

QuickFACTS®



INFORMATION ABOUT RETIREMENT, LONG-TERM CARE, AND THE MATURE MARKET

Welcome to QuickFACTS, a monthly fact sheet produced by MetLife's Mature Market Institute. Our focus is the emerging market of people 50+. We compile recent news and developments on retirement, aging, and long-term care issues that impact our business and our customers. Ideas and comments for the editor are welcome at fradding@metlife.com or phone, 203-454-5302.



Global Aging

In 2005 life expectancy at birth for men in the United States was 75, and for women it was 80. There were 31 other countries where female life expectancy was higher than in the U.S, and 32 other countries where it was higher for men.

Global Health Facts – Demography and Population, Female Life Expectancy at Birth, 2005, Male Life Expectancy at Birth, 2005.

Kaiser Family Foundation
www.globalhealthfacts.org

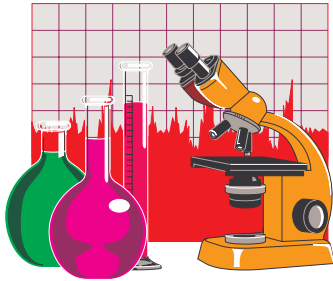
Web Watch

The Elder Economic Security Standard Index, a tool developed jointly by the Gerontology Institute at the University of Massachusetts and WOW (Wider Opportunities for Women), measures the basic costs that older adults require to maintain their independence in the community, and meet their daily costs of living, including housing, transportation and healthcare. This yardstick of income adequacy will provide a more realistic picture of what is needed to survive than the current measures of poverty that were developed in the 1960s, based on U.S. Department of Agriculture's food budgets. The Elder Economic Security Standard Index for 2006 calculates that a single older person would need from \$15,134 for a homeowner without a mortgage, to \$19,541 for a renter of a one bedroom apartment. The 2006 federal poverty threshold for an individual in the 48 contiguous states and D.C. was \$9,800 annually, and \$12,250 in Alaska and \$11,270 in Hawaii.



<http://www.wowonline.org/pdf/NatlEESIdatasheet.pdf>
<http://aspe.hhs.gov/poverty/06poverty.shtml>

Boomers—Don't Retire!



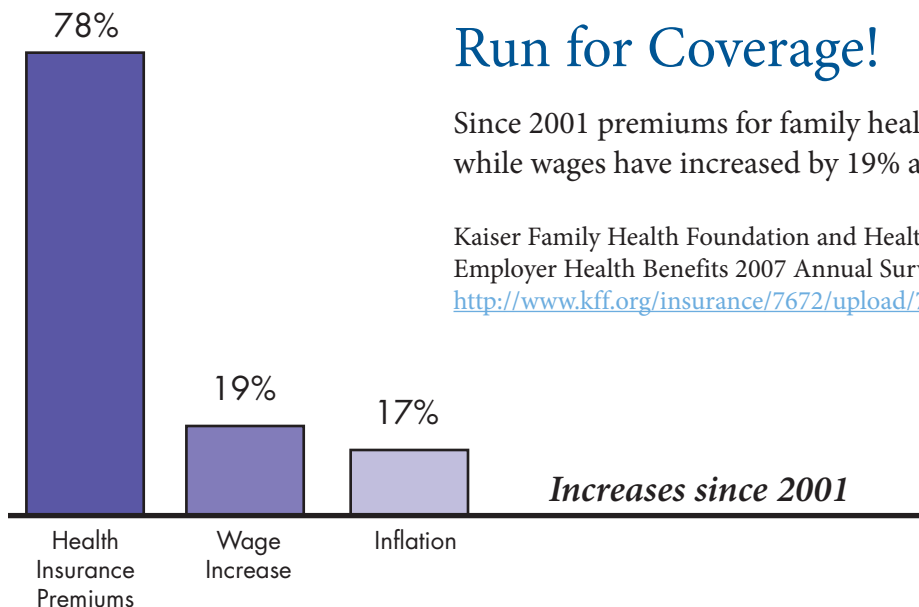
The U.S. Dept. of Labor estimates that increasing reliance of business on information technology will create more than two million job openings by 2016, in professional, scientific, and technical services. The growth of this “supersector” will be driven by the growing complexity of business and the continuing importance of maintaining system and network security.

<http://www.bls.gov/oco/oco2003.htm>

Active Aging

Walking is by far the most popular sports activity for Americans over age 65. The next most popular forms of exercise for this age group are exercising with equipment, net fishing and swimming.

http://www.census.gov/PressRelease/www/releases/archives/facts_for_features_special_editions/004210.html



Run for Coverage!

Since 2001 premiums for family health coverage have risen by 78% while wages have increased by 19% and inflation has registered 17%.

Kaiser Family Health Foundation and Health Research and Educational Trust
Employer Health Benefits 2007 Annual Survey

<http://www.kff.org/insurance/7672/upload/76723.pdf>

Missing Leg

The traditional 3 legged stool of financial planning, that includes either a pension like a defined benefit or a defined contribution plan, personal savings and social security, is becoming wobbly. Personal savings rates of Americans was 0.4% in 2007 which was the lowest rate since 1933, during the Great Depression, when it was -1.5%.



<http://www.ebri.org/pdf/publications/books/databook/DB.Chapter%2009.pdf>

Beauty Rest Needed!



Sleeping in noisy environments has been found to increase blood pressure, even when it does not wake you up, according to a recently published study in the *European Heart Journal*. It was found that every time a noise level equivalent to an airplane passing over head (35 decibels) or more was heard, blood pressure increased.

Acute Effects of Night-time Noise Exposure on Blood Pressure in Populations Living Near Airports, *European Heart Journal* (2008) 29, 658-664
Alexandros S. Haralabidis, Konstantina Dimakopoulou, et al.
<http://eurheartj.oxfordjournals.org/cgi/reprint/29/5/658>

Reality Check

While significantly more Americans in 2008 are worried about their ability to afford a comfortable retirement, the numbers of workers who have attempted to calculate the amount of money needed to retire has increased to 47%, up from 42% in the last 2004-2006 survey done by the Employee Benefits Research Institute. Of those workers who do a retirement needs calculation, 44% change their planning and 59% increase their savings or investments.

The 2008 Retirement Confidence Survey
Employee Benefit Research Institute
Issue Brief, No, 316, April 2008
http://www.ebri.org/pdf/briefspdf/EBRI_IB_04-2008.pdf



Surely He Jested!

If older workers today feel they are not getting enough respect, they should muse about the statement made in 1905 by Dr. William Osler, physician-in-chief of Johns Hopkins Hospital. In an incendiary speech he stated that it was a matter of fact that a worker aged 25-40 is in his prime, and that between the ages of 40-60 a worker is through, and at 60 a worker should be “chloroformed.” Luckily for Dr. Osler, his colleagues did not heed his advice. He was 55 when he made that speech and he lived to be 70.

New York Times, December 30, 1919, page 13.



Where Else But Florida?



Florida, that quintessential retirement destination, is home to a woman believed to be the oldest mayor in the country. Dorothy Geeben turned 100 on March 31. The milestone was recognized not only by her constituents in Ocean Breeze, but with well wishes from Florida's governor and President Bush. Geeben never dreamed she'd make her centennial but attributes it to not smoking or drinking and two spoonfuls of honey and vinegar every morning.

Mayor Still Going Strong at 100
 Rachel Simmons
 Palm Beach Post
 March 29, 2008

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