

Aging Well in America

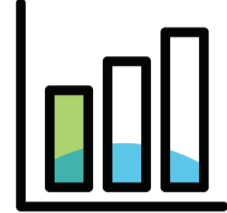
Optimism Despite Challenges

Americans are signaling a shift in what it means to live a fulfilling life.



2 out of 3

Americans would **prefer independence** over longevity without self-sufficiency as they age.



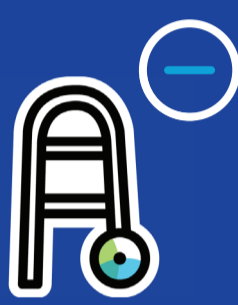
For those already aged 65+, that desire increases to **78%**



Despite facing real challenges as they grow older, America's seniors indicate an optimistic perspective on aging.



60% of seniors report a very or somewhat positive perception of aging.



48% of Americans believe the country views aging negatively, with that perception increasing to **54%** among seniors.



Two-thirds of older adults still think America is a good place to age well, but they have significant concerns. **More than half of baby boomers** are worried they won't have enough savings in retirement to support themselves.



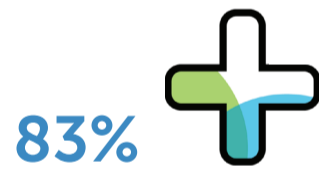
1 in 4 baby boomers expect their mental health to worsen with age, and more than **4 in 10** baby boomers worry they'll end up in a nursing home.



Health Is Valued, But Not Always Prioritized



94% of adults 65+ say their **health and well-being** is important or a **top priority**.



83% of adults 65+ agree that there are **lifestyle changes they can make now** to improve their aging.



Only **2 in 5** seniors make consuming a **healthy diet and exercising** a priority.

Primary Care Is Critical But Underutilized



54% of adults 65+ report **not regularly seeing** their primary care provider.



28% of adults aged 45–64 report visiting their primary care doctor regularly.

Family & Community are perceived as the biggest support systems to help enable aging well.

Among all adults, **family is the number one factor** that people believe will have the most impact on their **ability to age well**, other than themselves. People's primary care providers are a close second.

Family **31%**

Primary Care Provider **28%**

Among those 65+, **primary care providers are the number one factor** that people believe will have the most impact on their **ability to age well**, other than themselves. Family is a close second.

Primary Care Provider **36%**

Family **34%**



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