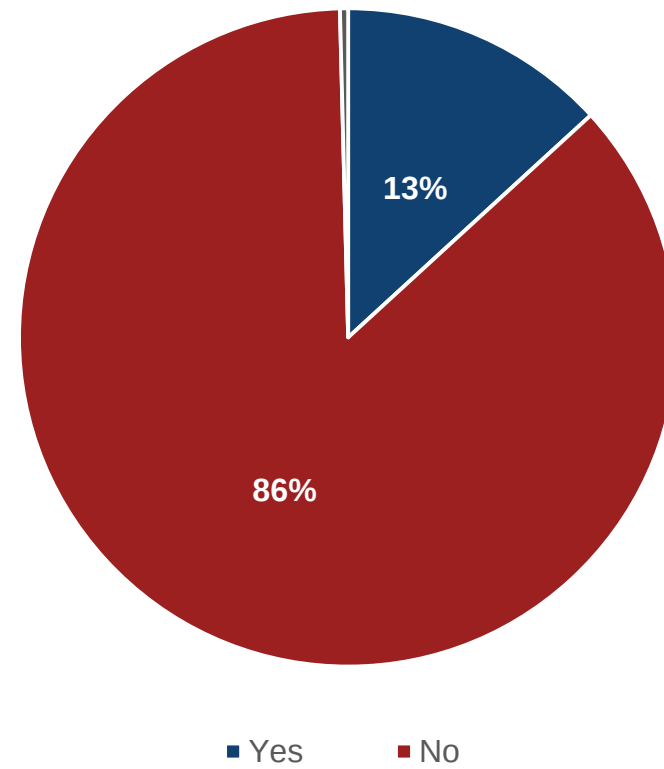


C2_MENTAL2. Are you currently receiving counseling or therapy from a mental health professional? (n=298)

MENTAL HEALTH

Thirteen percent (13%) of African American/Black adults age 45+ are currently receiving counseling or therapy from a mental health professional.

Currently Receiving Counseling or Therapy

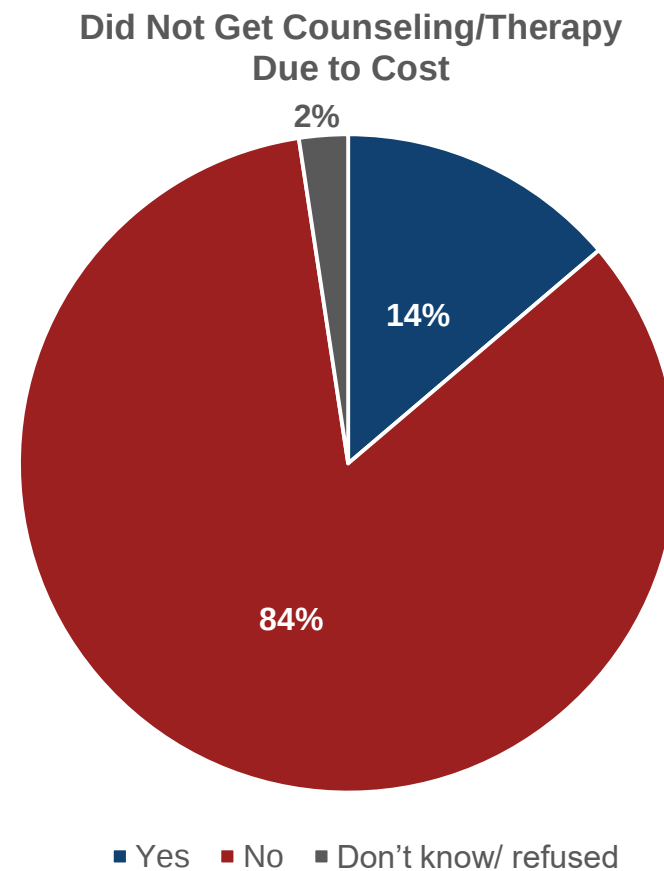


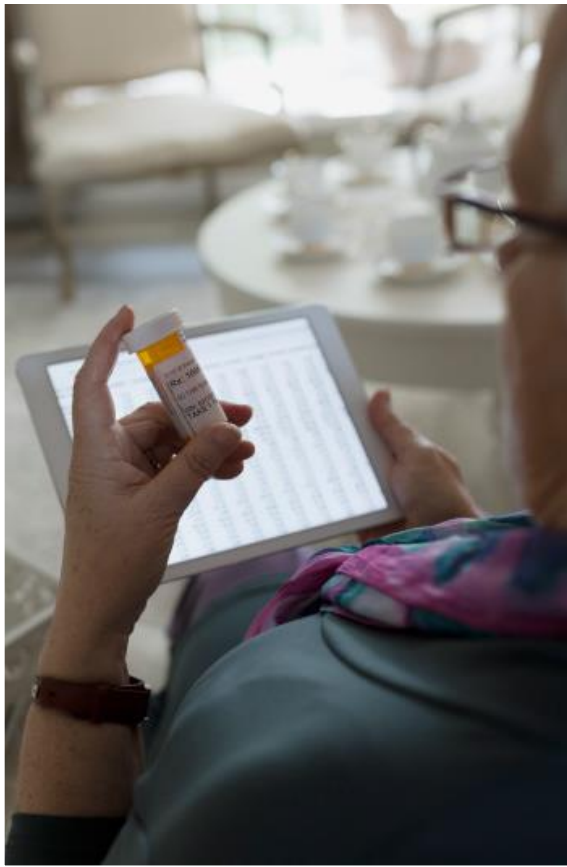


C2_MENTAL3. Again, thinking back over the past 5 years or so, was there any time when you needed counseling or therapy from a mental health professional, but DID NOT GET IT because of the cost? (n=298)

MENTAL HEALTH

Fourteen percent (14%) of African American/Black adults age 45+ did not get counseling or therapy they needed in the past five years due to cost.



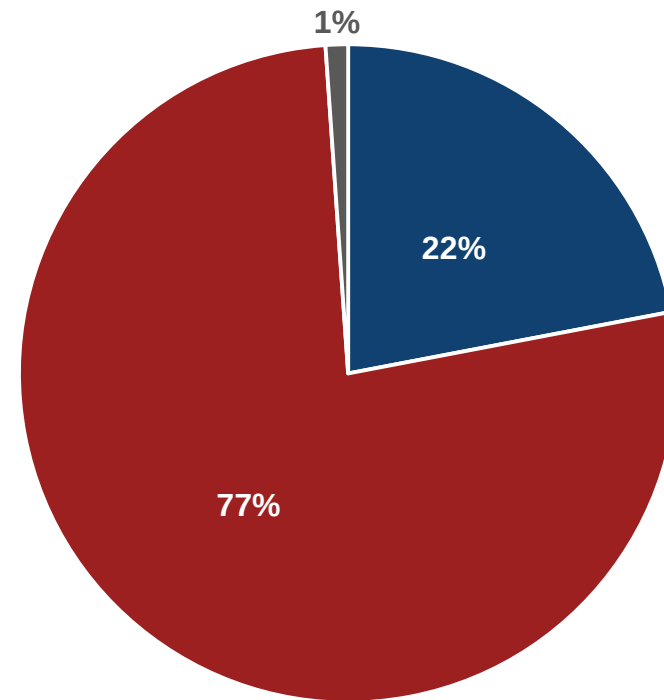


C2_MENTAL4. And thinking back over the past 5 years or so, have you taken prescription medication for mental health? (n=298)

MENTAL HEALTH

Nearly one-quarter (22%) of African American/Black adults age 45+ have taken prescription medication for mental health at some point during the past five years.

Taken Prescription Medication for Mental Health



■ Yes ■ No ■ Don't know/ refused

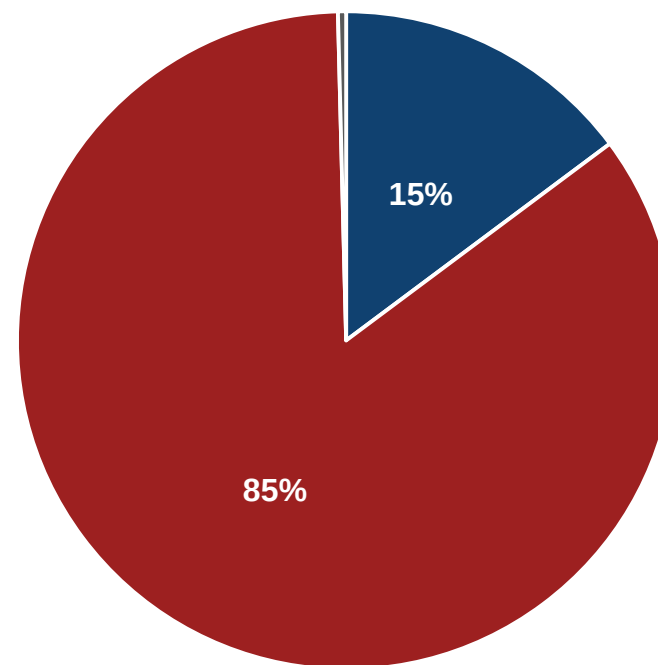


C2_MENTAL5. Are you currently taking this/these prescription medications for your mental health? (n=298)

MENTAL HEALTH

Fifteen percent (15%) of African American/Black adults age 45+ are currently taking prescription medications for their mental health.

