



Disconnected: The escalating challenge of loneliness among adults 45-plus

A spotlight report on loneliness among Hispanic/Latino adults 45 and older

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prepared by Ipsos Public Affairs

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INTRODUCTION

AARP's most recent study on loneliness finds that 4 in 10 (41%) Hispanic/Latino adults 45 and older are lonely, signaling an urgent and critical need to evolve both our understanding of this dynamic group and our solutions.

It has been more than five years since the COVID-19 pandemic normalized discussions of isolation and broader mental and physical health concerns.¹ And it has been more than two years since U.S. surgeon general, Dr. Vivek H. Murthy, declared loneliness an epidemic in the U.S. and the World Health Organization deemed it a global health threat.² Still, loneliness can strike anyone, at any age, and middle-aged and older adults are vulnerable.

Social connections are our lifeline to well-being. And culture can be a great source of connection. Yet for many Hispanic/Latino adults in the U.S., the path to connection can be complicated by personal and family factors that are shaped by immigration stories: generational differences, conflicting values, and distance from family in other countries. At a broader level, language barriers, racism, xenophobia, and immigration status can increase feelings of being an outsider and reluctance to engage in the community. Addressing loneliness requires a multifaceted response. Greater empathy and institutional change are needed, along with advocacy for community programs and policy solutions that clear the path to belonging for all.

This research among Hispanic/Latino adults 45 and older reveals why such action is needed:

Shrinking friend networks, mental health, and solitary time emerge as key loneliness drivers, though religious communities can offer protection.

- Having fewer friends than five years ago nearly triples loneliness odds; a mental health diagnosis and increased time alone also elevate risk.
- Religious communities can serve as a protective factor: 41% of Hispanic/Latino adults age 45-plus attend services monthly or more, with nonlonely adults more likely to attend than lonely adults (46% vs. 33%).



¹ Julianne Hold-Lunstad, "Social Connection as a Critical Factor for Mental and Physical Health: Evidence, Trends, Challenges, and Future Implications," *World Psychiatry* 23, no. 3, (2024): 312–32, <https://doi.org/10.1002/wps.21224>.

² Tedros Adhanom Ghebreyesus, Chido Mpemba, and Vivek Murphy, "Loneliness and Isolation — The Hidden Threat to Global Health We Can No Longer Ignore," *World Health Organization*, July 14, 2025, <https://www.who.int/news-room/commentaries/detail/loneliness-and-isolation-the-hidden-threat-to-global-health-we-can-no-longer-ignore>

Lonely adults seek connection but face significant barriers and weak neighborhood ties.

- 48% desire more social connection, with lack of confidence, fear of rejection, finances, and caregiving more likely to be cited as roadblocks compared to those who are not lonely.
- 47% feel a sense of true belonging in their neighborhood rarely or never.

Tech's double edge: Lonely adults struggle with balance but find community online.

- 44% of lonely adults say it's easy to balance time online with in-person activities (lower than nonlonely adults)
- Nearly as many (39%) believe the internet makes it easier to find others like them (higher than nonlonely adults)



Prolonged loneliness is an issue for many Hispanic/Latino adults 45 and older.

The survey identified loneliness among older U.S. adults using two direct measures: perceived and actual loneliness. The first measure, perceived loneliness, gauges frequency of feeling lonely by asking, “Overall, how often do you feel lonely or isolated from those around you?” Among Hispanic/Latino adults age 45-plus, 3 in 10 (31%) feel lonely always or sometimes. Among these individuals, 3 in 10 (28%) say that feelings of loneliness and social isolation have persisted for six years or more, while 1 in 5 (21%) say they have persisted for more than 10 years. This translates to about 1.8 million who have felt lonely for six-plus years and about 1.4 million who have struggled with these feelings for over 10 years. Meanwhile, among Hispanic/Latino adults 45 and older who feel lonely always or sometimes, most (60%) say there is no specific source for their feelings of loneliness, underscoring how this is a nuanced and multifaceted challenge.

The second measure, actual loneliness, is determined by the UCLA Loneliness Scale³ and reveals a sizable 41% of Hispanic/Latino adults age 45-plus to be lonely, or 8.5 million in 2025. From this point forward, results in this report center on the second measure of loneliness — actual loneliness — as determined by the UCLA Loneliness Scale.

The higher rates observed in the UCLA Loneliness Scale compared with the perceived loneliness measure align with research showing that people tend to underreport loneliness when asked about it directly, using the word “loneliness.”⁴

Demographics

Some groups of Hispanic/Latino adults age 45-plus most likely to be lonely include those:

Age 45 – 59

45%
are lonely

Not married or living with a partner

49%
are lonely

Living in households earning less than \$75K

47%
are lonely



³ See Appendix A1 for more details about the UCLA Loneliness Scale.

⁴ D. W. Russell, W. T. Abraham, A. Austin, and J. Kim, “Measuring Loneliness among Adults: An Evaluation of Current Models,” Cambridge Handbook of Loneliness, Theory, Research, and Interventions, forthcoming.

Social networks and mental health impact loneliness among Hispanic/Latino adults.

A logistic regression model was developed to better understand what distinguishes Hispanic/Latino adults age 45-plus who experience loneliness.⁵ The analysis incorporated socio-demographic measures, health behaviors, and connections to community. The purpose of this approach was to understand the strength of the relationship between the included measures and the UCLA loneliness score.

