GLOBAL GENERATIONAL LIFESTYLES

How We Live, Eat, Play, Work and Save for Our Futures
How much does our age influence how we think, where and what we eat or how we save and spend?

Depending on our age, our approach to something as simple as getting up-to-date news or eating out can be drastically different. But today's consumers are bucking yesterday's preconceived generational notions. In fact, many older people are embracing a more technology-driven world, and sizeable numbers of younger people are turning to more traditional values. Yet for all of our differences, in many ways, it's remarkable how similar we are no matter the age.

The Nielsen Global Generational Lifestyles Survey polled 30,000 online respondents in 60 countries to better understand how global consumer sentiment differs across life stage. The findings break some myths and reaffirm others.

For the purposes of this study, respondents are segmented into five life-stage classifications:

- **Generation Z** (15-20)
- **Millennials** (21-34)
- **Generation X** (35-49)
- **Boomers** (50-64)
- **Silent Generation** (65+)

The results reveal insights about how consumers around the world live, eat, play, work and save.
LIFESTYLES OF THE YOUNG AND THE AGING

OLD MYTHS AND NEW REALITIES

• **WHEN IT COMES TO GETTING THE NEWS**, TV and search engine sites have broad appeal for the young and old alike. Not surprisingly, older respondents prefer traditional sources like print and radio.

• **TRADITIONAL VALUES**, such as getting married, having children and buying a house are still relevant for many Generation Z and Millennial respondents—even if they aren’t top priorities.

• **YOUNG PEOPLE ARE HIGHLY CONNECTED**, but they’re not the only ones distracted by technology. In fact, Baby Boomers are the most likely to admit that their mealtimes are not technology free.

• **IT’S NOT OLDER CONSUMERS** (who often have more time and money) eating out most often. Millennials are the most avid out-of-home diners. Nearly six-in-10 eat out at least once a week, and almost one-third say they eat out three times per week or more.

• **TV REMAINS A FAVORITE LEISURE-TIME ACTIVITY** among respondents of all ages, but reading is also a top activity—even among Generation Z and Millennial respondents. In fact, more younger respondents selected reading over playing online video games and reviewing social media as a top spare-time activity.

• **JOB LOYALTY MAY BE A THING OF THE PAST**. Millennials are roughly two times more likely to leave a job after two years, 1.5 times more likely after five years and half as likely to stay after 10 years, compared to Generation X and Baby Boomer respondents.

• **DEBT IS A FACT OF LIFE** for more than four-in-10 respondents of all ages, including more than half of Generation X and Baby Boomer respondents. Older consumers carefully monitor spending and limit purchases, while younger respondents take a longer-term approach.

About the GLOBAL SURVEY METHODOLOGY

The findings in this survey are based on respondents with online access in 60 countries (unless otherwise noted). While an online survey methodology allows for tremendous scale and global reach, it provides a perspective only on the habits of existing Internet users, not total populations. In developing markets where online penetration is still growing, audiences may be younger and more affluent than the general population of that country. In addition, survey responses are based on claimed behavior rather than actual metered data. Cultural differences in reporting sentiment are likely factors in the measurement outlook across countries. The reported results do not attempt to control or correct for these differences, therefore, caution should be exercised when comparing across countries and regions, particularly across regional boundaries.
TV IS STILL TOPS FOR GETTING THE NEWS - EVEN AMONG MILLENNIALS

Global respondents may rely on a mix of traditional and digital sources to get up-to-date news, but the age skew on some sources is not what you may think. It’s probably no surprise that the majority of those over age 35 turn to TV to get the news, but the medium still holds sway for nearly half of Millennial (48%) and Generation Z (45%) respondents as well. Similarly, more Millennials prefer search engine sites than other generations, but they’re also among the top three news sources among respondents of all ages—even those 65+.

Looking beyond the sources that are universally preferred, the use of traditional sources to get the news is not surprisingly higher among older respondents, while younger generations are more reliant on digital ones.

### Preferred News Sources

<table>
<thead>
<tr>
<th>Source</th>
<th>Global Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>TV</td>
<td>53%</td>
</tr>
<tr>
<td>Search Engine Sites</td>
<td>38%</td>
</tr>
<tr>
<td>Social Media Sites</td>
<td>33%</td>
</tr>
<tr>
<td>Print Newspapers</td>
<td>18%</td>
</tr>
<tr>
<td>Online Newspaper Sites</td>
<td>17%</td>
</tr>
<tr>
<td>Online TV News Sites</td>
<td>16%</td>
</tr>
<tr>
<td>Radio</td>
<td>11%</td>
</tr>
<tr>
<td>Print Magazines</td>
<td>8%</td>
</tr>
<tr>
<td>Online Magazine Sites</td>
<td>8%</td>
</tr>
<tr>
<td>Online Radio Sites</td>
<td>4%</td>
</tr>
</tbody>
</table>

**Source:** Nielsen Generational Lifestyle Survey, Q1 2015

![TV and Search Engine Sites Comparison](chart.png)
TRADITIONAL VALUES ARE CHANGING, BUT NOT AS MUCH AS YOU MAY THINK

Big city/urban lifestyles have big appeal for younger respondents. More than half of Generation Z and Millennial respondents (52% and 54%, respectively) want to live in a big city or urban neighborhood. But young adults aren’t entirely shunning the suburbs in favor of metropolitan settings. More than one-quarter of Generation Z and Millennial respondents think the suburbs are the ideal place to live.

