



Retirement Security for Women Amid COVID-19
20th Annual Transamerica Retirement Survey of Workers

TRANSAMERICA CENTER
FOR RETIREMENT STUDIES®

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About the Authors

[Catherine Collinson](#) serves as CEO and president of [Transamerica Institute](#)[®], a nonprofit private foundation which includes [Transamerica Center for Retirement Studies](#)[®]. She is a champion for Americans who are at risk of not achieving a financially secure retirement. Catherine oversees all research, publications, and outreach initiatives, including the Annual Transamerica Retirement Survey. In 2015, Catherine was also named executive director of the [Aegon Center for Longevity and Retirement](#).

With two decades of retirement services experience, Catherine has become a nationally recognized voice on retirement trends for the industry. She has testified before Congress on matters related to employer-sponsored retirement plans among small business, which featured the need to raise awareness of the [Saver's Credit](#) among those who would benefit most from the important tax credit.

In 2018, Catherine was named an [Influencer in Aging](#) by PBS' [Next Avenue](#). In 2016, she was honored with a Hero Award from the [Women's Institute for a Secure Retirement](#) (WISER) for her tireless efforts in helping improve retirement security among women. Catherine serves on the Advisory Board of the [Milken Institute's Center for the Future of Aging](#). She co-hosts the [ClearPath: Your Roadmap to Health & Wealth](#) radio show on Baltimore's WYPR, an NPR news station.

Catherine is employed by Transamerica Corporation. Since joining the organization in 1995, she has held a number of positions with responsibilities including the founding of Transamerica Center for Retirement Studies as a nonprofit private foundation in 2007 and its expansion into Transamerica Institute in 2013, as well as the creation of the Aegon Center for Longevity and Retirement in 2015.

[Patti Rowey](#) serves as vice president of Transamerica Institute. She is retirement and market trends expert and helps manage and execute all research initiatives, including the Annual Transamerica Retirement Survey. Patti has more than 20 years of retirement services experience, specializing in market research covering a broad range of stakeholders, including retirement plan participants and sponsors, financial advisors, and retirees. She is employed by Transamerica Corporation.

[Heidi Cho](#) is a senior research content analyst for Transamerica Institute. She began her career as an intern at Transamerica Center for Retirement Studies in 2012. She joined the organization full time in 2014 upon graduating from the University of Southern California. She is employed by Transamerica Corporation.

About Transamerica Center for Retirement Studies®

- Transamerica Center for Retirement Studies® (TCRS) is a division of Transamerica Institute® (The Institute), a nonprofit, private foundation. TCRS is dedicated to educating the public on emerging trends surrounding retirement security in the United States. Its research emphasizes employer-sponsored retirement plans, including companies and their employees, retirees, and the implications of legislative and regulatory changes. For more information about TCRS, please refer to www.transamericacenter.org.
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About the Survey

- Since 1998, Transamerica Center for Retirement Studies® (TCRS) has conducted a national survey of U.S. business employers and workers regarding their attitudes toward retirement. The overall goals for the study are to illuminate emerging trends, promote awareness, and help educate the public. It has grown to be one of the longest running and largest national surveys of its kind.

Methodology: April 2020 Supplemental Survey

- The analysis contained in this report was prepared internally by the research team at Transamerica Center for Retirement Studies® (TCRS).
- The 20th Annual Transamerica Retirement Survey was conducted from November 6 to December 27, 2019 among a nationally representative sample of workers.
- A supplemental online survey was conducted from April 16 to 20, 2020 by The Harris Poll on behalf of TCRS among a nationally representative sample of 2,030 U.S. adults. This report presents data from the April 2020 Supplemental Survey.
- The data in the report are shown for 1,248 respondents who work full- or part-time and/or who were laid off or furloughed as a result of the coronavirus pandemic.
- The base includes:
 - 643 Women
 - 605 Men
- Data were weighted as follows:
 - Census data were referenced for education, age by gender, race/ethnicity, region, household income, education, employment, marital status, and size of household where necessary to align them with their actual proportions in the population.
 - The weighting also adjusts for attitudinal and behavioral differences between those who are online versus those who are not, those who join online panels versus those who do not, and those who respond to surveys versus those who do not.
- Percentages are rounded to the nearest whole percent.

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Foreword

Women have made tremendous progress in recent decades in terms of educational achievement and career opportunities. Yet despite this progress, women continue to be at greater risk of not achieving a financially secure retirement when compared with men. Women face unique challenges which make it even more difficult to save. A woman's path to a secure retirement is filled with obstacles, such as lower pay and time out of the workforce for parenting or caregiving, which can negatively impact her long-term financial situation. Statistically, women tend to live longer than men, which implies an even greater need to plan and save. Amid the COVID-19 pandemic, the challenges faced by women have further intensified with layoffs, furloughs, or extended periods of time working from home and balancing job responsibilities with home schooling children and, possibly, caregiving for an aging parent or loved one.

2020 marks the 15th consecutive year that nonprofit Transamerica Center for Retirement Studies has published research on women and retirement. The goal of this research is two-fold: 1) to raise awareness of the retirement risks that women face, and 2) to highlight opportunities for women to take greater control of their finances and their futures.

We hope that you will share our research and recommendations. Please join us in spreading the word to inspire more women to take steps to improve their retirement outlook. Timely actions taken today can lead to better outcomes tomorrow, and ultimately enable women to achieve a more secure retirement.

Catherine Collinson

CEO and President, Transamerica Institute® and Transamerica Center for Retirement Studies®

Key Highlights

Retirement Security for Women Amid COVID-19 examines the retirement outlook of women compared with men. It is based on findings from the Annual Transamerica Retirement Survey's April 2020 Supplemental Survey, which was fielded after several states issued stay-at-home orders and large segments of the U.S. economy had temporarily shut down due to the coronavirus pandemic.

Many workers, especially women, are at risk of not achieving a financially secure retirement — an issue of major concern before the pandemic. Now, the negative economic effects of the pandemic are further threatening retirement savings and security. The long-term implications of the pandemic and recession on retirement security have yet to become clear. However, the financial vulnerabilities among all workers are increasingly evident. The survey findings illustrate these vulnerabilities among women:

- **Retirement Confidence Is Changing.** One in four women (25 percent) say their confidence in their ability to retire comfortably has declined in light of the coronavirus pandemic, compared with 21 percent of men. Approximately half of women and men say their confidence in their ability to retire comfortably has stayed the same (52 percent, 53 percent respectively).
- **Only About One in Five Women Are Very Confident About Retirement.** Amid the COVID-19 pandemic, only 19 percent of women are “very” confident that they will be able to fully retire with a lifestyle they consider comfortable, which is significantly lower than the 28 percent of men who are “very” confident. Both women and men are similarly likely to say they are “somewhat” confident (44 percent women, 48 percent men). Twelve percent of women and eight percent of men are not at all confident they will be able to retire with a lifestyle they consider comfortable.
- **More than Half Report Employment Impacts.** Fifty-six percent of women and 60 percent of men have experienced impacts to their own employment situation as a result of the coronavirus pandemic. Women are somewhat less likely than men to have reduced work hours (27 percent women, 31 percent men), reduced salary (16 percent women, 19 percent men), and/or to have been laid off (15 percent women, 16 percent men). Women and men are equally as likely to have been furloughed as a result of the pandemic (both 11 percent).
- **Women Face Competing Financial Priorities.** Amid the COVID-19 recession, paying off some form of debt is the most often cited financial priority for women and men; however, women (59 percent) are somewhat more likely than men (53 percent) to cite this. Women are also somewhat more likely to indicate they are "just getting by to cover basic living expenses" (33 percent women, 28 percent men). Only four in ten women cite saving for retirement as a financial priority, compared to 51 percent of men. Women and men are equally as likely to cite "building emergency savings" (both 39 percent).

