



***AARP/Modern Maturity***  
**Sexuality Study**

**NFO Research, Inc.**  
**Atlanta Marketing Office**  
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# ***AARP/Modern Maturity***

## **Sexuality Study**

**Prepared by  
NFO Research, Inc.  
for  
AARP**

Dr. John B. McKinlay of the New England Research Institutes served as a consultant to AARP on research design, including both questionnaire development and sampling strategy. *Modern Maturity* and the AARP Research Group made all final decisions.

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AARP is the nation's leading organization of people age 50 and older. It serves their needs and interests through information and education, research, advocacy and community services which are provided by a network of local chapters and experienced volunteers throughout the country. The organization also offers members a wide range of special benefits and services, including *Modern Maturity* magazine and the monthly *Bulletin*.

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## **Objectives and Methodology**

The AARP *Modern Maturity* Sexuality Survey was a mail survey of 1,384 adults aged 45 and older which was completed during March of 1999 by NFO Research, Inc. The survey was designed by the editorial staff of *Modern Maturity* and the AARP Research Group, with the assistance of Dr. John McKinlay of the New England Research Institutes and NFO Research.

The objective of the survey was to try to understand the role that sexuality plays in the quality of life of older adults, as well as the ways in which new developments in medical care (such as the availability of medications to enhance sexual performance) affect the satisfaction of older adults with their sex lives. The survey sample was designed to achieve representative samples of age groups and for both males and females.

Because of the sensitive nature of the survey, the methodology of choice was a combination of telephone and mail, using the NFO consumer panel. The NFO consumer panel consists of 565,000 individuals broadly representative of the U.S. population, one of every 190 households in the U.S. These are individuals who have agreed to participate in occasional surveys for NFO, and have provided detailed information about themselves and their households. Our confidence in the survey results is bolstered by periodic comparisons which show that survey results from the panel are very similar to results from surveys conducted with nationally representative telephone samples on most issues. Moreover, the added privacy and confidentiality provided by the use of unidentified mail questionnaires allows respondents to answer truthfully without fear of disclosure.

NFO drew a representative sample of 3,450 panel members age 45 and older, contacted them by telephone to inform them about the survey and secure their participation, and then mailed surveys to those who agreed to take the survey. Each questionnaire was sent with a \$1 cash incentive to encourage completion, and with instructions for completion by a person of a specific gender.

A total of 1709 panel members agreed to participate and 122 declined, out of 1831 who completed the screener and qualified for the survey by age and gender. (The remainder of the 3,450 in the original sample included 375 who did not complete the screener and 1,244 who either could not be reached or did not qualify for various reasons.) The questionnaire was mailed to 1,709 panelists on March 8, 1999, and 1,384 (81%) had returned usable surveys (i.e., completed in full by the correct household member) by March 22, 1999. The final data were weighted to reflect Census estimates for age and gender in the over-45 population. The margin of potential sampling error for the final sample of 1,384 is  $\pm 2.6\%$ . The potential sampling error is larger for small subgroups.

## Part I

### Overall Findings

**Optimistic Outlook.** Overall, the results of this study indicate that mid-life and older adults are optimistic about their current and future lives. Over half of these men and women currently place themselves on one of the top three “rungs” of the ten steps on the ladder of life, and nearly two-thirds expect to be on one of the top three rungs five years from now.

**Positive Attitudes Toward Sex.** Sexuality plays an important role in the lives of most mid-life and older adults. Most of these adults feel that a satisfying sexual relationship is important to their quality of life and are either extremely satisfied or somewhat satisfied with their sex life. The large majority find sexual activity to be pleasurable, although opinions are split on the issue of whether sexual activity is a critical and necessary part of a good relationship.

**Key Factors – Gender, Age, Sexual Partner.** Many of the attitudes toward sexuality and sexual behaviors among mid-life and older adults vary by gender, age, and presence or absence of a sexual partner. Presence or absence of a sexual partner has an especially strong relationship with many attitudes and behaviors. Having a satisfying sexual relationship and engaging in sexual activity are important quality of life factors for the majority of males and females with partners, but they are not important for the majority of males and females without partners. As might be expected, men and women with partners are much more likely than those without partners to report regular participation in interpersonal sexual activities such as kissing/hugging, touching/caressing, intercourse, and oral sex. Men and women with partners are also much more likely than those without partners to be satisfied with their sex lives.

In general, sexuality is more important to the men in this study than to the women, and the gender differences are more marked among older adults (age 60 and over) than among mid-life adults (45-59). Many of the gender differences found in this study appear to be related to the presence or absence of a sexual partner. Over three-quarters of mid-life men and women have sexual partners, and many of their sexual attitudes and behaviors are relatively similar. Older women, especially those 75 and over, are much less likely than older men to have a partner (58% vs. 21%), and their sexual attitudes and behaviors are more divergent from the attitudes and behaviors of older men.

Sexual thoughts and feelings are one area of sexuality where differences by gender are greater than differences by presence of a sexual partner. Men, with or without partners, report much more frequent sexual thoughts/fantasies and feelings of sexual desire than women, with or without partners. Men also engage in self stimulation much more frequently than women, regardless of partner status. Presence or absence of a partner appears to have a greater impact on the thoughts and feelings of women than of men. Almost half of women without partners indicate that they never have sexual thoughts/fantasies or feel sexual desire, while the large majority of women with partners report that they do have sexual thoughts/fantasies and feel desire. Women without partners may cope by focusing on other aspects of their life, including spiritual well-being, friends/family and their community. All of these other aspects are considered more important quality of life factors by women without partners than by men without partners.

Sexual attitudes and behaviors also vary by age. Sexuality is more important to mid-life than to older adults, and more frequent sexual activity is reported by mid-life than by older adults. However, the large majority of all age groups consider sex to be enjoyable and do not believe that it is only for younger people.

**The Role of Health Factors.** Health, disease and medication appear to have little impact on the sexual attitudes of mid-life and older adults. They are, however, strongly related to sexual thoughts and activities. Attitudes toward sex are similar among adults who have a disease and/or are taking medication and those who have no diseases and are not using medication. Those who are disease/medication free report more frequent sexual thoughts and feelings, and more frequent participation in sexual activity, than those who have a disease and/or are taking medication.

Three out of ten men and about half as many women indicate that better health for themselves would increase their satisfaction with their sex lives. Similar proportions of men and women report specific conditions that restrict their sexual activity. Restrictive conditions are most prominent among men 60 and over, with four out of ten reporting a condition; their most common problems are high blood pressure, diabetes, enlarged or swollen prostate, and prostate cancer. When asked directly, about four in ten men 60-74 and over half of men 75 and over admit to being moderately or completely impotent, and about four in ten of those 75 and over say they are completely impotent.

Twice as many men as women indicate that they have sought treatment for problems related to sexual functioning, and men are also more likely than women to report ever having used medicines, hormones or other treatments to improve sexual function. A relatively small proportion (6% of men, 4% of women) is currently using any medicines, hormones, or other treatments. Viagra is the major treatment reported by men, while Premarin and Estrogen are among the treatments mentioned by women.

Using a type of multivariate analysis called CART (Classification and Regression Trees), the factors which impact overall life satisfaction and sexual satisfaction for males and females were identified. For females, the variables that most greatly impacted their self-reported quality of life included attributes of their partners, overall health, and stress. The specific measures that were important in the analysis were:

- Feeling that difficulties were getting so high they could not overcome them
- Feeling that things were going their way
- Feeling happy during the past seven days
- Overall health
- Having a spouse or partner who is a skillful lover
- Having an exciting spouse
- Having a spouse or partner who is a best friend

For females, the factors that most affect their satisfaction with their sex life focus primarily on attitudes toward sex, attributes of their partners, and self concept, specifically:

- Having a partner who is imaginative about sex
- Whether or not feel that people dislike her
- Having an exciting partner
- Whether or not enjoy sex
- Feeling that sex is critical to a good relationship
- Feeling that sex is important to the overall quality of life
- Feeling that partner understand her needs
- Whether or not feel that sex is for younger people

Using these attributes, groups of women were identified whose overall life satisfaction and sexual satisfaction differed from the norm. These groups are described in detail in the final section of the report.

For males, the factors which most impacted their overall life satisfaction were health, mood, and stress, as indicated by:

- Whether or not they were happy in the last seven days
- Overall health
- Feeling that difficulties were getting so high they could not overcome them

For males, the factors which most impacted their sexual satisfaction were the attributes of their partners, specifically:

- Feeling that their spouse or partner is romantic
- Feeling that their spouse or partner is sensitive to their moods

Again, this contradicts popular stereotypes that women are more concerned than men with romance and having a sensitive partner – actually, it is quite the opposite. Men's satisfaction with their sex lives is related to the romantic qualities of their partner and whether or not they perceive their partner as sensitive to their moods and needs. Satisfaction among women is more related to their feelings about whether their partner is imaginative about sex and exciting.



## Findings: Gender Differences

### Demographics

<b>Demographic Summary</b>		
	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
Mean Age	60 yr.	61 yr.
Never Married	7.6%	4.4%
Married	74.2%	56.8%
Separated	1.0%	1.9%
Divorced	8.2%	13.5%
Widowed	5.6%	21.7%
Living with partner	3.5%	1.7%
Employed full-time	45.7%	28.3%
Employed part-time	8.5%	13.5%
Retired	41.6%	40.1%
Not employed	4.2%	18.1%

*Version 1 (male questionnaire) Qu. 61,62,63;*  
*Version 2 (female questionnaire) Qu. 64,65,66*

*Note: Throughout this report, significant findings are indicated by boxes (higher than other categories) and underlines (lower than other categories).*

The final base of survey respondents included 639 males with a mean age of 60 and 745 females with a mean age of 61. Males were much more likely than females to be married (74% vs. 57%), with females correspondingly more likely to be divorced (14% vs. 8%) or widowed (22% vs. 6%). About half (46%) of males were employed full-time vs. only 28% of females. Females were more likely to be employed part-time (14% vs. 9%) while about 40% of both genders listed themselves as retired.

<b>Feelings and Behaviors</b>		
	<b>Most or all of the time/Occasionally or a moderate amount of the time</b>	
	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
I was happy	91.8%	88.2%
I felt lonely	14.7%	19.6%
I felt sad	10.6%	17.6%
I felt that people dislike me	5.8%	7.4%
I could not "get going"	15.8%	23.8%

*Qu. 4a: the following is a list of ways you might have felt or behaved recently. Please "X" the number which comes closest to how often you felt or behaved this way during the past 7 days.*

Men and women say that they feel happy much more frequently than they feel sad, lonely, unable to "get going" or that people dislike them. Women are somewhat more likely than men to report negative feelings and behaviors.

### Quality of Life

<b>Ladder Of Life</b>		
<b>Top Three Steps of the Ladder Summary</b>		
	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
Present time	56.7%	58.8%
Five years ago	49.7%	48.6%
Five years into future	63.4%	67.1%

*Qu. 1: On which of these 10 steps of the ladder do you feel you personally stand at the present time? What about five years ago? Where do you think you will stand five years from now? (Bottom step is the worst possible life, top step is the best possible life)*

When asked to rate their quality of life in the present as well as five years ago and five years into the future, both males and females reflected relative optimism about their current situation. Roughly six out of ten respondents of both genders placed themselves on the top three "rungs" of the ten steps on the ladder of life (with a score of 10 indicating the best possible life), while fewer than half saw themselves in the top three rungs five years ago. Projecting into the future, both genders were even

more optimistic, with nearly two-thirds estimating that they would be in the top three rungs five years hence.

<b>Feelings &amp; Thoughts Sometimes/Fairly Often/Very Often</b>		
	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
Felt that things were going your way	90.7%	89.1%
Felt confident about your ability to handle your personal problems	89.1%	88.5%
Felt Unable to control important things in your life	45.4%	53.9%
Felt difficulties were piling so high that you could not overcome them	25.7%	41.7%

*Qu.3: How often have you felt or thought this way in the past 2 weeks?*

Almost all men and women say that they sometimes or often feel that things are going their way and that they can handle their personal problems. About half sometimes feel unable to control things in their life. Women are more likely than men to feel that difficulties are piling too high to overcome.

**Importance Of Attribute To Quality Of Life  
4 or 5 on a Scale of 1-5**

<i>(Base)</i>	<b>Men</b> <i>(639)</i>	<b>Women</b> <i>(745)</i>
Being healthy, vigorous and physically active	92.7%	93.3%
Being in good spirits	94.3%	97.0%
A good relationship with a spouse or partner	91.9%	87.1%
Close ties with friends and family	86.7%	93.6%
Financial security	88.2%	91.2%
A satisfying sexual relationship	66.8%	56.7%
Spiritual well-being	75.0%	89.9%
Personal independence, not depending on others	89.3%	88.8%
Being productive, contributing to your community and society	68.7%	75.7%

*Qu. 2: For each item, please indicate how important it is to you personally with regard to your own quality of life. (Based on a scale of 1-5 where 1 is not important and 5 is very important.)*

In response to a question about the importance of attributes contributing to the quality of their lives, over nine out of ten males and females listed being healthy, vigorous and physically active as well as being in good spirits as important. Having a good relationship with a spouse or partner was somewhat more important for males than females, while close ties with friends and family was more important to females than to males. Males rated a satisfying sexual relationship as important more often than females, while females were more likely than males to list spiritual well being as well as being a productive, contributing member of society.

