



VITAL VOICES

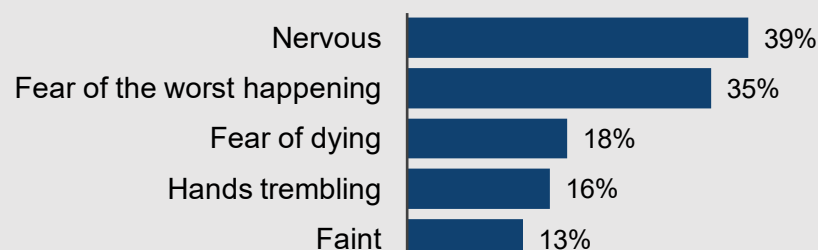
Mental Health Issues That Impact U.S. Adults Age 45 and Older, 2021-2022

While U.S. adults say their brain health and mental sharpness are very good, many reported feeling nervous or fearful in the past week.

In the 2022 national survey, seven in ten (71%) U.S. adults age 45+ say they feel that they have excellent or very good brain health and mental sharpness. However, mental health of U.S. adults 45+ is an issue. Over half (55%) of adults report feeling at least one symptom of anxiety at least some of the time in the past week.

2022 Frequency of Mental Health Issues in the Past Week (n=806)

Percent 'some of the time' or 'most of the time'



92%

of U.S. adults age 45+ indicate that *staying mentally sharp* is extremely or very important



Macroeconomic issues are negatively impacting the wellbeing of adults age 45+.

While the negative impact both COVID-19 and toxic political discourse have on the wellbeing of U.S. adults' age 45+ has steadily decreased since 2020, economic concerns like inflation and increasing housing costs have emerged in their place. Other issues negatively affecting the wellbeing of approximately one in three U.S. adults age 45+ include affordable healthcare, mass shootings, and climate change.

Social issues are taking a negative toll on the wellbeing of women age 45+. In 2022, one in four women report that climate change (33%), women's rights (33%), anti-abortion laws (26%), and human rights abuses (26%) are negatively affecting their wellbeing, significantly higher than men (26%, 18%, 16%, and 19%, respectively).

There are also notable differences in issues negatively affecting wellbeing by race/ethnicity. In the 2022 national survey, nearly half (47%) of African American or Black adults say discrimination due to race and excessive use of police force (30%) negatively affects their wellbeing significantly more so than any other demographic subgroup. Additionally, the opioid epidemic is disproportionately affecting the wellbeing of white (25%) and American Indian or Alaska Native (26%) adults age 45+ compared to those who identify as African American or Black (18%), Hispanic or Latino (16%), or Asian American and Pacific Islander (11%).



Top Issues Negatively Impacting Wellbeing (n=806)

Percent 'yes'



61%
Inflation



44%
Coronavirus/
COVID-19



40%
Increasing
housing costs



36%
Toxic political
discourse



34%
Affordable
healthcare



31%
Mass shootings



30%
Climate change



26%
Natural
disasters

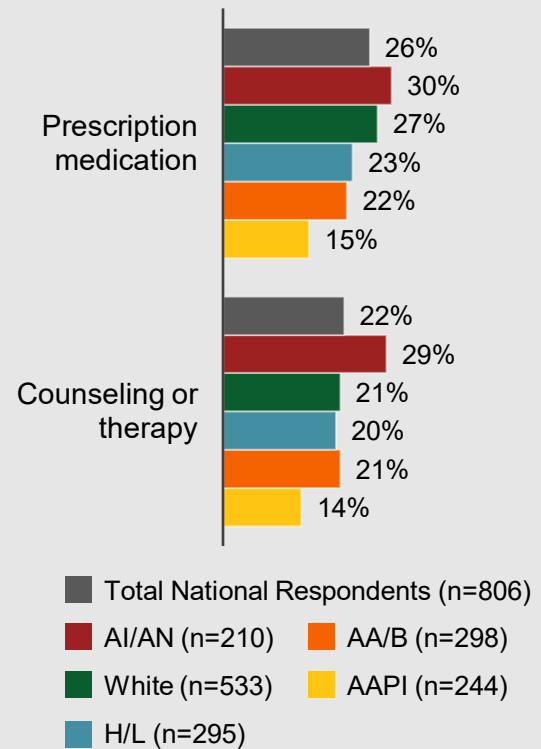
The ability to get mental health treatment is impacted by cost for many U.S. adults age 45+.