Key Highlights

- **One in Five Women Are Just Getting By.** Women (20 percent) are significantly more likely than men (12 percent) to cite just getting by to cover basic living expenses as their greatest financial priority right now. Women are somewhat more likely than men to cite paying off credit card debt as their greatest financial priority (14 percent women, 11 percent men). Women (13 percent) are significantly less likely than men (20 percent) to cite saving for retirement as their greatest financial priority.
- **Sources of Funds If Finances Are Negatively Impacted.** When asked what sources of funds they have used or would use if their finances have been or would be negatively impacted by the coronavirus pandemic, both women and men most frequently cite reliance on savings. However, women (49 percent) are significantly less likely to cite savings than men (62 percent). Approximately three in 10 expect to rely on credit cards (27 percent women, 30 percent men). About one in four expect to rely on unemployment benefits (26 percent women, 25 percent men). Women (26 percent) are somewhat more likely than men (23 percent) to rely on CARES Act stimulus money.
- **Six in 10 Women Are Saving for Retirement.** Sixty-one percent of women are currently saving for retirement through their current/former employer's retirement plan and/or outside the workplace, which is significantly less than men (78 percent). Retirement savings in their current employer's 401(k), 403(b), or similar plan is the most frequently cited avenue for saving among women (39 percent) and men (55 percent). Of concern, almost four in 10 women (39 percent) are not saving for retirement, which is significantly more than the proportion of men who are not saving for retirement (22 percent).
- **Fewer Women Are Dipping Into Retirement Savings.** As a result of the pandemic, significantly fewer women are dipping into and/or plan to dip into their retirement savings than men. Sixteen percent of women have already and/or plan to take a loan and/or withdrawal from their 401(k), 403(b), or similar plan, compared with 28 percent of men. Of note, nearly one in four women (24 percent) cite having no savings in a qualified retirement account, which is significantly more than the 12 percent of men who cite not having retirement savings.
- **Familiarity With Cares Act Retirement Provisions.** Signed into law on March 27, 2020, the Coronavirus Aid, Relief, and Economic Security Act (CARES Act) is the largest stimulus package in U.S. history with provisions spanning healthcare, small businesses, student loans, and retirement plans. Women (39 percent) are significantly less likely than men (57 percent) to be familiar with the Act's provisions related to qualified retirement accounts.
- **Almost Four in 10 Women Savers Use a Financial Advisor.** Thirty-eight percent of women who are saving for retirement use a professional financial advisor to help them manage their retirement savings and investments. Men who are saving for retirement are significantly more likely to use a professional financial advisor (50 percent).

Key Highlights

- **Frequency (or Infrequency) of Conversations About Retirement.** Retirement is a family matter that calls for important conversations, particularly during difficult times. Amid the pandemic, women (13 percent) are significantly less likely than men (28 percent) to frequently discuss saving, investing, and planning for retirement with family and close friends. Conversely, women are significantly more likely to never discuss it (28 percent women, 17 percent men).
- **Women Can Take More Steps to Continue Working Past 65.** Women and men must be healthy enough and have access to employment opportunities in order to fulfill their aspirations and expectations of working past age 65. However, when asked what steps they are taking to ensure they can continue working in retirement if needed, relatively few are taking adequate action. During the pandemic, approximately half said they are staying healthy so they can continue working (49 percent women, 51 percent men). Less than four in 10 women are focused on performing well at their current job and keeping their job skills up to date (36 percent both). Eighteen percent of women are networking and meeting new people.
- **Women Can Do More to Safeguard Their Long-Term Health.** Given the potential implications on long-term health, women and men can engage in more health-related activities on a consistent basis. Amid the coronavirus pandemic, eating healthfully (57 percent), getting plenty of rest (57 percent), maintaining a positive outlook on life (54 percent), and exercising regularly (50 percent), are the only activities that half or more of women are doing. Men (60 percent) are significantly more likely to be exercising regularly than women (50 percent). More than four in 10 women and men indicate they are avoiding harmful substances (45 percent and 43 percent, respectively).
- **Women Are Happy but Some Face Challenges.** More than eight in 10 women report having close relationships with family and/or friends (87 percent), being generally happy (86 percent), and enjoying life (82 percent) even amid the pandemic. Women are less likely than men to be confident in their ability to manage their finances (women 82 percent, men 89 percent), have a strong sense of purpose in life (79 percent women, 84 percent men), and have an active social life (54 percent women, 62 percent men). However, a minority of women face challenges – 45 percent indicate they often feel anxious and depressed, 40 percent are having trouble making ends meet, and 32 percent indicate they are isolated and lonely.

Women have historically been at greater risk of not achieving a financially secure retirement than men. The pandemic and economic downturn have exacerbated women's financial vulnerabilities. From a societal perspective, it is imperative that we recognize these issues and strengthen our retirement system to bridge inequalities.

Recommendations for Women To Take Control of Their Retirement

Women and men have been hard hit by the coronavirus and recession. Many are experiencing negative employment impacts, including layoffs, furloughs, or reductions in pay. Although short-term priorities may need to take precedence, it is important to keep the future and retirement in mind. Women already faced greater retirement-related risks than men – and now, they are even more vulnerable. These steps can help both women and men improve their retirement outlook:

1. **Assess your current financial situation and create a budget** that includes income, living expenses, paying off debt, and financial goals such as building emergency savings and long-term retirement savings. If you are at risk of missing any rent or debt-related payments due to COVID-19, contact the lender or credit card company to learn of alternative options.
2. **If possible, save for retirement.** By starting as early as possible and consistently saving over time, even small amounts can add up over a decades-long working life. If your employer offers a retirement plan, participate. Take advantage of employer matching contributions. Learn if you are eligible for the Saver's Credit, an IRS tax credit for individuals who save.
3. **Develop a retirement strategy and write it down.** Envision your future and use an online calculator to estimate your long-term savings needs. Formulate a goal for how much you need to save – and hold yourself accountable for saving.
4. **Avoid taking loans and early withdrawals from retirement accounts,** which can severely inhibit their long-term growth. Before tapping into retirement savings explore all possible alternatives to determine the best option.
5. **If faced with parenting or caregiving responsibilities, carefully consider any changes to your work.** To help mitigate the impact on your long-term financial security, explore options such as shifting to part-time work.
6. **Maintain your ability to continue working as long as you desire.** Keep your job skills up to date and learn new ones. Many classes are available to learn the latest technologies and careers. Consider joining networking groups.
7. **Become personally involved in your family finances including daily budgeting and long-term planning.** Discuss retirement planning with family and close friends.
8. **Get educated about retirement investing and strategies for drawing down savings in retirement.** Learn about types of retirement accounts, asset allocation, and dollar-cost averaging. Become knowledgeable about retirement income, including the best time to start receiving Social Security.
9. **Have a backup plan in the event of unforeseen circumstances such as separation, divorce, loss of a partner, or being unable to work before your planned retirement.** Consider emergency savings and insurance products.
10. **Take good care of yourself and safeguard your health.** Consider health implications when making lifestyle decisions.
11. **Beware of scams.** Be hypervigilant about suspicious text messages, email, or calls, which are on the rise due to COVID-19.

Retirement Security for Women Amid COVID-19

Detailed Findings

My Retirement Confidence During COVID-19 Has Changed Because...

I don't know what the future holds for me and I don't have enough savings to last very long.

Age 56 Female
Not too confident - Decline

I am self-employed and can't work.

Age 48 Female
Not at all confident - Declined

I am more determined.

Age 33 Female
Very confident - Improved

I have been borrowing against my retirement.

Age 46 Female
Very confident - Decline

I am self-employed and will be working until they put the nail in my coffin.

Age 56 Female
Not too confident - Declined

My husband is the primary wage earner in our family and his job is secure. When he retires in 3 years we will have an income between his retirement and Social Security to live comfortably.

Age 63 Female
Very confident - Stayed the same

Because I am so young, I will be able to bounce back from this.