## Sexual Opinions and Behavior

General Opinions on Sex		
Strongly Agree or Agree		
	Men	Women
(Base)	(639)	(745)
Sexual activity is important to my overall quality of life	59.3%	34.8%
Sexual activity is a critical part of a good relationship	60.8%	49.6%
Sexual activity is a duty to one's spouse/partner	32.7%	26.8%
Sexual activity is a pleasurable, but not necessary, part of a good relationship	50.4%	52.9%
Sex becomes less important to people as they age	38.7%	36.5%
I do not particularly enjoy sex	2.0%	17.4%
I would be quite happy never having sex again	3.0%	19.7%
Sex is only for younger people	1.9%	4.9%
People should not have a sexual relationship if they are not married	34.3%	46.1%

*V1 (male questionnaire) Qu. 17/V2 (female questionnaire) Qu. 21: For each of the following statements, please indicate how much you agree or disagree.*

Males and females showed several discrepancies in their general opinions about sex, with males indicating more favorable attitudes in general. Males were more likely than females to state that sexual activity is important to their overall quality of life, that sexual activity is a critical part of a good relationship, and that sexual activity is a duty to one's spouse or partner. Females were much more likely than males to state that they do not particularly enjoy sex, that they would be happy never having sex again or that sex is only for younger people. However, it should be noted these attitudes are expressed by only a small proportion of women (20% or less).

## Frequency of Sexual Thoughts

Frequency Have Sexual Thoughts		
(Base)	Men (639)	Women (745)
More than once a day	18.4%	2.6%
Once a day	11.8%	2.2%
2 or 3 times per week	<b>27.8%</b>	14.5%
Once a week	9.1%	6.7%
2 or 3 times per month	10.1%	12.1%
Once a month	3.1%	5.3%
Less than once per month	9.5%	18.6%
Not at all	7.5%	<b>32.5%</b>

*V1 (male questionnaire) Qu. 23/V2 (female questionnaire) Qu. 27: How frequently do you have sexual thoughts, fantasies, or erotic dreams?*

Males reported thinking about sex (in the form of sexual thoughts, fantasies, or erotic dreams) much more often than females. While 58% of males in the study reported having sexual thoughts at least two or three times per week, fewer than 20% of females thought about sex that often. In fact, over half of the females surveyed stated that they think about sex less than once per month or not at all.

## Frequency of Sexual Desire

Frequency Feel Sexual Desire		
	Men	Women
(Base)	(639)	(745)
More than once a day	14.7%	1.7%
Once a day	11.4%	3.2%
2 or 3 times per week	<b>31.0%</b>	17.3%
Once a week	14.5%	11.7%
2 or 3 times per month	10.9%	15.3%
Once a month	4.5%	6.6%
Less than once per month	4.8%	13.6%
Not at all	5.3%	<b>24.8%</b>

*V1 (male questionnaire) Qu. 22/V2 (female questionnaire) Qu. 26: How frequently do you feel sexual desire?*

When asked how often they feel sexual desire, over half of males stated that they feel sexual desire at least two or three times a week, while slightly over 20% of females feel sexual desire that often. Again, a relatively high proportion of females (38%) reported that they feel sexual desire very infrequently (less than once a month) or not at all.

## Frequency of Sexual Activity

<b>Frequency Of Sexual Activity During Last Six Months (About Once a Week or More Often)</b>		
	<b>Males</b>	<b>Females</b>
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
Kissing or Hugging	74.0%	48.0%
Sexual Touching or Caressing	63.0%	47.0%
Sexual Intercourse	43.0%	35.0%
Oral Sex	6.0%	5.0%
Self Stimulation	23.0%	3.0%

*Q36. During the past 6 months, how often, on average, have you engaged in the following sexual activities? (Based on a scale of 1-6 where 1 is not at all and 6 is daily)*

Corresponding to their higher frequency of sexual thoughts and desires, males report more frequent sexual behavior. While the proportion of those who engage in sexual intercourse and oral sex was fairly consistent for both males and females, kissing or hugging and sexual touching or caressing were reported in greater frequencies by males. Notably, frequent self-stimulation was roughly eight times higher for males than females.



<b>Frequency Of Sexual Activity During Last Six Months (Not At All)</b>		
<i>(Base)</i>	<b>Males</b> <i>(639)</i>	<b>Females</b> <i>(745)</i>
Kissing or Hugging	1.0%	31.0%
Sexual Touching or Caressing	19.0%	40.0%
Sexual Intercourse	26.0%	44.0%
Oral Sex	58.0%	71.0%
Self Stimulation	50.0%	75.0%

*Q36. During the last 6 months, how often on average, have you engaged in the following sexual activities? (Based on a scale of 1-6 where 1 is not at all and 6 is daily.)*

About one-fifth of males and two-fifths of females reported that they did not engage at all in sexual touching or caressing in the last six months. While about one-quarter of males did not have sexual intercourse, this proportion was markedly higher for females – 44%. Females were much more likely than males not to have engaged in oral sex or self-stimulation during the last six months.

<b>Frequency of Orgasm</b>		
<i>(Base)</i>	<b>Men</b> <i>(639)</i>	<b>Women</b> <i>(745)</i>
Always	69.5%	29.4%
Usually	21.8%	32.9%
Sometimes	3.8%	19.3%
Rarely	2.3%	8.0%
Never	2.6%	10.4%

*V1 (male questionnaire) Qu 38/V2 (female questionnaire) Qu 42: When you engaged in sexual activity in the last 6 months, how often did you have an orgasm?*

The large majority of men report always having an orgasm when engaged in sexual activity. Women generally report that they at least sometimes have an orgasm, but only 3 in 10 say that they always have an orgasm.

<b>Impotence</b>	
<i>(Base)</i>	<b><u>Men</u></b> <i>(639)</i>
Not impotent	49.4%
Minimally impotent	24.3%
Moderately impotent	14.6%
Completely impotent	11.7%
<p><i>V1 (male questionnaire) Qu. 39: Impotence means being unable to get and keep an erection that is rigid enough for satisfactory sexual activity. How would you describe yourself?</i></p>	

About half of men describe themselves as at least minimally impotent, including one in four who report being moderately or completely impotent.

## Satisfaction With Sex Life

<b>Satisfaction With Sex Life</b>		
	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
Extremely satisfied	21.4%	29.3%
Somewhat satisfied	33.5%	24.7%
Neither satisfied nor dissatisfied	23.2%	33.0%
Somewhat dissatisfied	14.5%	7.3%
Extremely dissatisfied	7.4%	5.6%
<b>Mean</b>	3.47	3.65

*V1 (male questionnaire) Qu. 18/V2 (female questionnaire) Qu. 22: How satisfied are you with your sex life?*

Despite (or perhaps because of) the lower incidence of sexual thoughts and desire among females, females were more likely than males to report being extremely satisfied with their sex lives. Females were more likely than males to indicate that they were neither satisfied nor dissatisfied (33% vs. 23%), but that number may have included a substantial proportion of respondents who lack sexual desire. Males were much likely to be dissatisfied or very dissatisfied with their sex lives (22% vs. 13%), possibly reflecting discrepancies in sexual desire between themselves and their partners.

## Changes That Would Increase Satisfaction With Sex Life

<b>Changes That Would Increase Satisfaction With Sex Life</b>		
<i>(Base)</i>	<b>Men (639)</b>	<b>Women (745)</b>
Better health for myself	<b>30.3%</b>	15.9%
Better health for partner	22.1%	19.4%
Less stress	19.5%	20.3%
More free time	<b>18.7%</b>	14.4%
Finding a partner	12.4%	15.2%
Better relationship with my partner	13.4%	11.0%
Better financial situation	<b>15.3%</b>	7.4%
More privacy	9.1%	6.4%
More favorable social attitudes toward aging and sexuality	6.2%	4.8%
Different partner	<b>6.1%</b>	1.6%
More interest from partner <i>(write in)</i>	1.3%	0.7%
Cure of impotence/erectile dysfunction <i>(write in)</i>	<b>1.6%</b>	0.2%
No change needed	22.2%	<b>28.4%</b>

*V1 (male questionnaire) Qu. 19/V2 (female questionnaire) Qu. 23: What changes, if any, would increase satisfaction with your sex life?*

When asked what changes would increase satisfaction with their sex life, males were more likely than females to respond with better health for themselves, more free time, a better financial situation, and a different partner, while females were more likely than males to indicate that no change was needed. About one out of five females listed better health for their partners as a change that would increase satisfaction, while about one-fifth of both sexes indicated that less stress would positively impact their sex lives.

## General Health Findings

Overall Health		
	Men	Women
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
Excellent	11.1%	10.5%
Very Good	38.8%	37.3%
Good	34.5%	34.3%
Fair	12.9%	15.4%
Poor	2.7%	2.5%

*Qu 5: How would you rate your overall health at the present time?*

Over two-thirds of men and women rate their overall health as very good or good.

General Health Summary		
	Men	Women
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
Exercise vigorously 20 minutes/day, 3+ days/week	18.6%	12.8%
Exercise moderately 30 minutes/day, 5+ days/week	33.6%	28.9%
Currently smoke	20.9%	15.9%
Mean number smoke per day	13.46	17.3
Work/live with smokers	23.3%	19.0%
Drink alcoholic beverages	68.8%	47.0%

*Qu. 6-11*

Males were more likely than females to indicate that they exercise vigorously, but also were more likely than females to say that they smoke and drink alcoholic beverages. Females who did smoke smoked four more cigarettes per day on average than males.

## Diagnosis and Treatment

Been Diagnosed With/Current Treatment For Condition				
	Men		Women	
	Diagnosed	Current Treatment	Diagnosed	Current Treatment
(Base)	(639)	(639)	(745)	(745)
Diabetes	14.2%	11.0%	12.4%	11.0%
High blood pressure	<b>36.7%</b>	32.7%	37.0%	34.2%
Arthritis or Rheumatism	19.0%	9.4%	<b>31.5%</b>	16.8%
Depression	5.8%	4.2%	10.6%	7.0%
HIV/AIDS	1.0%	0	0.3%	0.1%
Enlarged or swollen prostate	15.6%	7.2%	0	0
Prostate cancer	4.6%	2.2%	0	0
Breast cancer	0	0	4.5%	1.5%
Ovarian cancer	0	0	1.0%	0.5%
Cervical cancer	0	0	2.0%	0.7%
None of these	39.2%	NA	37.9%	NA

*Qu. 14a/14b: Please indicate which of the medical conditions you have been diagnosed with. For each condition, please indicate which conditions you are currently receiving treatment for.*

High blood pressure was the most common ailment reported by males and females, with 37% of both groups diagnosed with this problem. Females were much more likely than males to have been diagnosed with arthritis or rheumatism (32% vs. 19%) and also much more likely to have been diagnosed with depression (11% vs. 6%). Diabetes was also fairly prevalent among both sexes (14% of males vs. 12% of females). Only about half of arthritis/rheumatism and prostate cancer patients are currently being treated for their disease.

## Prescription Drugs

Prescription Drugs		
(Base)	Men (639)	Women (745)
Pills or other medicines to thin blood	<b>21.4%</b>	10.8%
Pills/paste patches or anything for heart or heart beat	18.2%	12.9%
Medications for cholesterol or fats in blood	<b>21.3%</b>	<b>16.0%</b>
Blood pressure pills	<b>35.0%</b>	<b>36.7%</b>
Thyroid pills	3.0%	13.1%
Insulin or pills for sugar in blood	11.5%	10.7%
Medications for nervous conditions (tranquilizers/anti-depression)	5.8%	11.1%
Sleeping pills or other med. to help sleep	6.8%	11.6%
Androgens, testoderm, or bromocriptine	0.3%	0
Medications to improve sexual functioning	3.0%	0
Hormone pills (estrogen, progesterone)	0	<b>30.9%</b>
Estrogen patch	0	1.7%
Hormone creams or suppositories for vaginal dryness	0	3.6%

*Qu. 13: In the past 2 weeks have you taken any of the following prescription drugs?*

Over one-third of both sexes report that they take prescription blood pressure medication. Among females the next most commonly reported prescription drug was estrogen or progesterone, while among males the next most common prescription drugs were blood thinners or medications to treat cholesterol or fats in the blood. Compared to males, females were more likely to report taking thyroid pills, medications for nervous conditions, and sleeping pills.

## Conditions That Restrict Sexual Activity

Conditions That Respondents Think Restrict Sexual Activity		
	Men	Women
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
<i>Have condition that restricts sexual activity</i>	28.8%	13.7%
Depression	2.5%	3.0%
Diabetes	6.6%	1.5%
High blood pressure	11.0%	3.2%
Arthritis or Rheumatism	4.7%	5.6%
Enlarged or swollen prostate	5.3%	0
Prostate cancer	3.3%	0
Back problems <i>(write in)</i>	2.2%	0.8%
Impotence/ED <i>(write in)</i>	2.8%	0
<i>V1 (male questionnaire) Qu. 21/V2 (female questionnaire) Qu. 25: What conditions restrict your sexual activity?</i>		

Males were more likely than females to report a condition restricting their sexual activity (29% of males vs. 14% of females). Among those who are restricted, males were most likely to be restricted due to high blood pressure (38%) or diabetes (23%) while females were most likely to be restricted by arthritis or rheumatism (41%), high blood pressure (24%) or depression (22%). Some respondents indicated more than one condition that restricted their sexual activity.



