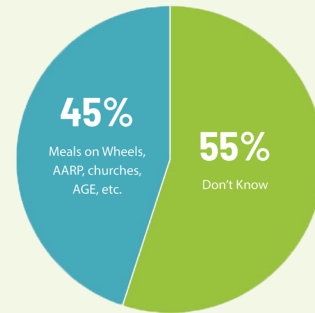


# ATTITUDES ABOUT AGING

## in Central Texas



7 out of 10 residents are unaware the Austin-Round Rock metro area is the second fastest growing population of older adults (65+) and fastest growing population of adults age 55-64.

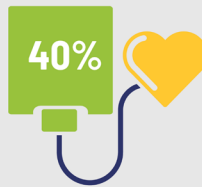


More than half of respondents reported that they do not know a single nonprofit organization in the community that addresses the concerns of the aging community in Central Texas.

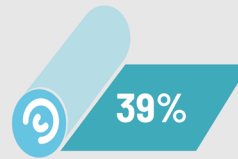
### KEY HEALTHY HABITS TO PRESERVE PHYSICAL HEALTH



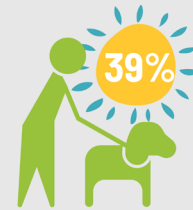
say eating a healthy diet



say regular doctor visits



say exercise to maintain flexibility



say cardiovascular exercise

### KEY HEALTHY HABITS TO PRESERVE MENTAL HEALTH



say maintaining close relationships with friends & family



say pursuing an intellectually stimulating hobby



say proactively reducing stressors

### TOP CONCERNS ABOUT AGING



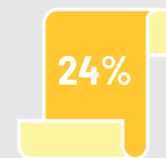
are concerned about a lack of affordable housing in CTX



are concerned about running out of money



are concerned about not having family close to help



are concerned about their ability to pay taxes

AS A REGION WHOSE OLDER ADULT POPULATION CONTINUES TO GROW, WE MUST WORK TOGETHER TO CREATE INCLUSIVE SUPPORT SYSTEMS, AND CHAMPION OLDER PEOPLE AS COMMUNITY ASSETS.