Results revealed that the size of one's social network and a mental health diagnosis are key drivers of loneliness. The top predictor centers on changes in personal networks: Adults who report having fewer friends than they did five years ago face nearly triple the odds of feeling lonely. Meanwhile, increased hours spent alone heighten the likelihood of loneliness. A mental health diagnosis also plays a significant role, showing that these individuals are significantly more likely to report loneliness. Conversely, having at least two close friends or relatives is a powerful protective factor, reducing the risk of loneliness. Age and positive coping strategies also matter: Growing older and using positive coping strategies each reduce the likelihood of loneliness.



⁵ Results of this model are shown in Appendix A2.



A myriad of barriers stand in the way of greater social connection

Health conditions and challenges can create a vicious cycle: fewer social interactions, declining mental and physical health, and increasing difficulty connecting. Those who are in good, fair, or poor health are more likely to be lonely than those in excellent or very good health (46% vs. 31%). A similar pattern is seen among those who identify as having a disability or chronic health condition (49% vs. 38%).

For Hispanic/Latino people living in the U.S., language barriers, insurance access, as well as socio-economic status and lower average household income can impact health care access, and ultimately diagnosis, treatment, and prevention. The cultural competence (or lack thereof) of health care providers who may misunderstand or misdiagnose Hispanic/Latino patients can further exacerbate the situation, leading them to avoid seeking care. And cultural stigma related to mental health can lead to a lack of information, as well as a reluctance to discuss symptoms or seek treatment.⁶

Health status and disability or chronic condition status

Among Hispanic/Latino adults age 45-plus who are lonely

HEALTH STATUS

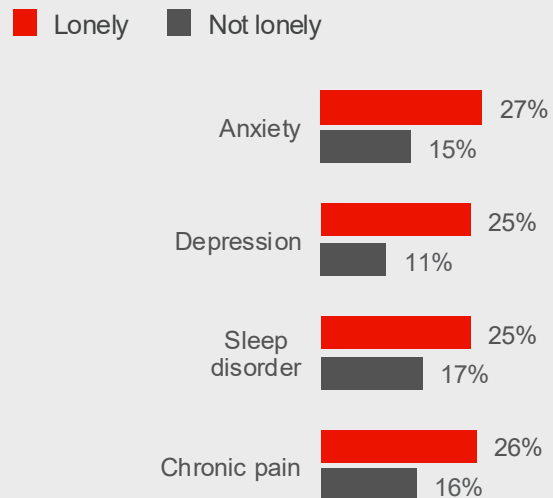


DISABILITY OR CHRONIC CONDITION



Mental Health

Hispanic/Latino older adults who are lonely are roughly two times more likely than those who are not lonely to have been diagnosed with mental health conditions like:

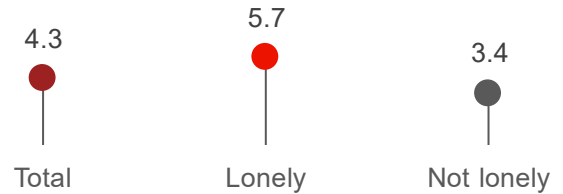


⁶ "Hispanic/Latinx," National Alliance on Mental Illness, <https://www.nami.org/community-and-culture/hispanic-latinx/>

TIME ALONE

Also important is the number of hours spent alone. Lonely Hispanic/Latino adults 45-plus spend an average of nearly six hours a day alone, compared to just over three hours, on average, among those who are not lonely.

Mean number of hours spent alone each day
Among Hispanic/Latino adults age 45-plus



LIFE TRANSITIONS

The survey explored several life transitions, including the passing of someone close, a loved one moving away, and retirement. Thinking about the past five years, specifically, 6 in 10 (62%) Hispanic/Latino adults 45 and older report at least one close relative (48%) or good friend (22%) passing away or that their spouse/partner passed away (4%). Three in 10 (28%) experienced a good friend (8%), an adult child (14%), or another close relative (9%) moving away in the past five years.

One in 4 (26%) Hispanic/Latino adults 45 and older are retired, typically making this transition 7.8 years ago, on average. Two in 3 (67%) retirees keep in touch with former colleagues — some (16%) even doing so regularly — preserving these relationships.

It's critical to note that cultural factors, such as close-knit intergenerational households, may provide protective benefits to Hispanic/Latino communities during key life transitions. However, acculturation over time can erode these social buffers, potentially increasing vulnerability to isolation and grief in later life.⁷ Meanwhile, these same interconnected networks can amplify trauma ripple effects and financial instability, particularly evidenced during the COVID-19 pandemic.⁸



Lonely or not lonely, life transitions are inevitable

Lonely Hispanic/Latino individuals are about as likely as those who are not lonely to have experienced the passing of someone close to them, or a loved one moving away, in the past five years.

They are also on par with non-lonely individuals on being retired.

