MANAGING MUSCLE LOSS
What You Need to Know

AARP-ABBOTT SURVEY RESULTS 2016
AARP and Abbott are committed to helping people live their best possible life through the power of knowledge and good health. To obtain a better understanding of diet and health issues affecting adults 50+, Abbott partnered with AARP on an independent survey administered to AARP members. The survey provides a revealing glimpse into the state of health for adults age 50+, as well as this group’s understanding of some important nutrition, exercise and muscle mass fundamentals. The good news is that 1 out of 2 adults age 50+ rates his or her current health as excellent or very good.

**METHODOLOGY**
This partnership produced a 31-question survey that was fielded on December 10, 2015 to members of the AARP Media Consumer Panel, a voluntary panel comprised of AARP members age 50+. The survey remained in the field for 3 weeks and resulted in 1,480 completed surveys.

**SURVEY RESPONDENTS**  (Female 57% / Male 43%)  
<table>
<thead>
<tr>
<th>Age</th>
<th>Employment</th>
<th>Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 50-59</td>
<td>High school or less 13%</td>
<td>HHI under $50,000……….33%</td>
</tr>
<tr>
<td>Age 60-69</td>
<td>Some college……28%</td>
<td>Retired……………….42%</td>
</tr>
<tr>
<td>Age 70-79</td>
<td>College graduate……59%</td>
<td>Other………………..12%</td>
</tr>
<tr>
<td>Age 80+</td>
<td>Employed………..46%</td>
<td></td>
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</tbody>
</table>
Muscle Bound
The Road Map to Strength

Did you know that you can lose up to 8% of muscle mass every decade after age 40? 73% of those surveyed realize that they naturally lose muscle mass as they age. More than half (59%) even know that this loss starts to take place around 40 years of age. And they are almost all (83%) pretty sure that if muscle is lost, it can be gained back. Our survey confirms that many adults age 50+ know something about the importance of maintaining lean body mass and muscle, but still more information was needed.

Here are the top three takeaways from the AARP-Abbott Survey.

1. MUSCLE MATTERS
   Just a little more than one-quarter of those surveyed believe that they have actually experienced loss of muscle mass. Even fewer (13%) know a lot about the importance of maintaining lean body mass as they age. Little surprise, then, that most aren’t overly concerned about its loss either now or in the future. That’s not to say the issue isn’t on the minds of aging adults, as there is in fact some level of concern about it at this stage of life (67%), and even slightly more as they age (79%).

2. PROTEIN COUNTS
   A solid majority (62%) feel pretty confident that they are getting enough protein. But how much protein is enough? Ask these same people and, interestingly, only 17% actually know how much protein is needed on a daily basis. A huge percentage (70%) of those surveyed would consider increasing their daily intake of foods that are high in protein to minimize the risk of losing muscle and lean body mass, while only 37% have actually done so.

3. NUTRITION KNOW-HOW
   The #1 source of nutrition information for survey respondents is, by far, doctors and medical professionals. Even though 28% of those surveyed said they were already losing muscle, a solid majority (74%) said they didn’t discuss or don’t recall discussing the importance of keeping muscle with their doctor.

ASK YOUR DOCTOR

73%
Cite doctors and medical professionals as their #1 nutrition info resource

26%
Say their doctor has talked to them about muscle loss

8%
Report their doctor has recommended protein intake increase

HOW MUCH PROTEIN IS ENOUGH?

63 grams for a 180-pound adult, and 53 grams for someone who is 150 pounds.

April 1, 2016
Well-Being
How Does it Feel to be 50+?

Despite being in good health, just 25% of respondents enjoy getting older, and for some this may be related to the challenges of staying healthy and maintaining energy. The #1 issue across all respondents (both in good or bad health) is the desire to have more energy to participate in activities they enjoy. Living a healthy life is more challenging for respondents as they age, as is diminished energy for everyday tasks.

ACTIVE LIFESTYLES

Exercise is seen as key to maintaining good health, with 74% exercising at least once a week and 56% exercising 3+ times per week.

Cardio is by far the most common form of exercise (57%). Trailing behind, however, are the more resistant exercises that also help build muscles, such as weightlifting (24%) and yoga or stretching (14%).

MIND OVER BODY

Respondents rated the importance of each of the following to their overall health

<table>
<thead>
<tr>
<th>Extremely/Very Important</th>
<th>Positive Outlook</th>
<th>Mental Stimulation</th>
<th>Sufficient Sleep</th>
<th>Purpose in Life</th>
<th>Proper Diet/Nutrition</th>
<th>Stress Reduction</th>
<th>Active Lifestyle</th>
<th>Regular Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>91%</td>
<td>90%</td>
<td>88%</td>
<td>85%</td>
<td>82%</td>
<td>74%</td>
<td>73%</td>
<td>67%</td>
</tr>
</tbody>
</table>

PROPER DIET/ NUTRITION IS...

Extremely/Very Important to Overall Health

82%
Many of us expect to slow down as we get older, but science shows there’s a lot we can do to prevent or delay some of the more debilitating effects of aging. Exercising and eating right are critical to staying healthy, starting in our 40s when we begin to lose muscle mass, right through our 50s, 60s and beyond.

