



Questions were answered by respondents age 50–80.

Q1. In your day-to-day life, how often do the following things happen to you?

	Often	Sometimes	Rarely	Never
I hear, see, and/or read jokes about old age, aging, or older people.				
I hear, see, and/or read things suggesting that older adults and aging are unattractive or undesirable.				
People insist on helping me with things I can do on my own.				
People seek my guidance because of my wisdom and experience.				

Q2. In your day-to-day life, how often do the following things happen to you?

	Often	Sometimes	Rarely	Never
People assume I have difficulty hearing and/or seeing things.				
People assume I have difficulty remembering and/or understanding things.				
People assume that I have difficulty with cell phones and computers.				
People assume I do not do anything important or valuable.				

Q3. How much do you agree with the following statements?

	Strongly agree	Agree	Disagree	Strongly disagree
As I get older, my life is better than I thought it would be.				
My feelings about aging have become more positive as I've gotten older.				
I have a strong sense of purpose.				
I feel more comfortable being myself as I've gotten older.				

Q4. How much do you agree with the following statements?

	Strongly agree	Agree	Disagree	Strongly disagree
Feeling depressed, sad, or worried is part of getting older.				
Feeling lonely is part of getting older.				
I invest time or effort to look younger than my age.				
I make sure to do activities that I believe are important for my health.				

Q5. How would you compare how you look to other people your age?

1. Younger
2. Older
3. Same

National Poll on Healthy Aging Team

Preeti Malani, MD, MSJ, MS
Director

Jeffrey Kullgren, MD, MS, MPH
Associate Director

Erica Solway, PhD, MPH, MSW
Associate Director

Julie Ober Allen, PhD, MPH
Research Collaborator

Dianne Singer, MPH
Production Manager

Matthias Kirch, MS
Data Analyst

The Regents of the University of Michigan

Jordan B. Acker, Huntington Woods
Michael J. Behm, Grand Blanc
Mark J. Bernstein, Ann Arbor
Paul W. Brown, Ann Arbor
Shauna Ryder Diggs, Grosse Pointe
Denise Ilitch, Bingham Farms
Ron Weiser, Ann Arbor
Katherine E. White, Ann Arbor
Mark S. Schlissel (ex officio)

The University of Michigan is a Non-discriminatory, Affirmative Action Employer.

© 2020, The Regents of the University of Michigan