## The Effect of Age

### Demographics

Demographic Summary						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Mean Age	51 yr.	67 yr.	79 yr.	51 yr.	67 yr.	80 yr.
Never Married	8.1%	9.3%	<u>1.7%</u>	4.8%	4.0%	4.6%
Married	74.4%	76.2%	68.1%	<b>69.7%</b>	53.5%	<u>24.9%</u>
Separated	1.6%	0	0.8%	2.7%	1.3%	0.6%
Divorced	9.3%	7.0%	6.7%	16.0%	13.5%	<u>5.8%</u>
Widowed	<u>0.8%</u>	6.5%	<b>21.8%</b>	<u>5.1%</u>	25.5%	<b>63.6%</b>
Living with partner	<b>5.7%</b>	1.0%	0.8%	1.7%	2.1%	0.6%
Employed full-time	<b>74.3%</b>	17.6%	<u>0.8%</u>	<b>49.7%</b>	10.5%	<u>0.6%</u>
Employed part-time	5.7%	13.6%	7.6%	<b>18.2%</b>	10.7%	<u>3.5%</u>
Retired	<u>12.7%</u>	68.8%	<b>89.8%</b>	<u>10.1%</u>	65.5%	<b>80.6%</b>
Not employed	<b>7.3%</b>	0	1.7%	22.0%	13.3%	15.3%

Version 1 (mal questionnaire) Qu. 61,62,63;  
Version 2 (female questionnaire) Qu. 64,65,66

Men were more likely than women in all age categories to be married and also to be employed full-time. Women age 75 and over were nearly three times as likely as men to be widowed, and in this age category were not at all inclined to live with a partner. Women 60-74 were four times as likely as males in this category to be widowed, and only slightly more inclined than males (2% vs. 1%) to be living with a partner. As women age they are much more likely than men to be left without a sexual partner, which undoubtedly affects many of their responses.

## Quality of Life

Ladder Of Life Top Three Steps of the Ladder Summary						
	Men			Women		
	45-59 (341)	60-74 (205)	75+ (90)	45-59 (368)	60-74 (253)	75+ (119)
(Base)						
Present time	51.0%	63.4%	64.9%	55.2%	63.3%	61.5%
Five years ago	39.2%	58.5%	71.4%	33.2%	60.7%	72.1%
Five years into future	72.5%	59.3%	36.9%	80.1%	59.9%	38.9%

*Qu. 1: One which of these 10 steps of the ladder do you feel you personally stand at the present time? What about five years ago? Where do you think you will stand five years from now? (Bottom step is the worst possible life, top step is the best possible life)*

Women 45-59 were slightly more optimistic than their male counterparts about their current quality of life, and definitely more optimistic about their lives as compared to five years ago. Women in this age range were quite optimistic as they look to the future, with four out of five believing that their lives will be of high quality five years from now, compared to 73% of males who have this belief. The rate of optimism about the future for both males and females 60-74 dropped to three out of five being highly optimistic. In the 75+ age category, optimism plummeted with only 37% of males and 39% of females expressing optimism about their quality of life in the next five years.

## Quality of Life Attributes

Importance Of Attribute To Quality Of Life 4 or 5 on a scale of 1-5						
	Men			Women		
	45-59 (341)	60-74 (205)	75+ (90)	45-59 (368)	60-74 (253)	75+ (119)
(Base)						
Being healthy, vigorous and physically active	92.3%	92.5%	95.0%	92.5%	95.8%	91.5%
Being in good spirits	94.7%	93.2%	95.8%	96.3%	98.7%	95.8%
A good relationship with a spouse or partner	93.1%	89.3%	93.9%	92.5%	83.3%	75.9%
Close times with friends and family	86.6%	83.1%	94.9%	92.2%	96.5%	93.5%
Financial security	85.4%	93.0%	88.0%	91.4%	91.1%	91.0%
A satisfying sexual relationship	74.4%	61.4%	49.6%	65.6%	47.9%	43.6%
Spiritual well-being	71.5%	78.5%	81.4%	87.9%	92.4%	91.9%
Personal independence, not depending on others	88.1%	92.2%	87.7%	85.0%	93.3%	91.6%
Being productive, contributing to your community and society	70.1%	67.8%	66.1%	78.3%	72.9%	72.6%

*Qu. 2: For each item, please indicate how important it is to you personally with regard to your own quality of life. (Based on a scale of 1-5 where 1 is not important and 5 is very important)*

Men and women of all age levels were nearly unanimous in their belief that being healthy, vigorous, and physically active as well as being in good spirits contributes to a high quality of life. Yet as women age they become less inclined to state that a good relationship with a spouse or partner and a satisfying sexual relationship are important to their quality of life. A satisfying sexual relationship is important to about three-quarters of men 45-59 but to only two-thirds of women 45-59. A large drop-off occurs in the 60-74 age category, with 61% of men and fewer than half of women indicating that a satisfying sexual relationship is important to their quality of life. For males 75+, one-half agree to the importance of a sexual relationship, compared to 44% of females.

Spiritual well-being and being a productive contributing member of society are more important to women than men in all age categories.

## General Opinions About Sex

General Opinions on Sex Strongly Agree or Agree						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Sexual activity is important to my overall quality of life	70.7%	51.0%	34.8%	47.8%	24.9%	13.4%
Sexual activity is a critical part of a good relationship	68.3%	55.6%	45.1%	54.6%	44.5%	44.4%
Sexual activity is a duty to one's spouse/partner	32.2%	31.9%	37.5%	23.8%	26.0%	38.3%
Sexual activity is a pleasurable, but not necessary, part of a good relationship	48.0%	49.4%	61.1%	49.7%	58.3%	49.3%
Sex becomes less important to people as they age	30.3%	45.4%	56.5%	24.6%	47.3%	51.7%
I do not particularly enjoy sex	0.8%	3.3%	2.7%	10.9%	24.4%	24.3%
I would be quite happy never having sex again	1.2%	4.7%	5.4%	9.2%	28.4%	36.4%
Sex is only for younger people	0.4%	3.0%	4.8%	1.8%	6.7%	11.9%
People should not have a sexual relationship if they are not married	27.9%	37.9%	50.0%	35.6%	52.9%	66.2%

V1 (male questionnaire) Qu. 17/V2 (female questionnaire) Qu. 21: For each of the following statements, please indicate how much you agree or disagree.

Differences in general opinions about sex occur between males and females across all age groups, with males generally regarding sex as more important and critical to the quality of their lives. Fewer than half of women 45-59 agree that sexual activity is important to the overall quality of their lives, dropping to only one-quarter of those 60-74 who share this belief, and to only 13% in the 75+ category who have this belief. For women 75 and over, one-quarter state that they do not enjoy sex and over one-third would be happy never having sex again. Older males (75+) have much different attitudes, with only 3% stating that they do not particularly enjoy sex and only 5% stating that they would be happy never having sex again.

## Frequency of Sexual Thoughts

Frequency Have Sexual Thoughts						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
More than once a day	27.9%	8.5%	5.8%	5.1%	0.3%	0
Once a day	15.4%	9.6%	3.3%	3.7%	0.5%	1.2%
2 or 3 times per week	32.8%	25.2%	15.7%	22.2%	9.1%	2.9%
Once a week	8.1%	10.2%	10.7%	10.4%	3.9%	1.2%
2 or 3 times per month	5.7%	13.5%	19.8%	13.5%	12.4%	6.9%
Once a month	2.4%	3.2%	5.8%	6.1%	4.7%	4.6%
Less than once per month	4.0%	16.6%	14.0%	17.8%	20.0%	17.9%
Not at all	2.0%	11.0%	18.2%	16.8%	43.6%	57.2%

*V1 (male questionnaire) Qu. 23/V2 (female questionnaire) Qu. 27: How frequently do you have sexual thoughts, fantasies, or erotic dreams?*

Men are much more likely than women to report that they frequently think about sex. In the 45-59 age group 28% of men state that they think about sex more than once a day, while only 5% of women think about sex this frequently. At the other end of the scale, only 14% of men 45-59 say they think about sex less than once a week, compared to over three times as many women (44%) who think of sex less than once a week.

Most women above the age of 59 indicate that they rarely even think about sex. Two-thirds of women 60-74 say they think of sex less than once per month or not at all. Over age 74, three-quarters of women report that they think of sex less than once a month or not at all, and 57% never think about sex. In comparison, only 18% of men over 74 say that they never think about sex.

## Frequency of Sexual Desire

Frequency Feel Sexual Desire						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
More than once a day	23.5%	6.0%	1.7%	2.7%	0.8%	0.6%
Once a day	16.2%	7.9%	1.7%	5.7%	0.8%	0.6%
2 or 3 times per week	36.8%	29.0%	14.0%	27.6%	9.4%	2.9%
Once a week	9.3%	21.1%	19.8%	15.5%	10.0%	4.0%
2 or 3 times per month	6.5%	15.6%	17.4%	17.5%	15.7%	8.1%
Once a month	2.4%	5.0%	11.6%	5.7%	7.8%	4.6%
Less than once per month	1.6%	8.2%	8.3%	13.5%	14.8%	11.6%
Not at all	1.6%	5.8%	16.5%	7.1%	34.7%	59.5%

*V1 (male questionnaire) Qu. 22/V2 (female questionnaire) Qu. 26: How frequently do you feel sexual desire?*

Correspondingly, men claim to feel sexual desire more frequently than women across all age groups. In the 45-59 age group, 40% of men say they feel sexual desire about sex at least once a day, compared to fewer than 10% of women who think about sex this frequently. Sexual desire is reported less frequently among those 60 and over, but men continue to report more frequent desire than women. Fewer than a quarter of men 75 and over say they think about sex less than once a month, while over seven out of ten women say they think of sex this infrequently.

## Frequency of Sexual Activity

Frequency Of Sexual Activity During last Six Months (About Once a Week or More Often)						
	<u>Men</u>			<u>Women</u>		
	<u>45-59</u>	<u>60-74</u>	<u>75+</u>	<u>45-59</u>	<u>60-74</u>	<u>75+</u>
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Kissing or Hugging	77.3%	73.1%	63.3%	71.7%	49.1%	27.7%
Sexual Touching or Caressing	68.9%	61.2%	45.2%	61.4%	36.6%	14.9%
Sexual Intercourse	54.8%	30.9%	19.1%	49.6%	24.2%	6.6%
Oral Sex	20.1%	6.5%	8.8%	19.5%	2.2%	0.8%
Self Stimulation	33.5%	14.2%	5.2%	4.5%	2.0%	0.6%

V1 (male questionnaire) Qu 36/V2 (female questionnaire) Qu 40: During the past 6 months, how often, on average, have you engaged in the following sexual activities

Frequency Of Sexual Activity During last Six Months (Not At All)						
	<u>Men</u>			<u>Women</u>		
	<u>45-59</u>	<u>60-74</u>	<u>75+</u>	<u>45-59</u>	<u>60-74</u>	<u>75+</u>
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Kissing or Hugging	8.3%	13.0%	22.3%	17.2%	38.2%	67.4%
Sexual Touching or Caressing	12.4%	21.9%	35.6%	22.4%	51.4%	78.4%
Sexual Intercourse	17.0%	31.3%	51.4%	27.0%	53.7%	83.8%
Oral Sex	42.7%	75.3%	81.4%	54.2%	86.4%	97.7%
Self Stimulation	35.8%	64.5%	73.5%	67.5%	80.0%	90.4%

V1 (male questionnaire) Qu 36/V2 (female questionnaire) Qu 40: During the past 6 months, how often, on average, have you engaged in the following sexual activities

Men and women between the ages of 45 and 59 report similar frequencies for most types of sexual behavior. Self stimulation is the exception, as men 45-59 report much more frequent participation in this activity than women. Men in the 60-74 age range report more frequent sexual behavior than women 60-74, and reported behavior becomes even more divergent among men and women who are 75 years or older.

Both men and women in the older age groups report less frequent sexual activity than their younger counterparts, but the amount of drop-off is much greater among women than among men. Most men 75 or over report that kissing or hugging occurs weekly or more often, and almost half indicate that sexual touching or caressing occurs weekly or more often. In contrast, two-thirds of women 75+ indicate that they never engage in sexual kissing or hugging and three-quarters report an absence of sexual touching or caressing. Half of men 75+ say that they have engaged in sexual intercourse within the last six months, while five out of six women 75+ report no sexual intercourse during this time.



Frequency of Orgasm						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Always	76.6%	57.0%	48.1%	31.6%	26.0%	25.0%
Usually	17.4%	28.2%	28.6%	35.5%	30.9%	14.6%
Sometimes	2.1%	5.8%	7.8%	18.8%	21.9%	14.6%
Rarely	0.4%	4.9%	5.2%	8.1%	6.5%	14.6%
Never	0.4%	4.1%	10.4%	6.0%	14.7%	31.2%

V1 (male questionnaire) Qu 38/V2 (female questionnaire) Qu 42: When you engaged in sexual activity in the last 6 months, how often did you have an orgasm?

The large majority of men 45-59 and half of the men 75 and over claim they always have an orgasm when engaged in sexual activity. Most women in all age groups generally report they at least sometimes have an orgasm, but only between a quarter and a third say that they always have an orgasm.