Currently Taking Prescription Medication for Mental Health



■ Yes ■ No ■ Don't know/ refused

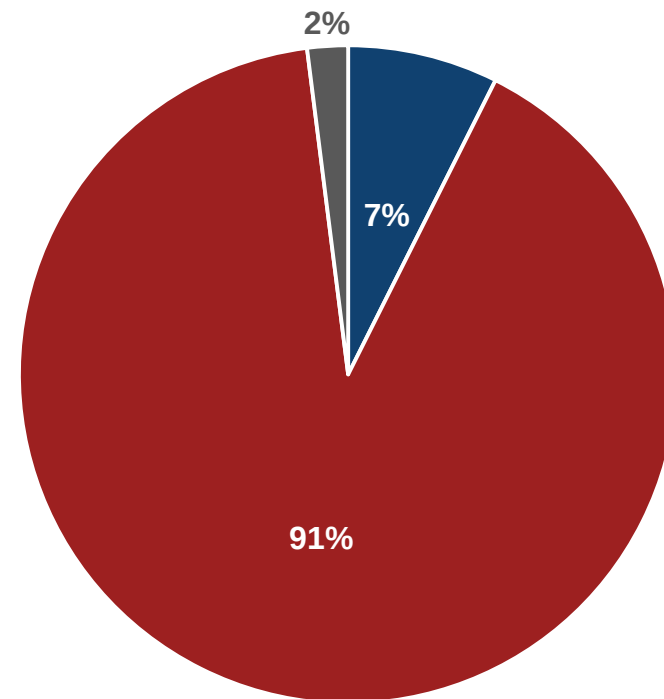


C2_MENTAL6. Thinking back over the past 5 years or so, was there ever a time you skipped a medication dose or delayed filling a prescription for your mental health to save money? (n=298)

MENTAL HEALTH

Seven percent (7%) of African American/Black adults age 45+ have skipped a medication dose or delayed filling a prescription for their mental health to save money in the past five years.

Skipped or Delayed Medication to Save Money



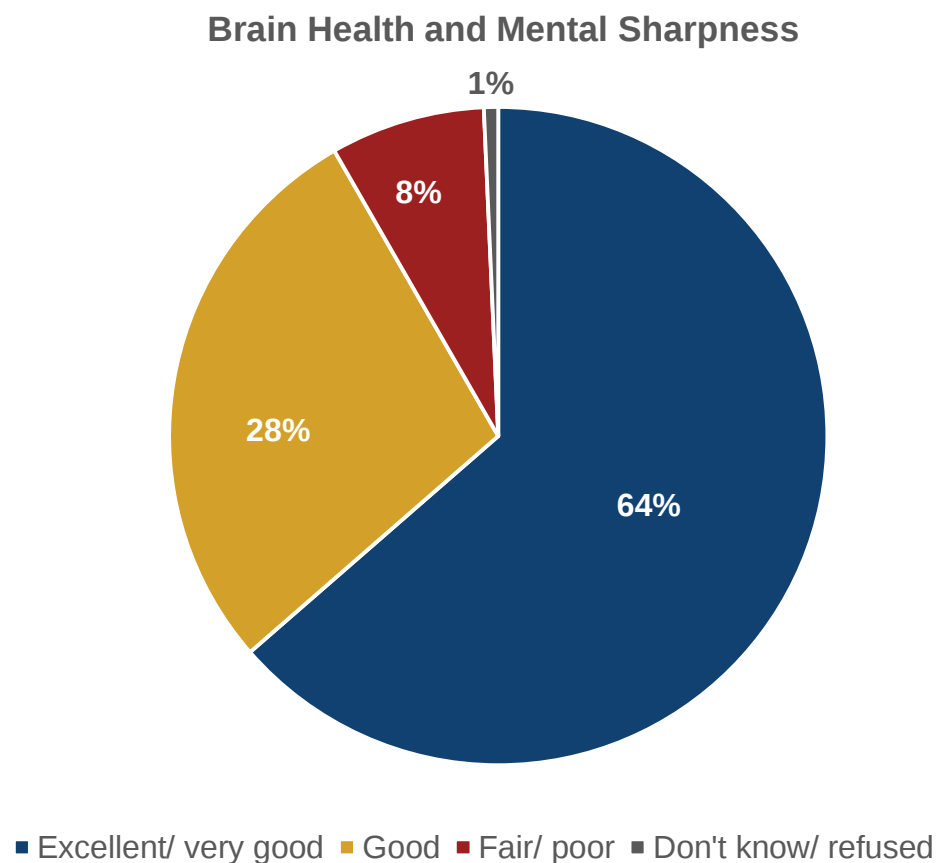
■ Yes ■ No ■ Don't know/ refused



ISO9. How is your brain health or mental sharpness at this point in time? (n=298)

MENTAL HEALTH

Nearly two-thirds (64%) of African American/Black adults age 45+ feel that they have excellent or very good brain health and mental sharpness.



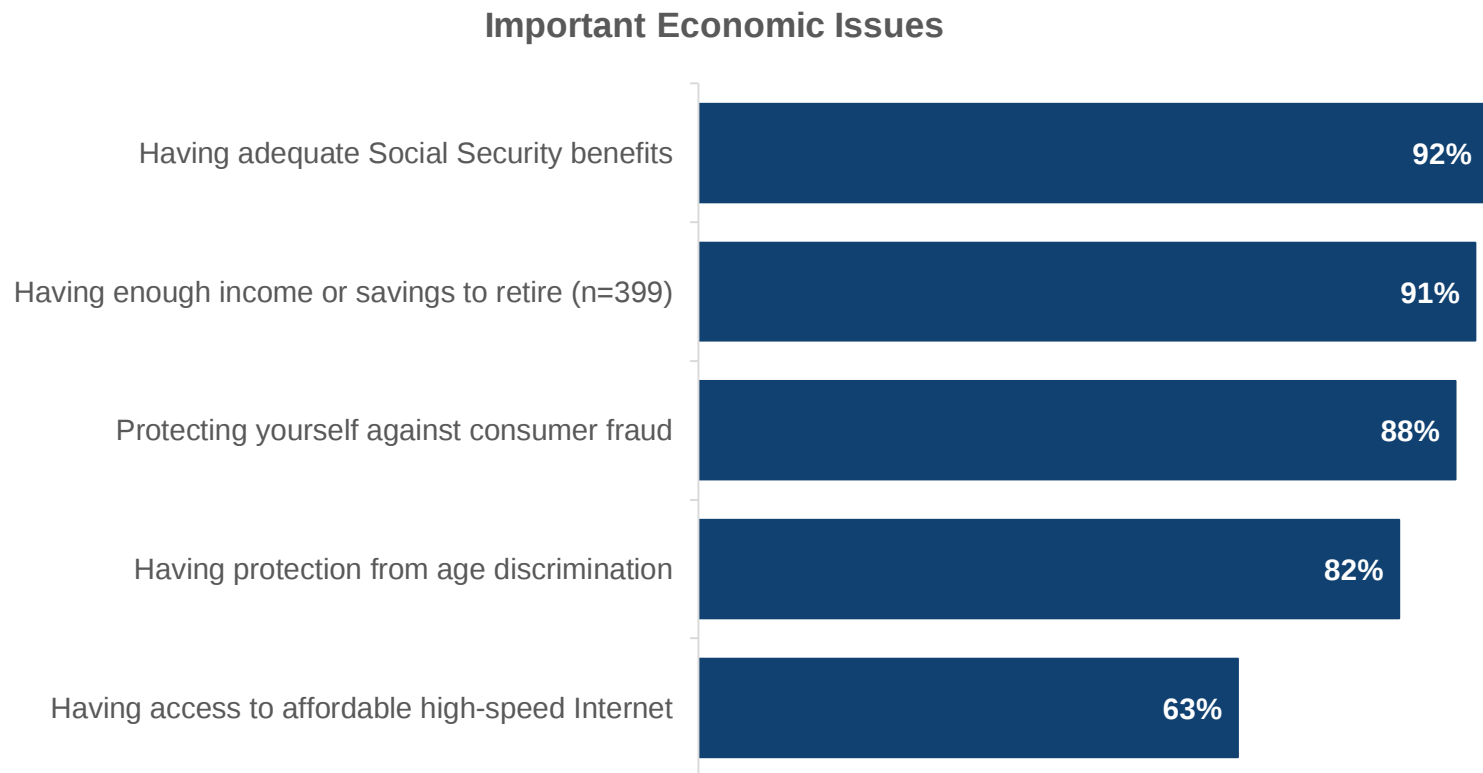
National Survey Results- Wealth Questions

Issues That Impact U.S.
African American/
Black Adults
Age 45 and Older



ISSUES OF IMPORTANCE

African American/Black adults age 45+ find many economic issues important, particularly those related to financial security and retirement.



I1. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=594)

ISSUES OF IMPORTANCE

African American/Black adults age 45+ have remained consistent in their views on economic issues of importance over the past three years.

Important Economic Issues

	2020 (n=417)	2021 (n=500)	2022 (n=594)
Having adequate Social Security benefits	93%	93%	92%
Having enough income or savings to retire	92%	90%	91%
Protecting yourself against consumer fraud	88%	90%	88%
Having protection from age discrimination	83%	84%	82%
Having access to affordable high-speed Internet	N/A	N/A	63%

I1. 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.