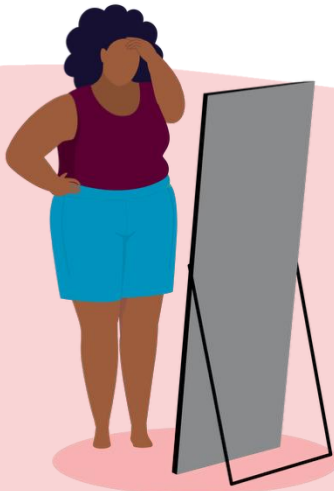
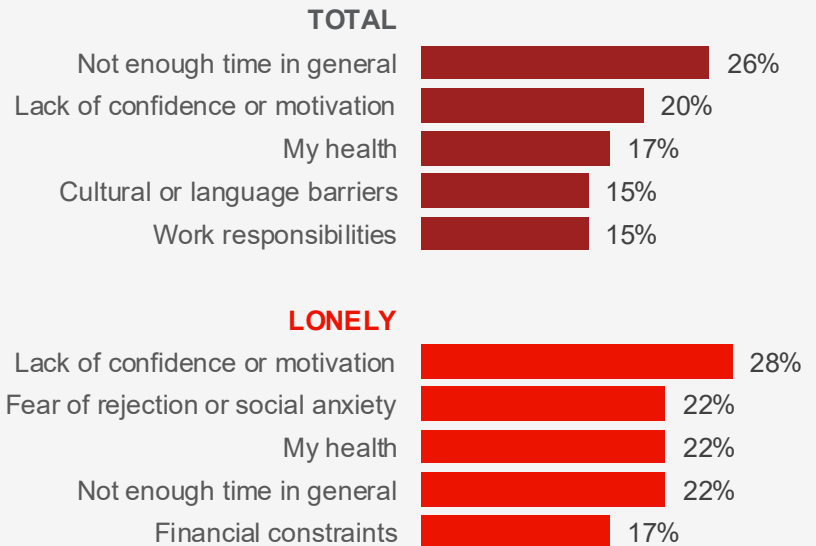
⁷ Michelle Chang and Theodore F. Robles, "Measuring Premature Cumulative Family Member Bereavement: Racial Disparities and Later Mortality Risk," *Proceedings of the National Academy of Sciences*, 124, no. 24 (June 15, 2025), <https://doi.org/10.1073/pnas.2313600122>.

⁸ Alicia R. Riley, Louise C. Hawkins, and Lissette M. Piedra, "Unequal Loss: Disparities in Relational Closeness to a COVID-19 Death Among U.S. Older Adults," *Journal of the American Geriatrics Society*, 72, no. 5 (2024): 1483–90, <https://doi.org/10.1111/jgs.18755>.

PSYCHOLOGICAL AND OTHER BARRIERS

Hispanic/Latino adults 45 and older were asked if they would like to be more socially connected to others and, if so, what factors currently stand in their way. More than 4 in 10 wish to be more socially connected (43% — higher than among U.S. adults age 45-plus overall, 36%). Among Hispanic/Latino adults who wish to be more socially connected, the top five roadblocks are not enough time (26%), lack of confidence or motivation (20%), health (17%), cultural or language barriers (15%), and work responsibilities (15%). About one in 10 cite fear of rejection or social anxiety (12%), financial constraints (12%), and caregiving responsibilities (8%) as barriers to social connection.

Top barriers to being more socially connected *Among Hispanic/Latino adults age 45-plus, total vs. lonely*



Lack of confidence or motivation is the top barrier to greater social connection among lonely Hispanic/Latino adults

28% vs. **12%**
LONELY vs. NOT LONELY

Other important barriers:

Fear of rejection or social anxiety
22% LONELY vs. **5%** NOT LONELY

Financial constraints
17% LONELY vs. **8%** NOT LONELY

Caregiving responsibilities
11% LONELY vs. **4%** NOT LONELY

Lonely Hispanic/Latino adults have a limited — and shrinking — social network.

The survey incorporated a Social Resources Index (SRI),⁹ a composite measure of social resources. The SRI addresses four types of social connections — marital status, number of close family and friends, participation in religious services or events, volunteering and membership in other community organizations — and allows for the categorization of U.S. adults age 45 and older into two groups: those with low social resources and those with high social resources. The study finds 1 in 3 (33%) Hispanic/Latino adults 45-plus falling into the low social resources group, including more than 4 in 10 (44%) among those who are lonely.

Looking at one of the measures that underpins social resources — friends — a large majority (82%) of Hispanic/Latino adults 45 and older have at least one close friend with whom they feel at ease and can discuss private matters. In fact, they have an average of 2.9 close friends. (The average number of close relatives is 3.6, higher than among U.S. adults age 45-plus overall.)

Lonely adults have a smaller network of close friends

2.7 mean number of close friends

Have no one to discuss private matters

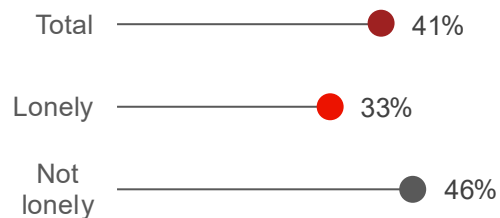
29%

Have fewer friends today than 5 years ago

46%

Percent attending religious services monthly or more often

Among Hispanic/Latino adults age 45-plus



Almost half of Hispanic/Latino women age 45 and older attend religious services (46%, significantly higher than men, 35%).

However, many Hispanic/Latino 45-plus adults report shrinking friend groups. Three in 10 (30%) report having fewer friends today than they did five years ago. Nearly 6 in 10 (57%) say their number of friends is unchanged, while only 13% say they now have more friends.

Notably, religious communities can serve as protective factors against loneliness. Four in 10 (41%) Hispanic/Latino adults age 45-plus currently attend religious services at least once a month, and 1 in 4 (27%) do so weekly or more often. Regular religious service attendance is more common among Hispanic/Latino women than men, and among nonlonely adults than among lonely adults. Hispanic/Latino adults age 45-plus are more likely than U.S. adults 45-plus overall to attend religious services at least monthly (41% vs. 36%).

