

PULSE CHECK: HEALTH OPINIONS & BEHAVIORS IN AMERICA

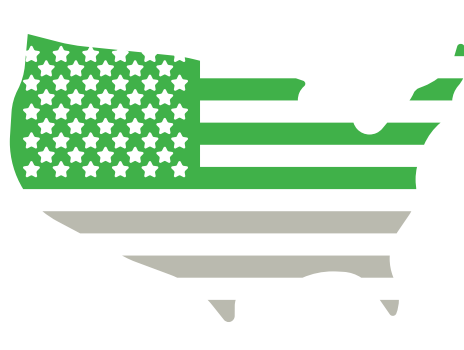
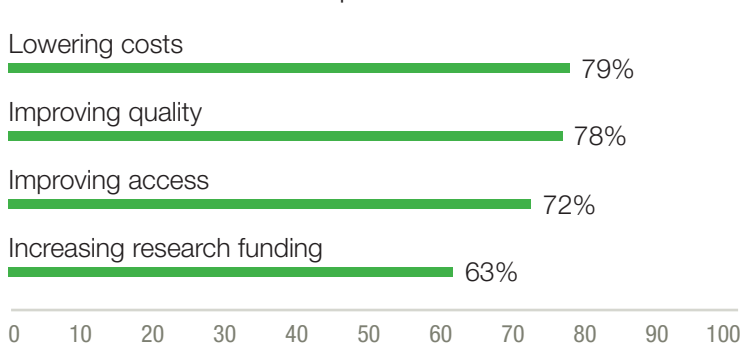


As election season heats up, so do our conversations; health is always a lively topic. The second Mayo Clinic National Health Check-Up explores health perspectives and behaviors – and how they vary – among adults in the U.S.

Health at the Polls

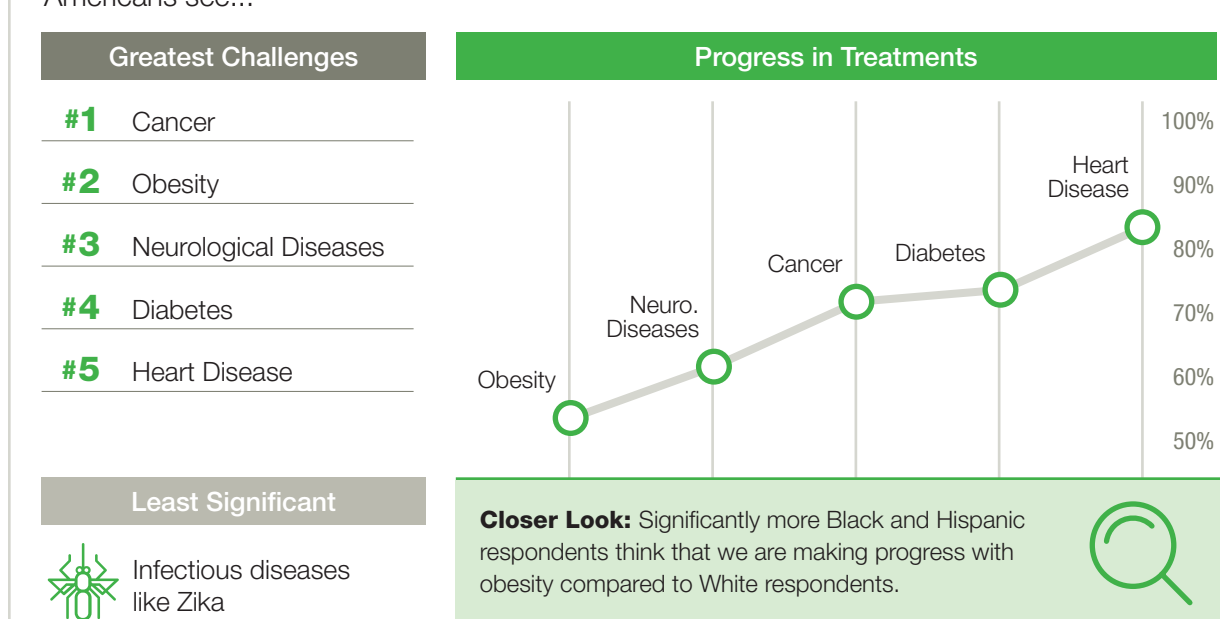
IMPACT OF ISSUES

What influences choice of presidential candidate for **95%** of Americans? Health care.