Impotence			
	Men 45-59	Men 60-74	Men 75+
(Base)	(341)	(205)	(90)
Not impotent	66.8%	33.1%	18.4%
Minimally impotent	22.4%	27.6%	24.6%
Moderately impotent	8.3%	23.4%	19.3%
Completely impotent	2.5%	15.9%	37.7%

V1 (male questionnaire) Qu 39: Impotence means being unable to get and keep an erection that is rigid enough for satisfactory sexual activity. How would you describe yourself?

One third of men 45-59 and the large majority of older men report some degree of impotence. Over a third of men 75 and over say that they are completely impotent.

Currently Have a Sexual Partner						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Yes	84.2%	79.2%	57.9%	77.8%	52.6%	21.4%
No	15.8%	20.8%	42.1%	22.2%	47.4%	78.6%

V1 (male questionnaire) Qu 24/V2 (male questionnaire) Qu 28: do you currently have a sexual partner?

The differences in presence or absence of a sexual partner by age and gender parallel the preceding findings regarding sexual activity. Over three-quarters of men and women between the ages of 45 and 59 indicate that they currently have a sexual partner. However, women 60 and over are much less likely than men 60 and over to have a sexual partner. A sexual partner is reported by more than three-quarters of men between the ages of 60 and 74 and by just over half of women 60-74. The disparity is even greater for those 75 and over; over half of men but only one-fifth of women in this age range say that they have a sexual partner.

Age of Primary Partner						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base – Currently have sexual partner)	(287)	(162)	(52)*	(286)	(133)	(25)*
Under 45	26.6%	2.2%	1.5%	10.5%	1.0%	0.0%
45 to 59	68.4%	30.6%	4.5%	68.9%	5.8%	0.0%
60 to 74	4.4%	65.7%	45.4%	18.8%	77.6%	14.0%
75 and over	0.5%	1.4%	48.5%	1.7%	15.7%	86.1%

\* Caution, small base  
V1 Qu. 25/V2 Qu. 29: Please indicate the age of your primary partner.

Two-thirds of men and women 45-59 who have a sexual partner indicate that this person is also 45-59. Men in this age group are somewhat more likely to report a younger than older sexual partner, while the reverse is true for women in this age group. There is a greater difference in the age of sexual partners among men and women who are 60 or over. Half of men 75 and over have a partner who is under age 75, while women 75 and over generally partner with someone who is also 75 and over.

## Satisfaction With Sex Life

	Satisfaction With Sex Life					
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
<i>(Base)</i>	<i>(341)</i>	<i>(205)</i>	<i>(90)</i>	<i>(368)</i>	<i>(253)</i>	<i>(119)</i>
Extremely satisfied	26.7%	16.4%	12.4%	30.3%	29.7%	25.4%
Somewhat satisfied	36.2%	33.9%	23.0%	30.6%	19.7%	11.9%
Neither satisfied nor dissatisfied	14.0%	28.6%	46.0%	23.6%	41.9%	49.2%
Somewhat dissatisfied	14.4%	14.2%	15.9%	9.9%	3.6%	6.8%
Extremely dissatisfied	8.6%	6.9%	2.7%	5.6%	5.1%	6.8%
Mean	3.58	3.39	3.27	3.70	3.65	3.42
<i>V1 (male questionnaire) Qu. 18/V2 (female questionnaire) Qu. 22: How satisfied are you with your sex life?</i>						

Women are more likely than men in all age groups to state that they were extremely satisfied with their sex lives. Males and females across all age groups are equally likely to be extremely or somewhat satisfied: 63% of men 45-59 were satisfied with the sex lives compared to 61% of females; about 50% of both genders in the 60-74 age group were satisfied and about 35% of both genders in the 75+ group were satisfied.

## Changes That Would Increase Satisfaction With Sex Life

	Changes That Would Increase Satisfaction With Sex Life					
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Better health for myself	25.9%	34.3%	37.2%	19.9%	11.8%	11.0%
Better health for partner	21.9%	23.0%	21.5%	20.5%	19.4%	15.0%
Less stress	29.6%	8.1%	7.4%	32.3%	9.7%	6.4%
More free time	29.6%	7.2%	3.3%	25.9%	4.6%	0.6%
Finding a partner	14.2%	11.0%	9.1%	13.5%	16.7%	16.2%
Better relationship with my partner	15.4%	13.0%	6.6%	15.2%	8.2%	3.5%
Better financial situation	22.7%	7.0%	6.6%	10.1%	5.0%	3.5%
More privacy	14.2%	4.1%	1.7%	11.8%	1.6%	0
More favorable social attitudes toward aging and sexuality	3.2%	10.6%	7.4%	5.4%	3.9%	4.0%
Different partner	6.9%	7.3%	0.8%	1.7%	2.1%	0.6%
More interest from partner ( <i>write in</i> )	2.0%	0.7%	0	0.7%	0.5%	1.2%
Cure of impotence/erectile dysfunction ( <i>write in</i> )	0.4%	2.5%	4.1%	0	0.5%	0
No change needed	17.8%	25.8%	31.4%	22.2%	35.9%	32.9%

V1 (male questionnaire) Qu. 19/V2 (female questionnaire) Qu. 23: What changes, if any, would increase satisfaction with your sex life?

Men and women 45-59 believe that there are a variety of factors that would improve their sex lives, including less stress and more free time as well as better health for themselves and their partners. As men age, their own health is of the highest concern, while women in the upper age groups were most concerned with their partner's health and finding a partner for themselves.

## General Health Summary

Roughly half of males and females in both the 45-69 and 60-74 age groups rate their health as very good or excellent. Males 75 and older are more likely than females in this age bracket to rate their health as excellent or very good, undoubtedly reflecting the gender survival rate differential.

	Overall Health					
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Excellent	11.5%	10.5%	11.0%	12.9%	9.7%	5.3%
Very Good	39.8%	40.5%	32.2%	37.4%	40.6%	<u>29.4%</u>
Good	32.8%	35.9%	37.3%	34.0%	33.9%	36.5%
Fair	12.3%	11.6%	17.8%	13.3%	13.2%	<u>25.9%</u>
Poor	3.7%	1.5%	1.7%	2.4%	2.7%	2.9%

Qu. 5: How would you rate your overall health at the present time?

	General Health Summary					
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Exercise vigorously 20 minutes/day, 3+ days/week	18.6%	19.4%	17.4%	11.8%	15.3%	11.0%
Exercise moderately 30 minutes/day, 5+ days/week	<u>28.3%</u>	39.2%	41.3%	27.3%	<u>34.9%</u>	21.4%
Currently smoke	<u>25.9%</u>	17.9%	<u>9.1%</u>	18.9%	15.9%	<u>5.8%</u>
Mean number smoke per day	<u>15.66</u>	9.17	8.33	17.36	17.35	13.00
Work/live with smokers	<u>31.6%</u>	16.2%	<u>9.1%</u>	<u>26.3%</u>	15.1%	<u>4.6%</u>
Drink alcoholic beverages	73.7%	68.7%	<u>52.1%</u>	53.2%	45.7%	<u>31.8%</u>

Qu. 6-11

Older men (age 60+) are more likely than younger men (age 45-59) to claim that they regularly participate in moderate exercise, probably due to more available free time. Interestingly, women age 60-74 are more likely than both younger and older women to report moderate exercise. Older adults (75+) of both genders were less likely to say that they smoke, live with a smoker, or drink.

## Conditions That Restrict Sexual Activity

Conditions That Respondents Think Restrict Sexual Activity						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
<i>(Base)</i>	<i>(341)</i>	<i>(205)</i>	<i>(90)</i>	<i>(368)</i>	<i>(253)</i>	<i>(119)</i>
<i>Have condition that restricts sexual activity</i>	<u>18.2%</u>	39.0%	44.6%	15.8%	10.4%	13.3%
High blood pressure	8.2%	15.6%	11.1%	2.7%	4.0%	3.4%
Arthritis or Rheumatism	4.4%	4.9%	4.4%	5.7%	5.9%	4.2%
Diabetes	3.5%	10.7%	6.7%	1.1%	2.0%	2.5%
Depression	4.1%	0.5%	1.1%	4.1%	2.0%	1.7%
Enlarged or swollen prostate	2.1%	9.3%	7.8%	0	0	0
Prostate cancer	0.3%	4.4%	11.1%	0	0	0
Back problems <i>(write in)</i>	2.9%	2.0%	1.1%	1.4%	0.4%	0
Impotence/ED <i>(write in)</i>	2.1%	3.9%	3.3%	0	0	0

V1 *(male questionnaire)* Qu. 21/V2 *(female questionnaire)* Qu. 25: *What conditions restrict your sexual activity?*

Ironically, males, who have more thoughts and desire for sex, were more likely than females in all age groups to report a condition that restricts sexual activity. The difference is extremely marked at the upper end of the age spectrum (75+) where 45% of males but only 13% of females say they have a restricting condition. High blood pressure is the most prevalent condition of men who were restricted in all age categories, while arthritis and rheumatism were the most restricting conditions for women in all age categories. In addition to high blood pressure, diabetes and prostate problems are among the most common conditions for men 60 and over, and prostate cancer is a leading problem for men 75 and over.

## Prescription Drugs

Prescription Drugs						
	Men			Women		
	45-59	60-74	75+	45-59	60-74	75+
(Base)	(341)	(205)	(90)	(368)	(253)	(119)
Blood pressure pills	25.5%	45.0%	47.1%	25.3%	42.7%	57.8%
Medications for cholesterol or fats in blood	17.4%	27.6%	21.5%	10.8%	22.0%	19.1%
Hormone pills (estrogen, progesterone)	0	0	0	35.7%	34.1%	10.4%
Pills or other medicines to thin blood	12.6%	25.4%	43.8%	3.0%	14.3%	16.0%
Pills/paste patches or anything for heart or heart beat	11.7%	23.8%	28.9%	5.7%	16.3%	26.0%
Insulin or pills for sugar in blood	7.7%	18.3%	10.7%	8.8%	11.2%	15.0%
Sleeping pills or other med. to help sleep	5.7%	7.4%	8.3%	11.4%	12.7%	10.4%
Medications for nervous conditions (tranquilizers/anti-depression)	4.9%	7.0%	6.6%	14.1%	8.3%	7.5%
Thyroid pills	1.6%	4.6%	5.0%	9.1%	15.0%	20.2%
Hormone creams or suppositories for vaginal dryness	0	0	0	3.0%	4.7%	2.3%
Medications to improve sexual functioning	1.6%	5.4%	3.3%	0	0	0
Estrogen patch	0	0	0	2.0%	1.7%	0.6%
Androgens, testoderm, or bromocriptine	0.4%	0.4%	0	0	0	0

Qu. 13: In the past 2 weeks have you taken any of the following prescription drugs?

Men under 75 are most likely to report taking blood pressure pills or medications for cholesterol or fats in the blood. Women 45-59 are most likely to report hormone pills (36%), followed by blood pressure pills (25%). Women 50-74 are most likely to report blood pressure pills followed by hormone pills, while women 75+ are most likely to mention blood pressure pills followed by heart medications. Only 10% of women 75 and over say they are currently taking hormone pills.

## The Effect of Presence or Absence of a Sex Partner

### Demographics

Demographic Summary				
	With Partners		Without Partners	
	Men	Women	Men	Women
(Base)	(503)	(446)	(136)	(299)
Mean Age	59 yr.	57 yr.	64 yr.	68 yr.
Never Married	2.1%	2.3%	27.8%	7.7%
Married	87.6%	87.3%	24.1%	11.4%
Separated	0.7%	1.3%	2.1%	2.8%
Divorced	4.4%	3.7%	22.5%	28.2%
Widowed	1.3%	3.1%	21.5%	49.4%
Living with partner	3.9%	2.4%	2.1%	0.5%
Employed full-time	49.5%	33.3%	32.0%	20.8%
Employed part-time	8.0%	15.9%	10.0%	10.0%
Retired	38.4%	29.1%	53.3%	56.6%
Not employed	4.1%	21.7%	4.7%	12.6%

*Version 1 (male questionnaire) Qu. 61,62,63;*  
*Version 2 (female questionnaire) Qu. 64,65,66*

Men with sexual partners are an average of 5 years younger than men without partners. The age gap is twice as large among women; women with partners are an average of 11 years younger than women without partners. Not surprisingly, the large majority of men and women with partners are married, while the of men and women without partners are usually widowed, divorced or have never married. However, a quarter of men without partners and one in nine women without partners are currently married.



## Quality Of Life

<b>Ladder Of Life</b>				
<b>Top Three Steps of the Ladder Summary</b>				
	<b>With Partners</b>		<b>Without Partners</b>	
	<b>Men</b>	<b>Women</b>	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(503)</i>	<i>(446)</i>	<i>(136)</i>	<i>(299)</i>
Present time	60.8%	65.9%	41.7%	47.9%
Five years ago	50.6%	47.8%	46.6%	49.7%
Five years into future	67.2%	76.1%	49.2%	53.0%

*Qu. 1: On which of these 10 steps of the ladder do you feel you personally stand at the present time? What about five years ago? Where do you think you will stand five years from now? (bottom step is the worst possible life, top step is the best possible life)*

Men and women with and without sex partners have similar perceptions of their quality of life five years ago. However, men and women with partners are substantially more optimistic than those without partners about their current and future quality of life. The majority of men and women with partners believe that their current quality of life is high, and even greater percentages expect a high quality of life five years from now. Fewer than half of men and women without partners perceive their current quality of life as high, and about half of each group foresees a high quality of life in five years.