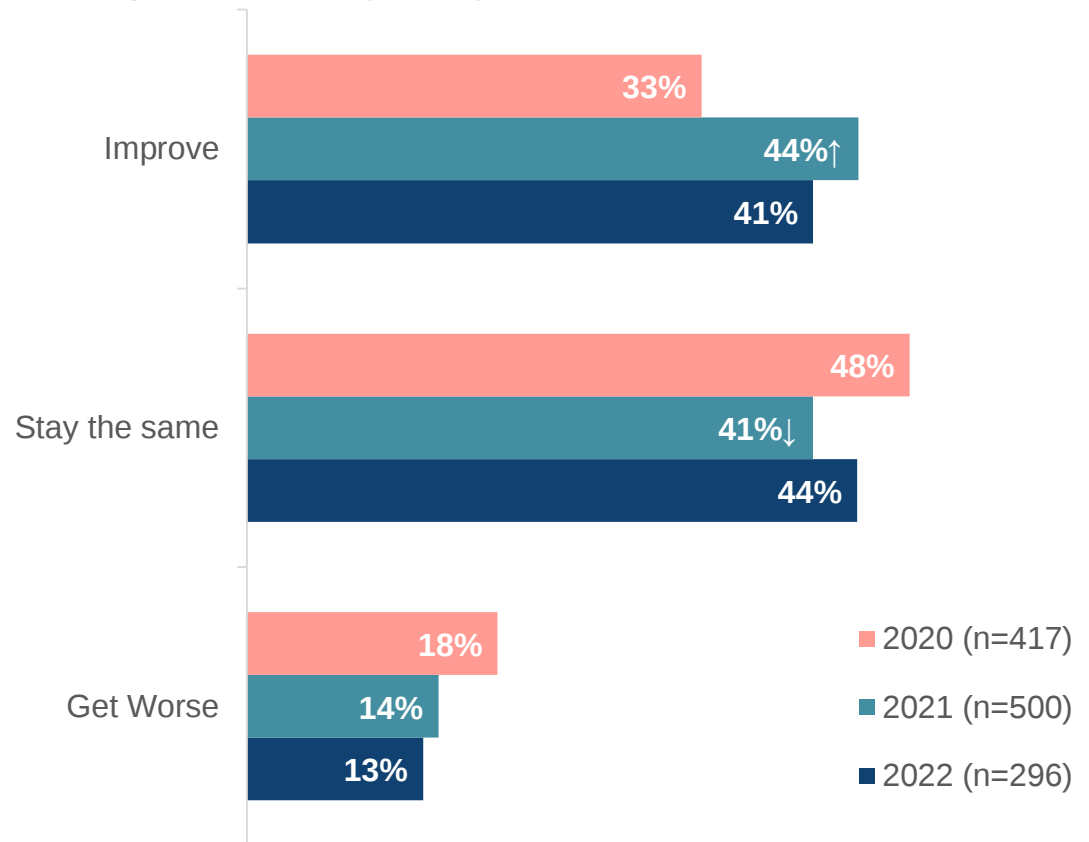


Q703. In the next 12 months, do you think your personal financial situation will improve, get worse, or stay the same?
↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

WEALTH

The percentage of African American/Black adults age 45+ who expect their personal financial situation will get better in the next 12 months has increased significantly since 2020.

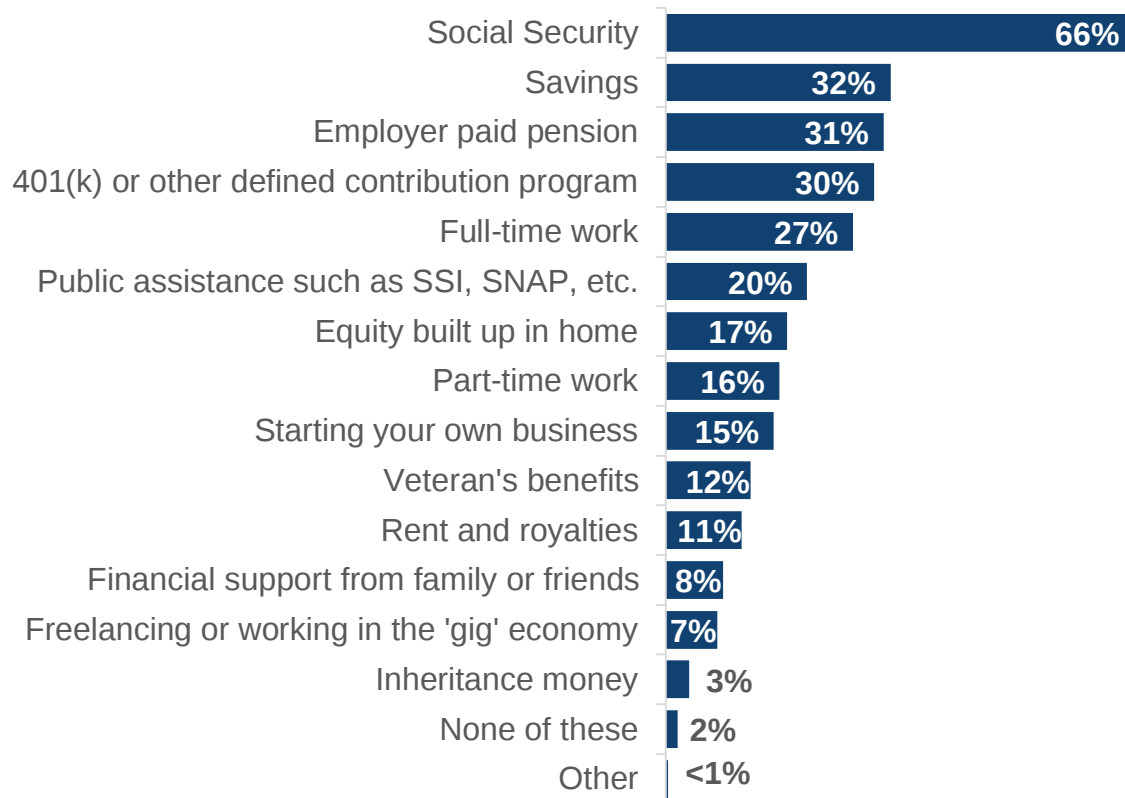
Expectations Regarding Personal Financial Situation



WEALTH

Two-thirds (66%) of African American/Black adults age 45+ are currently relying on (or plan to rely on) Social Security as a source of income as they get older.

Sources of Income Relied On or Planning to Rely On



Q728. Which, if any, of the following sources of income do you currently rely on or plan to rely on as you get older? (Percent 'yes') (n=296)

Small cells have been removed; see annotation for all categories

WEALTH

The percentage of African American/Black Adults age 45+ who are relying on (or plan to rely on) full-time work as an income source has significantly increased since 2020.

Sources of Income Relied On or Planning to Rely On – Top Mentions*

	2020 (n=417)	2021 (n=500)	2022 (n=296)
Social Security	70%	67%	66%
Savings	37%	35%	32%
Employer paid pension	33%	22%↓	31%↑
401(k) or other defined contribution program	28%	26%	30%
Full-time work	20%	17%	27%↑
Public assistance such as SSI, SNAP, etc.	19%	23%	20%
Equity built up in home	N/A	N/A	17%
Part-time work	20%	16%	16%
Starting your own business	12%	12%	15%
Veteran's benefits	9%	9%	12%
Rent and royalties	N/A	N/A	11%
Financial support from family or friends	N/A	8%	8%

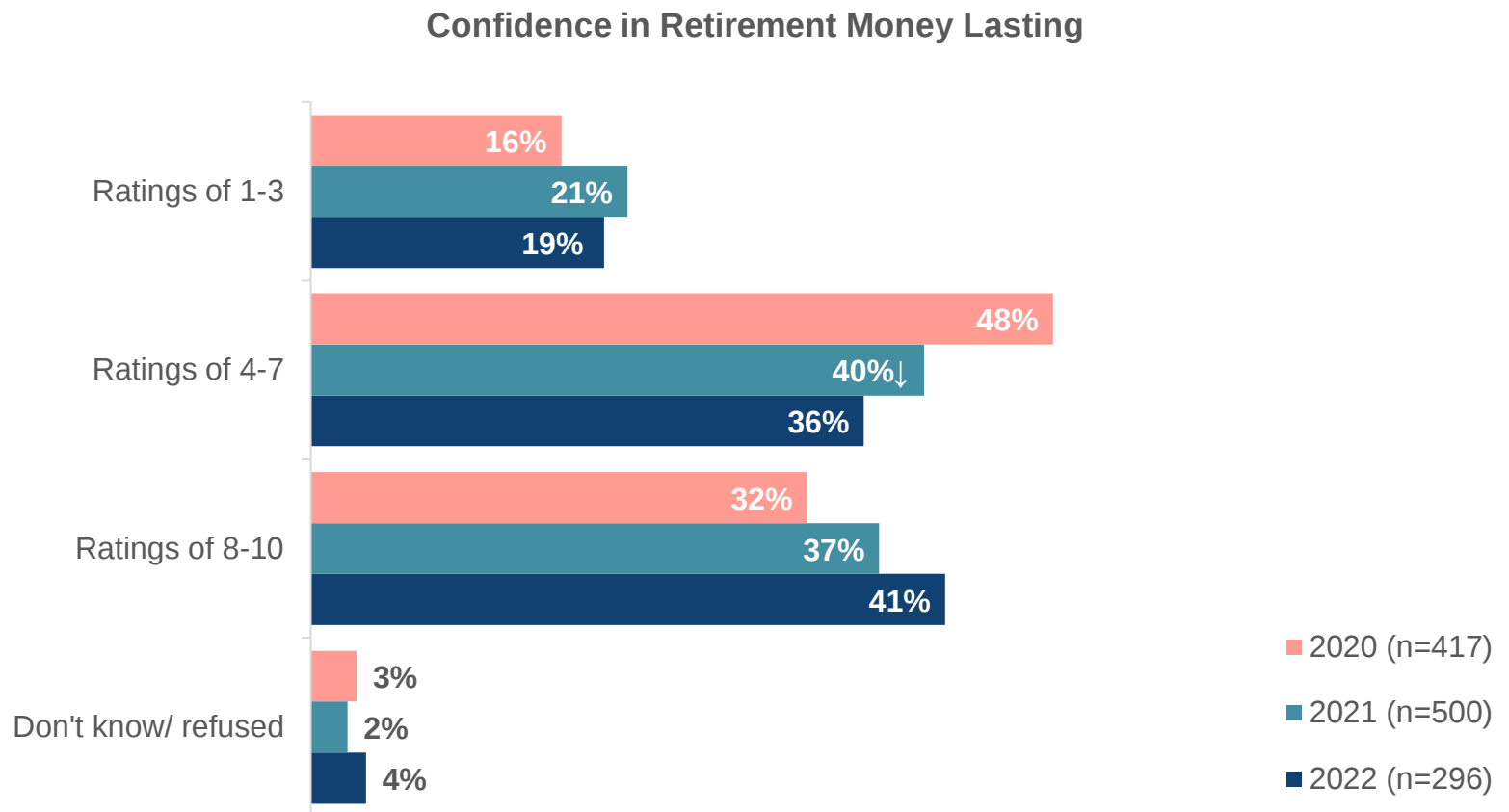
Q728. Which, if any, of the following sources of income do you currently rely on or plan to rely on as you get older? (Percent 'yes')