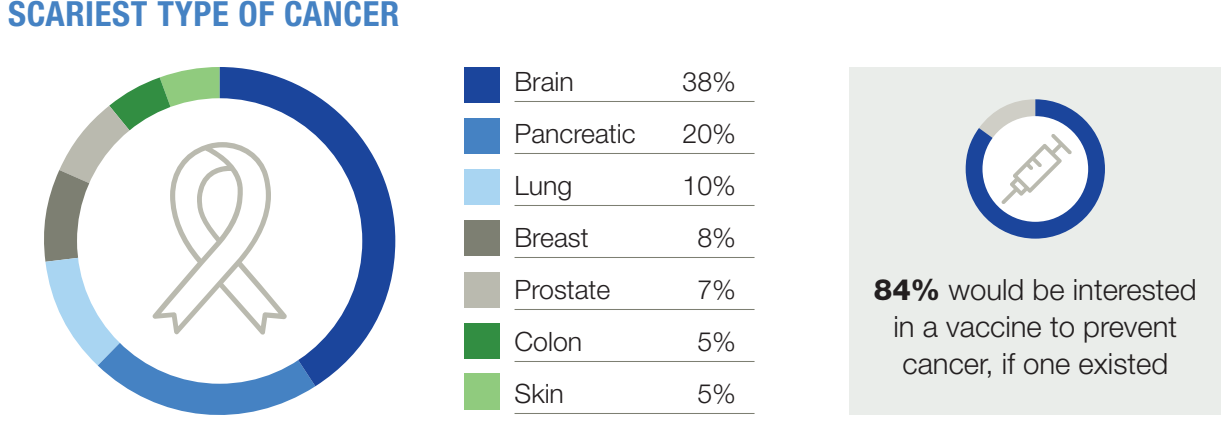
HEALTH SCORECARD

Americans see...



Perspectives on Cancer

SCARIEST TYPE OF CANCER



Closer Look: More respondents living in the West say they would NOT be interested in a cancer vaccine compared to those in the South, Northeast and Midwest.

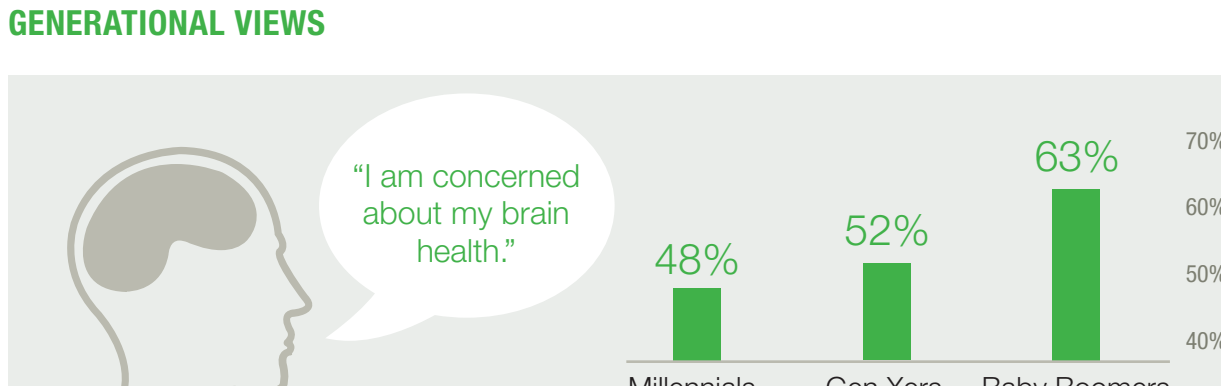
LIFESTYLE IMPACT

More than half of respondents believe they can reduce cancer risk by...