¹³ L. F. Berkman & S. L. Syme. "Social Networks, Host Resistance, and Mortality: A Nine-Year Follow-up of Alameda County Residents." *American Journal of Epidemiology*, (1979): 109, 186–204, <https://doi.org/10.1093/oxfordjournals.aje.a112674>; E. Loucks et al., "Social Networks and Inflammatory Markers in the Framingham Heart Study," *Journal of Biosocial Science*, 38, no. 6 (2006): 835–42, <https://doi.org/10.1017/s0021932005001203>; A. Steptoe, P. Shankar, J. Demakakos, J. Wardle, "Social Isolation, Loneliness, and All-Cause Mortality in Older Men and Women," *Proceedings of the National Academy of Sciences*, 110, no. 15 (2013): 5797–580, <https://doi.org/10.1073/pnas.1219686110>.

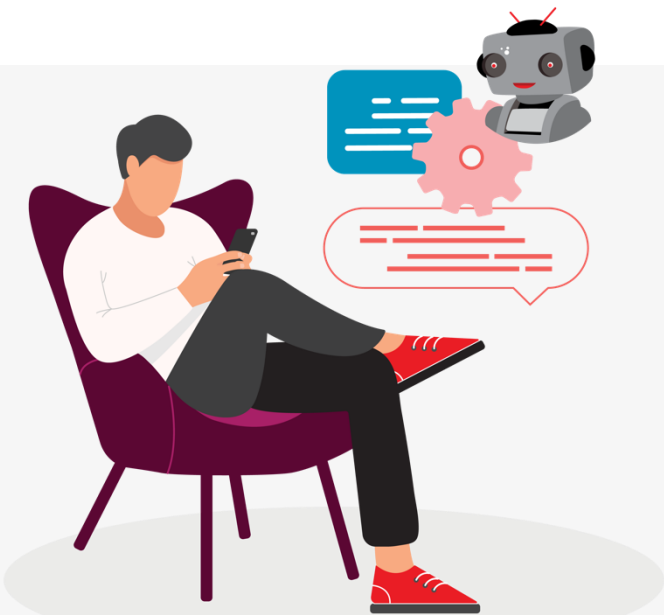
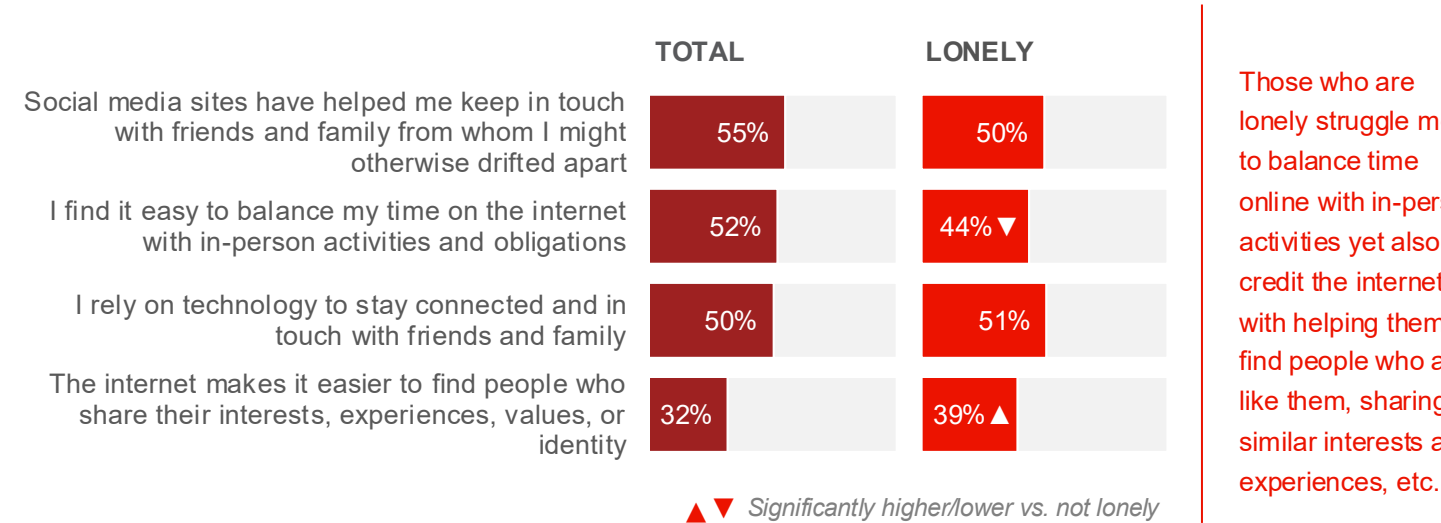
Tech’s double edge: Enhancing connection and deepening isolation among Hispanic/Latino adults 45-plus.

In 2025, virtually all (98%) Hispanic/Latino adults 45 and older had some form of internet connection at home. Ownership of one or more internet-enabled personal devices like smartphones (83%), desktop/laptop computers or tablets (68%), and wearables (25%) is high as well.

Among those who own and use internet-enabled personal devices, half (50%) rely on technology to stay connected to family and friends. Even more (55%) agree that social media sites like Facebook and Instagram help them stay in touch with friends and family from whom they might otherwise have drifted apart. Another 52% say they find it easy to balance their time on the internet with in-person activities and obligations.

