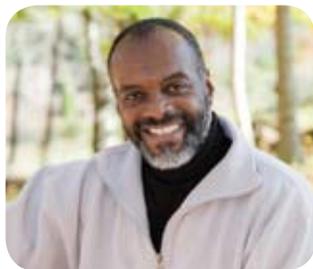


NATIONAL CHILD DEVELOPMENT STUDY UPDATE 2010



INITIAL FINDINGS FROM THE AGE 50 SURVEY



The most recent follow-up of the National Child Development Study took place between August 2008 and May 2009. We were delighted to be able to speak to almost 9,800 of you and would like to say a big thank you to everyone who took part. This leaflet provides a summary of some of the survey's initial findings. We hope you find them as interesting as we do.

INITIAL FINDINGS FROM THE AGE 50 SURVEY

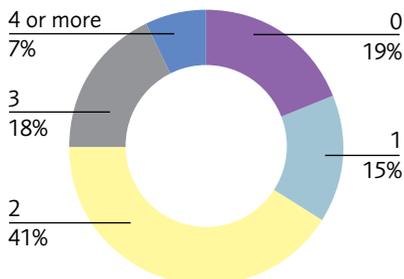
FAMILY LIFE

- Around seven in ten NCDS members are living with a spouse and one in ten lives with a cohabiting partner.
- Just over four in five have at least one child – the most common number of children being two. Children range in age from newly born to 36 but the average age is just under 21 (Graph 1).
- Just over one in five of you are now grandparents.

Children

- Many children have now left home but around seven in ten parents still live with at least one child.
- Daughters seem keener to leave home than sons! Around seven in ten girls aged over 18 have left home compared with six in ten boys.
- Amongst children aged 18 or over, sons are considerably more likely to be working full-time than daughters (two-thirds of sons compared with half of daughters).
- Daughters are twice as likely as sons to be working part-time and ten times as likely to be looking after their own home and family.

Graph 1 Number of children



- Just over two-thirds of children aged over 16 stayed in full-time education beyond compulsory school age. This is very different from the mid-1970s when just under four in ten of you stayed at school beyond 16.

Parents

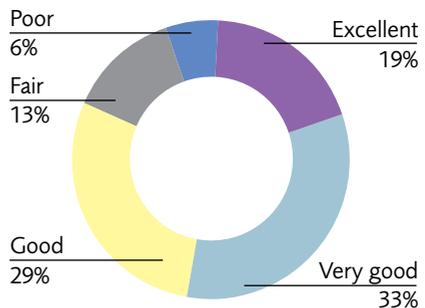
- Seven in ten of you have now experienced the death of at least one parent. More fathers have died than mothers (six in ten compared to four in ten) and just over a quarter of you have lost both parents.
- Over half of you with at least one parent still alive provide them with some form of regular care or help, most commonly giving them lifts in your car (34%), doing their shopping (28%), DIY, decorating or gardening (28%) and dealing with their personal affairs (23%).
- On average, those of you with at least one parent spend just under two and a half hours a week caring for or helping them. Women tend to spend more time caring for parents each week than men (almost three hours compared with an hour and 45 minutes).



HEALTH

- Just over half of you reported that your health is either 'excellent' or 'very good' and just over one in twenty reported that it is 'poor' (Graph 2).
- The most commonly experienced health problems are high blood pressure (affecting just over one in six men and one in seven women) and back problems (suffered by just over one in six men and women).
- Overall, women are slightly more likely to report at least one health problem (nine in ten women compared with eight in ten men). Women are also more likely to have been to hospital in recent years both as an out-patient (six in ten women compared with just under half of men) and as an

Graph 2 General health



in-patient (almost a third of women and just over a quarter of men). This did not include visits for antenatal or maternity care.

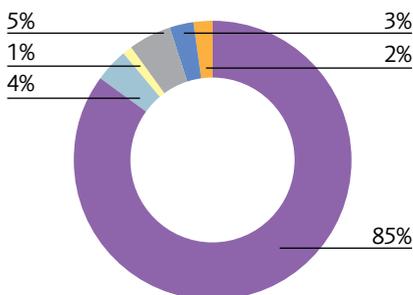
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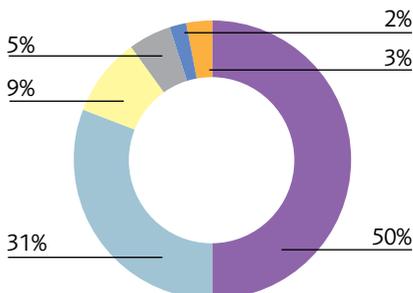
EMPLOYMENT

- Just under nine in ten men are in paid employment, almost all on a full-time basis. Half of women are working full-time and almost a third are working part-time (Graph 3).
- Nine in ten of those in work feel their jobs are secure. However, the recession seems to have had an impact on job security as those interviewed at the end of the survey period, between March and May 2009, were almost twice as likely to report that their jobs were not very secure as those interviewed six months earlier (17% compared with 9%). The self-employed were twice as likely as employees to feel their jobs were insecure (two in ten compared with one in ten).
- Just over eight in ten of those in employment say they are satisfied with their jobs, but just over four in ten men and a third of women feel that their jobs interfere with family life.