* Table includes top mentions from 2022

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

RETIREMENT

While African American/Black adults age 45+ have mixed levels of confidence about having enough money to live comfortably throughout their retirement years, more confident ratings (ratings of 8-10) have slowly increased since 2020.

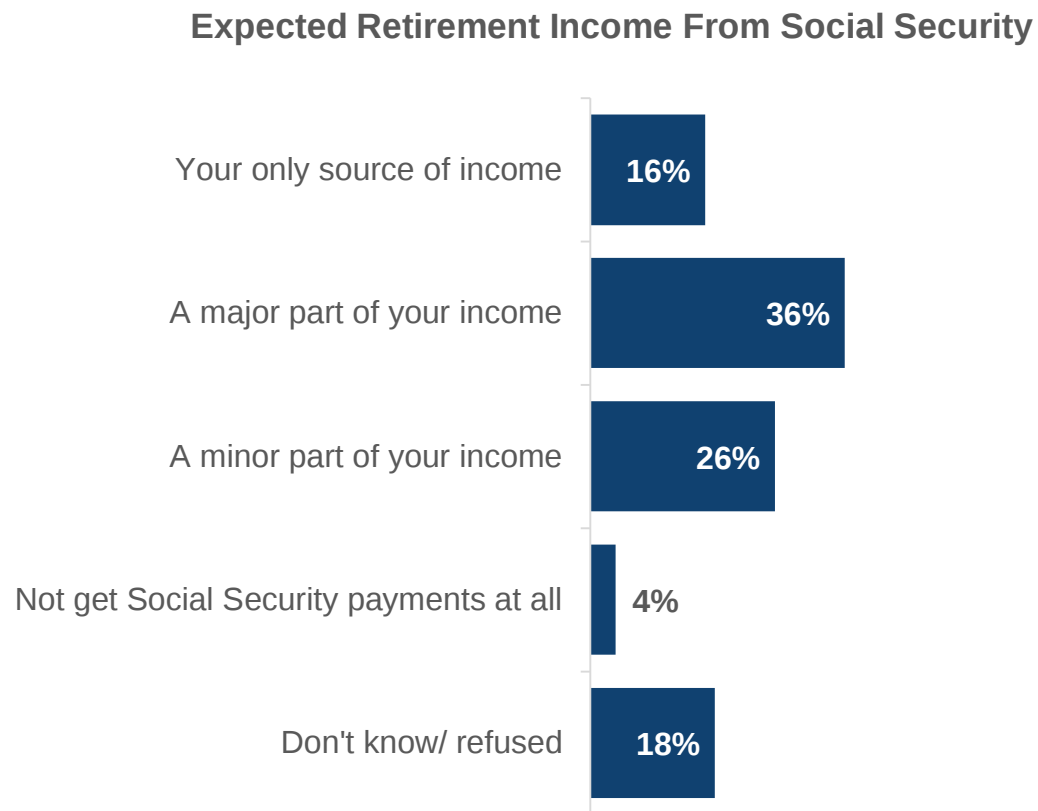


RET3. Overall, how confident are you that you will have enough money to live comfortably throughout your retirement years? Please use a 1 to 10 scale, where 1 means you are not confident at all and 10 means you are extremely confident.

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

RETIREMENT

Over one-third (36%) of African American/Black residents age 45+ think that Social Security will be a major part of their retirement income, and 16% think it will be their only source of income.

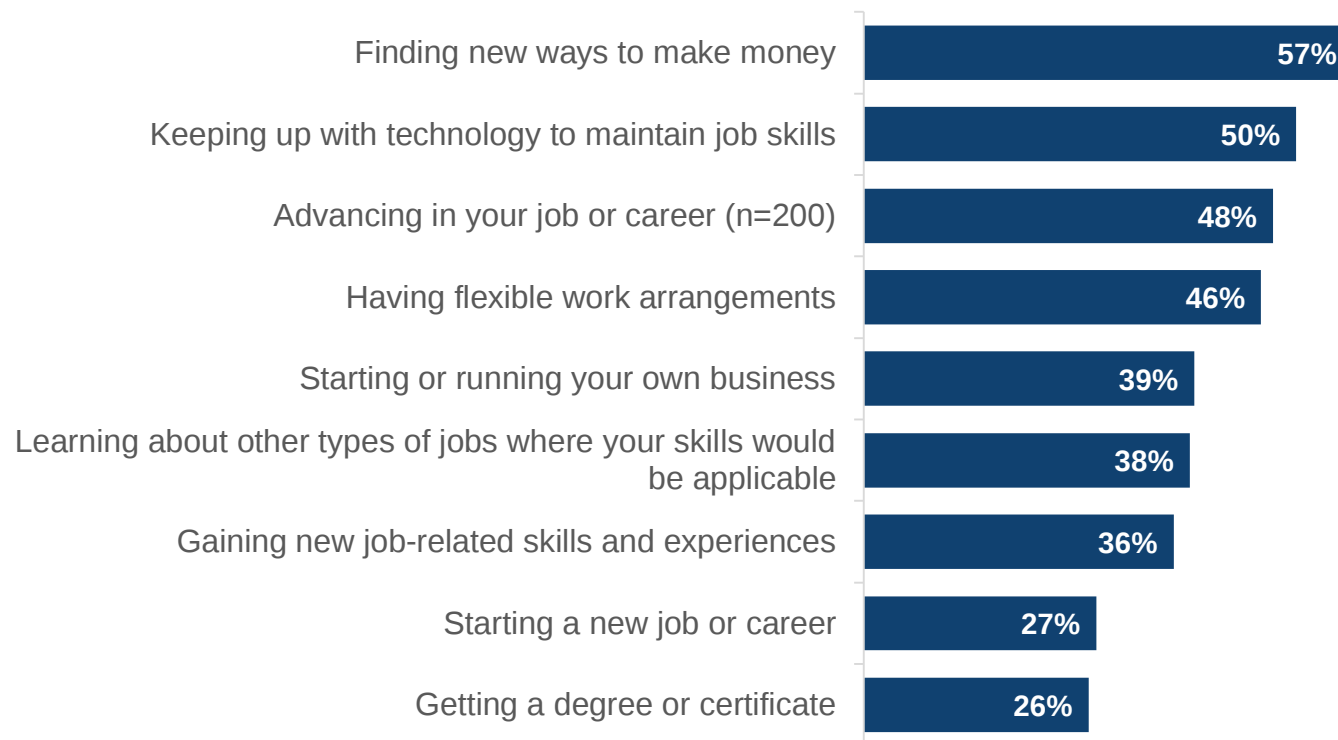


RET21. How much of your retirement income do you think will come from Social Security? Do you think it will be...? (n=296)

WORK ISSUES

Nearly three in five (57%) African American/Black adults age 45+ are extremely or very interested in finding new ways to make money.

Interest in Work-Related Activities



WORK2. How interested are you in [ITEM]? (Percent 'extremely interested' or 'very interested') (n=296)

WORK ISSUES

African American/Black adults age 45+ are significantly less interested in advancing in their job or career and learning about other types of jobs where their skills would transfer in 2022 than years prior.