Age 25 Female
Somewhat confident - Stayed the same

BASE: APRIL 2020 SUPPLEMENTAL SURVEY - ALL QUALIFIED RESPONDENTS

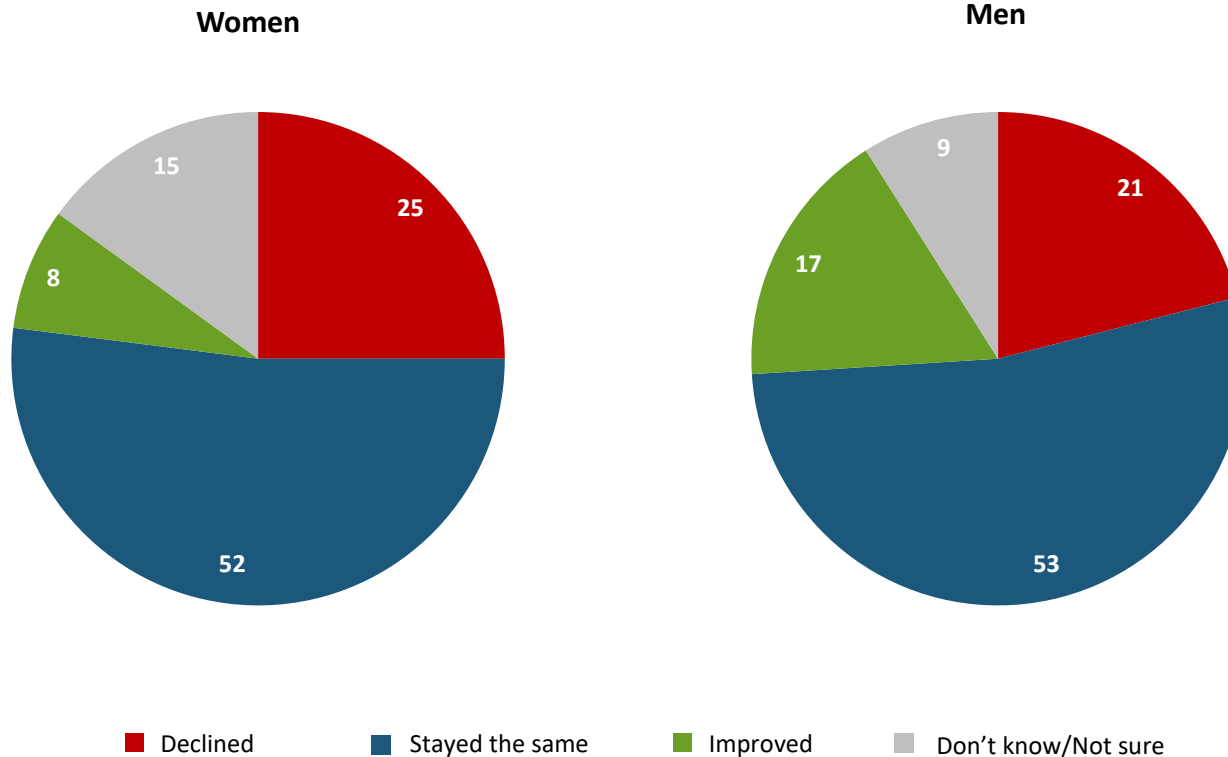
Q8810. How has your confidence in your ability to retire comfortably changed in light of the coronavirus pandemic?

Q8805. Why are you [Q8810] that you will be able to fully retire with a lifestyle you consider comfortable?

Retirement Confidence Is Changing

One in four women (25 percent) say their confidence in their ability to retire comfortably has declined in light of the coronavirus pandemic, compared with 21 percent of men. Approximately half of women and men say their confidence in their ability to retire comfortably has stayed the same (52 percent, 53 percent respectively).

How has your confidence in your ability to retire comfortably changed in light of the coronavirus pandemic? (%)

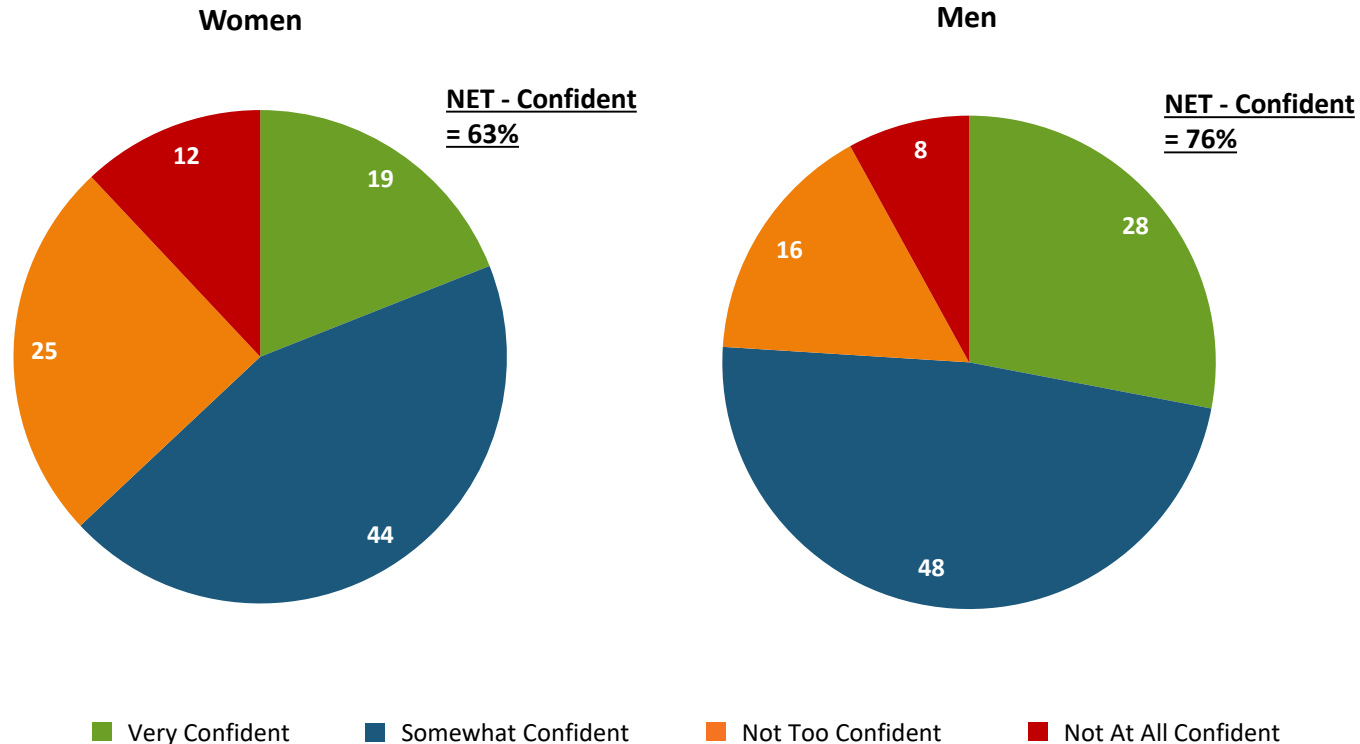


■ Declined ■ Stayed the same ■ Improved ■ Don't know/Not sure

Only About One in Five Women Are Very Confident About Retirement

Amid the COVID-19 pandemic, only 19 percent of women are “very” confident that they will be able to fully retire with a lifestyle they consider comfortable, which is significantly lower than the 28 percent of men who are “very” confident. Both women and men are similarly likely to say they are “somewhat” confident (44 percent women, 48 percent men). Twelve percent of women and eight percent of men are not at all confident they will be able to retire with a lifestyle they consider comfortable.