Graph 3 Economic activity status (men)



Economic activity status (women)



- Working full-time
- Working part-time
- Looking after home/family
- Permanently sick/disabled
- Unemployed
- Other

MEMBERSHIP OF CLUBS AND ORGANISATIONS

- Just under six in ten are members of a club or organisation (six in ten men compared with just over half of women) but only three in ten men and a quarter of women take part in their activities at least once a week.
- Just over one in five are trade union members while slightly fewer belong to organisations such as sports clubs (19%), professional associations (16%), religious groups (9%) and social clubs (9%). Men are much more likely than women to be

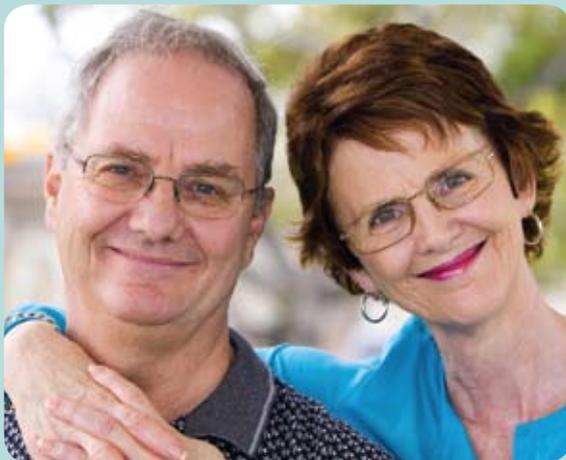
members of sports clubs (28% compared with 16%) and social clubs (15% compared with 6%) while women are more likely to belong to religious organisations (14% compared with 8% of men). Although trade unions have the biggest memberships, six in ten members never participate in union activities. Members of sports clubs and religious groups are the most active with the majority joining in activities at least once a week.



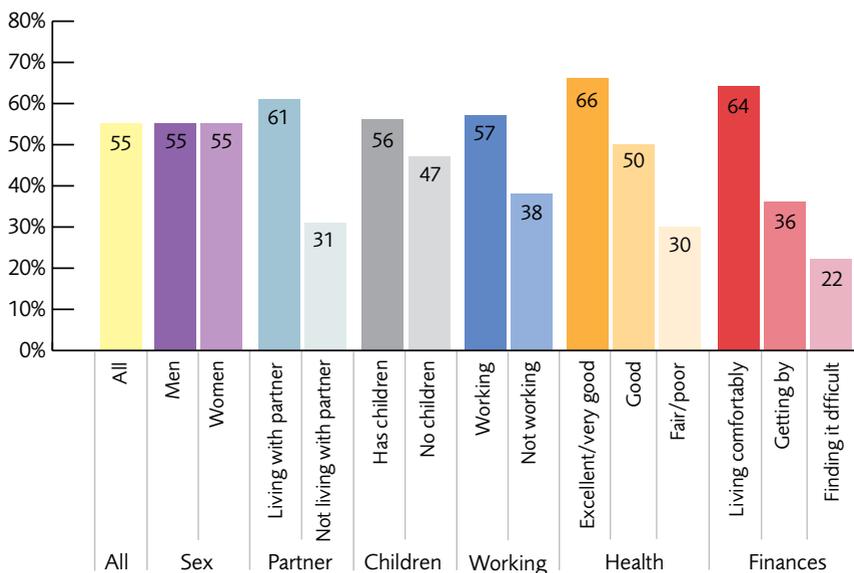
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LIFE SATISFACTION

Most of you report fairly high levels of life satisfaction. When asked to give a score out of ten as to how satisfied you were with how your lives had turned out so far the average score was just over seven. Being in a relationship, having children, being employed, being in good health and being financially comfortable all have a positive impact on life satisfaction (Graph 4).



Graph 4 Percentage with a life-satisfaction score of 8 out of 10 or higher



THE FUTURE

- Just under eight in ten have paid into some form of pension but seven in ten say they are worried about whether they will have enough money to live on when they retire.
- Almost all of you said you would consider doing some paid work after the state retirement age if it meant improving your standard of living.
- Finally, we asked you to tell us a little about the life you imagined you would be living at the age of 60. The responses you gave are incredibly diverse, reflecting the fact that

each of you is unique with a different story to tell. Many of you are looking forward to retirement and the opportunities that this might bring in terms of relaxing, travelling, pursuing your interests and spending more time with family and friends. However, many of you imagine yourselves still working, some because of the enjoyment and fulfilment that your jobs bring you and others because of financial necessity. It will be very interesting to compare your actual circumstances at 60 with what you imagined at age 50.

Here are a few examples of what you envisage your life will be like at 60

'I am retired and still happily married. My life is now full of things I want to do – horse-riding, walking, gardening, reading, travelling. I'm not worn out by the difficult, stressful job that I had when I was 50.'

'I don't have a lot of money, but enough – I don't need as much because the children have left home! I am relaxed, healthy and happy.'

'I hope that I am fit and healthy and that I am enjoying life to the full ... I may, though, have to care for my mother in her old age. I still expect to be in a similar line of work but looking forward to retirement in a few years time.'

'I will still be working. I enjoy my job and cannot imagine my life without working although I may reduce the hours I work.'

'My life at 60 will probably be the same as it is now, only with a lot more aches and pains!'



'This is difficult as the illness I suffer from is almost certainly going to get worse which, in turn, will affect all aspects of my life.'

'I'll probably be watching every episode of the *Antiques Roadshow*, responding to Gloria Hunniford ads in the magazines for life insurance and funeral plans. I may also be telling everyone under 40 that music doesn't make any sense anymore, grumbling about the cost of Horlicks and being grumpy with teenagers at bus stops! I might even start keeping brochures from Stannah Stairlifts but hopefully I will have resisted the temptation to drive wearing slippers!'

INITIAL FINDINGS FROM THE AGE 50 SURVEY



KEEPING IN TOUCH

If you change your address or phone number, please let us know so that we can contact you in the future.

You can tell us by:

- Calling us free (from a UK landline) on 0500 600 616
- Emailing us at ncds@ioe.ac.uk
- Completing the contact form on the study website: www.ncds.info
- Or writing to us at National Child Development Study,
FREEPOST, KE7770, London WC1H 0BR
(no stamp required if posted in the UK).