<b>Importance Of Attribute To Quality Of Life 4 or 5 on a Scale of 1-5</b>				
	<b>With Partners</b>		<b>Without Partners</b>	
	<b>Men</b>	<b>Women</b>	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(503)</i>	<i>(446)</i>	<i>(136)</i>	<i>(299)</i>
Being healthy, vigorous and physically active	94.4%	93.7%	86.5%	92.7%
Being in good spirits	95.3%	97.1%	90.4%	96.8%
A good relationship with a spouse or partner	97.4%	97.9%	70.7%	67.7%
Close ties with friends and family	88.7%	93.7%	79.1%	93.5%
Financial security	88.9%	92.0%	85.8%	90.1%
A satisfying sexual relationship	73.5%	68.9%	41.5%	35.4%
Spiritual well-being	75.3%	89.1%	74.2%	91.0%
Personal independence, not depending on others	90.4%	86.5%	85.2%	92.4%
Being productive, contributing to your community and society	70.6%	76.1%	61.8%	75.1%

*Qu. 2: For each item, please indicate how important it is to you personally with regard to your own quality of life. (Based on a scale of 1-5 where 1 is not important and 5 is very important.)*

Men and women with partners have similar beliefs about what is important with regard to their own quality of life. The only notable difference is that spiritual well being is more important to women with partners than to men with partners. Women without partners rely more than men without partners on close ties with friends/family, spiritual well-being and being a productive member of their community and society.

A good relationship with a spouse/partner and a satisfying sexual relationship are less important to men and women without partners than to those with partners.

## Sexual Opinions and Behavior

<b>General Opinions on Sex Strongly Agree or Agree</b>				
	<b>With Partners</b>		<b>Without Partners</b>	
	<b>Men</b>	<b>Women</b>	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(503)</i>	<i>(446)</i>	<i>(136)</i>	<i>(299)</i>
Sexual activity is important to my overall quality of life	65.7%	50.3%	34.6%	10.1%
Sexual activity is a critical part of a good relationship	63.7%	54.0%	49.7%	42.5%
Sexual activity is a duty to one's spouse/partner	33.5%	26.9%	29.4%	26.7%
Sexual activity is a pleasurable, but not necessary, part of a good relationship	50.1%	54.8%	51.8%	49.9%
Sex becomes less important to people as they age	38.9%	33.7%	37.8%	40.9%
I do not particularly enjoy sex	1.9%	13.7%	2.2%	23.6%
I would be quite happy never having sex again	1.8%	11.6%	7.8%	33.4%
Sex is only for younger people	1.7%	4.3%	3.0%	6.0%
People should not have a sexual relationship if they are not married	34.5%	43.0%	33.6%	50.9%

*V1 (male questionnaire) Qu. 17/V2 (female questionnaire) Qu. 21: For each of the following statements, please indicate how much you agree or disagree.*

As might be expected, sexual activity is more important to men and women with partners than to those without partners. About two-thirds of men with partners and half of women with partners consider sexual activity important to their overall quality of life and a critical part of a good relationship. Men and women without partners are much less likely to regard sexual activity as important and are somewhat less likely to believe that it is a critical part of a good relationship.

About half of men and women, both with and without partners, believe that sexual activity is a pleasurable but not necessary part of a good relationship. Fewer than half of each of these respondent groups agree that sex becomes less important to people as they age.

A relatively small percentage of respondents state that they do not particularly enjoy sex or that they would be quite happy never having sex again. These sentiments are most likely to be held by women without partners, with 24% agreeing that they do not enjoy sex and 33% saying they would be happy never having sex again.

## Frequency of Sexual Thoughts

	Frequency Have Sexual Thoughts			
	With Partners		Without Partners	
	Men	Women	Men	Women
(Base)	(503)	(446)	(136)	(299)
More than once a day	18.7%	3.2%	17.5%	1.7%
Once a day	13.1%	2.5%	6.7%	1.7%
2 or 3 times per week	29.1%	20.5%	23.1%	5.6%
Once a week	8.9%	9.3%	9.9%	2.8%
2 or 3 times per month	10.5%	14.2%	8.7%	9.1%
Once a month	3.0%	5.4%	3.8%	5.2%
Less than once per month	8.4%	18.0%	13.6%	19.6%
Not at all	6.8%	22.2%	10.2%	47.8%

*V1 (male questionnaire) Qu. 23/V2 (female questionnaire) Qu. 27: How frequently do you have sexual thoughts, fantasies, or erotic dreams?*

Men, both with and without partners, report that they have sexual thoughts, fantasies or erotic dreams much more frequently than women. The majority of men with partners (70%) and without partners (57%) say that they think about sex once a week or more often. Fewer than half of women with partners (36%) and without partners (12%) say they think about sex once a week or more often. Close to half of women without partners (48%) and only 10% of men without partners claim to never think about sex.

## Frequency of Sexual Desire

	Frequency Feel Sexual Desire			
	With Partners		Without Partners	
	Men	Women	Men	Women
(Base)	(503)	(446)	(136)	(299)
More than once a day	15.7%	2.1%	10.8%	1.1%
Once a day	12.7%	4.6%	6.7%	1.1%
2 or 3 times per week	33.5%	25.6%	21.4%	4.9%
Once a week	13.4%	16.6%	18.6%	4.3%
2 or 3 times per month	11.3%	18.8%	9.6%	10.0%
Once a month	4.5%	6.9%	4.8%	6.3%
Less than once per month	4.0%	10.9%	7.6%	17.6%
Not at all	3.2%	9.4%	13.0%	47.9%

*V1 (male questionnaire) Qu. 22/V2 (female questionnaire) Qu. 26: How frequently do you feel sexual desire?*

Men also report much more frequent feelings of sexual desire than women. Three-quarters of men and half of women with partners say that they feel sexual desire once a week or more often. A greater disparity in feelings of sexual desire is reported by those without partners. Over half of men without partners (58%) but only 11% of women without partners say that they feel sexual desire at least once a week.

## Frequency of Sexual Activity

Frequency Of Sexual Activity During last Six Months (About Once a Week or More Often)				
	With Partners		Without Partners	
	Men	Women	Men	Women
(Base)	(503)	(446)	(136)	(299)
Kissing or Hugging	84.7%	85.5%	29.1%	11.9%
Sexual Touching or Caressing	76.2%	72.9%	10.9%	2.1%
Sexual Intercourse	51.7%	55.1%	5.9%	0.5%
Oral Sex	16.8%	18.0%	4.2%	0.0%
Self Stimulation	22.4%	3.0%	26.4%	2.9%

Q36. During the past 6 months, how often, on average, have you engaged in the following sexual activities? (Based on a scale of 1-6 where 1 is not at all and 6 is daily)

Frequency Of Sexual Activity During last Six Months (Not At All)				
	With Partners		Without Partners	
	Men	Women	Men	Women
(Base)	(503)	(446)	(136)	(299)
Kissing or Hugging	3.1%	4.5%	44.6%	75.4%
Sexual Touching or Caressing	6.5%	9.0%	67.4%	91.9%
Sexual Intercourse	12.6%	13.7%	79.6%	95.5%
Oral Sex	50.6%	54.3%	87.5%	98.7%
Self Stimulation	51.4%	73.5%	46.3%	77.6%

Q36. During the last 6 months, how often on average, have you engaged in the following sexual activities? (Based on a scale of 1-6 where 1 is not at all and 6 is daily.)

Men and women with partners report similar frequencies for all types of sexual activity except self stimulation, which is reported much more frequently by men than by women. Men without partners are much more likely than women without partners to report participation in various forms of sexual activity.

Adults with and without partners are about equally likely to report engaging in self stimulation, but other forms of sexual behavior are reported much more frequently by adults with partners than by those without partners.

## Satisfaction With Sex Life

Satisfaction With Sex Life				
	With Partners		Without Partners	
	Men	Women	Men	Women
(Base)	(503)	(446)	(136)	(299)
Extremely satisfied	25.7%	35.2%	4.5%	17.9%
Somewhat satisfied	38.6%	32.4%	13.6%	9.7%
Neither satisfied nor dissatisfied	17.2%	22.0%	46.8%	54.3%
Somewhat dissatisfied	13.0%	8.3%	20.5%	5.4%
Extremely dissatisfied	5.5%	1.9%	14.7%	12.6%
Mean	3.66	3.91	2.73	3.15

*V1 (male questionnaire) Qu. 18/V2 9female questionnaire) Qu. 22: How satisfied are you with your sex life?*

Men and women with partners are much more likely than those without partners to say they are satisfied with their sex life. Most men (64%) and women (68%) with partners claim to be extremely or somewhat satisfied, while only a small minority of men (18%) and women (28%) without partners are satisfied. Dissatisfaction is reported by more men with partners (19%) than by women with partners (10%), and a similar pattern holds for men vs. women without partners (35% vs. 18% dissatisfaction).

## Changes That Would Increase Satisfaction With Sex Life

Changes That Would Increase Satisfaction With Sex Life				
	With Partners		Without Partners	
	Men	Women	Men	Women
(Base)	(503)	(446)	(136)	(299)
Better health for myself	31.3%	21.3%	26.5%	7.7%
Better health for partner	26.1%	28.6%	7.0%	5.5%
Less stress	20.9%	30.0%	14.6%	5.8%
More free time	21.9%	21.9%	6.6%	3.4%
Finding a partner	2.1%	0.9%	50.5%	36.5%
Better relationship with my partner	15.3%	15.6%	6.3%	4.0%
Better financial situation	14.8%	9.9%	17.1%	3.6%
More privacy	10.6%	9.1%	3.6%	2.3%
More favorable social attitudes toward aging and sexuality	5.5%	4.5%	8.5%	5.2%
Different partner	6.8%	1.8%	3.7%	1.3%
More interest from partner/self ( <i>write in</i> )	1.6%	0.9%	0.0%	0.5%
Cure of impotence/erectile dysfunction ( <i>write in</i> )	1.6%	0.0%	1.6%	0.4%
No change needed	22.7%	28.2%	20.4%	28.6%

V1 (male questionnaire) Qu. 19/V2 (female questionnaire) Qu. 23: What changes, if any, would increase satisfaction with your sex life?

Men with partners are most likely to believe that better health for themselves would increase their satisfaction with their sex life, while women with partners are most likely to desire less stress. Both groups are also likely to desire better health for their partner.

Men and women without partners are most likely to say that finding a partner would increase their satisfaction with their sex life. Men without partners also tend to believe that better health for themselves would increase their satisfaction, while women without partners are relatively likely to indicate that no change is needed.



## Conditions That Respondents Think Restrict Sexual Activity

Conditions That Respondents Think Restrict Sexual Activity				
	With Partners		Without Partners	
	Men	Women	Men	Women
<i>(Base)</i>	<i>(503)</i>	<i>(446)</i>	<i>(136)</i>	<i>(299)</i>
<i>Have condition that restricts sexual activity</i>	28.5%	16.3%	29.5%	9.8%
Depression	1.9%	3.8%	4.4%	1.7%
Diabetes	6.2%	1.8%	7.4%	1%
High blood pressure	11.3%	3.1%	9.6%	3.3%
Arthritis or Rheumatism	5.2%	7.2%	2.9%	3.3%
Enlarged or swollen prostate	4.8%	0	7.4%	0
Prostate cancer	2.4%	0	5.9%	0
Back problems <i>(write in)</i>	2.6%	1.3%	0.7%	0.3%
Impotence/ED <i>(write in)</i>	2.8%	0	2.9%	0

*V1 (male questionnaire) Qu. 21/V2 (female questionnaire) Qu. 25: What conditions restrict your sexual activity?*

Men, both with and without partners, are more likely than women to report a condition that restricts their sexual activity. High blood pressure is the condition that is most likely to be reported by men.

<b>Description of Sexual Partner Description Strongly applies</b>		
	<b><u>Men</u></b> <i>(503)</i>	<b><u>Women</u></b> <i>(446)</i>
<i>(Base – Currently have sexual partner)</i>		
Is my best friend	75.0%	71.5%
Loves me deeply	73.7%	75.2%
Is kind and gentle	67.1%	66.0%
Is physically attractive	59.0%	52.9%
Makes me feel important	58.0%	53.9%
Finds me physically attractive	46.9%	47.8%
Understands my physical needs	44.2%	41.9%
Is sensitive to my moods and needs	40.5%	37.9%
Is exciting	40.1%	33.3%
Is a skillful lover	37.4%	43.4%
Is romantic	30.1%	36.6%
Is imaginative about sex	21.9%	27.0%
Is mysterious and exciting	18.4%	12.3%
Is sometimes like “a god” to me	11.7%	10.3%
<i>V1 (male questionnaire) Qu 32/V2 (female questionnaire) Qu 36: Please indicate how well each of the following describes your spouse or sexual partner.</i>		

The majority of men and women consider their partner to be their best friend, someone that loves them deeply, kind and gentle. There are only slight gender differences with men being slightly more likely than women to consider their partner physically attractive and exciting, while women are slightly more likely than men to consider their partner a skillful lover and imaginative.