Interest in Work-Related Activities

	2020 (n=417)	2021 (n=500)	2022 (n=296)
Finding new ways to make money	65%	63%	57%
Keeping up with technology to maintain job skills	55%	52%	50%
Advancing in your job or career	53%	57%	48%↓
Having flexible work arrangements	53%	51%	46%
Starting or running your own business	38%	38%	39%
Learning about other types of jobs where your skills would be applicable	47%	45%	38%↓
Gaining new job-related skills and experiences	40%	43%	36%
Starting a new job or career	29%	32%	27%
Getting a degree or certificate	N/A	N/A	26%

WORK2. How interested are you in [ITEM]? (Percent 'extremely interested' or 'very interested')

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

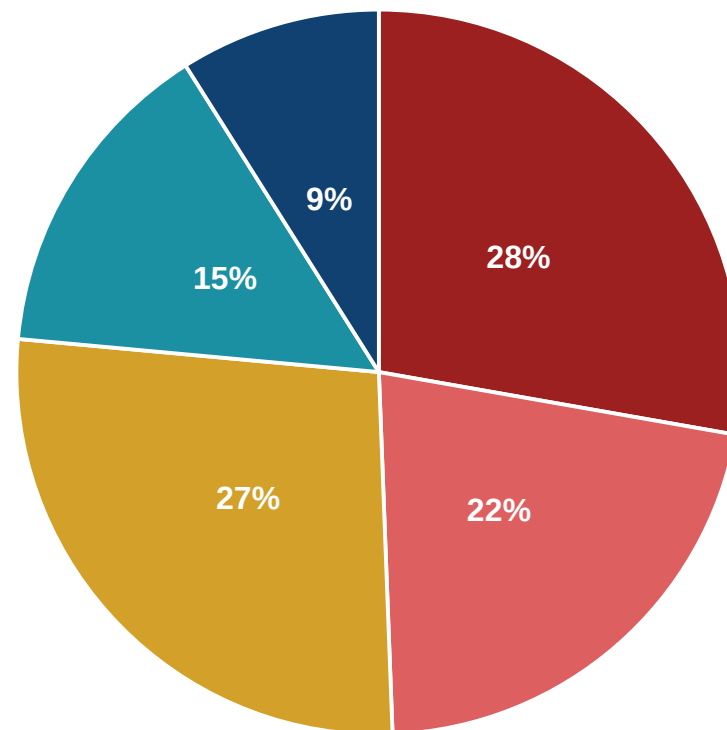


C2_FRA4. How concerned are you, personally, about being targeted by a scam or fraud?
(n=298)

FRAUD

African American/Black adults age 45+ have mixed levels of concern about personally being targeted by a scam or fraud.

Concern About Scams and Fraud



■ Extremely concerned ■ Very concerned ■ Somewhat concerned
■ Not very concerned ■ Not at all concerned

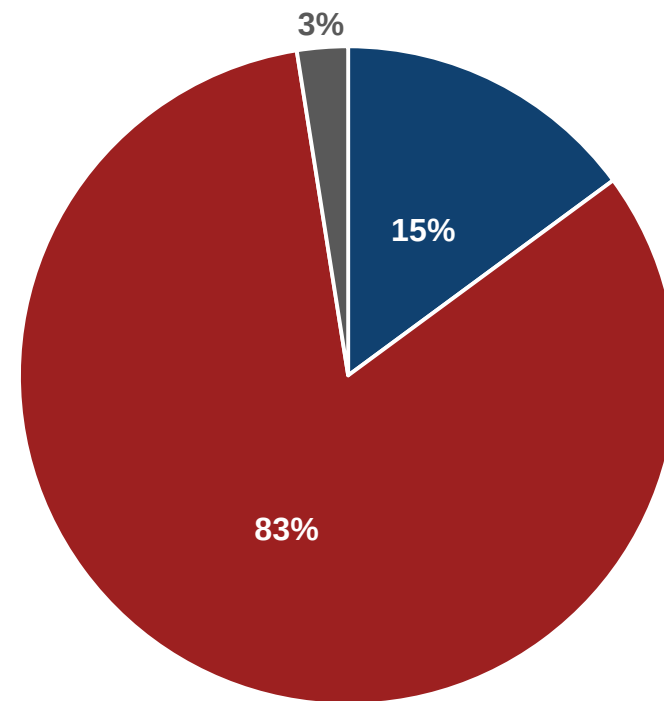


C2_FRA19a. In the last 12 months, have you lost money to a scam or fraud? (n=298)

FRAUD

In the past 12 months, 15% of African American/Black adults age 45+ have lost money to a scam or fraud.

Lost Money to a Scam or Fraud in the Past Year



■ Yes ■ No ■ Don't know

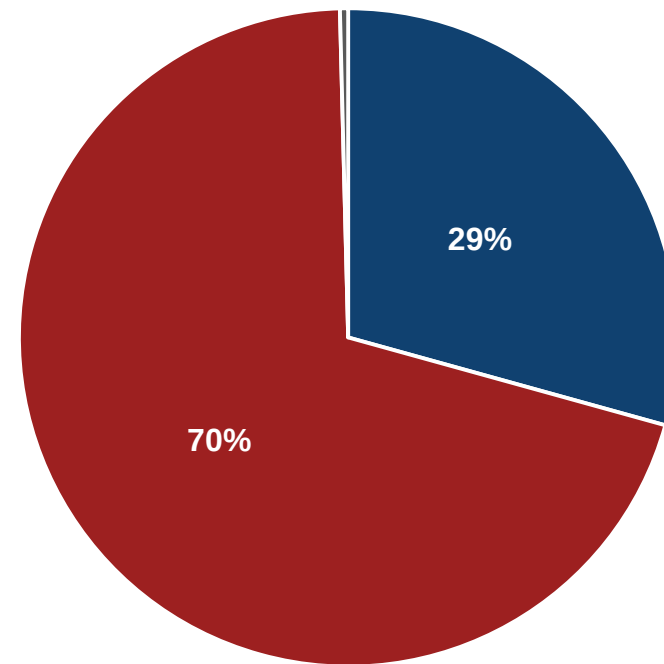


C2_FRA20a. Do you know of a family member or close friend who may have lost money to a scam or fraud? (n=298)

FRAUD

Nearly three in ten (29%) African American/Black adults age 45+ know a family member or close friend who may have lost money to a scam or fraud.

Friend or Family a Victim of a Scam or Fraud

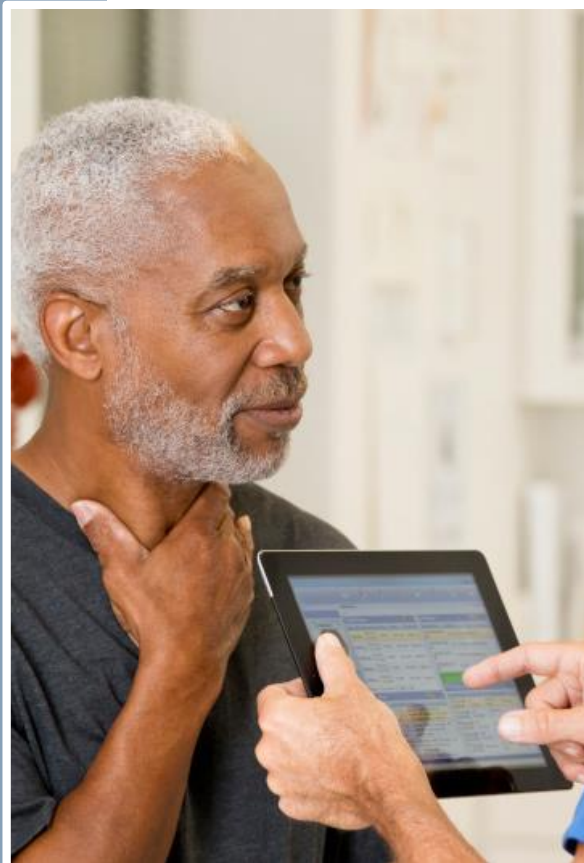


■ Yes ■ No ■ Don't know/ refused

National Survey Results- Livable Communities Questions

Issues That Impact U.S.
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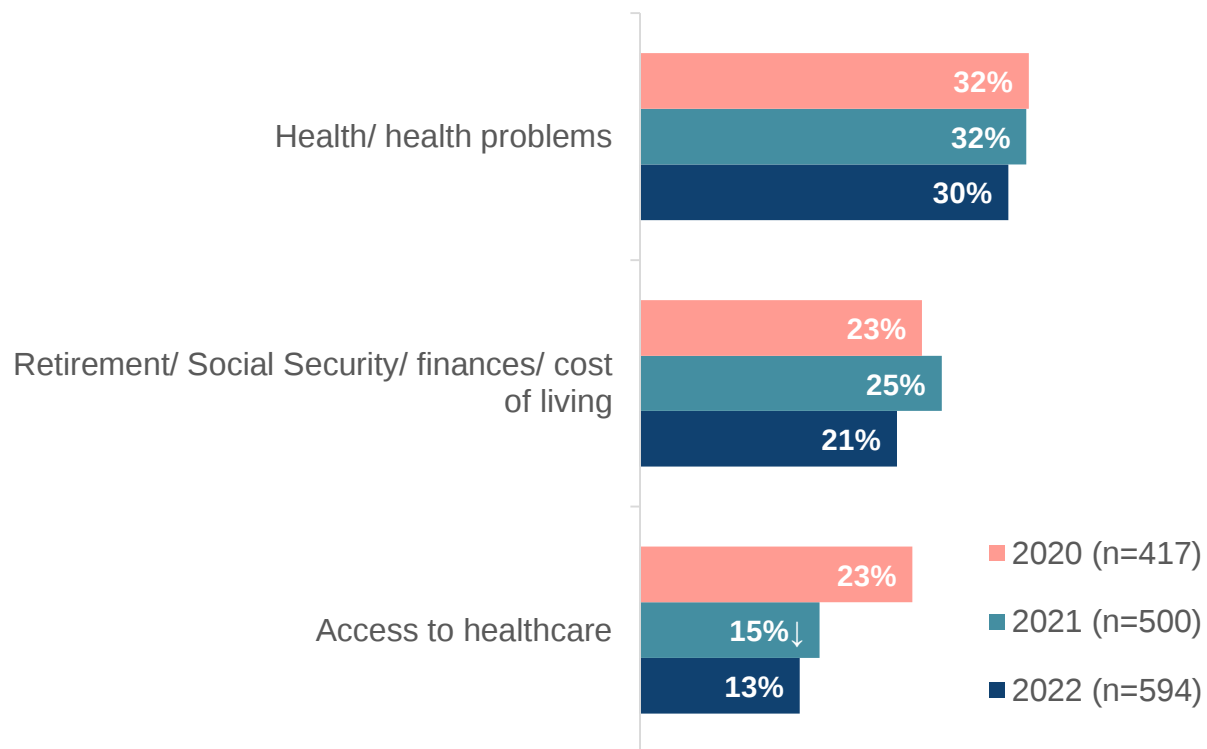


Q1. What do you think is the single most important problem or challenge facing mid-life or older adults as they age?
(Coded open-ended responses mentioned by 10% of respondents or more)

ISSUES OF IMPORTANCE

The percentage of African American/Black adults age 45+ saying access to healthcare is the single most important problem facing older adults has decreased significantly since 2020.

