

Unexpected discovery: Middle-aged Americans of this generation started to get older than the previous generation

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Robert Schoeni, author of the study, said: "We find that younger age groups are facing more serious health problems, even if they have to wait until retirement age, so follow. the time this person was always in bad health '- He was an economist and demographer at the University of Michigan.

Americans born in 1960 or higher must wait until they are 67 to receive the entire Social Security benefit in the past.



Schoeni and his colleagues analyzed data collected over decades by the American Institute of Elderly Studies and the US Centers for Disease Control and Prevention.

They found that a higher proportion of Americans today in their 50s were assessed to be weaker, worse than the same age group of the previous generation.

In addition, middle-aged Americans today say they are occupying a higher proportion of memory impairment and cognitive thinking problems faster and more frequently than in previous generations, which were also 50 year old.

Moreover, a higher proportion of middle-aged middle-aged groups have difficulty in carrying out a basic daily task such as grocery shopping, taking medicine or getting out of bed.

However, physical functions such as the ability to climb stairs without rest, holding objects, carrying objects weighing 4.5 kg . - do not seem much different between generations.

Researchers say these findings may make sense for legislators to consider whether to change the official retirement age to enjoy Social Security at some point.

This research has just been published in Health Affairs.

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