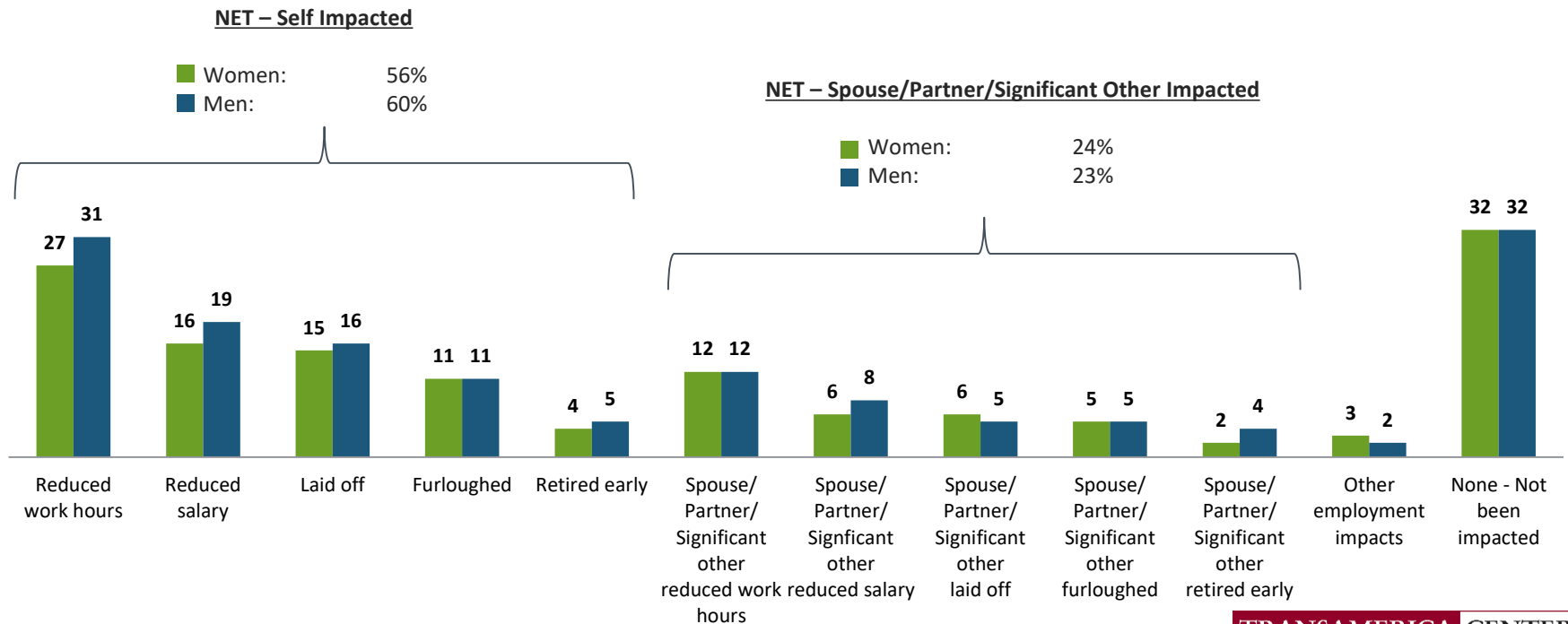
How confident are you that you will be able to fully retire with a lifestyle you consider comfortable? (%)



More than Half Report Employment Impacts

Fifty-six percent of women and 60 percent of men have experienced impacts to their own employment situation as a result of the coronavirus pandemic. Women are somewhat less likely than men to have reduced work hours (27 percent women, 31 percent men), reduced salary (16 percent women, 19 percent men), and/or to have been laid off (15 percent women, 16 percent men). Women and men are equally as likely to have been furloughed as a result of the pandemic (both 11 percent).

Have you or your spouse/partner/significant other experienced any of the following employment impacts as a result of the coronavirus pandemic? Select all. (%)



Women Face Competing Financial Priorities

Amid the COVID-19 recession, paying off some form of debt is the most often cited financial priority for women and men; however, women (59 percent) are somewhat more likely than men (53 percent) to cite this. Women are also somewhat more likely to indicate they are "just getting by to cover basic living expenses" (33 percent women, 28 percent men). Only four in ten women cite saving for retirement as a financial priority, compared to 51 percent of men. Women and men are equally as likely to cite "building emergency savings" (both 39 percent).

<u>Financial Priorities Right Now (%)</u>	Women	Men
Saving for retirement	40	51
Building emergency savings	39	39
Just getting by to cover basic living expenses	33	28
NET – Paying off debt	59	53
Paying off credit card	33	28
Paying off mortgage	27	26
Paying off other consumer debt	17	15
Paying off student loans	13	12
Supporting children	23	29
Paying healthcare expenses	20	24
Contributing to an education fund	14	15
Creating an inheritance or financial legacy	10	15
Supporting parents	10	17
Paying long-term care expenses	5	12
Supporting grandchildren	5	8
Other	6	6

One in Five Women Are Just Getting By

Women (20 percent) are significantly more likely than men (12 percent) to cite just getting by to cover basic living expenses as their greatest financial priority right now. Women are somewhat more likely than men to cite paying off credit card debt as their greatest financial priority (14 percent women, 11 percent men). Women (13 percent) are significantly less likely than men (20 percent) to cite saving for retirement as their greatest financial priority.

Greatest Financial Priority Right Now	Women (%)	Men (%)
Just getting by to cover basic living expenses	20	12
Paying off credit card debt	14	11
Saving for retirement	13	20
Building emergency savings	13	10
Supporting children	8	9
Paying off mortgage	7	9
Paying off other consumer debt	4	2
Supporting parents	4	6
Paying off student loans	3	4
Paying health care expenses	3	5
Creating an inheritance or financial legacy	2	4
Contributing to an education fund (for my children, grandchildren, or other)	2	3
Paying long-term care expenses	1	1
Supporting grandchildren	<1	1
Other	6	3

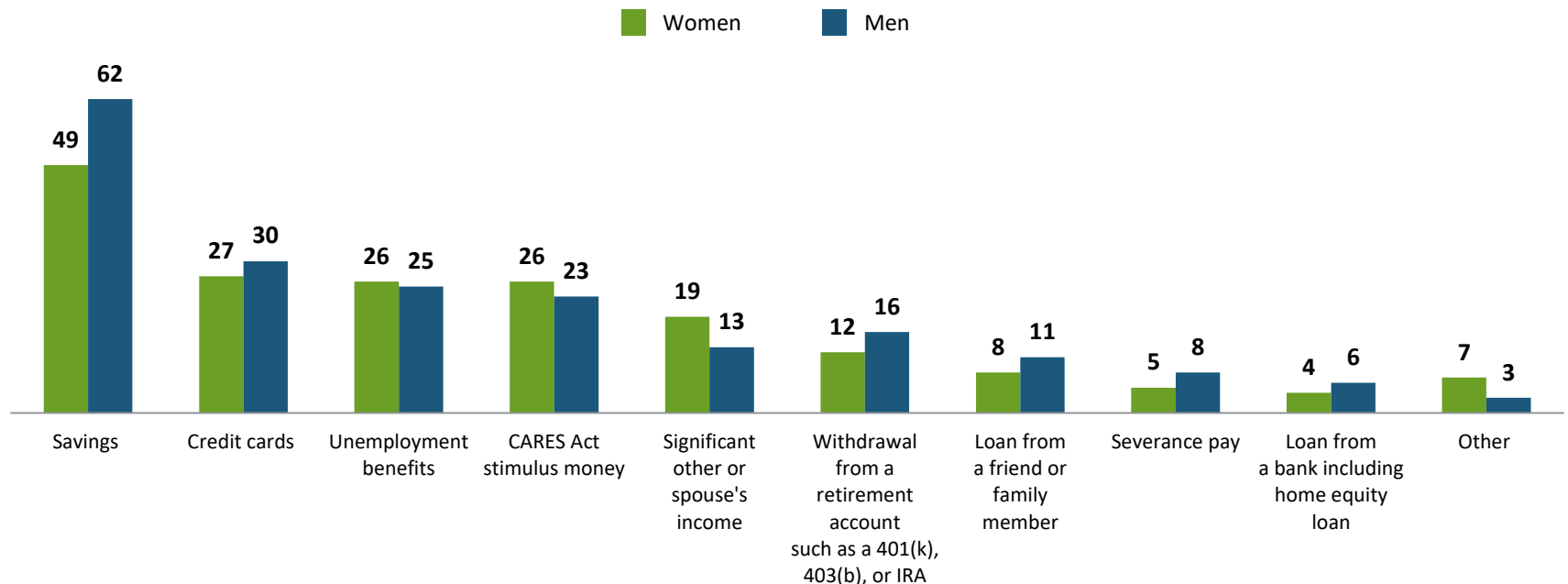
*Note: Financial priorities selected by 10% or more of the subgroup are highlighted.

