



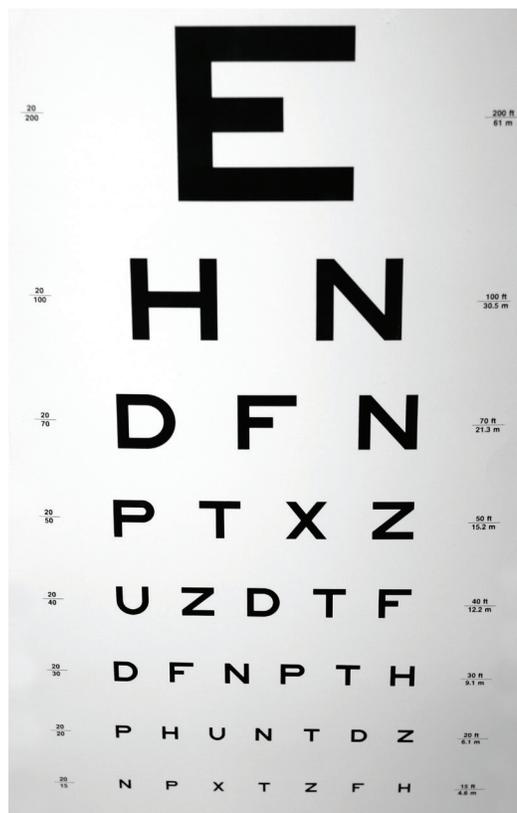
May 2023

Welcome Back and Thank You!

This year marks the 13th year of interviews for the National Health and Aging Trends Study (NHATS). We are welcoming back thousands of participants who have been an important part of this study for many years. Thank you for continuing to contribute to the study! The new activities that were added to your interview last year, including vision, hearing, and memory activities, were a great success thanks to your cooperation. NHATS continues to be used widely to understand how life changes as we age. We are pleased to share with you a few new findings.

Let's Get Engaged

Most of us have activities that we find meaningful - whether visiting family, volunteering, or caring for grandchildren. Researchers used NHATS to look at the effects of participating in meaningful activities on health and wellbeing. They found not only emotional benefits but also better physical outcomes - and even better brain health - for those engaging in meaningful activities.



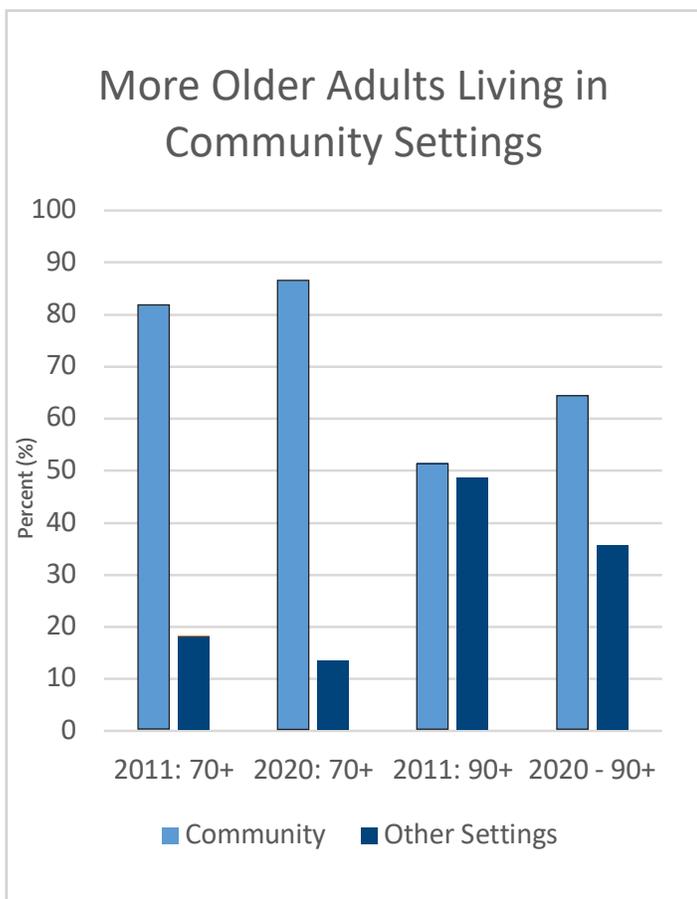
Seeing is Believing

In 2021, NHATS conducted the first national home-based assessment of vision for older adults. Unlike a visit to the eye doctor, NHATS participants had their vision measured with their glasses if usually worn. Researchers found about 1 in 10 older adults have difficulty seeing at a distance, 1 in 5 had trouble reading letters up close, and 1 in 10 had trouble seeing light letters on a light background. These numbers are higher than typically seen in clinical settings, suggesting more attention to eyesight of older adults is needed.

Trending: #HomeSweetHome

Places that offer services - whether retirement communities, independent or assisted living facilities, or nursing homes – can be an important alternative to community living. But are these places becoming more popular as the population ages?

Researchers used NHATS to look at the latest trends in housing. They found that among adults ages 70 and older, living in the community has increased, while other settings have declined. The biggest increases were observed for those ages 90 and older.

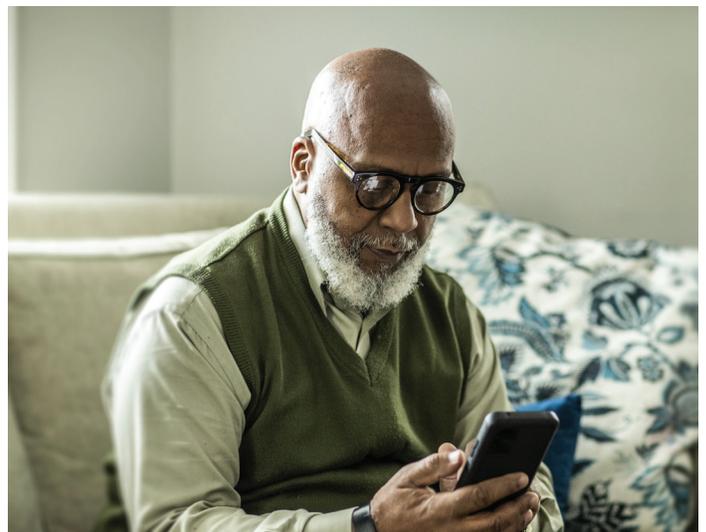


A COVID-19 Response: Online Activities

COVID-19 made it difficult for many to go about daily routines and stay connected. The solution for some: more online activities.

According to NHATS, in 2020, more older adults went online to order food, communicate with healthcare providers, and keep in touch with family and friends.

One conclusion from this study? When designing technologies for going online, the needs of older adults - for things like larger buttons and lower prices - should be considered.



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This study is sponsored by the National Institute on Aging.