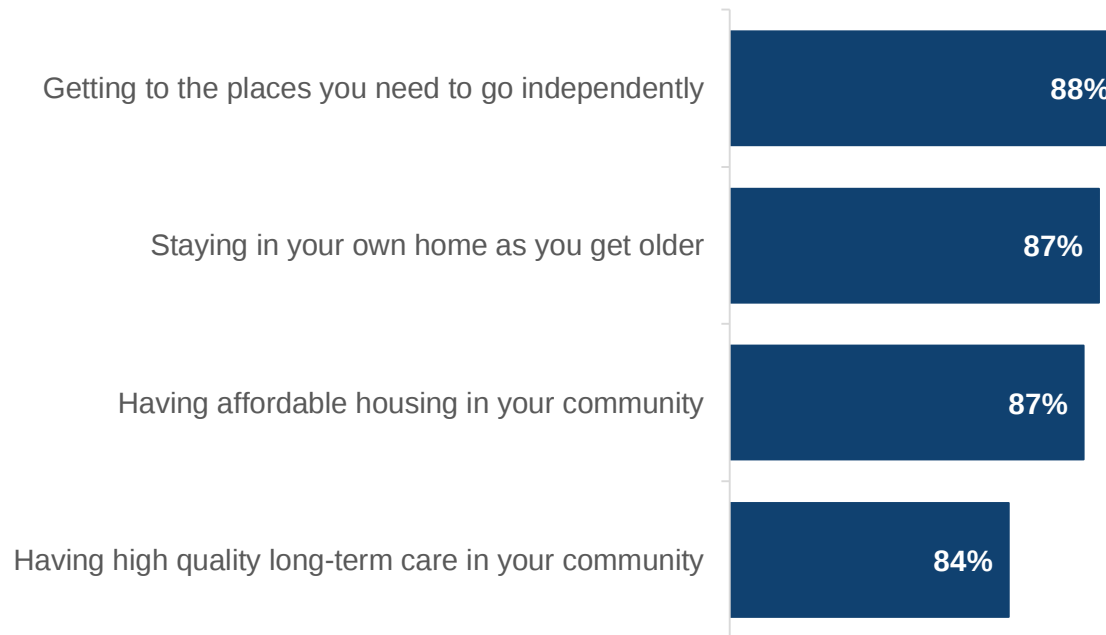
Single Most Important Problem or Challenge Facing Mid-Life and Older Adults



ISSUES OF IMPORTANCE

Getting around independently is a top priority for African American/Black adults age 45+, followed closely by aging in place and having affordable housing options.

Important Independent Living Issues



11. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=594)

ISSUES OF IMPORTANCE

Since 2020, African American/Black adults age 45+ have consistently rated various independent living issues as important.

Important Independent Living Issues

	2020 (n=417)	2021 (n=500)	2022 (n=594)
Getting to the places you need to go independently	88%	90%	88%
Staying in your own home as you get older	90%	89%	87%
Having affordable housing in your community	N/A	N/A	87%
Having high quality long-term care in your community	83%	83%	84%

I1. 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.

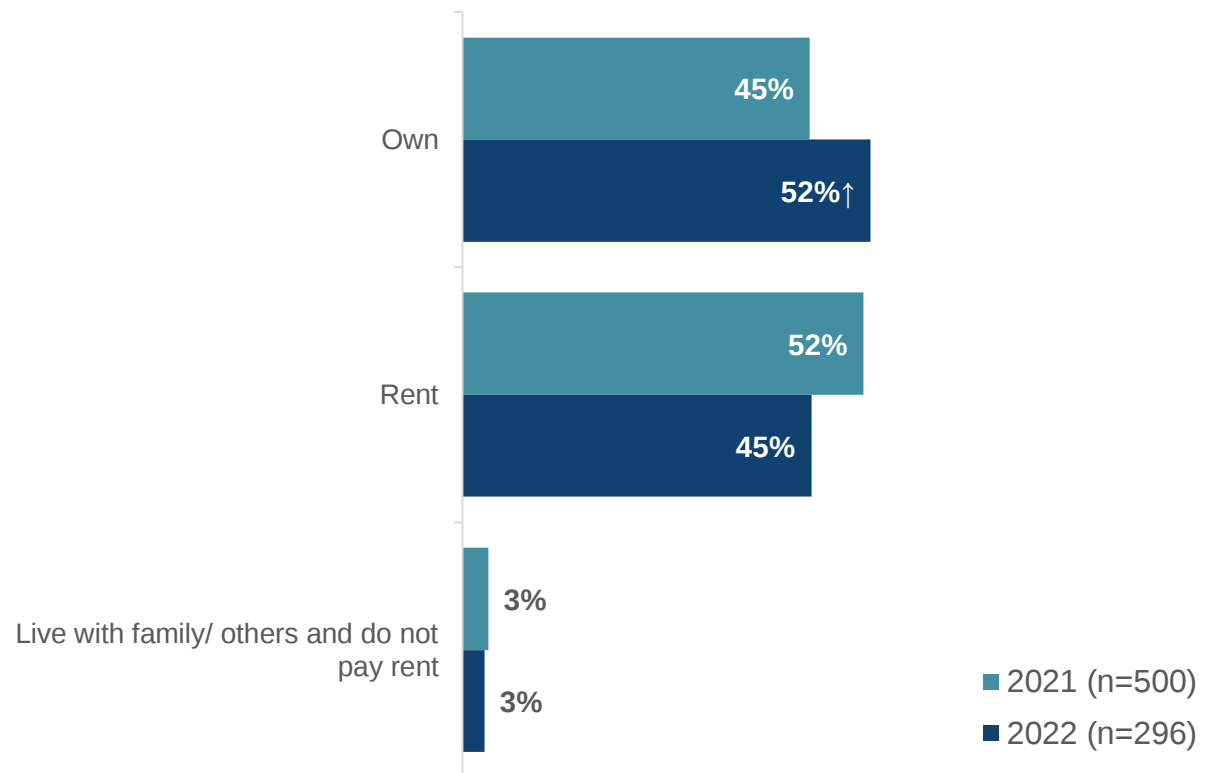


LIVCOMM3. Do you own or rent your residence?
↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

HOUSING

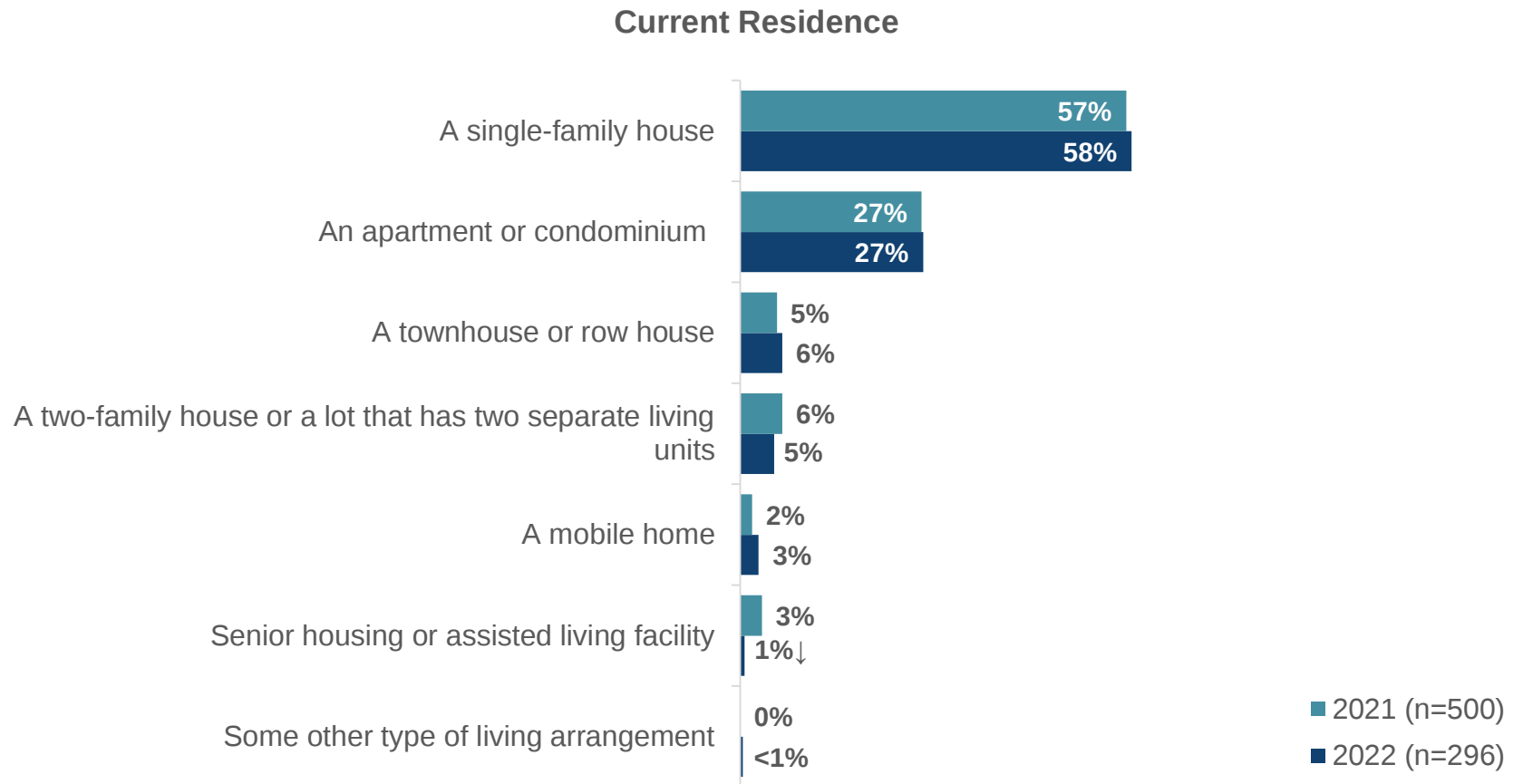
More than half (52%) of African American/Black adults age 45+ own their residence, a significant increase since 2021.