BASE: APRIL 2020 SUPPLEMENTAL SURVEY - ALL QUALIFIED RESPONDENTS
Q2640. Which one of the following is your greatest financial priority right now?

Sources of Funds If Finances Are Negatively Impacted

When asked what sources of funds they have used or would use if their finances have been or would be negatively impacted by the coronavirus pandemic, both women and men most frequently cite reliance on savings. However, women (49 percent) are significantly less likely to cite savings than men (62 percent). Approximately three in 10 expect to rely on credit cards (27 percent women, 30 percent men). About one in four expect to rely on unemployment benefits (26 percent women, 25 percent men). Women (26 percent) are somewhat more likely than men (23 percent) to rely on CARES Act stimulus money. Women (19 percent) are more likely than men (13 percent) to rely on significant other or spouse's income. Women (12 percent) are more likely than men (16 percent) to withdraw from a retirement account such as a 401(k), 403(b), or IRA. Women (8 percent) are more likely than men (11 percent) to borrow from a friend or family member. Women (5 percent) are more likely than men (8 percent) to receive severance pay. Women (4 percent) are more likely than men (6 percent) to borrow from a bank including home equity loan. Women (7 percent) are more likely than men (3 percent) to rely on other sources of funds.

Which of the following sources of funds have you used/do you think you'll rely on during time/would you rely on if your finances are negatively impacted by the coronavirus pandemic? Select all. (%)



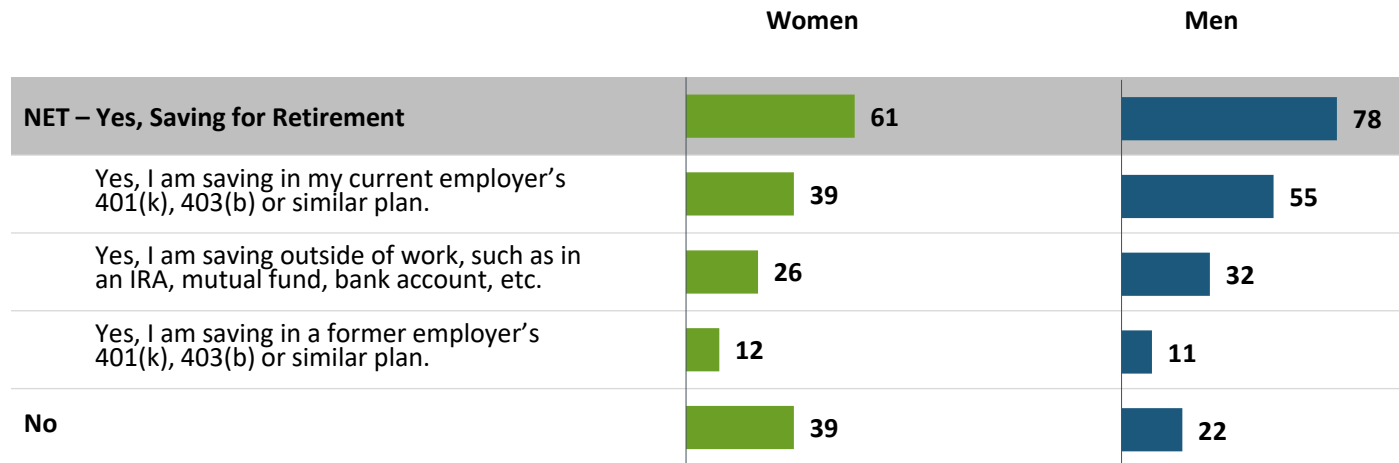
BASE: APRIL 2020 SUPPLEMENTAL SURVEY - ALL QUALIFIED RESPONDENTS

Q8830. Which of the following sources of funds have you used/do you think you'll rely on during time/would you rely on if your finances are negatively impacted by the coronavirus pandemic? Select all.

Six in 10 Women Are Saving for Retirement

Sixty-one percent of women are currently saving for retirement through their current/former employer’s retirement plan and/or outside the workplace, which is significantly less than men (78 percent). Retirement savings in their current employer’s 401(k), 403(b), or similar plan is the most frequently cited avenue for saving among women (39 percent) and men (55 percent). Of concern, almost four in 10 women (39 percent) are not saving for retirement, which is significantly more than the proportion of men who are not saving for retirement (22 percent).

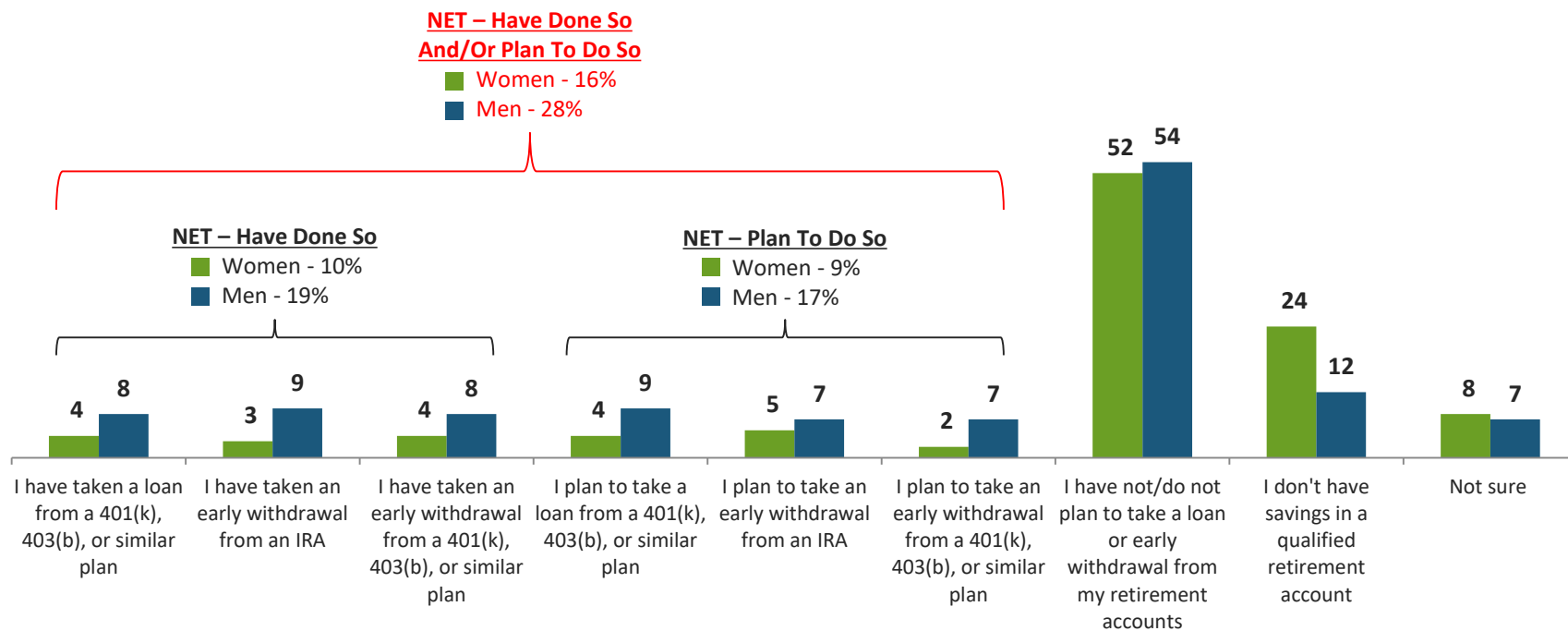
Are you currently saving for retirement? Select all. (%)



Fewer Women Are Dipping Into Retirement Savings

As a result of the pandemic, significantly fewer women are dipping into and/or plan to dip into their retirement savings than men. Sixteen percent of women have already and/or plan to take a loan and/or withdrawal from their 401(k), 403(b), or similar plan, compared with 28 percent of men. Of note, nearly one in four women (24 percent) cite having no savings in a qualified retirement account, which is significantly more than the 12 percent of men who cite not having retirement savings.