And while marriage and birth rates are declining in many countries around the world, not all younger respondents are opposed to these traditional aspirations. Buying a home, getting married and having children remain important goals for many young adults. In fact, about one-fifth of Generation Z and Millennial respondents consider buying a house (21% and 22%, respectively) or getting married (19% and 17%, respectively), and about 10% (11% and 13%, respectively) consider having a baby as one of their top three aspirations for the future.

Source: Nielsen Generational Lifestyle Survey, Q1 2015
SHifting Priorities

As we age, our focus shifts from wealth to health. Making money and working in a fulfilling career are top priorities among the highest percentages of younger respondents, while staying fit and healthy and spending time with family are most important among the highest percentages of older respondents.

Future Aspirations

Percentage Who Selected Option as One of Their Top Three Aspirations

<table>
<thead>
<tr>
<th>Generation Z</th>
<th>Millennials</th>
<th>Generation X</th>
<th>Boomers</th>
<th>Silent Generation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make Money</td>
<td>$37%</td>
<td>$39%</td>
<td>$39%</td>
<td>$21%</td>
</tr>
<tr>
<td>Fulfilling Career</td>
<td>$31%</td>
<td>$36%</td>
<td>$32%</td>
<td>$11%</td>
</tr>
<tr>
<td>Fit and Healthy</td>
<td>$29%</td>
<td>$29%</td>
<td>$28%</td>
<td>$19%</td>
</tr>
<tr>
<td>Family Time</td>
<td>$20%</td>
<td>$20%</td>
<td>$19%</td>
<td>$11%</td>
</tr>
</tbody>
</table>

Source: Nielsen Generational Lifestyle Survey, Q1 2015
Millennials often have a bad reputation for being constantly connected to their electronic devices, but it turns out that larger percentages of older respondents are more distracted than their younger counterparts during mealtime.

**I eat most of my dinner meals at home while doing something else**

- **Generation Z**: 26%
- **Millennials**: 23%
- **Generation X**: 22%
- **Boomers**: 30%
- **Silent Generation**: 29%

**Meal times are NOT technology free**

- **Generation Z**: 38%
- **Millennials**: 40%
- **Generation X**: 45%
- **Boomers**: 52%
- **Silent Generation**: 42%

Source: Nielsen Generational Lifestyle Survey, Q1 2015
Time and money may be in short supply, but younger consumers eat out more often.

Nearly six-in-10 Millennials (58%) say they eat out at least once a week, twice the percentage of Baby Boomers (29%). And 30% of Millennials eat out three or more times per week.

6-in-10 Millennials say they eat out at least once a week, twice the percentage of Boomers.

Consumers of all ages are striving to lead healthier lives, and many are doing so by making healthier food choices. More than half of global respondents from every generation say they’re willing to pay a premium for foods with health benefits, and younger respondents lead the way. But while certain health attributes like low sodium and low sugar appeal to older consumers, attributes such as organic, gluten free and high protein appeal more to younger respondents.

Source: Nielsen Global Health & Wellness Survey, Q3 2014
TV may have universal appeal as a favorite spare-time activity among all generations, but among Generation Z, more respondents selected reading as a favorite activity than watching TV. In fact, a higher percentage enjoys reading than playing video and online games or reviewing social media.

Other activities, however, have particular younger or older age skews. Younger respondents are more likely to listen to music and play video and online games, while older respondents are more likely to enjoy traveling and gardening.

**Source:** Nielsen Generational Lifestyle Survey, Q1 2015
Thinking about your current job, how satisfied are you with the following:

<table>
<thead>
<tr>
<th>Category</th>
<th>Millennials</th>
<th>Generation X</th>
<th>Boomers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occupation (Field of work)</td>
<td>68%</td>
<td>69%</td>
<td>74%</td>
</tr>
<tr>
<td>Camaraderie of Co-workers</td>
<td>66%</td>
<td>65%</td>
<td>65%</td>
</tr>
<tr>
<td>Work Environment / Setting</td>
<td>59%</td>
<td>60%</td>
<td>65%</td>
</tr>
<tr>
<td>Expectations of Boss / Manager / Supervisor</td>
<td>56%</td>
<td>52%</td>
<td>55%</td>
</tr>
<tr>
<td>Work / Life Balance</td>
<td>55%</td>
<td>56%</td>
<td>62%</td>
</tr>
<tr>
<td>Income / Pay</td>
<td>49%</td>
<td>45%</td>
<td>47%</td>
</tr>
<tr>
<td>Corporate Social Responsibility / Sustainability Actions of Employer</td>
<td>49%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Health Care / Medical Benefits</td>
<td>47%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Savings Plan Benefits</td>
<td>44%</td>
<td>34%</td>
<td>29%</td>
</tr>
<tr>
<td>Retirement Benefits (Pension)</td>
<td>38%</td>
<td>33%</td>
<td>35%</td>
</tr>
</tbody>
</table>

*Percent completely/somewhat satisfied

Source: Nielsen Generational Lifestyle Survey, Q1 2015
The days of employees spending their entire career with the same company are likely over. Millennials are roughly two times more likely to leave a job after two years, 1.5 times more likely after five years and half as likely to stay after 10 years, compared to Gen X and Baby Boomer respondents.

