

**2025 PEW RESEARCH CENTER'S AMERICAN TRENDS PANEL
Wave 178: Survey on Aging
SEPTEMBER 2-8, 2025**

**TOPLINE
N=8,750**

Note: All numbers are percentages unless otherwise noted. Percentages less than 0.5% are replaced by an asterisk (*). A hyphen (-) indicates that the sample size for a given subgroup is too small to report for that question. Rows/columns may not total 100% due to rounding.

"No answer" includes web respondents who do not answer the question as well as telephone respondents who refuse to answer or who say they don't know how to answer. In cases where "not sure" was offered as an explicit option to web and telephone respondents, the "no answer" category includes only web skips and telephone refusals.

This survey was conducted primarily online, with some interviews conducted by live telephone. This topline shows the programming language for online administration. For details on how questions were slightly modified for phone administration, visit the questionnaire.

American Trends Panel surveys conducted between October 2016 and June 2024 were conducted fully online (with tablets and data plans provided to adults without home internet).

PN = Programming note

	Sample size	Margin of error at 95% confidence level
All adults	8,750	+/- 1.4 percentage points
Under 65	6,156	+/- 1.6 percentage points
65 and older	2,582	+/- 2.4 percentage points

ADDITIONAL QUESTIONS PREVIOUS RELEASED OR HELD FOR FUTURE RELEASE.

AGEFEEL

ASK ALL:

[PN: ROTATE RESPONSE OPTIONS 1-2/2-1, HOLDING 3, 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]

Thinking about your age, would you say you feel...

Sep 2-8,
2025

40	Younger than your age
20	Older than your age
40	About your age
*	No answer

LIVELONG**ASK ALL:**

[PN: PROGRAM A NUMERIC TEXT BOX; VALID RANGE 0-200; NO LETTERS OR DECIMALS OR NEGATIVE NUMBERS]

[PN: IF ENTERS A NUMBER GREATER THAN 200, HARD PROMPT: "Please enter a number 0-200. If you would like to live for 200 years or more, enter 200 and click Next."]

If you had a choice, until what age would you want to live?

Sep 2-8,

2025

25	80 or younger
29	81-90
27	91-100
6	101-120
5	121 or older
8	No answer

91	Mean age
90	Median age

AGINGOE

ASK ADULTS 65 AND OLDER (X_AGECA1=4) [n=2,582]:

Based on your own experiences, what advice would you give to younger people to help them prepare for getting older?

[PN: INSERT OPEN END TEXT BOX WITH NO CHARACTER LIMIT]

Sep 2-8,

2025²

49	Health advice
37	Financial advice
24	Mindset/Life outlook
11	Relationship advice
8	Work advice
7	Having faith/Religion
7	Advice about pursuing activities
2	Travel, specific mention
3	Other
8	No answer/Unintelligible/Unrelated

¹ AGECA1 asked in a prior survey.

² Totals exceed 100% due to multiple responses.

AGECONTROL1**ASK ALL:**

[PN: ROTATE RESPONSE OPTIONS 1-5/5-1, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]

In general, how much control do you think people have over the aging process?

Sep 2-8,
2025

8	A great deal
23	A fair amount
39	Some
21	Not too much
9	None at all
*	No answer

AGECONTROL2**ASK ALL:**

[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS AGECONTROL1, HOLDING 98 AND 99 LAST; INCLUDE RANDOMIZATION AND ROTATION IN DATA FILE]

Thinking about how aging affects different aspects of people's lives, how much control do you think people have over each of the following as they grow older?

		A great <u>deal</u>	A fair <u>amount</u>	<u>Some</u>	Not too <u>much</u>	<u>None at all</u>	No <u>answer</u>
a.	How old they look Sep 2-8, 2025	10	28	45	14	3	*
b.	Their physical health Sep 2-8, 2025	26	41	27	5	1	*
c.	Their physical mobility Sep 2-8, 2025	21	39	31	7	2	*
d.	Their mental sharpness Sep 2-8, 2025	14	33	38	11	3	*

AGEWELL1**ASK ADULTS UNDER 65 (X_AGE CAT=1,2,3) [n=6,156]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN³, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

"Aging well" often refers to a person's quality of life as they get older, and may include how well they're doing physically, mentally and emotionally.

Thinking about your future, overall, do you think you will age...

Sep 2-8,

2025

6	Extremely well
24	Very well
52	Somewhat well
15	Not too well
3	Not well at all
*	No answer

AGEWELL2**ASK ADULTS UNDER 65 (X_AGE CAT=1,2,3) [n=6,156]:**

Are you actively taking steps in your daily life to try to improve your chances of aging well?

