

PULSE CHECK: HEALTH OPINIONS & BEHAVIORS IN AMERICA

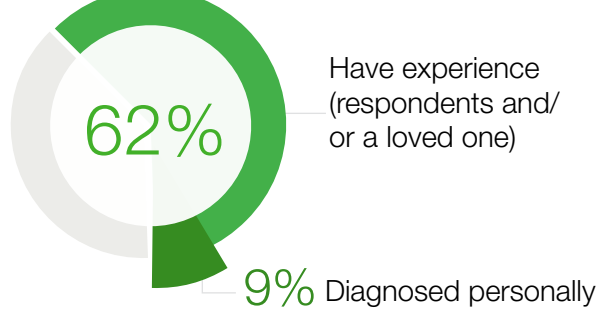


In the U.S., cancer stays at the forefront of the national health conversation. Many Americans confront cancer personally or support loved ones who are diagnosed. The fourth Mayo Clinic National Health Checkup focuses on attitudes and perceptions related to cancer diagnoses, prevention and treatment.

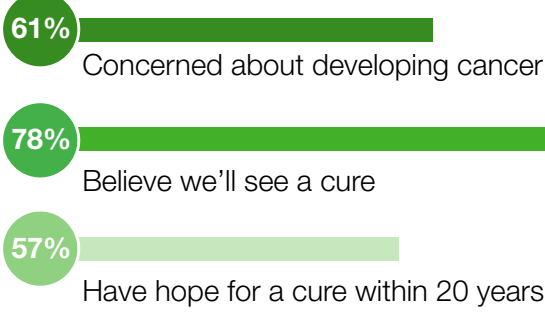
The Big Picture

GETTING PERSONAL

Experience with cancer diagnosis



Conflicting feelings



BARRIERS TO CARE

When symptoms appear

Factors that would influence visiting the doctor:



After diagnosis

2/3 Of respondents reported barriers to treatment:



Financial concerns or insurance coverage



Time to schedule or attend appointments

42%

Insurance

52%

Personal finances or cost

29%

Schedule availability

Cited more frequently by: Hispanics 64% — Millennials 59% — African-Americans 57%

KNOWLEDGE AND ACTION

Environment and lifestyle factors:

90 – 95% of cancers



Smoking



Diet



Alcohol



Sun exposure



Obesity



Infections



Environmental pollutants



Stress



Physical inactivity

Genetics:

5 – 10% of cancers

9 in 10 Americans are aware of family's history with cancer



BEHAVIORS AND CHOICES

95% OF AMERICANS take one or more preventive measures to avoid cancer



75%

Avoid smoking



74%

Limit alcohol consumption



72%

Maintain a healthy diet

Women are significantly more likely than men to take measures to prevent cancer

A Deeper Dive

HPV VACCINATION

2 in 3

Respondents associate at least one type of cancer with HPV



1 in 3

Have received or plan to get the HPV vaccine



Did you know?

Virtually all cases of cervical cancer are caused by HPV



HPV Vaccine

Recommended at 26 years old or younger

Made available in 2006

Millennials first to have access at recommended age

Yet many have not received the HPV vaccine and do not plan to receive it

Reasons given not to receive the vaccine:

3/4

Generation X, spouses and children

1/2

Millennials, spouses and children

52%

Questions about safety and/or effectiveness

48%

Don't know what it is or details about it

SKIN CANCER

Consulting Health Professionals

91%

Respondents comfortable discussing lumps or spots

52%

Have had their skin checked at least once

25%

Get their skin checked annually



20%

Have used a tanning bed

4%

Still use tanning beds

Did you know?

Using a tanning bed before age 35 increases risk of melanoma by:

75%



COLORECTAL CANCER

Importance of Early Screening

50,000+

Expected to cause 50,000+ deaths in 2017

#2



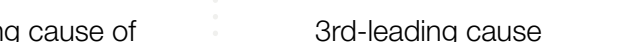
2nd-leading cause of cancer-related deaths for men

#3



3rd-leading cause for women

Only 4 in 10 diagnosed at an early stage, when treatment is most likely to be successful



85%

Would use a non-invasive colon cancer screening if available

NON-INVASIVE STOOL DNA TEST

Can be conducted at home

Detects early-stage colon cancer 94% of the time

59% of Americans are unaware of it