**Millennials**

41%

**Generation X**

21%

**Boomers**

26%

Millennials are **2X** more likely to leave their current jobs after 2 years compared to Generation X.

Source: Nielsen Generational Lifestyle Survey, Q1 2015
DREAM JOBS ALIGN WITH STATE OF MIND

When considering dream job aspirations, it turns out that intentions largely align with generational state of minds. Among the oldest respondents (Silent Generation), health-science professions are tops, while among those still in the school-age years (Generation Z), jobs in science, technology, engineering and math (STEM) are most wanted. For Baby Boomers, education and training careers are highest, while among those in their prime working years (Millennials and Generation X), professions in information technology are most preferred.

*Career choice with the highest percentage for each generation

Source: Nielsen Generational Lifestyle Survey, Q1 2015
ARE WE “SAVING AND SOUND” OR “INVESTING, BUT INSECURE”?

One-third of Generation Z (32%) and Millennial (34%) respondents are wise beyond their years when it comes to saving for their financial futures, but about half need some help figuring out what to do with their money, as they are not confident in their savings strategies.

Older consumers could use some help, too. Half of Generation X respondents, and about four-in-ten Baby Boomers (41%) and Silent Generation (38%) respondents are saving some money, but they are not confident in their financial futures.

And just over one-third of Baby Boomers and Silent Generation respondents do not save at all for their futures.

Source: Nielsen Generational Lifestyle Survey, Q1 2015
Debt is a fact of life for more than half of Generation X (58%) and Baby Boomer (55%) respondents and four-in-ten Millennials and Silent Generation respondents (44%)—and many are worried about how they'll pay the money owed.

While spending strategies for those with debt varies, nearly half of all respondents across the four generations say debt motivates them to be careful about spending. As we get older, and presumably closer to the retirement finish line, we get more serious about eliminating debt. Baby Boomers are the most likely to be careful about spending and take a shorter-term spending strategy by foregoing the things they want and need to keep debt down.

Conversely, younger Millennial respondents are more likely to take a longer-term view of their debt situation. They’re the most likely to refinance to lessen debt. They are also among the most likely to feel like they must incur debt to buy the things they want and need.

Source: Nielsen Generational Lifestyle Survey, Q1 2015
COUNTRIES IN THE STUDY
Internet Penetration

Asia-Pacific

AUSTRALIA 94%
CHINA 47%
HONG KONG 81%
INDIA 20%
INDONESIA 28%
JAPAN 86%
MALAYSIA 67%
NEW ZEALAND 95%
PHILIPPINES 41%
SINGAPORE 80%
SOUTH KOREA 92%
TAIWAN 80%
THAILAND 30%
VIETNAM 44%

Europe

AUSTRIA 87%
BELGIUM 90%
BULGARIA 59%
CROATIA 71%
CZECH REPUBLIC 78%
DENMARK 97%
ESTONIA 83%
FINLAND 97%
FRANCE 83%
GERMANY 87%
GREECE 60%
HUNGARY 75%
IRELAND 79%
ISRAEL 76%
ITALY 59%
LATVIA 75%
LITHUANIA 69%
NETHERLANDS 96%
NORWAY 95%
POLAND 67%
PORTUGAL 65%
ROMANIA 51%
RUSSIA 61%
SERBIA 65%
SLOVAKIA 82%
SLOVENIA 76%
SPAIN 75%
SWEDEN 95%
SWITZERLAND 89%
TURKEY 57%
UNITED KINGDOM 90%
UKRAINE 42%

Middle East / Africa

EGYPT 53%
Pakistan 15%
SAUDI ARABIA 67%
SOUTH AFRICA 52%
UNITED ARAB EMIRATES 96%

North America

CANADA 95%
UNITED STATES 87%

Source: Internet World Stats, June 30, 2014
The Nielsen Global Survey of Generational Attitudes was conducted Feb. 23 - March 13, 2015 and polled more than 30,000 online consumers in 60 countries throughout Asia-Pacific, Europe, Latin America, the Middle East/Africa and North America. The sample includes Internet users who agreed to participate in this survey and has quotas based on age and sex for each country. It is weighted to be representative of Internet consumers by country. Because the sample is based on those who agreed to participate, no estimates of theoretical sampling error can be calculated. However, a probability sample of equivalent size would have a margin of error of ±0.6% at the global level. This Nielsen survey is based only on the behavior of respondents with online access. Internet penetration rates vary by country. Nielsen uses a minimum reporting standard of 60% Internet penetration or an online population of 10 million for survey inclusion.

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