Sep 2-8,

2025

78	Yes
21	No
*	No answer

THINKOLD**ASK ADULTS UNDER 65 (X_AGE CAT=1,2,3) [n=6,156]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

How often do you think about what your life will be like when you are in your 70s and beyond?

Sep 2-8,

2025

5	Extremely often
14	Very often
42	Sometimes
30	Rarely
9	Never
*	No answer

³ ROTATION_GEN created to assign panelists' rotation orders for the following questions: AGEWELL1, THINKOLD, OLDFEEL1, OLDFEEL2, AGEWELL3, FEELMOD, MEMORYLOSS, EXERCISE, FAMCONTACT, AGEACTIV, LEARNNEW, SAVENOUGH.

[PN: RANDOMIZE ORDER OF OLDFEEL1 AND OLDFEEL2 SHOWN ON SAME SCREEN; INCLUDE RANDOMIZATION IN DATA FILE]

OLDFEEL1

ASK IF THINK ABOUT LIFE IN 70s AND BEYOND AT LEAST SOMETIMES (THINKOLD=1,2,3)

[n=3,856]:

[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]

When you think about what your life will be like in your 70s and beyond, do you feel...

Sep 2-8,

2025

6	Extremely worried
11	Very worried
50	Somewhat worried
28	Not too worried
5	Not worried at all
*	No answer

OLDFEEL2

ASK IF THINK ABOUT LIFE IN 70s AND BEYOND AT LEAST SOMETIMES (THINKOLD=1,2,3)

[n=3,856]:

[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]

When you think about what your life will be like in your 70s and beyond, do you feel...

Sep 2-8,

2025

3	Extremely excited
8	Very excited
40	Somewhat excited
39	Not too excited
9	Not excited at all
*	No answer

[PN: SHOW OLDFEEL1OE AND OLDFEEL2OE ON SAME SCREEN IN SAME ORDER AS OLDFEEL1 AND OLDFEEL2; INCLUDE RANDOMIZATION IN DATA FILE]

OLDFEEL1OE

ASK IF AT LEAST SOMEWHAT WORRIED (OLDFEEL1=1,2,3) [n=2,556]:

What are some things you feel worried about when you think about what your life will be like in your 70s and beyond?

[PN: INSERT OPEN END TEXT BOX WITH NO CHARACTER LIMIT]

Sep 2-8,
2025⁴

28	Financial worries, general
24	Physical, mobility issues
16	Relationship worries, loneliness
15	Health, broad mention
12	State of the world
9	Cognitive/mental health issues
7	Losing independence
7	Worries about needing care
3	Death
3	Social security mention
1	Physical appearances
3	Other (exclusive)
18	No answer/Unintelligible/Unrelated

OLDFEEL2OE

ASK IF AT LEAST SOMEWHAT EXCITED (OLDFEEL2=1,2,3) [n=1,885]:

What are some things you feel excited about when you think about what your life will be like in your 70s and beyond?

[PN: INSERT OPEN END TEXT BOX WITH NO CHARACTER LIMIT]

Sep 2-8,
2025⁵

29	More time with family/friends
23	Time with grandkids, specific mention
21	Freedom, more time for activities
19	Retire/not having to work
14	Travel, specific mention
4	Having less worries/stress
3	Having more money/wealth
3	Inventions and tech
1	Moving to a new area or place
1	Receiving Social Security/pension/other benefits
11	Other (exclusive)
20	No answer/Unintelligible/Unrelated

⁴ Totals exceed 100% because of multiple responses.

⁵ Totals exceed 100% because of multiple responses.

AGEWELL3**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

"Aging well" often refers to a person's quality of life as they get older, and may include how well they're doing physically, mentally and emotionally.

Thinking about your own experience, overall, would you say you are aging...

Sep 2-8,

2025

11	Extremely well
38	Very well
43	Somewhat well
7	Not too well
1	Not well at all
1	No answer

DISPLAY TO ADULTS 65 AND OLDER (X_AGECA=4):

Next, we'd like to learn about how things are going in different aspects of your life.

RATEHEALTH**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1, HOLDING 98 AND 99 LAST; INCLUDE RANDOMIZATION AND ROTATION IN DATA FILE]**

How would you rate each of the following aspects of your health these days?