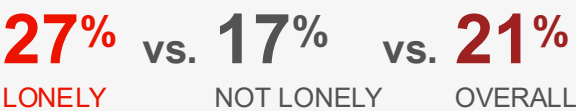
Attitudes toward technology

Among Hispanic/Latino adults age 45-plus, total vs. lonely



Embracing tech for connection

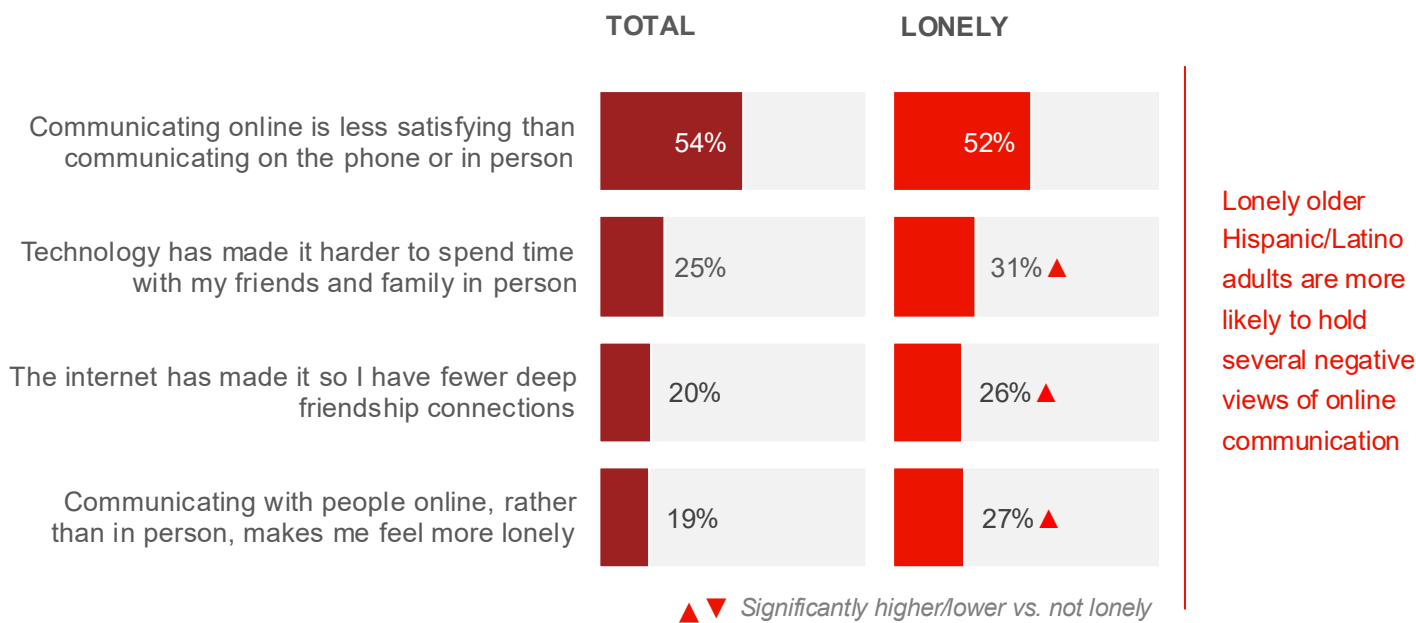
Lonely Hispanic/Latino adults 45-plus are more likely to express interest in new technologies, including AI, to offer companionship, conversation, or reminders to connect with others.



However, the picture isn't entirely positive. While online interactions enhance connection for some, many Hispanic/Latino adults age 45-plus express reservations about these interactions. More than half say online communication is less satisfying than phone or in-person communication (54%). Other, less widely-held negatives about digital communication include the idea that technology has made it more difficult to spend time with friends and family in person (25%), the internet has resulted in fewer deep friendship connections (20%), and communicating with people online increases feelings of loneliness (19%).

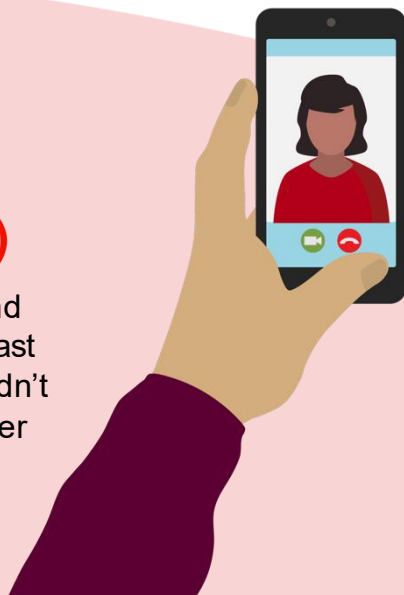
Attitudes toward technology

Among Hispanic/Latino adults age 45-plus, total vs. lonely



1 in 5 (22%)

Hispanic/Latino adults 45 and older say they have met at least one person online who they didn't know before and now consider a real friend.