Residence Ownership



HOUSING

Consistent with 2021, nearly three in five (58%) African American/Black adults age 45+ currently live in a single-family house.



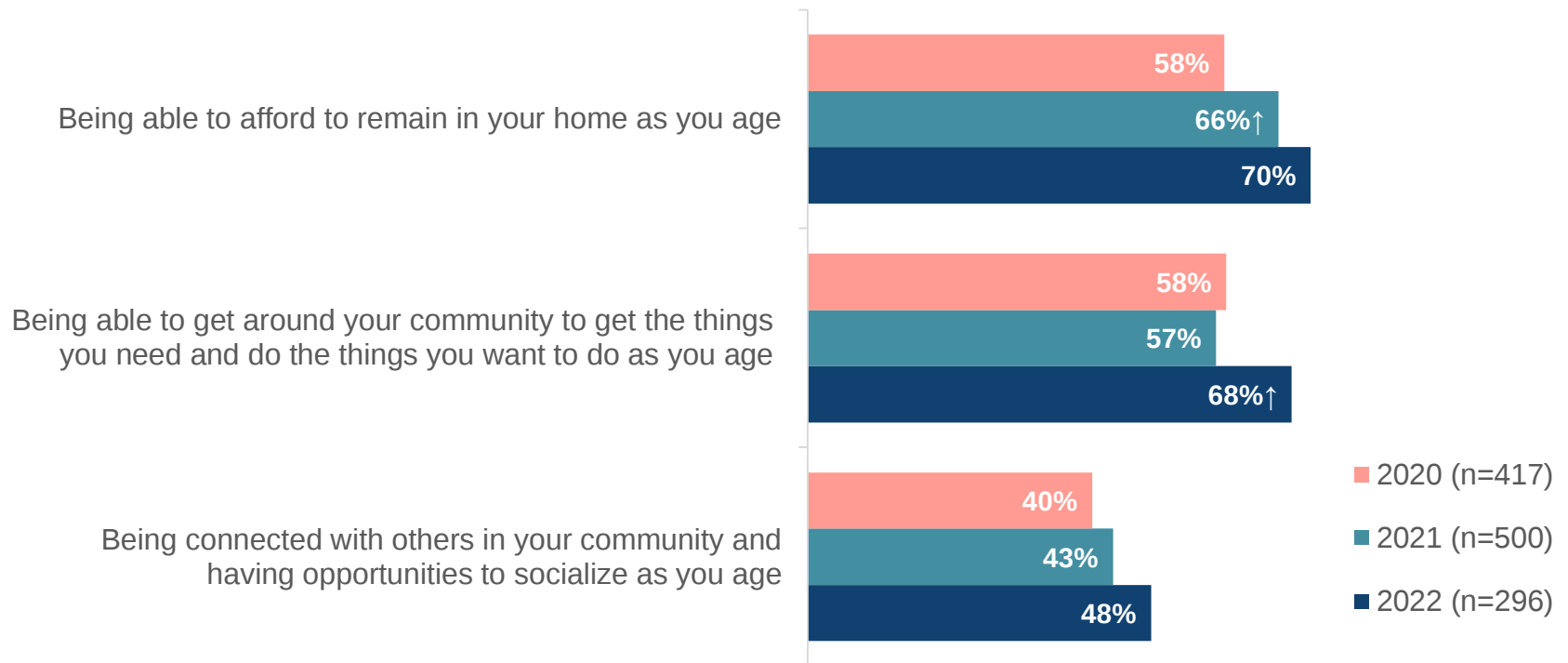
COMM10. Which of the following types of homes best describes where you currently live?

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

LIVABLE COMMUNITIES

Seven in ten (70%) African American/Black adults age 45+ are extremely or very concerned about being able to afford to remain in their home as they age, steadily increasing since 2020.

Independent Living Concerns



LIVCOMM1. How concerned are you about the following? (Percent 'extremely concerned' or 'very concerned')

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

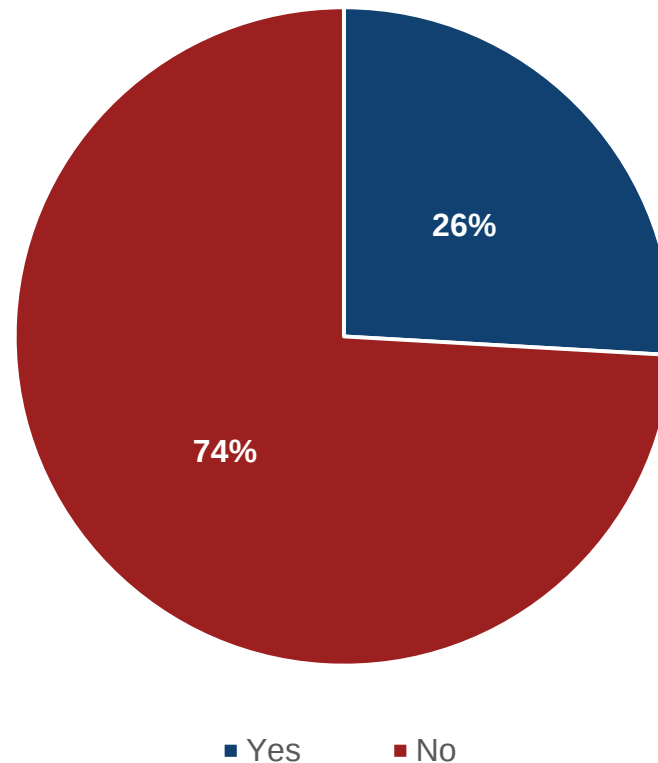


QCA3. Do you or a family member have a health condition that is made worse due to extreme weather, like hotter days or bad air quality?
(n=296)

CLIMATE CHANGE

One-quarter (26%) of African American/Black residents age 45+ have a health condition that is made worse due to extreme weather (or have a family member who does).

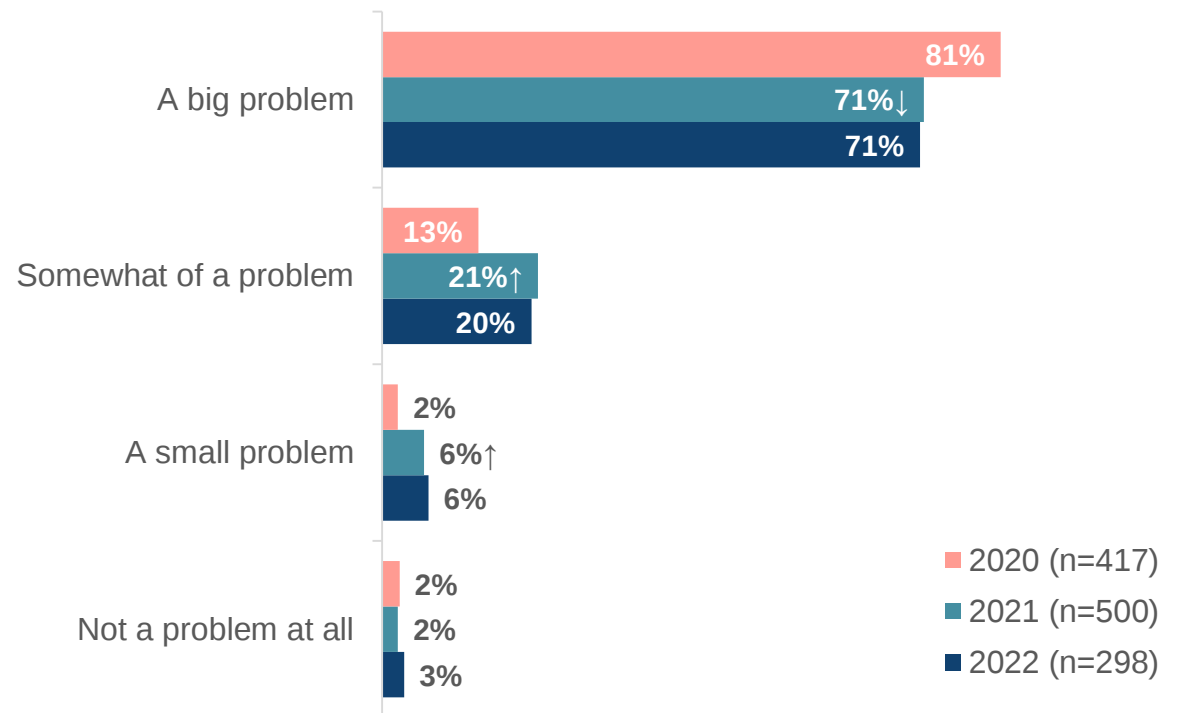
Health Condition Made Worse by Extreme Weather



DISCRIMINATION

Seven in ten (71%) African American/Black adults age 45+ feel that racism is a big problem in society today, similar to 2021.