	<u>Excellent</u>	<u>Very good</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>	<u>No answer</u>
a. Your physical health Sep 2-8, 2025	7	29	38	21	4	*
b. Your mental health Sep 2-8, 2025	20	40	30	9	1	*

FEELMOD**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE RANDOMIZATION AND ROTATION IN DATA FILE]**

Thinking about how you feel about different aspects of your life these days, how often do you feel...

	All of the <u>time</u>	Most of the <u>time</u>	<u>Sometimes</u>	Hardly <u>ever</u>	<u>Never</u>	No <u>answer</u>
a. Lonely or isolated from those around you Sep 2-8, 2025	2	4	29	36	29	*
b. Optimistic about your life Sep 2-8, 2025	14	51	25	6	3	*
c. You have people you can turn to for support Sep 2-8, 2025	36	34	21	6	2	*
d. Stressed or anxious Sep 2-8, 2025	3	8	47	35	8	*

AGECONF**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

As you have gotten older, would you say you have become...

Sep 2-8,
2025

21	A lot more self-confident
29	Somewhat more self-confident
32	Neither more nor less self-confident
15	Somewhat less self-confident
2	A lot less self-confident
*	No answer

AGECONTRIB**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS AGECONTROL1, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

At this stage of your life, would you say your contributions to society are valued...

Sep 2-8,

2025

7	A great deal
28	A fair amount
38	Some
20	Not too much
5	None at all
1	No answer

HELPCARE**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS AGECONTROL1, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

Overall, how much help do you need handling your affairs or caring for yourself?

Sep 2-8,

2025

1	A great deal
4	A fair amount
11	Some
28	Not too much
55	None at all
2	No answer

MEMORYLOSS**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

How often do you experience mental confusion or memory loss?

Sep 2-8,

2025

*	Extremely often
2	Very often
22	Sometimes
45	Rarely
31	Never
1	No answer

STOPDRIVE**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:**

As some people age, they may no longer be able to drive a car. Have you had to stop driving because of issues related to aging?

Sep 2-8,
2025

4	Yes
95	No
1	No answer

PHYABILITY**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:**

[PN: ROTATE RESPONSE OPTIONS 1-5/5-1, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]

How easy or difficult is it for you to carry out your everyday physical activities, such as walking, climbing stairs or carrying groceries?

Sep 2-8,
2025

39	Very easy
22	Somewhat easy
17	Neither easy nor difficult
18	Somewhat difficult
3	Very difficult
*	No answer

EXERCISE**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:**

[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]

How often do you engage in exercise for at least 30 minutes, such as walking, jogging, biking or playing a sport?

Sep 2-8,
2025

25	Every day
38	A few times a week
15	A few times a month
7	A few times a year
13	Never
1	No answer

LOOKYOUNG**ASK ALL:****[PN: RANDOMIZE ITEMS; INCLUDE RANDOMIZATION IN DATA FILE]**

Here are things some people may do to look younger than they are. Have you ever done the following in order to look younger than you are?

	<u>Yes</u>	<u>No, but would consider it</u>	<u>No, and would not consider it</u>	<u>No answer</u>
a. Taken antiaging supplements, such as collagen or antioxidants Sep 2-8, 2025	21	35	43	*
b. Colored your hair to cover grays Sep 2-8, 2025	27	25	48	*
c. Gotten nonsurgical cosmetic treatments, such as Botox, dermal fillers or laser therapies Sep 2-8, 2025	5	18	76	*
d. Gotten cosmetic plastic surgery Sep 2-8, 2025	3	15	82	*

FAMCONTACT**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 6, 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

How often are you in touch with each of the following, including seeing them in person, talking on the phone or texting?

	At least once a <u>day</u>	A few times a <u>week</u>	A few times a <u>month</u>	Once a <u>month</u>	Less than once a <u>month</u>	No <u>answer</u>	
a. [PN: IF HAVE ADULT CHILDREN (X_ADULTCHILD=1) [n=2,174]:]							
Any of your adult children Sep 2-8, 2025	35	36	19	4	5	1	
	At least once a <u>day</u>	A few times a <u>week</u>	A few times a <u>month</u>	Once a <u>month</u>	Less than once a <u>month</u>	I don't have <u>grandchildren</u>	No <u>answer</u>
b. Any of your grandchildren Sep 2-8, 2025	11	20	21	7	15	27	*
	At least once a <u>day</u>	A few times a <u>week</u>	A few times a <u>month</u>	Once a <u>month</u>	Less than once a <u>month</u>	I don't have <u>extended family</u>	No <u>answer</u>
c. Any of your extended family members other than your children or grandchildren Sep 2-8, 2025	9	19	28	12	23	10	*

AGEACTIV**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE RANDOMIZATION AND ROTATION IN DATA FILE]**

How often do you spend time on each of the following?

