

### February 2022

#### Lifestyles of the Over-55s - UK

“The over-55s are all too aware of the rising cost of living and the implications this has for their pension pots. This is arguably fostering a fiscal bunker mentality across the over-55s, illustrated by a focus on saving and a hesitance to spend more than is necessary. And yet the ...

### December 2021

#### Healthy Lifestyles - UK

“The COVID-19 pandemic has undoubtedly brought the true state of the nation’s health into the limelight. But there remains a considerable disparity between how healthy people perceive themselves to be, and how healthy they really are. This widespread mistaken belief of healthy habits will prove a challenge for the government ...

#### Consumers and the Economic Outlook - UK

“Rising inflation and concerns about stock shortages have shaken consumers’ sense of financial wellbeing and confidence for the coming year. It is important to place the falls seen on these measures in October in context, however: the vast majority of consumers remain fairly upbeat.