Racism as a Problem in Society Today



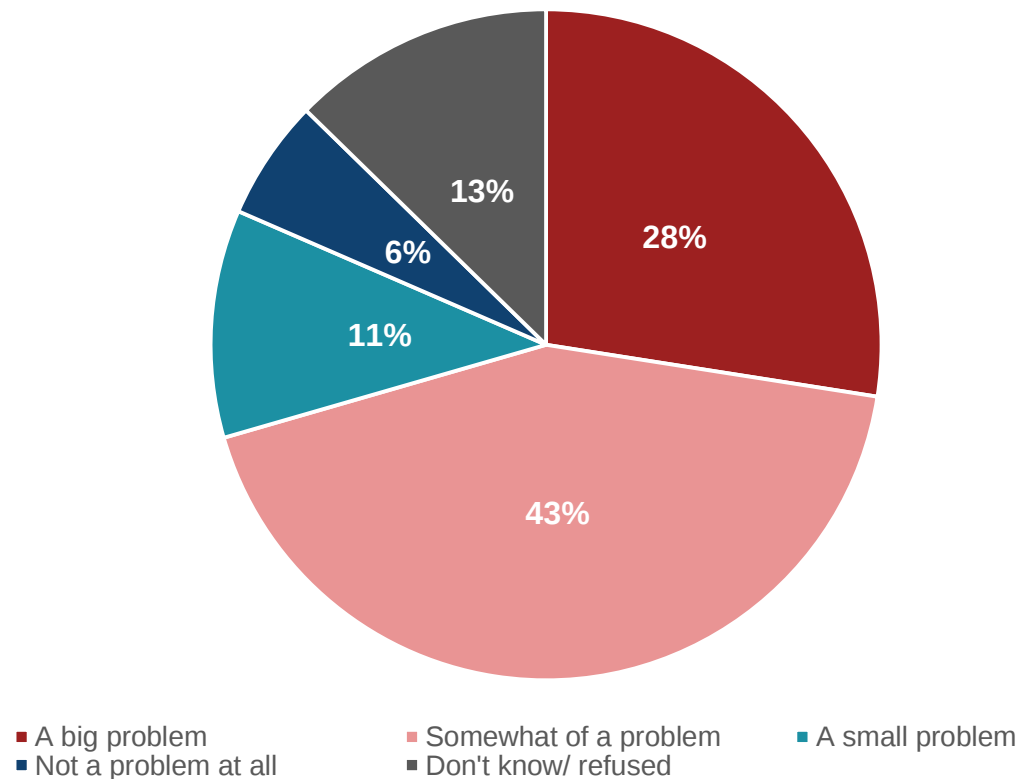
RACE-1. How big a problem would you say racism is in our society today?

↑ ↓ indicates a significantly higher/lower percentage compared to the prior wave at the 95% confidence level.

DISCRIMINATION

Nearly three in ten (28%) African American/Black adults age 45+ feel that ageism is a big problem in our society today.

Ageism as a Problem in Society Today



C2_AGE-1. How big a problem would you say ageism is in our society today? (n=298)

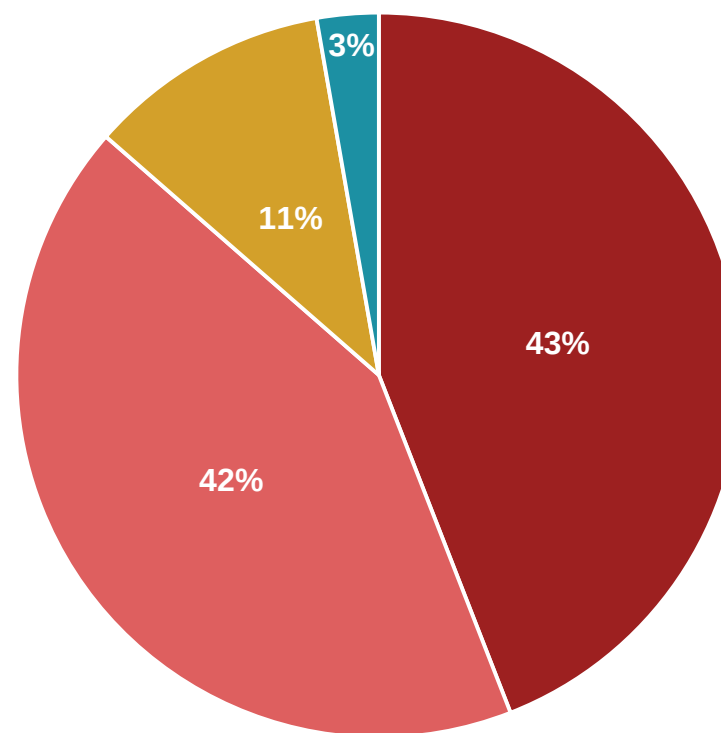


C2_VOTE_5. How accessible
is voting where you live?
(n=298)

VOTING

Fourteen percent (14%) of African American/Black residents age 45+ think voting is only somewhat accessible, not too accessible, or not accessible at all where they live.

Voting Accessibility



■ Extremely accessible
■ Somewhat accessible

■ Very accessible
■ Not too accessible/ Not accessible at all

METHODOLOGY

In October 2022, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among African American/Black adults age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, retirement issues, and mental health issues.

594 Interviews

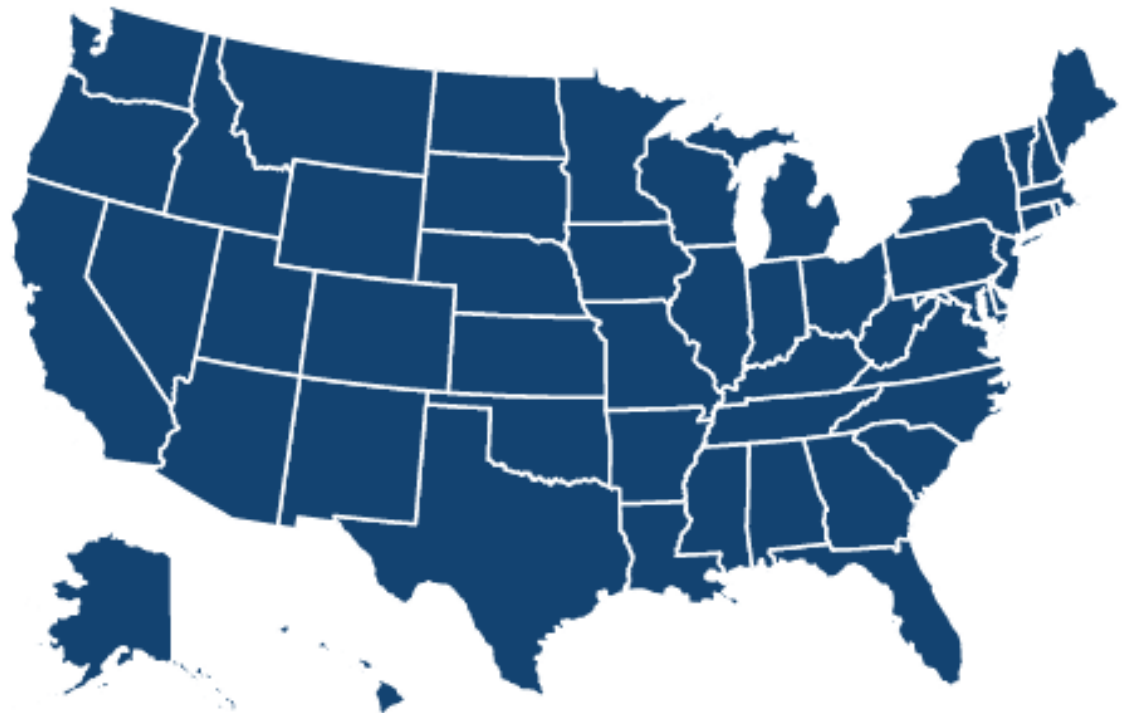
African American/Black Adults Age 45+

Fielded in October 2022

ANR completed a total of 594 interviews (140 via landline telephone, 65 via cell phone, 361 online, and 28 utilizing text-to-web (TTW) methodology). To reduce respondent fatigue, certain survey questions were only asked to half of the sample at random. Respondents were screened to meet the following criteria:

- Age 45+
- African American/Black U.S. resident

Survey length averaged 22 minutes by telephone and 18.5 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 U.S. adults age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 59,948 records were utilized to achieve a sample of 594 African American/Black respondents. The list of 134,316,800 U.S. adults age 45 and older was randomly divided into 134,317 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 60 replicates representing a total of 59,948 resident records were dialed to complete the telephone portion of this study.

The sample of 594 African American/Black respondents yields a maximum statistical error of $\pm 4.0\%$ 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 ± 4.0 percentage points of the results obtained had everyone in the population been interviewed.)

The split ballot samples of approximately $n=295$ respondents yield a maximum statistical error of $\pm 5.7\%$ at the 95% level of confidence.

Interview Methodology

The survey was launched on October 3, 2022 and closed on October 24, 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 and gender according to 2018 U.S. Census Bureau Current Population Survey (CPS) statistics.

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.