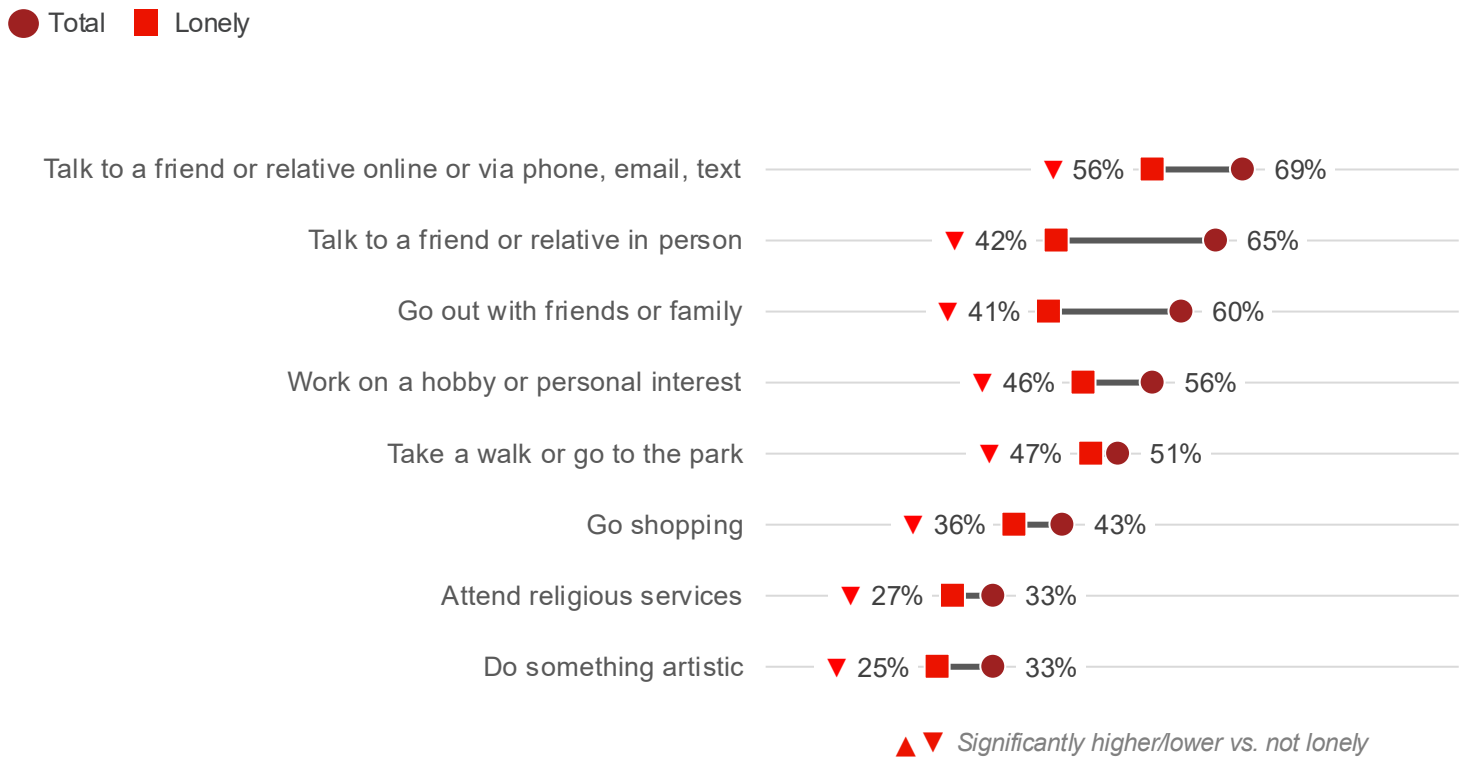
Few (7%) of those who own/use internet-enabled personal devices seek online relationships to avoid feeling lonely, though this is nearly twice as high among those who are lonely (13%).

Hispanic/Latino adults 45 and older leverage a variety of coping strategies; lonely adults gravitate toward the solitary.

Individuals often use different coping strategies to deal with loneliness. Overall, the top strategies among Hispanic/Latino adults age 45 and older are a mix of social and solitary. On the social side, large majorities opt to talk to a friend or relative in person (65%) or via phone, text, email, or the internet (69%). Some examples of more solitary coping mechanisms include things like watching television (76%) or surfing the internet (66%).

Behaviors to cope with feelings of loneliness or isolation

Among Hispanic/Latino adults age 45-plus, total vs. lonely



When coping with loneliness, Hispanic/Latino adults age 45-plus who are lonely engage in solitary and sedentary behaviors — like watching TV, surfing the internet or sleeping — at rates similar to the broader group. Where they differ is in social and active strategies, which they are less likely to use.

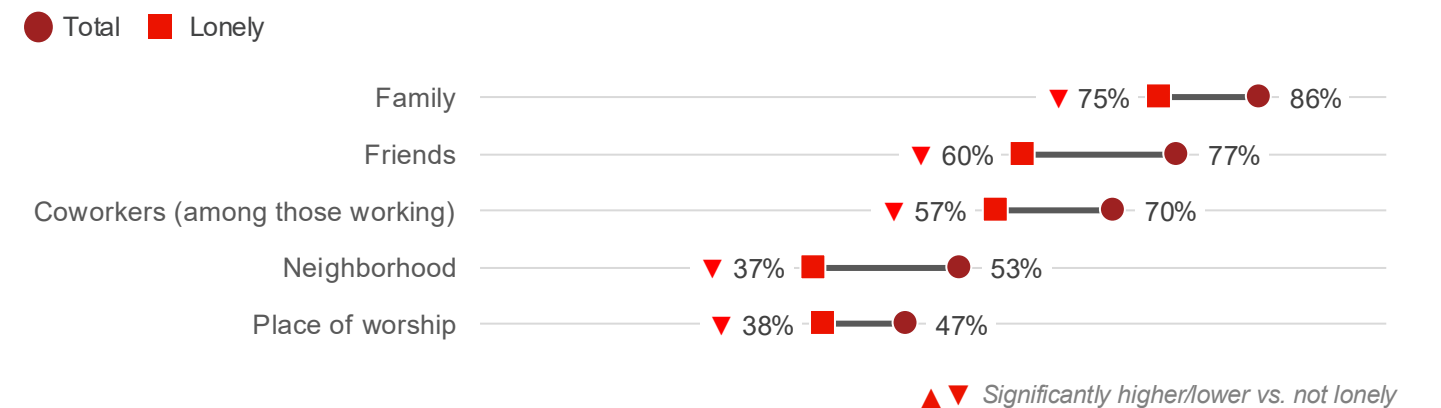
Interestingly, Hispanic/Latino adults age 45-plus who are lonely are less likely to engage in social, creative, or active coping strategies but are on par with those who are not lonely in leveraging solitary strategies. This marks a different pattern than among U.S. adults age 45-plus overall, where lonely individuals are more likely to lean into solitary coping mechanisms.

