PULSE CHECK: HEALTH OPINIONS & BEHAVIORS IN AMERICA

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**IMPACT OF ISSUES**

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

**Mayo Clinic PULSE CHECK:**

**HEALTH OPINIONS & BEHAVIORS IN AMERICA**

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**Health at the Polls**

This ORC International Telephone CARAVAN® survey of 1,012 adults (18 years and older) living in the continental United States was conducted in July 2016. To learn more, please visit healthcheckup.mayoclinic.org.

**Health Scorecard**

- **Progress in Treatments**
  - Cancer: 100%
  - Obesity: 87%
  - Neurological Diseases: 76%
  - Diabetes: 76%
  - Heart Disease: 75%

- **Greatest Challenges**
  - Infectious diseases like Zika: 79%
  - Lowering costs: 78%
  - Improving quality: 72%
  - Improving access: 72%
  - Increasing research funding: 63%

- **Health Score**
  - 100%

**Perspectives on Cancer**

**SCARIEST TYPE OF CANCER**

- Brain: 38%
- Pancreatic: 20%
- Lung: 10%
- Breast: 8%
- Prostate: 7%
- Colon: 5%
- Skin: 5%

84% would be interested in a vaccine to prevent cancer, if one existed.

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

- Eating healthier foods: 76%
- Exercising more: 74%
- Limiting alcoholic beverages: 73%
- Avoiding cigarettes: 72%
- Getting more sleep: 71%
- Reducing animal fats: 62%

**Lifestyle Impact**

- More than half of respondents believe they can reduce cancer risk by...
  - Eating healthier foods
  - Exercising more
  - Limiting alcoholic beverages
  - Avoiding cigarettes
  - Getting more sleep
  - Reducing animal fats

**Perspectives on Brain Health**

**Generational Views**

- Millennials:
  - I am concerned about my brain health: 48%

- Gen Xers:
  - I am concerned about my brain health: 52%

- Baby Boomers:
  - I am concerned about my brain health: 63%

**Most Common Triggers**

- Aching heads: 86%
- Increased stress: 63%
- Not eating: 52%
- Not enough sleep: 41%
- Too much work to do: 33%
- Alcohol: 30%
- Hormonal changes: 27%
- Too much sleep: 21%
- Drinking caffeine: 18%

**Least Common Triggers**

- Drinking water: 58%
- Exercise: 54%
- Take a supplement: 45%
- Eat fatty foods: 43%
- Eat healthier foods: 41%
- Caffeine: 38%
- Not eating: 30%

**Sleep Surprises**

- Having children in the household does not impact how often respondents get a good night's sleep.
- Getting the answer right... 72%
- ...doesn't mean doing it right 49%

A GOOD NIGHT'S SLEEP

- Recommended times by adults: 7 7-9 hrs
- Most respondents get less than 6 hours of sleep.
- Men: 72%
- Women: 61%
- Northeast: 71%
- Midwest: 70%

**Spotlight on Sleep**

- Recommendations by adults: 7 7-9 hrs

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