BioLife

The 2023 State of Giving & Volunteerism

Making Time to Donate Time

How frequently do Americans volunteer?

54% have donated time to a group or charitable cause within the last year

31% have volunteered within the last 3 months

Average time spent volunteering / month

6.2 HOURS*

*Among those who volunteered within the last 12 months

Giving Back by Generation

Which age groups are most likely to donate their time?

Millennials	Baby Boomers	Gen X	Gen Z	Silent Generation
36%	28%	26%	8%	2%

Motivations for Giving Back

Top reasons Americans donate their time:

66%	Make positive impact
49%	Personal fulfillment
45%	Ethical or moral beliefs
22%	Social connections
19%	Building new skills

Obstacles to Giving Back

Top hurdles preventing Americans from donating their time:

Lack of time	Financial constraints	Work-related commitments	Limited awareness of opportunities	Health or mobility issues	Lack of transportation
64%	43%	28%	20%	19%	14%

Finding Opportunities

How do Americans find volunteer opportunities?

47% find volunteer opportunities through local community organizations

46% find volunteer opportunities through friends and family

1 out of 5 say social media has inspired them to volunteer

Holidays and the Giving Season

40% plan to volunteer this holiday season

Average time Americans plan to volunteer this holiday season:

6.5 HRS

57% plan to donate financially this holiday season

$120 average financial donation this holiday season

1 out of 5 plan to volunteer as part of a New Year's resolution

The Impact of Giving Back

How Americans benefit from donating their time:

Reduced stress	Greater self-esteem & self-confidence	Improved mental well-being	Increased happiness	Enhanced sense of purpose
11%	20%	26%	36%	45%

31% have made a close friend while donating their time

Giving Back and the Workplace

37% say current employer offers volunteer opportunities

71% are more inclined to work for a company that provides paid time off to volunteer

43% expect employer to participate in philanthropic efforts

56% are more likely to take a job that offers volunteer opportunities

53% would choose a lower-paying job that aligned with their values over a higher-paying one that doesn't

*Among employed respondents

Which States Look Hardest for Volunteer Opportunities?

1	Massachusetts	11	Pennsylvania	21	Washington	31	South Carolina	41	New Mexico
2	Virginia	12	Colorado	22	Texas	32	Kansas	42	North Dakota
3	Minnesota	13	North Carolina	23	Wisconsin	33	Iowa	43	Oklahoma
4	New Jersey	14	Arizona	24	Vermont	34	Alabama	44	Hawaii
5	Delaware	15	Oregon	25	California	35	Tennessee	45	West Virginia
6	Maryland	16	Florida	26	Utah	36	Nebraska	46	Mississippi
7	Connecticut	17	Michigan	27	Missouri	37	Nevada	47	Louisiana
8	Illinois	18	Maine	28	Ohio	38	Kentucky	48	South Dakota
9	Rhode Island	19	Georgia	29	Indiana	39	Arkansas	49	Montana
10	New Hampshire	20	New York	30	Idaho	40	Alaska	50	Wyoming

*Based on Google search volume related to donating time and volunteering per 100,000 residents in each state

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