Perspectives on Brain Health

GENERATIONAL VIEWS



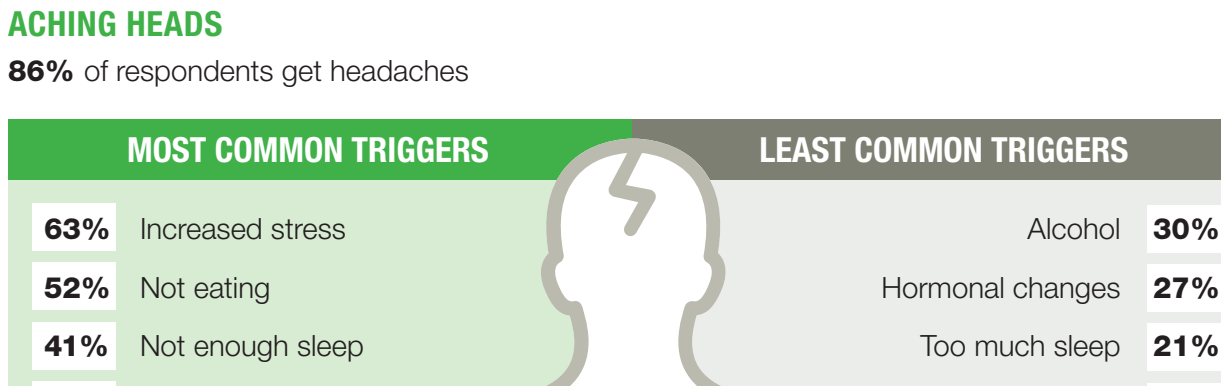
BRAIN MAINTENANCE

96% of respondents already take specific actions to promote long-term health



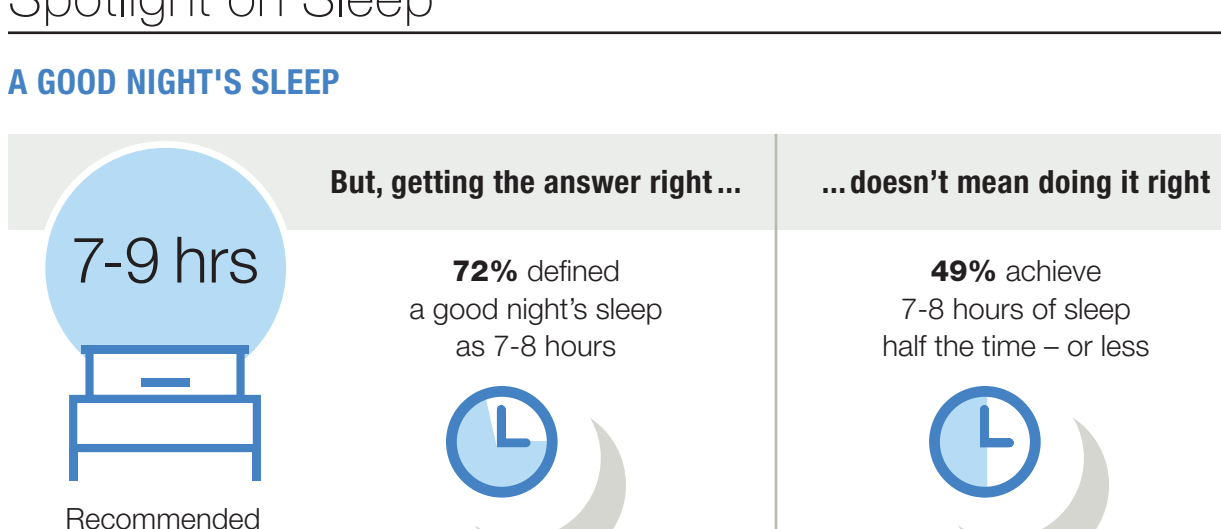
ACHING HEADS

86% of respondents get headaches



Spotlight on Sleep

A GOOD NIGHT'S SLEEP



SLEEP SURPRISES

To compensate for not enough sleep, I...