<b>Pain During or After Sexual Intercourse</b>		
	<b><u>Men</u></b>	<b><u>Women</u></b>
<i>(Base – Currently have sexual partner)</i>	<i>(503)</i>	<i>(446)</i>
Always	0.7%	1.5%
Almost Always	0	2.2%
Sometimes	5.3%	12.6%
Almost Never	9.5%	17.8%
Never	84.5%	65.9%
<i>V1 (male questionnaire) Qu 33/V2 (female questionnaire) Qu 37: During the last 6 months, have you ever felt genital pain during or after sexual intercourse?</i>		

Only 1/3 if women and 15% of men report ever feeling pain during or after sexual intercourse.

<b>Use of Lubricants</b>		
	<b><u>Men</u></b>	<b><u>Women</u></b>
<i>(Base – Currently have sexual partner)</i>	<i>(503)</i>	<i>(446)</i>
Always	5.5%	8.6%
Almost Always	7.8%	9.2%
Sometimes	15.6%	10.9%
Almost Never	10.1%	6.7%
Never	61.0%	64.7%
<i>V1 (male questionnaire) Qu 34/V2 (female questionnaire) Qu 38: During the past 6 months, how often has your partner used lubricants such as creams or jellies to make sex more comfortable?</i>		

Most men and women never use lubricants to make sexual intercourse more comfortable.

<b>Protection from Sexually Transmitted Diseases</b>		
	<b><u>Men</u></b>	<b><u>Women</u></b>
<i>(Base – Currently have sexual partner)</i>	<i>(503)</i>	<i>(446)</i>
Yes	5.8%	5.1%
No	91.3%	94.4%
<i>V1 (male questionnaire) Qu 35/V2 (female questionnaire) Qu 39: do you and your partner use any protection from sexually transmitted diseases?</i>		

Fewer than 10% of men and women use any protection from sexually transmitted diseases.

## The Effect of Disease and Medication

### Demographics

	<b>Total</b>	<b>Disease Other Than Depression</b>	<b>Meds OT Hormones Or Anti- Depressants</b>	<b>Depression</b>	<b>No Disease Or Meds</b>
<i>(Base)</i>	<i>(1,384)</i>	<i>(797)</i>	<i>(783)</i>	<i>(151)</i>	<i>(351)</i>
Mean Age	61 yr.	64 yr.	64 yr.	59 yr.	55 yr.
Never Married	5.9%	5.8%	5.2%	2.2%	7.5%
Married	64.8%	60.2%	62.4%	59.1%	67.6%
Separated	1.5%	1.8%	1.6%	2.5%	1.5%
Divorced	11.1%	11.6%	10.8%	19.9%	11.3%
Widowed	14.2%	18.3%	17.7%	13.8%	9.4%
Living with partner	2.5%	2.3%	2.2%	2.6%	2.8%
Employed full-time	36.3%	26.0%	25.7%	23.9%	58.0%
Employed part-time	11.2%	8.6%	9.6%	7.6%	15.7%
Retired	40.8%	53.3%	52.1%	47.6%	16.6%
Not employed	11.7%	12.2%	12.6%	20.9%	9.7%

*Version 1 (male questionnaire) Qu. 61,62,63;*  
*Version 2 (female questionnaire) Qu. 64,65,66*

Depression appears to be related to employment status (more prevalent among retired and unemployed) as well as to marital status, affecting a greater proportion of those who are divorced. Respondents who indicate that they are disease free and are not using medication are more likely to be employed full-time or part-time and much less likely to be retired. Although age is obviously a factor in employment status, being employed may also make one less prone to depression. Those who report a disease other than depression and the use of medications are more likely than the total sample to be widowed.

## General Health Summary

General Health Summary					
	Total	Disease Other Than Depression	Meds OT Hormones Or Anti- Depressants	Depression	No Disease Or Meds
(Base)	(1384)	(797)	(783)	(151)	(351)
Exercise vigorously 20 minutes/day, 3+ days/week	15.5%	13.7%	14.6%	12.7%	16.6%
Exercise moderately 30 minutes/day, 5+ days/week	31.1%	30.0%	31.4%	<u>20.1%</u>	30.8%
Currently smoke	18.1%	15.8%	15.5%	18.5%	24.8%
Mean number smoke per day					
Work/live with smokers	21.0%	17.5%	17.6%	21.0%	30.2%
Drink alcoholic beverages	57.1%	52.9%	<u>51.4%</u>	<u>37.9%</u>	70.4%
Qu. 6-11					

Surprisingly, respondents who report being disease free and not taking medication are much more likely than the total sample to say that they work or live with a smoker and drink alcoholic beverages. These reported behaviors may be due to the relatively young ages of those who are disease free and not taking medication. Depressed respondents are less likely than the total sample to claim to exercise moderately or drink alcoholic beverages. This may indicate that once diagnosed with depression or a disease, respondents improve their smoking and drinking behavior. Among depressed patients, this could alternatively indicate that respondents are not socializing as much, and may be denying themselves some opportunities for meeting other people. Again, it is not clear if depression leads to lower exercise rates, or if lower exercise rates are partly responsible for depression.

## General Opinions on Sex

General Opinions on Sex Strongly Agree or Agree					
		Disease Other Than Depression	Meds OT Hormones Or Anti- Depressants	Depression	No Disease Or Meds
(Base)	Total	(797)	(783)	(151)	(351)
Sexual activity is important to my overall quality of life	46.3%	42.0%	42.8%	44.6%	51.8%
Sexual activity is a critical part of a good relationship	54.8%	53.4%	53.1%	58.7%	56.9%
Sexual activity is a duty to one's spouse/partner	29.6%	31.5%	30.1%	25.0%	28.1%
Sexual activity is a pleasurable, but not necessary, part of a good relationship	51.7%	53.0%	54.8%	45.9%	47.9%
Sex becomes less important to people as they age	37.5%	40.6%	40.5%	35.5%	31.5%
I do not particularly enjoy sex	10.1%	11.0%	11.1%	17.8%	7.9%
I would be quite happy never having sex again	11.8%	14.4%	14.5%	19.9%	<u>7.6%</u>
Sex is only for younger people	3.5%	4.7%	5.2%	5.3%	<u>0.8%</u>
People should not have a sexual relationship if they are not married	40.6%	43.9%	43.5%	49.1%	<u>33.7%</u>

V1 (male questionnaire) Qu. 17/V2 (female questionnaire) Qu. 21: For each of the following statements, please indicate how much you agree or disagree.

Respondents who were depressed were more likely than the general population to state that they do not particularly enjoy sex. Those who were disease-free and not using medication were less likely than the general population to state that they would be quite happy never having sex again and less likely to state that sex is only for younger people. The disease-free were also much less likely to state that people should not have a sexual relationship if they are not married. Overall, depression appears to have a negative impact on sexual enjoyment, although it may be that because respondents are not engaging in sex, or do not have or have lost their sexual partner, that they are more depressed. Being disease free also seems to be associated with more liberal sexual attitudes. Again, it is not apparent which is the cause and which is the effect. It may also be the case that more permissive attitudes and better health are both driven by age.

## Frequency of Sexual Thoughts

Frequency Have Sexual Thoughts					
	<b>Total</b>	<b>Disease Other Than Depression</b>	<b>Meds OT Hormones Or Anti-Depressants</b>	<b>Depression</b>	<b>No Disease Or Meds</b>
<i>(Base)</i>	<i>(1384)</i>	<i>(797)</i>	<i>(783)</i>	<i>(151)</i>	<i>(351)</i>
More than once a day	9.9%	8.4%	7.9%	7.2%	15.3%
Once a day	6.6%	4.8%	5.4%	1.7%	9.9%
2 or 3 times per week	20.7%	18.7%	19.0%	20.5%	27.6%
Once a week	7.8%	7.9%	7.2%	8.7%	7.0%
2 or 3 times per month	11.2%	11.4%	11.3%	10.8%	10.3%
Once a month	4.3%	4.3%	4.2%	6.4%	4.8%
Less than once per month	14.4%	16.7%	16.6%	16.9%	6.9%
Not at all	20.9%	23.3%	23.8%	23.8%	15.0%

*V1 (male questionnaire) Qu. 23/V2 (female questionnaire) Qu. 27: How frequently do you have sexual thoughts, fantasies, or erotic dreams?*

Respondents who are disease free and not using medication are more likely than total respondents to state that they think about sex frequently. Specifically, the disease-free respondents are more likely to say they think about sex more than once a day (15% vs. 10%), once a day (10% vs. 7%), two or three times per week (28% vs. 21%). Again, feelings of depression appear to have a negative impact on sexual thoughts and this is particularly noticeable in the proportion who think about sex once a day (10% of those who are disease free vs. only 2% of those diagnosed with depression).

## Frequency Feel Sexual Desire

Frequency Feel Sexual Desire					
	Total	Disease Other Than Depression	Meds OT Hormones Or Anti-Depressants	Depression	No Disease Or Meds
<i>(Base)</i>	<i>(1384)</i>	<i>(797)</i>	<i>(783)</i>	<i>(151)</i>	<i>(351)</i>
More than once a day	7.7%	6.9%	6.4%	5.8%	11.0%
Once a day	7.0%	4.4%	5.2%	4.3%	11.8%
2 or 3 times per week	23.6%	19.7%	20.5%	18.9%	33.4%
Once a week	13.0%	14.2%	12.8%	11.4%	10.1%
2 or 3 times per month	13.2%	14.2%	14.7%	15.4%	9.5%
Once a month	5.7%	6.0%	5.7%	8.6%	4.1%
Less than once per month	9.5%	10.4%	10.0%	15.6%	7.1%
Not at all	15.8%	19.0%	19.6%	16.9%	9.6%

*V1 (male questionnaire) Qu. 22/V2 (female questionnaire) Qu. 26: How frequently do you feel sexual desire?*

Similarly, respondents who indicated they were free of disease and not taking medication report more frequent sexual desire than those suffering from disease or taking medication. Again, depressed respondents are skewed toward the low end of feeling sexual desire.



### Frequency of Sexual Activity

Frequency of Sexual Activity During Last Six Months (About Once a Week or More Often)					
	Total	Disease Other Than Depression	Meds OT Hormones Or Anti- Depressants	Depression	No Disease or Meds
<i>(Base)</i>	<i>(1384)</i>	<i>(797)</i>	<i>(783)</i>	<i>(151)</i>	<i>(351)</i>
Kissing or Hugging	65.5%	59.7%	62.3%	56.6%	72.6%
Sexual Touching or Caressing	54.6%	49.1%	49.8%	43.9%	62.5%
Sexual Intercourse	38.4%	31.7%	31.7%	28.7%	50.6%
Oral Sex	12.6%	10.2%	9.6%	9.8%	17.4

*V1 (male questionnaire) Qu 36/V2 (female questionnaire) Qu 40: During the past 6 months, how often on average, have you engaged in the following sexual activities?*

Frequency of Sexual Activity During Last Six Months (Not At All)					
	Total	Disease Other Than Depression	Meds OT Hormones Or Anti- Depressants	Depression	No Disease or Meds
<i>(Base)</i>	<i>(1384)</i>	<i>(797)</i>	<i>(783)</i>	<i>(151)</i>	<i>(351)</i>
Kissing or Hugging	22.1%	27.3%	25.6%	33.1%	<u>14.9%</u>
Sexual Touching or Caressing	29.6%	35.9%	34.4%	38.7%	<u>20.8%</u>
Sexual Intercourse	35.5%	42.8%	41.6%	46.3%	<u>25.1%</u>
Oral Sex	64.8%	71.6%	71.1%	72.3%	<u>51.2%</u>

*V1 (male questionnaire) Qu 36/V2 (female questionnaire) Qu 40: During the past 6 months, how often on average, have you engaged in the following sexual activities?*

Respondents who are disease free and not on medications were more likely than other groups to indicate that they regularly participate in various forms of sexual activity. Disease free respondents were less likely than other groups to state that they never engage in these sexual activities.

<b>Satisfaction With Sex Life</b>					
	<b>Total</b>	<b>Disease Other Than Depression</b>	<b>Meds OT Hormones Or Anti- Depressants</b>	<b>Depression</b>	<b>No Disease Or Meds</b>
<i>(Base)</i>	<i>(1384)</i>	<i>(797)</i>	<i>(783)</i>	<i>(151)</i>	<i>(351)</i>
Extremely satisfied	25.5%	23.3%	24.8%	21.4%	28.5%
Somewhat satisfied	29.0%	28.5%	27.1%	25.8%	29.9%
Neither satisfied nor dissatisfied	28.2%	31.2%	30.7%	32.8%	23.2%
Somewhat dissatisfied	10.8%	10.6%	10.9%	11.1%	12.6%
Extremely dissatisfied	6.4%	6.4%	6.5%	8.9%	5.9%
Mean	3.56	3.52	3.53	3.40	3.63
<i>V1 (male questionnaire) Qu. 18/V2 (female questionnaire) Qu. 22: How satisfied are you with your sex life?</i>					

### **Satisfaction with Sex Life**

There were no significant differences between the disease free and those who report suffering from depression or illness or taking medication. Depressed respondents had a mean score slightly lower than overall respondents, but the difference was non-significant. As seen in other aspects of this report, satisfaction with sex life may have been interpreted by some respondents as a certain comfort level regarding the level/lack of sexual activity in their lives.