As a result of the coronavirus pandemic, have you or do you plan to take out a loan or early withdrawal from a qualified retirement account such as a 401(k), 403(b) or similar plan, or IRA? Select all. (%)



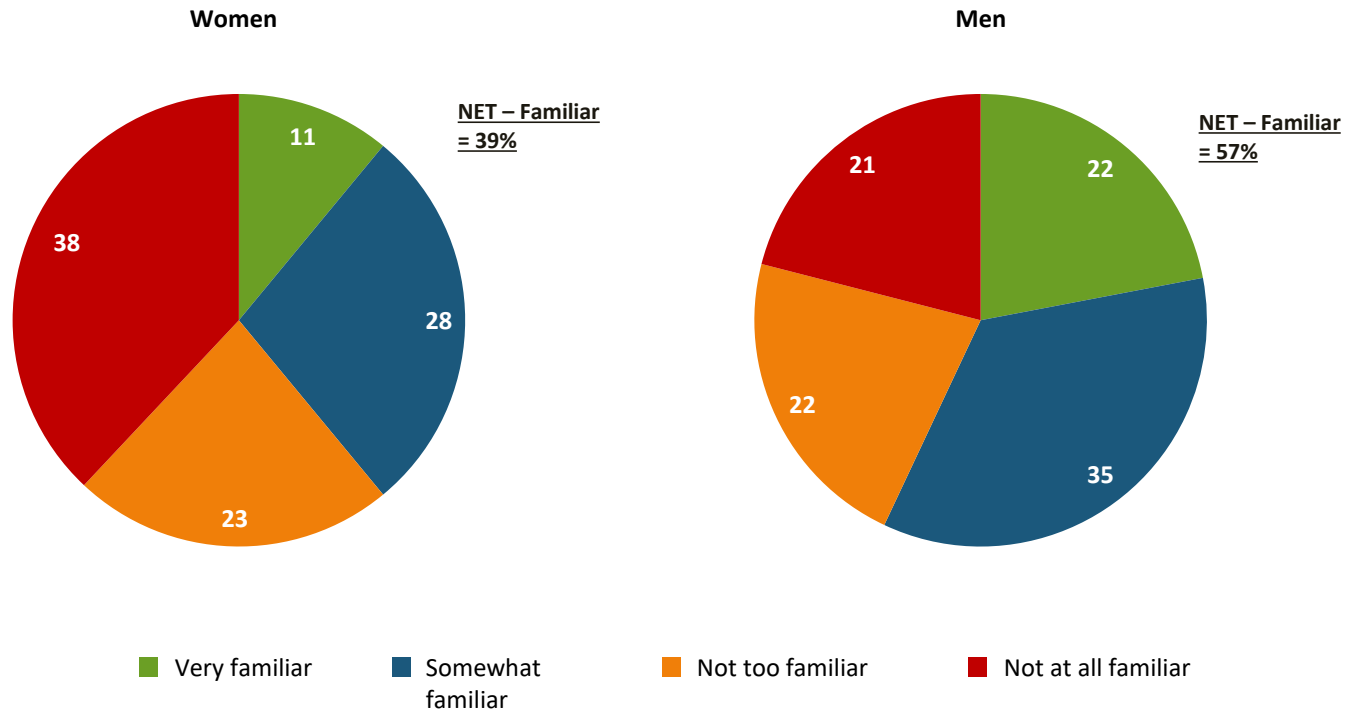
BASE: APRIL 2020 SUPPLEMENTAL SURVEY - ALL QUALIFIED RESPONDENTS

Q8840. As a result of the coronavirus pandemic, have you or do you plan to take out a loan or early withdrawal from a qualified retirement account such as a 401(k), 403(b) or similar plan, or IRA? Select all.

Familiarity With CARES Act Retirement Provisions

Signed into law on March 27, 2020, the Coronavirus Aid, Relief, and Economic Security Act (CARES Act) is the largest stimulus package in U.S. history with provisions spanning healthcare, small businesses, student loans, and retirement plans. Women (39 percent) are significantly less likely than men (57 percent) to be familiar with the Act's provisions related to qualified retirement accounts.

Level of familiarity with the retirement provisions in the CARES Act (coronavirus stimulus package) (%)

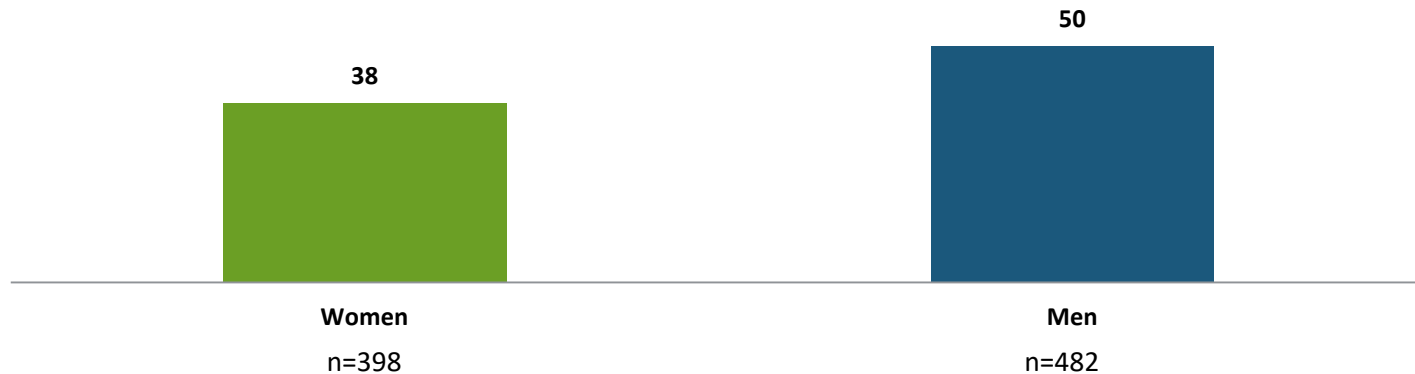


Almost Four in 10 Women Savers Use a Financial Advisor

Thirty-eight percent of women who are saving for retirement use a professional financial advisor to help them manage their retirement savings and investments. Men who are saving for retirement are significantly more likely to use a professional financial advisor (50 percent).

Do you use a professional financial advisor to help manage your retirement savings or investments?