According to the 2022 national survey, one in five (22%) adults age 45+ have received counseling or therapy from a mental health professional in the past five years, and one-quarter (26%) have taken prescription medication for mental health in the same time period.

Despite three in ten saying they have felt symptoms of depression in the past week, such as little interest or pleasure in doing things (32%) or feeling down or helpless (30%), just 11% say they are currently receiving counseling or therapy. Nineteen percent (19%) are currently taking prescription medication for their mental health.

Cost is a deterrent for some with twelve percent (12%) saying there was a time in the past five years when they needed counseling or therapy but did not get it due to cost; 8% say they skipped a dose or delayed filling a prescription for medication for their mental health to save money.

2022 Professional Mental Health Help in Past 5 Years



U.S. adults age 45+ who identify as LGBTQ are more likely to feel symptoms of depression, as well as utilize mental health treatment.

In 2022, nearly half of LGBTQ adults age 45+ say they felt symptoms of depression in the last week, including feeling down or helpless (46%) and having little interest or pleasure in doing things (46%). Relatedly, two in five (43%) LGBTQ adults received counseling or therapy from a mental health professional in the past five years, double that of non-LGBTQ adults (20%). Almost half (46%) of LGBTQ adults age 45+ have taken prescription medication for mental health in the same time period, also significantly higher than non-LGBTQ adults (25%).

In the 2022 national survey, nearly two in five (39%) U.S. adults who identify as LGBTQ report that *discrimination due to sexual orientation* has negatively impacted their wellbeing.

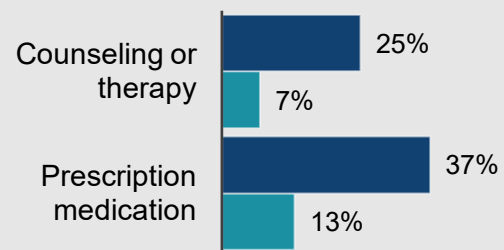


U.S. adults age 45+ who have a disability are nearly 3x more likely than those without a disability to seek professional treatment for their mental health.

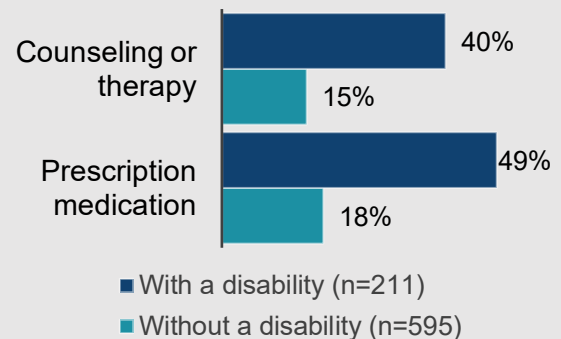
In 2022, nearly half of adults age 45+ who have a disability say they felt symptoms of depression in the last week, including feeling down or helpless (45%) and having little interest or pleasure in doing things (48%), significantly higher than adults without a disability (25% and 27%, respectively). Relatedly, two in five (40%) adults who have a disability received counseling or therapy from a mental health professional in the past five years, over double that of adults without a disability (15%). Almost half (49%) of adults age 45+ who have a disability have taken prescription medication for mental health in the same time period, also significantly higher than adults without a disability (18%).

2022 Professional Mental Health Help

Percent currently receiving treatment



Percent who received treatment in past 5 years



In the 2021 national survey, over half of adults who have a disability say they sometimes or often lack companionship (57%), feel left out (55%), or feel isolated from others (53%).

The ability to obtain mental health treatment is impacted by cost for many U.S. adults age 45+ who have a disability.

Two in five age 45+ who have a disability have received counseling or therapy from a mental health professional or have taken prescription medication in the past five years for mental health. Many others have not sought treatment due to cost: Nearly two in ten (19%) adults who have a disability say they needed counseling or therapy in the past five years but did not get it because of the cost - nearly double that of adults 45+ (10%) without a disability. Additionally, almost one in five (19%) report they have skipped a medication dose or delayed filling a prescription for their mental health to save money in the past five years - over three times the percentage of those who do not (5%).