Feelings of true belonging provide a foundation for connection, for both lonely and nonlonely adults 45-plus.

In spite of the many disparities observed between Hispanic/Latino adults who are lonely and those who are not lonely, the notion of truly belonging is one that resonates across the board and has the potential to move the needle. The majority of Hispanic/Latino adults age 45-plus say they always or sometimes feel as though they truly belong when they are with important people in their lives, such as family (86%), friends (77%), and co-workers (70%, among those working). Smaller shares — about half — feel they truly belong in their neighborhoods (53%) and at their place of worship (47%). Far fewer say they rarely or never feel they truly belong. These findings underscore the importance of leveraging existing bonds in one’s social network. Maintaining and further cultivating these relationships can help safeguard against loneliness and social isolation.

Sometimes or always feel like they "truly belong" with...

Among Hispanic/Latino adults age 45-plus, total vs. lonely



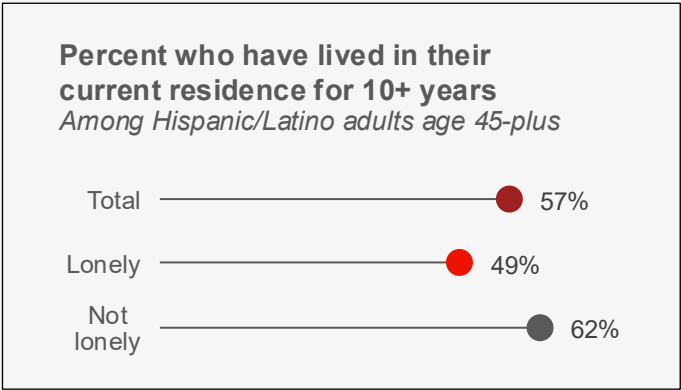
While lonely adults are less likely to feel they truly belong with these individuals, a similar pattern is seen (i.e., the share who feel true belonging “always” or “sometimes” is typically higher than those who feel this way “rarely” or “never” (neighborhood is the exception).)

Notably, feelings of true belonging in one’s neighborhood are lower among Hispanic/Latino adults age 45-plus than among U.S. adults age 45-plus overall (53% vs. 61%, always or sometimes).

Outsiders in their own neighborhoods

Lonely Hispanic/Latino older adults are more likely to feel like they rarely or never truly belong in their neighborhoods than to feel this way always or sometimes (47% vs. 37%).

They are also less likely than those who are not lonely to have lived at their current residence for 10 years or more.



Implications

Today, many Hispanic/Latino adults 45 and older are quietly struggling with feelings of loneliness and have been for years. The consequences of inaction can be dire: increased risk of heart disease, anxiety and depression, and dementia, to name a few. Yet there is reason for hope. These communities are richly diverse, spanning numerous countries of origin, territories, cultures, and immigration journeys. Culturally affirming spaces, peer support networks, and programs designed with and for these communities can go a long way in helping people feel less alone.

Effective loneliness solutions, particularly for Hispanic/Latino adults age 45-plus, must be as nuanced and complex as the challenge itself, requiring action at every level. At the individual level, we should feel empowered to reach out to a friend we've lost touch with and take steps to form new connections (e.g., through places of worship). Organizations have a critical role, too. Knowing that many in this community face barriers such as a lack of confidence or fear of rejection, organizations must approach outreach with empathy and authenticity, centering Hispanic/Latino experiences and building programs collaboratively with the community. Solutions should also account for real-life complexities: mixed comfort with technology, health challenges that may limit participation, and safety concerns that affect willingness to engage in public spaces.

At the broader level, robust awareness campaigns and policy solutions, such as the Improving Measurements for Loneliness and Isolation Act.¹⁰ They are essential to enacting change. Ultimately, all solutions — whether personal, organizational, or policy-driven — must be expansive in their reach and acknowledge the exclusion and marginalization that Hispanic/Latino adults in the U.S. navigate to be truly designed to work for everyone.



¹⁰ Improving Measurements for Loneliness and Isolation Act of 2025. H.R. 1305. 119th Congress (2025). <https://www.congress.gov/bill/119th-congress/house-bill/1305>.

Methodology

Data for this study were collected by Ipsos through the KnowledgePanel®, an online research panel that is representative of the entire US population. KnowledgePanel® panelists are randomly recruited by probability-based sampling, and households are provided access to the internet and hardware if needed.