## Changes That Would Increase Satisfaction With Sex Life

	Changes That Would Increase Satisfaction With Sex Life				
	Total	Disease Other Than Depression	Meds OT Hormones Or Anti-Depressants	Depression	No Disease Or Meds
(Base)	1384	797	783	151	351
Better health for myself	22.5%	28.9%	29.1%	43.6%	9.4%
Better health for partner	20.6%	21.5%	22.4%	26.1%	16.2%
Less stress	19.9%	18.0%	17.8%	34.2%	22.7%
More free time	16.4%	12.6%	12.9%	6.7%	26.0%
Finding a partner	13.9%	14.7%	13.7%	19.4%	14.9%
Better relationship with my partner	12.1%	10.3%	10.7%	13.5%	13.1%
Better financial situation	11.0%	10.1%	10.6%	15.6%	13.8%
More privacy	7.6%	6.0%	5.7%	6.7%	13.5%
and sexuality	5.4%	6.9%	7.0%	10.3%	2.5%
Different partner	3.7%	4.0%	3.8%	3.2%	3.4%
More interest from partner ( <i>write in</i> )	1.0%	0.3%	0.5%	0.5%	2.7%
Cure of impotence/erectile dysfunction ( <i>write in</i> )	0.8%	1.0%	1.3%	0.9%	0.4%
No change needed	25.5%	24.5%	25.1%	17.7%	27.3%

V1 (male questionnaire) Qu. 19/V2 (female questionnaire) Qu. 23: What changes, if any, would increase satisfaction with your sex life?

Respondents who were disease-free and not on medications were more likely than other groups to list more free time and finding a partner as changes that would improve their satisfaction with their sex lives. These respondents were also more likely than average to list more privacy as a necessary change (14% vs. 8% of general population) as well as more interest from their partner (3% vs. 1% in total). Depressed respondents seemed to be more aware that changes were needed to improve their sex lives and were much more likely than all other groups to list stress as a contributor to their sexual dissatisfaction.

## Conditions That Restrict Sexual Activity

Conditions That Respondents Think Restrict Sexual Activity					
	<b>Total</b>	<b>Disease Other Than Depression</b>	<b>Meds OT Hormones Or Anti- Depressants</b>	<b>Depression</b>	<b>No Disease Or Meds</b>
<i>(Base - Total Sample</i>	<i>(1384)</i>	<i>(797)</i>	<i>(783)</i>	<i>(151)</i>	<i>(351)</i>
<i>Have condition that restricts sexual activity</i>	20.7%	29.0%	27.7%	39.1%	7.9%
High blood pressure	6.8%	11.7%	12.0%	10.6%	0
Arthritis or Rheumatism	5.2%	8.4%	7.4%	14.6%	0.9%
Diabetes	3.8%	6.6%	6.8%	2.6%	0
Depression	2.7%	3.5%	2.8%	19.9%	1.1%
Enlarged or swollen prostate	2.5%	4.3%	3.7%	3.3%	0
Prostate cancer	1.5%	2.4%	1.9%	0.7%	0
Back problems <i>(write in)</i>	1.4%	1.8%	1.4%	2.6%	1.4%
Impotence/ED <i>(write in)</i>	1.3%	1.5%	1.5%	2.6%	0.9%

*V1 (male questionnaire) Qu. 21/V2 (female questionnaire) Qu. 25: What conditions restrict your sexual activity?*

About one out of five respondents indicated a condition that restricts sexual activity. The single greatest cause among restricted respondents was high blood pressure (affecting one-third of restricted), arthritis or rheumatism (affecting about one-fourth of restricted respondents), and diabetes (affecting about one out of five of those restricted). Depressed respondents were likely to have other problems besides depression, including high blood pressure and arthritis. Among those without a major disease, back problems were the condition most restricting sexual activity.

## Diagnosis and Treatment

Been Diagnosed With/Current Treatment For Condition								
	Total		Disease OT Depression		Meds OT Hormones or Antidepressants		Depression	
	Diag.	Treat.	Diag.	Treat.	Diag.	Treat.	Diag.	Treat.
	(1,384)	(1,384)	(797)	(797)	(783)	(783)	(151)	(151)
(Base)								
High blood pressure	36.9%	33.5%	64.1%	58.3%	62.6%	58.9%	41.9%	38.4%
Arthritis or Rheumatism	25.7%	13.3%	44.6%	23.2%	33.4%	20.1%	50.2%	32.5%
Diabetes	13.2%	11.0%	22.9%	19.1%	21.8%	19.4%	15.3%	12.6%
Depression	8.3%	5.7%	10.3%	7.0%	8.8%	6.6%	76.7%	52.3%
Enlarged or swollen prostate	7.2%	3.3%	12.5%	5.8%	9.6%	4.9%	8.6%	4.0%
Breast cancer	2.4%	0.8%	4.2%	1.4%	3.4%	0.9%	2.2%	0
Prostate cancer	2.1%	1.0%	3.7%	1.8%	2.8%	1.7%	1.9%	0
Cervical cancer	1.1%	0.4%	1.9%	0.7%	0.9%	0.4%	1.8%	0.7%
HIV/AIDS	0.6%	0.1%	1.1%	0.1%	0.7%	0.1%	1.9%	0
Ovarian cancer	0.5%	0.3%	0.9%	0.5%	0.4%	0.1%	0.5%	0
None of these	38.5%	NA	0	NA	15.0%	NA	3.4%	NA

*Qu. 14a/14b: Please indicate which of the medical conditions you have been diagnosed with. For each condition, please indicate which conditions you are currently receiving treatment for.*

Across the board differences in reported diagnosis and treatment, particularly for arthritis or rheumatism, depression, and enlarged or swollen prostate were relatively large and rather alarming, indicating that many respondents may be unable to access medical care due to their condition or unable to afford medical care. Because depression and arthritis are both apparently more prevalent among females than males, it may be that females, in addition to being more likely to have lost a partner or to have a partner with health problems, are also more likely to have untreated health conditions. This lack of treatment for diagnosed health problems could be partly responsible for lowered sexual desire among older females.

## Prescription Drug Usage

Prescription Drugs				
		Disease Other Than Depression	Meds OT Hormones Or Anti- Depressants	Depression
(Base)	(1384)	(797)	(783)	(151)
Blood pressure pills	35.9%	60.7%	63.5%	39.2%
Medications for cholesterol or fats in blood	18.4%	26.6%	32.5%	21.7%
Hormone pills (estrogen, progesterone)	16.6%	17.4%	19.1%	29.6%
Pills or other medicines to thin blood	15.7%	23.4%	27.7%	20.9%
Pills/paste patches or anything for heart or heart beat	15.4%	23.0%	27.2%	22.5%
Insulin or pills for sugar in blood	11.1%	19.0%	19.5%	12.2%
Sleeping pills or other med. to help sleep	9.4%	11.6%	16.6%	33.0%
Medications for nervous conditions (tranquilizers/anti-depression)	8.7%	11.3%	11.3%	79.7%
Thyroid pills	8.4%	11.0%	14.9%	6.6%
Hormone creams or suppositories for vaginal dryness	2.0%	2.1%	2.2%	3.4%
Medications to improve sexual functioning	1.4%	1.9%	2.2%	0
Estrogen patch	0.9%	0.8%	0.7%	1.6%
Androgens, testoderm, or bromocriptine	0.2%	0.3%	0.3%	0.9%

Qu. 13: In the past 2 weeks have you taken any of the following prescription drugs?

Respondents who feel depressed and those who report suffering from another illness are likely to report taking several medications. The effects of prescription drugs as well as interaction between drugs may interfere with sexual feelings and performance.

## Seeking Treatment for Sexual Problems

<b>People Respondents Sought Treatment From For Problems Related To Sexual Functioning</b>		
	<b>Men</b>	<b>Women</b>
<i>(Base)</i>	<i>(639)</i>	<i>(745)</i>
Personal physician	13.0%	5.6%
Specialist physician	12.8%	5.6%
Mental health professional	1.7%	2.0%
Sex therapist	0.2%	0.3%

*V1 (male questionnaire) Qu. 40/V2 (female questionnaire) Qu. 43: Have you ever sought treatment for any problems related to sexual functioning with any of the following?*

Consistent with greater frequency of medical problems that restrict their sexual activity, males are more likely than females to report seeking treatment from professionals for problems related to sexual functioning. Thirteen percent of males and only six percent of females say they have sought treatment from a personal physician, and the same proportions say they have sought treatment from a specialist physician.

<b>Use Of Medicines or Treatments To Improve Sexual Function</b>		
<i>(Base)</i>	<b>Men</b> <i>(639)</i>	<b>Women</b> <i>(745)</i>
<b>Currently</b> using medicines, hormones, or other treatments to improve sexual function and activity	5.6%	3.9%
Not currently, but <b>have used</b> medicines, hormones, or other treatments to improve sexual function and activity	4.9%	2.9%
<i>Version 1 (male questionnaire) Qu. 43-45</i>		
<i>Version 2 (female questionnaire) Qu. 46-48</i>		

Only about 10% of men and 7% of women report that they have ever used medicines, hormones, or other treatments to improve sexual function and activity. Slightly over half of those who have ever tried medicines or treatments for sexual function are currently using any medicines or treatments.

Fewer than 30 males and 30 females indicated that they have stopped using medicines or treatments for sexual problems. For both males and females the primary reason for stopping was that the product didn't work. For males the second greatest reason was cost and for females the second greatest reason was undesirable side effects.



**Medcines or Treatments Ever Used  
Or Currently Using**

	<u>Men</u>	<u>Women</u>
<i>(Base - Total Sample Curretly or Ever Use Treatments)</i>	<i>(65)*</i>	<i>(49)*</i>
Viagra	49.4%	1.4%
Premarin	0	20.3%
Estrogen	1.1%	17.8%
Yohimbine/Yohimbe	7.5%	0
Prempro	0	8.9%
Testosterone patches	6.5%	0
Lubricant	0	7.5%
Estratest	0	6.4%
Vaginal hormone cream	0	5.3%
Provera	0	5.0%

*\*Caution: Small base sizes*

*V1 (male questionnaire) Qu. 46/V2 (female questionnaire) Qu. 49:  
Which medicines, hormones, or other treatments are you currently  
using or have you ever used? (Open-ended question)*

When asked what medicines, hormones or other treatments they have used to treat their sexual problems half of males who had used a treatment (or 32 out of 65 males) report usage of Viagra, 8% mention Yohimbine/Yohimbe and 7% mention testosterone patches. Of the 49 females who had sought treatment, 20% report usage of Premarin and 18% mention Estrogen. Other treatments reported by females include lubricants, Estratest, vaginal hormone creams, Provera, and even Viagra.

**Frequency Of Sexual Intercourse  
Before/After Taking Medicine or Treatment**

	Men		Women	
	Before	After	Before	After
<i>(Base - Total Sample Currently or Ever Use Treatments)</i>	(65)*	(65)*	(49)*	(49)*
Daily	0	2.3%	2.8%	0
More than once a week	10.5%	13.8%	36.7%	32.6%
About once a week	14.2%	19.2%	32.9%	39.8%
Once or twice a month	33.7%	34.1%	12.7%	11.5%
Less than once a month	22.7%	14.0%	5.9%	8.4%
Not at all	18.9%	16.6%	9.0%	7.7%

*\*Caution: small base sizes*

*V1 (male questionnaire) Qu. 48/V2 (female questionnaire) Qu. 51: Before/After taking these medicines, hormones, or treatments, how often, on average, did you engage in sexual intercourse?*

For males, the reported frequency of sexual intercourse increased slightly after treatment, although not enough to be significant. However, very small base sizes make it difficult to detect statistically significant changes. Women indicated a change in the frequency of sexual intercourse after treatment. However, this does not take into effect other forms of sexual expression that may have been enhanced or increased by medication.

### Impact of Medicine or Treatment to Satisfaction with Sex

<i>(Base – Total sample currently or have ever used treatments)</i>	<u>Men</u> <i>(65)*</i>	<u>Women</u> <i>(49)*</i>
Greatly Increased or somewhat increased satisfaction	62.1%	59.0%
No change in satisfaction	34.5%	41.0%

*\*Caution: Small Base*

*V1 (male questionnaire) Qu.49/V2 (female questionnaire) Qu.52: How did these medicines, hormones, or treatments affect your satisfaction or enjoyment with sex?*

### Effect of Medicine or Treatment to Relationship with Partner

<i>(Base – Total sample currently or have ever used treatments)</i>	<u>Men</u> <i>(65)*</i>	<u>Women</u> <i>(49)*</i>
Very Positive or Somewhat Positive	54.2%	57.1%
Neither Positive or Negative	36.5%	41.3%

*\*Caution: Small Base*

*V1 (male questionnaire) Qu.50/V2 (female questionnaire) Qu.53: What effect did these medicines, hormones, or treatments have on your relationship with your partner?*

Although men and women report little change in the frequency of sexual intercourse after taking medicines or treatments, a majority say that the medicines or treatments have increased their enjoyment of sex and had a positive effect on their relationship with their partner.

