

Women Want To Know

The Hourglass Is Half Full: Women's Views On Aging

(NAPSA)—When a recent survey asked women how they felt about aging, a significant number said that the best was yet to come.

In the new Women Talk™ annual survey by the National Women's Health Resource Center (NWHRC), more than one-third (37 percent) of women reported being positive about life as they age. The finding is especially true for older women (41 to 46 percent among those aged 50 and older).

When asked which aspects of their life would get better or worse, only 22 percent thought their sex life would decline and only 26 percent thought their physical health would worsen. Seventy-five percent were sure their mental health would remain the same and 72 percent thought their social life would be the same.

African-American and Hispanic women were more optimistic than Caucasian women. They are more likely to believe that nearly all areas of their lives will get better.

Fewer than half (45 percent) think it's extremely or very likely that as they grow older they will maintain their ability to take care of themselves and go about their daily activities.

When asked what they looked forward to, younger women looked forward to time with their spouse or watching their children grow up. Older women looked forward to learning something new. Travel was a priority among 54 percent of the respondents aged 40 to 49 and 50 percent of those aged 60 and older.

In terms of fears, older women are most concerned about losing their independence or becoming a



A good number of women are optimistic about growing older, but this is tempered by fears about losing one's independence and memory.

burden. Middle-aged women are worried about finances and younger women are afraid of being alone.

"Women's greatest fear about growing older is losing their independence and memory," said Elizabeth Battaglini Cahill, RN and NWHRC executive vice president. "There are daily lifestyle choices that women can make at any age to help ensure their older years will be active and healthy."

As part of their One Small Step To A Healthier You campaign, the NWHRC has created an online wellness center at healthywomen.org.

For more information on the survey, you can visit the site or call (877) 986-9472.