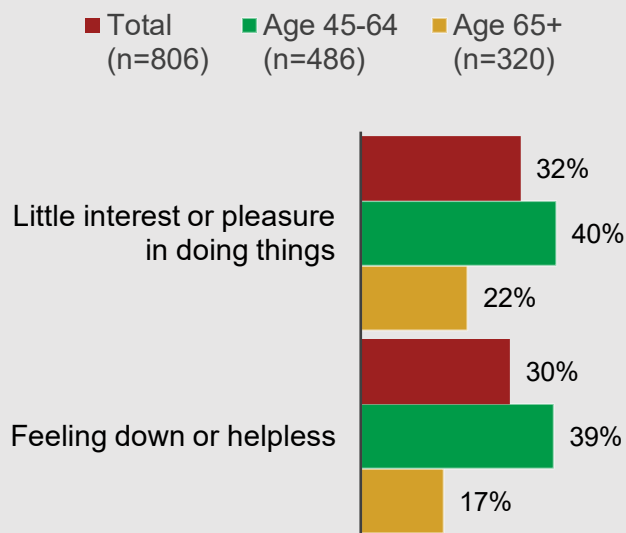
The younger cohort of adults age 45+ are more prone to isolation and rate their brain health worse.

In the 2021 national survey, only three in ten (31%) younger adults (i.e., age 45 to 64) have contact with family, friends, or neighbors who do not live with them everyday, much lower than those who are 65+ (44%). They are also much more likely to feel they lack companionship (48%), feel left out (46%), and feel isolated from others (43%) some of the time or often compared to those 65+ (38%, 29%, and 28%, respectively).



Only two-thirds (66%) of younger adults (i.e., age 45-64) rate their *brain health and mental sharpness* as excellent or very good, significantly lower than those age 65+ (78%).

2022 Mental Health Issues Occurring At Least One Day in Past Week



Problems with mental health are more pronounced among adults age 45-64, as is inability to afford treatment.

Those who are younger (i.e., age 45 to 64) are much more likely than those who are 65+ to report feelings of depression in the past week: Four in ten (40%) 45- to 64-year olds say they felt little interest or pleasure in doing things at least one day in the past week and 39% say they felt down or helpless at least one day in the past week.

U.S. adults age 45 to 64 are also more likely than their older counterparts to have received counseling or therapy in the past five years (27% versus 14%, respectively). Cost is even more a problem for this group of younger adults, with 17% saying there has been a time when they needed help from a mental health professional in the past five years but did not get it because of the cost (compared to 5% of those age 65+).

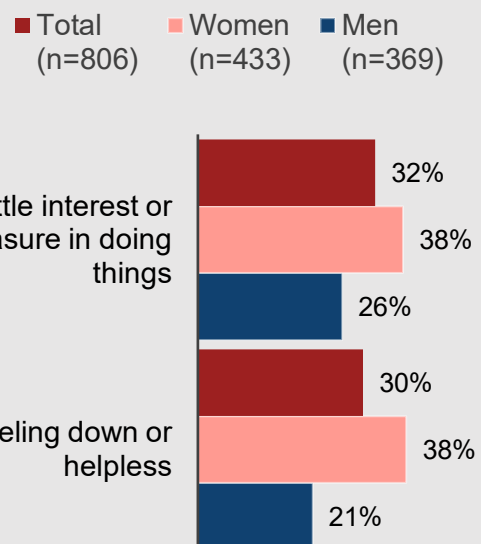


Women are more likely than men to experience symptoms of depression, as well as take advantage of mental health treatment options.

Feelings of depression in the past week are much more prevalent among women than men. Nearly four in ten U.S. women age 45+ say they felt down or helpless (38%) or had little interest or pleasure in doing things (38%) at least one day in the past week, significantly higher than men (21% and 26%, respectively).

Women are also much more likely to seek mental health help, with one-quarter (26%) receiving counseling or therapy from a mental health professional in the past 5 years, compared to 17% of men. Similarly, one in three (32%) U.S. women age 45+ have taken a prescription medication for mental health in the same time period, significantly higher than men (19%).

2022 Mental Health Issues Occurring At Least One Day in Past Week



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