



## **Middle-Aged Wishes and Birthday Cake Dreams**

\*\*\* Complete Tables for Poll Appended \*\*\*

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### **This Marist Poll Reports:**

Blow out the candles and make a wish! It's time for Dr. Lee M. Miringoff's annual birthday poll.

Every year, Dr. Miringoff, director of the Marist College Institute for Public Opinion, yearns to know whether Americans consider his soon-to-be age young, middle-aged, or old. This year, Dr. Miringoff's wish may come true one more time.

Nearly six in ten Americans, 57%, say 64 is middle-aged. 31% consider it old, and 12% think it is young. Miringoff's age hangs on to the description of "middle-aged." Last year, when he turned 63 years old, 60% said he was a middle-ager, 27% thought he was old, and 13% described him as young.

"Phew," says Dr. Lee M. Miringoff, director of the Marist College Institute for Public Opinion. "I would be less than honest if I didn't notice the increase among Americans who think my age is old. But, overall, I survived another year!"

Younger Americans, not surprisingly, are more likely than their older counterparts to consider 64 to be old. Among Americans under 30, six in ten, 60%, think 64 years of age is old, up from 48% last year who thought 63 was old.

Gender differences exist. While similar proportions of women, 13%, and men, 10%, say 64 is young, women, 61%, are more likely than men, 52%, to think it is middle-aged. Nearly four in ten men, 38%, compared with 25% of women, believe 64 is old.

## How the Survey was Conducted

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### **Nature of the Sample: Marist Poll of 1,253 National Adults**

This survey of 1,253 adults was funded and conducted by The Marist Poll March 1<sup>st</sup> through March 4<sup>th</sup>, 2015. Adults 18 years of age and older residing in the continental United States were interviewed in English by telephone using live interviewers. Landline telephone numbers were randomly selected based upon a list of telephone exchanges from throughout the nation from ASDE Survey Sampler, Inc. The exchanges were selected to ensure that each region was represented in proportion to its population. Respondents in the household were selected by asking for the youngest male. To increase coverage, this landline sample was supplemented by respondents reached through random dialing of cell phone numbers from Survey Sampling International. The two samples were then combined and balanced to reflect the 2010 Census results for age, gender, income, race, and region. Results are statistically significant within  $\pm 2.8$  percentage points. The error margin was not adjusted for sample weights and increases for cross-tabulations.

**Nature of the Sample**

		National Adults
		Col %
National Adults		100%
Gender	Men	49%
	Women	51%
Age	Under 45	46%
	45 or older	54%
Age	18 to 29	23%
	30 to 44	23%
	45 to 59	26%
	60 or older	28%
Race	White	67%
	African American	11%
	Latino	14%
	Other	7%
Region	Northeast	18%
	Midwest	22%
	South	37%
	West	23%
Household Income	Less than \$50,000	50%
	\$50,000 or more	50%
Education	Not college graduate	59%
	College graduate	41%
Interview Type	Landline	50%
	Cell phone	50%

Marist Poll National Adults: Interviews conducted March 1st through March 4th, 2015, n=1253 MOE +/- 2.8 percentage points. Totals may not add to 100% due to rounding.

Marist Poll National Tables

		National Adults		
		Do you think that a person who is 64 years old is young, middle-aged, or old?		
		Young	Middle-aged	Old
		Row %	Row %	Row %
National Adults		12%	57%	31%
Region	Northeast	13%	61%	26%
	Midwest	15%	56%	29%
	South	10%	57%	33%
	West	12%	54%	34%
Household Income	Less than \$50,000	12%	53%	35%
	\$50,000 or more	10%	61%	29%
Education	Not college graduate	12%	56%	32%
	College graduate	12%	58%	31%
Age	Under 45	6%	45%	49%
	45 or older	16%	67%	17%
Age	18 to 29	5%	34%	60%
	30 to 44	7%	54%	38%
	45 to 59	10%	71%	18%
	60 or older	22%	63%	16%
Race	White	12%	58%	30%
	African American	12%	60%	28%
	Latino	9%	56%	35%
Gender	Men	10%	52%	38%
	Women	13%	61%	25%
Interview Type	Landline	16%	61%	23%
	Cell phone	8%	52%	40%

Marist Poll National Adults: Interviews conducted March 1st through March 4th, 2015, n=1253 MOE +/- 2.8 percentage points. Totals may not add to 100% due to rounding.