**DO YOU KNOW?**

**The Importance of Maintaining Lean Body Mass and Muscle**

13% know a lot

56% know something

31% know very little or nothing

**HAVING MORE KNOWLEDGE** affects long-term concern. Among respondents who know at least something about the issue of muscle mass, 54% are extremely or very concerned about it as they age. Knowledge is also reflected in overall health — 58% of respondents with some or more knowledge about the importance of maintaining lean body mass and muscle report being in excellent or very good health, versus 35% who have little or no knowledge.

**WHEN MUSCLES REALLY MATTER**

Hospitalization and Recovery

So when does losing muscle and lack of strength become more important? A majority said when dealing with a health setback. Nearly 2/3 (63%) of those surveyed realize that people with chronic and/or serious health conditions are at a higher risk of being hospitalized because of lost lean body mass. More than 1/3 (35%) have been hospitalized after age 50 due to a chronic disease, and loss of strength (40%) and muscle (21%) were among their greatest recovery concerns experienced during and after hospitalization.

Many of us expect to slow down as we get older, but science shows there’s a lot we can do to prevent or delay some of the more debilitating effects of aging. Exercising and eating right are critical to staying healthy, starting in our 40s when we begin to lose muscle mass, right through our 50s, 60s and beyond.

**GABRIELLE REDFORD**

AARP HEALTH EDITORIAL DIRECTOR
Protein Counts
Fueling the Body

While age- and illness-related muscle loss is inevitable, the good news is that proper nutrition can help rebuild strength, and protein is a critical part of the recipe. Most (72%) of those surveyed understand that proteins are part of every cell, tissue and organ in our bodies, and 59% understand that proteins are constantly being broken down and replaced.

PROTEIN OPTIONS JUST FOR ME

40% of all participants and 51% of those in fair or poor health believe there needs to be more health and wellness products that are created specifically for the needs of people over age 50. 30% get downright excited when they hear about these products.

62% of those surveyed believe they get enough protein. Yet, a majority of people do not know how much protein they need. In fact, 83% said they do not know that amount. Foods with good sources of protein include fish (cod, salmon or tuna), chicken, cottage cheese and black beans.

Most everyone surveyed (82%) believes that diet and nutrition are important to overall health. Water, vegetables, fruit, protein and fiber were mentioned in the top 5 as “extremely or very important to have in diet after age 50.”

70%
Have increased their daily intake of foods high in protein to minimize the risk of losing muscle and lean body mass.

AS SEEN IN
AARP THE MAGAZINE

Protein is more important than ever as you age. Experts now argue that older adults need more daily protein than younger people do to offset muscle loss and weakened bones...
Protein helps maintain muscle mass and heart health. It can also help you recover faster from surgery.

"April/May 2016 issue

AARP-ABBOTT SURVEY RESULTS
Page 6 of 8
Professional Advice
Starting the Muscle Health Conversation

Doctors and other medical professionals are reportedly the #1 source of information on nutritional issues and are empowered to educate and influence their patients intake of protein. While 97% of adults aged 50+ are making sure to visit their doctors, the majority (66%) are making 1-4 visits annually, the muscle health conversation may not be happening.

AS SEEN IN AARP BULLETIN

The AARP–Abbott survey found that just 17% of respondents know how much protein they need—46 grams a day for women and 56 grams for men. Active older adults may need more.

May 2016 issue

* Variation in weight may impact protein requirement.

SOURCES FOR DIET AND NUTRITION-RELATED ISSUES

Respondents rated the sources from which they learned about diet and nutrition

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctors/Medical Professionals</td>
<td>73%</td>
</tr>
<tr>
<td>Internet</td>
<td>59%</td>
</tr>
<tr>
<td>Magazines</td>
<td>51%</td>
</tr>
<tr>
<td>Newspapers</td>
<td>36%</td>
</tr>
<tr>
<td>Friends</td>
<td>35%</td>
</tr>
<tr>
<td>Family</td>
<td>33%</td>
</tr>
<tr>
<td>Television</td>
<td>31%</td>
</tr>
<tr>
<td>Health Insurance Provider</td>
<td>29%</td>
</tr>
<tr>
<td>Pharmacist</td>
<td>19%</td>
</tr>
<tr>
<td>Nutritionist</td>
<td>17%</td>
</tr>
<tr>
<td>Social Media</td>
<td>15%</td>
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</tbody>
</table>

Just 1 in 4 say their doctor has talked to them about the importance of maintaining lean body mass and muscle as they age.

TIFFANY DEWITT
REGISTERED DIETITIAN AT ABBOTT

“Fueling the body with the right nutrition – particularly proteins and other muscle-building nutrients – is important for overall health, and enables you to experience all that life has to offer, whether that’s playing with your grandchildren or your first 5K race.”

Less than 10% say a doctor or medical professional has recommended that they increase their protein intake.
For a digital version of these survey results and more information on muscle health, visit
nutritionnews.abbott

For research-based, content co-creation and marketing opportunities, contact
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