	Extremely <u>often</u>	Very <u>often</u>	<u>Sometimes</u>	<u>Rarely</u>	<u>Never</u>	No <u>answer</u>
a. Socializing with friends Sep 2-8, 2025	6	30	43	17	4	*
b. Hobbies or other interests Sep 2-8, 2025	12	36	36	9	6	*
c. Volunteer work Sep 2-8, 2025	3	8	20	29	38	*

LEARNNEW**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 98 AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

How often do you try learning a new skill, such as speaking a new language, doing a new sport or physical activity, or using new technology?

Sep 2-8,
2025

3	Extremely often
9	Very often
37	Sometimes
33	Rarely
19	Never
*	No answer

GROUPMEMBER**ASK ADULTS 65 AND OLDER (X_AGECA=4) [n=2,582]:**

Are you currently an active member of any civic groups or clubs, such as neighborhood associations, religious or spiritual groups, sports or recreation leagues, or book clubs?

Sep 2-8,
2025

40	Yes
60	No
1	No answer

SAVENOUGH**ASK ALL:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 BASED ON ROTATION_GEN, HOLDING 6, 98, AND 99 LAST; INCLUDE ROTATION IN DATA FILE]**

Overall, how confident are you that you will have enough income and assets to last throughout your retirement years?

Sep 2-8,
2025

9	Extremely confident
17	Very confident
34	Somewhat confident
20	Not too confident
14	Not confident at all
5	I will not be able to retire
*	No answer

ADDITIONAL QUESTIONS HELD FOR FUTURE RELEASE.

ENDLIFEMAT**ASK ALL:****[PN: RANDOMIZE ITEMS; INCLUDE RANDOMIZATION IN DATA FILE]**

Here are things some people may do in planning for their own needs as they age. Have you done each of the following?

	<u>Yes</u>	<u>No</u>	<u>No answer</u>
a. Created a living will or an advance health care directive, in case you are unable to make your own <u>medical decisions</u> Sep 2-8, 2025	31	68	*
b. Created a will that describes what to do with your <u>assets and belongings</u> after you die Sep 2-8, 2025	32	67	*
c. Made arrangements for your own burial or funeral Sep 2-8, 2025	20	80	*

ENDDISCUSS1**ASK ADULTS 65 AND OLDER WITH ADULT CHILDREN (X_AGECA=4 AND X_ADULTCHILD=1)****[n=2,174]:****[PN: RANDOMIZE ITEMS; INCLUDE RANDOMIZATION IN DATA FILE]**

Have you ever discussed the following with any of your adult children?

	<u>Yes</u>	<u>No</u>	<u>No answer</u>
a. Your wishes for medical care in case you are unable to make your own decisions Sep 2-8, 2025	66	34	*
b. What to do with your belongings after you die Sep 2-8, 2025	61	38	*
c. Your preference for your own burial or funeral Sep 2-8, 2025	68	32	*
d. Your preference for your living arrangement if you could not live independently Sep 2-8, 2025	44	56	1

ENDDISCUSS2

ASK ADULTS UNDER 65 WITH PARENTS 65 AND OLDER (X_AGECA1=1,2,3 AND (AGINGPAR_b=1,2 OR AGINGPAR_c=1,2)) [n=3,538]:

[PN: RANDOMIZE ITEMS; INCLUDE RANDOMIZATION IN DATA FILE]

Have any of your parents age 65 or older discussed the following with you?

	<u>Yes</u>	<u>No</u>	<u>No answer</u>
a. Their wishes for medical care in case they are unable to make their own decisions Sep 2-8, 2025	50	50	*
b. What to do with their belongings after they die Sep 2-8, 2025	51	49	*
c. Their preference for their burial or funeral Sep 2-8, 2025	59	41	*
d. Their preference for their living arrangement if they could not live independently Sep 2-8, 2025	43	56	*

ADDITIONAL QUESTIONS PREVIOUSLY RELEASED.

PARTY In politics today, do you consider yourself a:

ASK IF INDEP/SOMETHING ELSE (PARTY=3,4) OR MISSING [n=3,319]:

PARTYLN As of today do you lean more to...⁶

<u>Republican</u>	<u>Democrat</u>	<u>Independent</u>	<u>Something else</u>	<u>No answer</u>	<u>Lean Rep</u>	<u>Lean Dem</u>
29	28	27	14	2	17	19

⁶ PARTY and PARTYLN asked in a prior survey.