



Marist National Poll: How Old is Old?, May 2026

For Release: Sunday, May 3, 2026

Eight in Ten Americans Think 75 is Old, But Why Do We Ask?

What began as a way for a pollster to come to terms with advancing age is now a rude awakening. When Dr. Lee M. Miringoff, Director of the Marist Institute for Public Opinion, neared a milestone birthday earlier in his career, he included a national poll question asking whether his age was considered young, middle-aged, or old. The question repeated regularly. But, this year, Dr. Miringoff may want to hide behind his presents, with more than eight in ten saying 75 is old. Dr. Miringoff now thinks this wasn't such a great idea.

- 82% of adults nationally think 75 is old. 15% report it is middle-age while 3% say 75 is young.
- 86% of GenZ, 90% of Millennials, and 85% of Gen X say the age 75 is old. This compares with 67% of Baby Boomers/members of the Silent/Greatest Generation. More than one in four (27%) Baby Boomers/members of the Silent/Greatest Generation think 75 is middle-aged.
- American living in the West (89%) are most likely to say 75 is old. 83% of those in the Midwest, 80% in the South, and 75% in the Northeast agree.
- Most men (83%) and women (81%) agree; 75 is old.
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Methodology

This national survey of 1,322 adults was conducted April 27th through April 30th, 2026, by the Marist Poll. Adults 18 years of age and older residing in the United States were contacted through a multi-mode design: By phone using live interviewers, by text, or online. Results for all adults (n= 1,322) are statistically significant within ± 3.1 percentage points. Results for registered voters (n=1,155) are statistically significant within ± 3.3 percentage points.

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