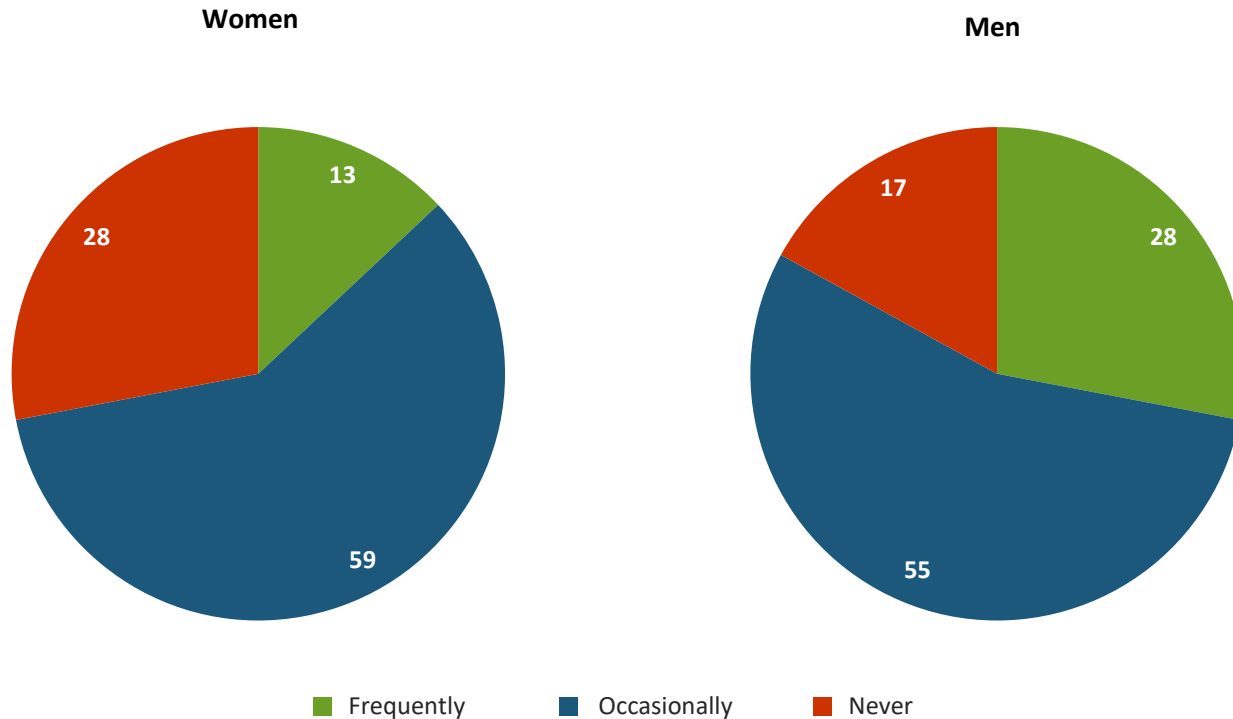
Yes (%)



Frequency (or Infrequency) of Conversations About Retirement

Retirement is a family matter that calls for important conversations, particularly during difficult times. Amid the pandemic, women (13 percent) are significantly less likely than men (28 percent) to frequently discuss saving, investing, and planning for retirement with family and close friends. Conversely, women are significantly more likely to never discuss it (28 percent women, 17 percent men).

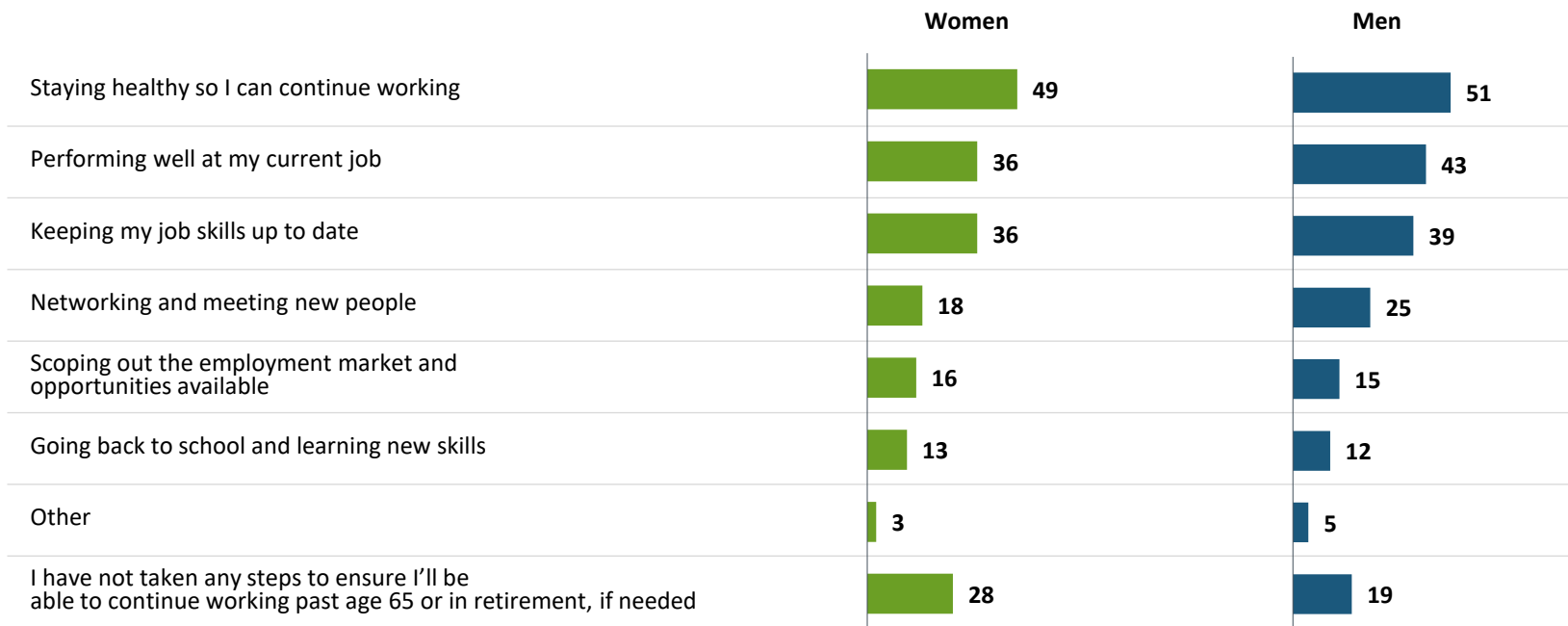
How frequently do you discuss saving, investing, and planning for retirement with family and close friends? (%)



Women Can Take More Steps to Continue Working Past 65

Women and men must be healthy enough and have access to employment opportunities in order to fulfill their aspirations and expectations of working past age 65. However, when asked what steps they are taking to ensure they can continue working in retirement if needed, relatively few are taking adequate action. During the pandemic, approximately half said they are staying healthy so they can continue working (49 percent women, 51 percent men). Less than four in 10 women are focused on performing well at their current job and keeping their job skills up to date (36 percent both). Eighteen percent of women are networking and meeting new people.