## Part II

### Segmentation of Respondents by Quality of Life and Sexual Satisfaction

A statistical technique known as CART (Classification and Regression Trees) was used in this analysis in order to further how quality of life and sexual satisfaction ratings are related to other study information. CART is a classification technique that was used in this study to sort through a wide variety of independent study variables (e.g., attitudes toward sex, description of spouse, prescription drug usage) and identify the variables that best split respondents into groups that report different levels for two different dependent variables -- current quality of life and satisfaction with sex life.

CART is a sequential classification technique, meaning that it began by identifying the single variable that is most useful in classifying respondents into high and low quality of life or sexual satisfaction rating groups. It then continued to identify additional classification variables that could be used to further subdivide either their high or low rating group:

- When the high rating group was subdivided, the result was one group with an even higher rating and a second group with a not so high rating.
- When the low rating group was separated, the result was one group with an even lower rating and a second group with a not so low rating.

The CART procedure continued as long as it was able to identify additional variables that were useful in separating respondents into higher versus lower rating groups.

The dependent variables for this study were satisfaction with sex life and the current rating for the Ladder of Life variable. Independent variables for females included: factors in quality of life, feeling in control, depression, health behavior issues, prescription drug usage, attitudes toward sex and relationships, descriptions of spouse, and menopause or cancer-related questions. Independent variables for males included: factors in quality of life, feeling in control, depression, health behavior issues, prescription drug usage, attitudes toward sex and relationships, and description of spouse.

Additionally, frequency of sexual intercourse and satisfaction with sex life were used as independent variables in the Ladder of Life segments. Demographics were not entered into the modeling.

## **Female Ladder of Life Segments**

Respondents were asked to place themselves on the ladder of life scale. The ladder of life scale is comprised of ten rungs, numbered 1 to 10, where 1, the bottom rung, indicates the worst possible life, and 10, the top rung, indicates the best possible life. Overall females ranked themselves at 7.5, or on the “third rung down” on the ten ladders of life. Six key groups emerged from the Classification and Regression Tree analysis. Summaries of each of the groups are given below:

### **Optimists**

Optimists had a mean score of 9.0, placing them very near the top of the ladder of life. These women very often feel that things are going their way, and rarely feel that difficulties are getting so high that they cannot overcome them. Optimists are spread throughout the age ranges, with 38% under 60, 45% 65-69 and 18% in the 75 and over age range. Optimists are slightly skewed to above average income, but are by no means the wealthiest group. Interestingly, this group has above average representation among never married women (8% of Optimists vs. 5% in the general population). The proportion of married Optimists closely mirrors the general population (62%) and has below average representation among divorced, widowed, and separated women.

### **Health, Companion and Money Get Me Through**

The Health, Companion and Money segment has a higher than average ranking on the rungs of life (8.5). Despite a high marriage rate, good health, and an above average income, this segment often feels that things are not going their way. Health, Companion, and Money feel strongly that their spouse or partner is their best friend. This segment is one of the youngest, with 53% under age 60 and only 7.5% age 75 and over. This group tends to have more money than the other segments, with 23% having household incomes above \$75,000. This group also has one of the highest marriage rates of 85%.

### **Depressed With No Sexual Outlet**

The Depressed group places themselves low on the ladder of life, with a mean rating under 5. They sometimes or often feel that difficulties are getting so high that they cannot overcome them and rarely feel happy. This group is over-represented in the two highest age groups with over one-quarter over age 75. This group has the lowest average income, with 43% having a household income of less than \$15,000 a year and nearly three-quarters bringing in less than \$30,000 a year. Less than half of this group is married, with 46% divorced, widowed, or separated.

### **Coping Without Spouse**

Despite the fact that they sometimes or often feel that difficulties are mounting so high they cannot overcome them, the Copers place themselves around rung 6.5, slightly lower than the mean. Nevertheless, most Copers claim to have been happy occasionally or most of the time during the last seven days. The majority of women in this segment (57%) have lost their spouse. This group has the lowest proportion of married women (37%) and the second lowest income (68% have household incomes less than \$30,000 a year) as well as the highest proportion of women seventy-five or older (27%).

### **Healthy and Coping**

This segment has a slightly higher than average placement on the rungs of life (7.8) and rarely feels that difficulties are so great that they cannot overcome them. Nevertheless, they do not often feel that things are going their way. Although fewer than half of these women are married, some of the married women do feel that their spouse is their best friend. In terms of age and income, this group basically mirrors the overall population.

### **Happy but Challenged**

Despite the fact that this is the youngest group (two-thirds are under age 60) and one of the highest in terms of income, mean satisfaction with life is about average (7.5). This group sometimes or often feels that difficulties are getting so high they cannot overcome them, yet basically remains happy, possibly due to their high rate of marriage (nearly 90%).

## **Female Satisfaction with Sex Life Segments**

Respondents were also asked to rate their overall satisfaction with their sex lives on a 1 to 5 scale, with 1 indicating extreme dissatisfaction and 5 indicating extreme satisfaction. On a 1-5 scale, females had an overall mean score of 3.6 in terms of sexual satisfaction, with two groups scoring above the mean and two groups scoring somewhat below the mean. Results of the multivariate analysis are given below:

### **Sexually Engaged With Partner**

Sexually Engaged respondents scored higher than average on sexual satisfaction with a mean score of 4.6, making them the most satisfied of all the female segments. These respondents feel strongly that their partner is imaginative about sex and that their partner is exciting. Not surprisingly, this is one of the younger groups, with 62% age 60 or younger. This group has the second highest income, with nearly one-quarter having household incomes of \$75,000 a year or more. Eight out of ten women in this category are currently married, while only 17% are divorced, widowed, or separated.

### **Enjoy Sex With Imaginative Partner**

These women feel that their partner is an imaginative and skillful lover despite the fact that their partner is either not exciting or only somewhat exciting. These women enjoy sex, and have a mean of 4.1 on sexual satisfaction. The youngest of the groups, two-thirds of these women are under age 60. This is also the wealthiest of the four segments with nearly three out of ten women in this segment having household incomes of \$75,000 a year or more. Nine out of ten women in this segment are married and only 9% are divorced, widowed, or separated.

### **Sexually Isolated**

This group had the lowest sexual satisfaction, with a mean rating of 2.5 and is the least likely to be married (29%). Although most of these women do not have a partner, they believe that sex is part of a good relationship and is not just for younger people. Over two-thirds of this group is divorced, widowed, or separated. This is also the oldest group, with nearly one-quarter age 75 or older and has the lowest household income.

### **Inadequate or No Partner**

The Inadequate or No Partner segment had a mean rating of 3.3, making it the second lowest group in sexual satisfaction. About half of these women are married, and 45% are divorced, widowed, or separated. These women either have no partner or say that their partner is not imaginative about sex. However, they still feel that sex is at least somewhat important to their quality of life. This is the second oldest group, with 12% above the age of 75. Like the Sexually Isolated, this group tends to have a lower income, with three out of ten having a household income of \$15,000 or below per year.



## **Male Ladder of Life Segments**

Males were also asked to rate the quality of their lives using the 10 rungs of the ladder of life, where 1, the bottom rung, indicated the worst possible life, and 10, the top rung, indicated the best possible life. Multivariate analyses revealed four key segments for males relating to the quality of life variable. On average, males scored about the same as females with a mean score of 7.5. Because marital status was roughly the same across the four segments, marital status appears to be less of a defining factor for male happiness than it is for females. The ability to cope with difficulties seemed to be a defining factor for both males and females in their overall quality of life ratings.

### **Healthy and Happy**

This is the happiest of the segments with a mean score of 8.4. This segment was happy most of the time in the past seven days and described their overall health as excellent or very good. This is by far the wealthiest of the segments, with 36% having a mean household income of \$75,000 or more. Nearly three-quarters of this segment are married, making it the second highest in terms of marriage among the segments.

### **Unhappy and Feeling Overwhelmed**

This segment of males was the only one whose average score was far below the mean (5.7). This segment described themselves as rarely or only occasionally happy in the past seven days and felt that their difficulties were getting so high that they could not overcome them. In terms of an age distribution, this group parallels the population as a whole, but has a higher proportion whose income is below \$30,000 a year (50%). This group also has the lowest rate of marriage (68%), which is only slightly below the norm.

### **Happy But Unhealthy**

This group had a mean of 7.5, slightly above the norm and described themselves as happy most of the time in the last seven days despite the fact that they rated their health as less than excellent. The income for this group was somewhat below average, with 43% having an income below \$30,000 a year. Happy but Unhealthy had a marriage rate of 70%, only slightly below the population total. In terms of age, they were skewed a little high, with 23% age 75 or above.

### **Rarely Happy but Coping**

This segment had a mean score of 7.1, slightly below the male average. This group also had the highest marriage rate of 75%. Rarely Happy but Coping stated that they were happy rarely or only occasionally during the last seven days, yet did not feel that their difficulties were getting so high they could not overcome them. In terms of age, this group closely resembled the norm, and was on the high side in terms of income, with nearly one-quarter reporting a household income of \$75,000 or above.

## **Male Sexual Satisfaction Segments**

Males were also asked to rate their overall sexual satisfaction on a 1 to 5 scale, where a score of 1 indicated extreme dissatisfaction and a score of 5 indicated extreme satisfaction. CART analysis revealed three segments for males, capturing all respondents whose pattern of responses allowed them to be analyzed. Having a romantic partner who is perceived as sensitive to their moods and needs was a key discriminator for males' sexual satisfaction. Segment descriptions are listed below:

### **Romantic, Sensitive Partner**

These lucky males have a partner who is romantic and who is perceived as sensitive to their moods and needs, resulting in the highest satisfaction rating for males – 4.1. About half (46%) of males in this group are under age 60, skewing them slightly to the lower end of the age demographic. Over four out of five (82%) of this segment are married, and only 15% are currently divorced, widowed, or separated. In terms of income, these men roughly parallel the population distribution.

### **Romantic But Less Sensitive Partner**

These men have a higher than average sexual satisfaction rate of 3.6 and do rate their partner as romantic, but not sensitive to their moods and needs. This is the youngest of the three groups with nearly half under 50 years of age. This group is also at the highest end of the income scale with nearly three out of ten having a household income of \$75, 000 a year or more.

### **No Partner/Non-Romantic**

This segment feels that the term “romantic” does not apply to their partner, if they have a partner. Only about half are married, and nearly one-third are divorced, widowed, or separated. Their sexual satisfaction is very low, only 2.7 out of a possible 5. Nearly 30% of these men are 75 years of age or older. They also fall in the lower end of the income distribution with 45% having household incomes below \$30,000 a year.

## **Project Background**

AARP wanted to explore the role of sexuality in the lives of mid-life and older persons. Specifically, AARP wanted to understand:

- The sexual attitudes, behavior, and satisfaction of mid-life and older adults
- The role that sexuality plays in quality of life for mid-life and older adults
- How attitudes and behaviors regarding sexuality are impacted by biomedical factors.
- The impact of health-related conditions on sexual activity and attitudes.
- The use of medical and/or pharmacological developments to enhance sexuality.
- The results of these sexuality enhancing measures.

## **The NFO Project Team**

Kenna Purvis-Keller: *Atlanta-Based Research Consultant (Project Lead)*  
Jennifer Park: *Research Analyst*  
Melody Matthews: *Project Management*

## **Research Design**

*Type of interview:* Telephone screener for cooperation with a mail follow-up.  
*Sample source:* The NFO panel.  
*Sample definition:* Men and women aged 45 and older.  
*Number of ending interviews:* 1,384

## Methodology

### Telephone Screener

1. Based on the sample definition, census quotas, panel usage requirements, expected cooperation rates, and balancing, 3,450 individuals over the age of 45 were chosen to participate in the study.
2. The approved screener was programmed as a CATI interview.
3. Telephone screening calls for age verification and cooperation were conducted in February 1999; 1,709 agreed to participate and 122 refused. Of the remainder, 375 refused to complete the screener and 1,244 either could not be reached or were disqualified for various reasons.

### Mail Follow-Up

4. The 1,709 respondents who agreed to participate in the study were mailed an eight-page survey in late February. There were two version of the survey – one for males and one for females.
5. Returned surveys were forwarded to NFO's internal data processing group for coding of open-ends, cross-tabulation and banner development. The tabulation plan and banners were approved by AARP representatives.
6. The data was weighted to the 45 and older population on both age and sex based on census data. Each group makes up the following percentage of the total study:  
  
Males 45 to 64 = 30.55%  
Females 45 to 64 = 33.1%  
Males 65+ = 15.63%  
Females 65+ = 20.72%
7. Statistical testing was performed at the 95% and 90% confidence levels.
8. An in-depth analysis of the data was conducted by a research analyst at NFO comparing the results to the stated research objectives.

### Time Frame

2/4/99: Approval of study by AARP  
2/10/99: Approval of phone screener by AARP  
2/11/99 – 2/12/99: CATI programming of screener, build sample  
2/15/99 - 2/24/99: Screener in field  
2/22/99: Follow-up questionnaire approved by AARP  
2/24/99: Mailed follow-up questionnaires  
3/23/99: Field closed with 1,414 returns (1,384 usable)  
3/31/99: Coding and data entry completed  
4/1/99 – 4/9/99: Data processing  
4/9/99: Final data tables and data file delivered to AARP  
4/14/99: SPSS program file delivered to AARP  
4/12/99 – 5/4/99: Statistics and analysis  
5/6/99: Draft analysis delivered to AARP  
7/9/99: Final analysis delivered to AARP