The survey included questions about health, health behaviors, current relationships, size of social network, frequency and methods of communication with individuals in that network, participation in religious services, feelings of loneliness and coping strategies, connection with neighbors, and use of social communication technology.

The survey was fielded from August 4 to 19, 2025. Surveys were completed in both English and Spanish, according to panelists' language preference. The sample for the main study consisted of 4,561 U.S. residents 45 and older. Of those sampled, 3,358 completed the survey and 3,276 qualified, yielding 74% completion and 97% qualification. All differences noted throughout the report are at the 95% confidence level unless stated otherwise.

In addition to the main sample, a number of oversamples were conducted among respondents age 45 and older, including Hispanic (n=618) — the subject of this report — as well as non-Hispanic African American/Black (n=550), non-Hispanic AANHPI (n=547), LGBTQ+ (n=711), and veterans (n=614).





Appendix

Appendix A1 — UCLA Loneliness Scale

Respondents were asked how often they feel the way described in the 20 statements below — always, sometimes, rarely, or never. Items 1, 5, 6, 9, 10, 15, 16, 19, 20 were reverse scored. Respondents with a score of under 44 are considered “not lonely,” while those with a score of 44 or higher are considered “lonely.”

1. How often do you feel that you are “in tune” with the people around you?
2. How often do you feel that you lack companionship?
3. How often do you feel that there is no one you can turn to?
4. How often do you feel alone?
5. How often do you feel part of a group of friends?
6. How often do you feel that you have a lot in common with the people around you?
7. How often do you feel that you are no longer close to anyone?
8. How often do you feel that your interests and ideas are not shared by those around you?
9. How often do you feel outgoing and friendly?
10. How often do you feel close to people?
11. How often do you feel left out?
12. How often do you feel that your relationships with others are not meaningful?
13. How often do you feel that no one really knows you well?
14. How often do you feel isolated from others?
15. How often do you feel you can find companionship when you want it?
16. How often do you feel that there are people who really understand you?
17. How often do you feel shy?
18. How often do you feel that people are around you but not with you?
19. How often do you feel that there are people you can talk to?
20. How often do you feel that there are people you can turn to?

Appendix A2 — Predictors of Loneliness

Logit Probability Model: Likelihood of 0 = being not lonely or 1 = lonely, using the UCLA Loneliness Scale cut point. Positive figures indicate a greater likelihood of being lonely, while negative figures indicate a greater likelihood of not being lonely.

Factors significantly <i>increasing</i> the likelihood of being lonely			
Demographic / Characteristic	Additional context	B	Exp (B) Odd +/-
Have fewer friends than five years ago	Having fewer friends now than five years ago nearly triples the likelihood of being lonely (i.e., a 2.646 odds ratio of being lonely relative to the even odds [i.e., 1.0] of being lonely among those having the same number of friends).	0.973	2.646
Mental health diagnosis	Those diagnosed with a mood disorder are nearly 70% (i.e., odds =1.68) more likely to report being lonely than those without such a diagnosis.	0.519	1.68
Number of hours spent alone	As the number of hours spent on one's own increases, likelihood of reporting being lonely increases.	0.316	1.371
Leverages negative coping strategies	For each reported negative coping behaviors (9 total), the likelihood of being lonely increases by 18%.	0.162	1.176

Factors significantly <i>decreasing</i> the likelihood of being lonely			
Demographic / Characteristic	Additional context	B	Exp (B) Odd +/-
Number of close friends and relatives (note: a component of Social Resource Index)	Having at least 2 close relatives or two close friends reduces the odds of being lonely to about 6 in 10 (alternatively, the odds of being lonely are reduced from 'equal odds' by about 53% [i.e., 1 - 0.57] for those with this social resource).	-0.562	0.57
Age (in 10-year increments)	As age increases, the likelihood of being lonely decreases.	-0.312	0.732
Leverages positive coping strategies	For each reported positive coping behaviors (9 total), the likelihood of being lonely decreases by 26% (i.e., 1-.74).	-0.308	0.735
Have more friends today than five years ago	Having more friends reduces the odds of being lonely by 25% (1 - .749), relative to having the same number of friends in the past 5 years.	-0.289	0.749
Self-reported health status	As health status improves, likelihood of being lonely decreases.	-0.209	0.811

Control variables and relevant, but not significant, predictors of loneliness			
Demographic / Characteristic	Additional context	B	Exp (B) Odd +/-
Urban	Relative to Suburban	0.397	1.487
Female	Women are slightly less likely than men to report being lonely.	-0.269	0.764
Rural	Relative to Suburban	0.263	1.301
Married or living with partner (a component of the Social Resource Index)		-0.253	0.777
Retired	Those who are retired are no more or less likely to be lonely than those who are not working (but in the workforce).	0.23	1.259
Group engagement, volunteering (a component of the Social Resource Index)		0.223	1.249
Attend worship services at least once per month (a component of the Social Resource Index)		-0.106	0.899
Household income of \$100,000 or more	The odds of being lonely is no greater for those earning more than \$100K than for those earning \$50K–99K.	-0.085	0.918
Household income of less than \$50,000	The odds of being lonely is no greater for those earning less than \$50K than for those earning \$50K–99K.	0.052	1.054

About AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence, AARP strengthens communities and advocates for what matters most to the 125 million Americans 50-plus and their families: health and financial security, and personal fulfillment. AARP also produces the nation's largest-circulation publications: AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org/about-aarp/, www.aarp.org/español or follow @AARP, @AARPLatino and @AARPadvocates on social media.

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