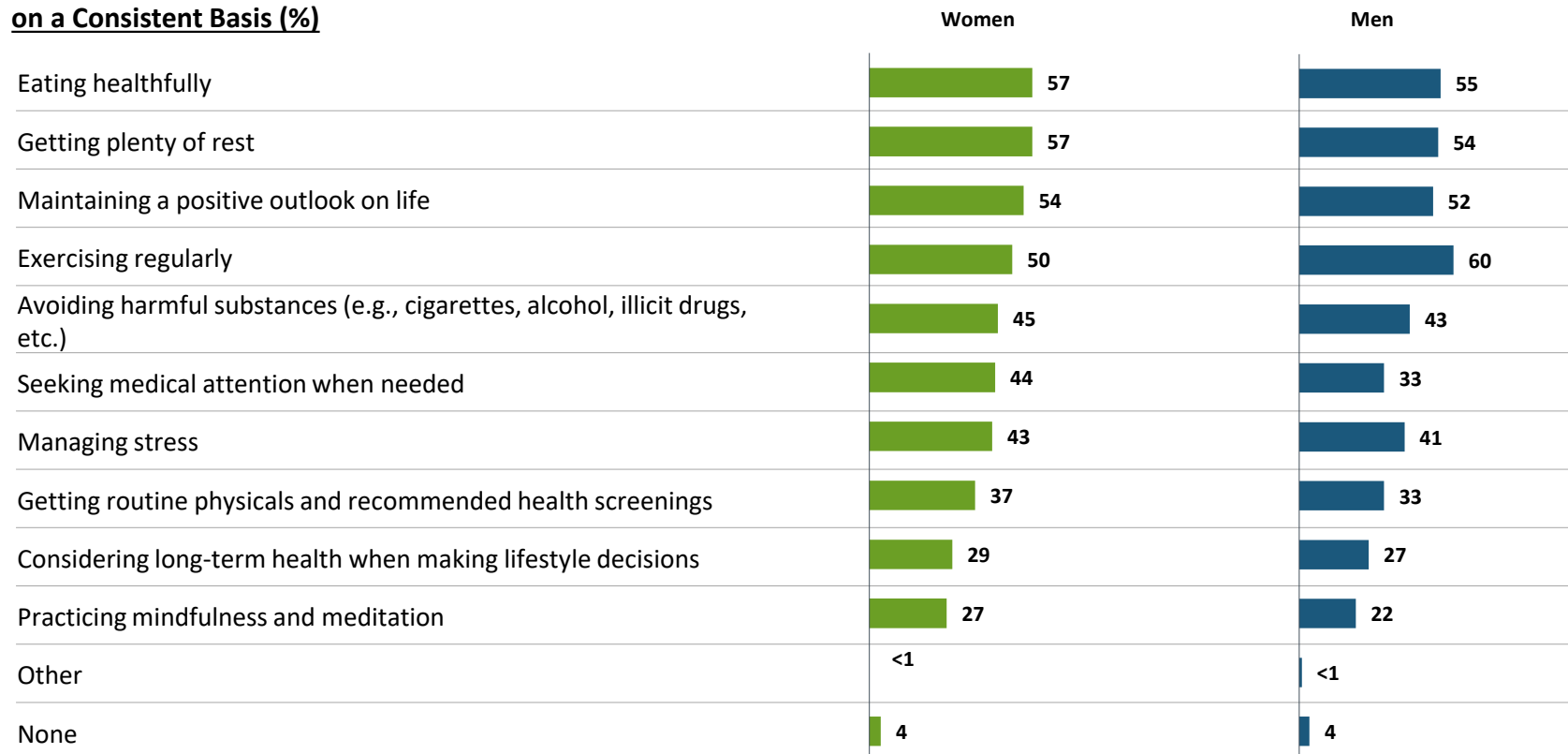
Have you taken any steps to ensure that you'll be able to continue working past 65 or in retirement, if needed? (%)



Women Can Do More to Safeguard Their Long-Term Health

Given the potential implications on long-term health, women and men can engage in more health-related activities on a consistent basis. Amid the coronavirus pandemic, eating healthfully (57 percent), getting plenty of rest (57 percent), maintaining a positive outlook on life (54 percent), and exercising regularly (50 percent), are the only activities that half or more of women are doing. Men (60 percent) are significantly more likely to be exercising regularly than women (50 percent). More than four in 10 women and men indicate they are avoiding harmful substances (45 percent and 43 percent, respectively).

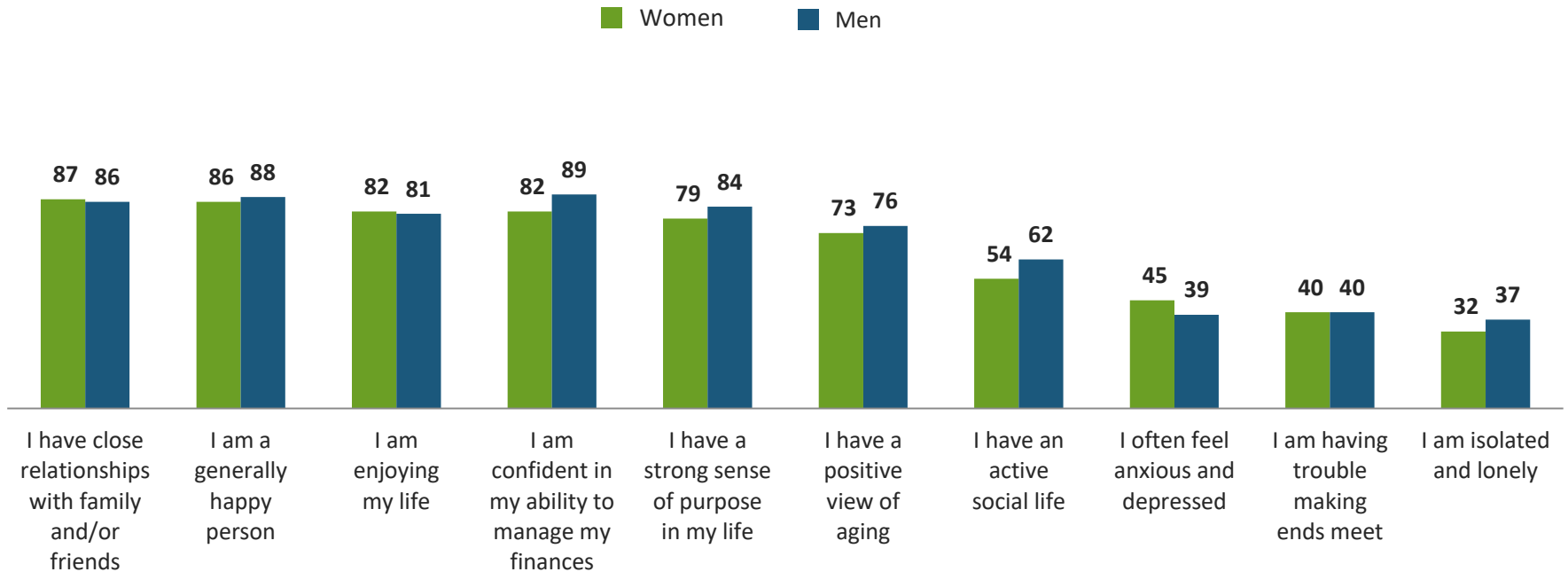
Engaging in Health-Related Activities on a Consistent Basis (%)



Women Are Happy but Some Face Challenges

More than eight in 10 women report having close relationships with family and/or friends (87 percent), being generally happy (86 percent), and enjoying life (82 percent) even amid the pandemic. Women are less likely than men to be confident in their ability to manage their finances (women 82 percent, men 89 percent), have a strong sense of purpose in life (79 percent women, 84 percent men), and have an active social life (54 percent women, 62 percent men). However, a minority of women face challenges – 45 percent indicate they often feel anxious and depressed, 40 percent are having trouble making ends meet, and 32 percent indicate they are isolated and lonely.

How much do you agree or disagree with the following statements? (NET – Strongly/Somewhat Agree)



Appendix

April 2020 Supplemental Survey: A Portrait of Workers by Gender

Characteristics		Female (%) n=643	Male (%) n=605
Gender	Male	--	100
	Female	100	--
	Transgender	2	4
Marital Status	Married/ Living with partner	52	53
	Divorced/Separated/Widowed	18	11
	Never married	30	36
Work Status	Full Time	54	71
	Part Time	22	13
Level of Education	Less Than High School Diploma	9	7
	High School Diploma	14	17
	Some College or Trade School	43	32
	College Graduate or More	34	44
Annual Household Income	Less than \$50,000	29	24
	\$50,000 to \$99,999	32	32
	\$100,000+	38	44
	Decline to Answer	1	<1
	Estimated Median	\$69,000	\$79,000
General Health (Self-Described)	Excellent	21	26
	Good	63	60
	Fair	14	12
	Poor	2	2
Sexuality	LGBT	9	10
	Did not identify as LGBT	88	86
	Decline to Answer	3	4
Race	White	65	69
	Black/African American	15	11
	Asian/Pacific Islander	6	6
	Native American or Alaskan Native	2	3
	Hispanic	18	19
	Other race	10	9
	Decline to answer	2	2

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