Only 1 in 4—Said a pharmacist or doctor told them what to do with unused pills
Participated in drug disposal program

Opioids are most effective for short-term pain, not chronic pain, as patients can develop tolerance for them over time.

Mayo Clinic
PULSE CHECK: HEALTH OPINIONS & BEHAVIORS IN AMERICA

One of the most pressing health issues of our time, the opioid epidemic is devastating communities— and ongoing efforts continue to surveill and evaluate preventing practices. The 5th Mayo Clinic Health Opinion Survey focuses on awareness and behaviors related to opioid use.

Prescription Preferences

For Treatment After Surgery

Most of the respondents would choose an alternative to opioid pain relievers (94%); but many don’t seek one.

LEADING ALTERNATIVES

Physical Therapy

Over-the-Counter Pain Relievers

Alternative Medicine (e.g. Acupuncture)

Medical Marijuana

80% 75% 53% 49%

BUT...

FEAR OF ADDICTION

80%

OOY RISK

Men

Women

38% 45%

The Why

The Where

Did you know?

More likely to be cited as being at risk for opioid addiction

Urban Communities

Among the hardest hit by opioid addiction

Rural Areas

Increase in Death Rates (Between 1999-2015)

4x

18 to 25-year-olds

3x

Women

Only 1 in 4—Said a pharmacist or doctor told them what to do with unused pills
Participated in drug disposal program

BUT...

"Opioid abuse is a significant issue in my community"

"I would not become dependent on opioids if prescribed"

Americans Are Not Properly Disposing of Unused Medication

Throw in Garbage

Use to Treat Other Pain

Keep in Medicine Cabinet

Flush Down Toilet

17% 12% 30% 17% 17%

The Way

The How

True or False?

TRUE TRUE

#1 Reason to Seek Alternative Treatment

FOR TREATMENT AFTER SURGERY

Prescriptions

Open to Discussing Risk

THE WHY

Speaks well as the effectiveness of short-term pain, and chronic pain, the patients can develop tolerance for them.

79%

31%

THE WHERE

Year of Failure

Rural Areas

Urban Communities

Did you know?

Increased economic effects, opioid prevention efforts, and consumer awareness led to a decrease in opioid use.

Increase in Death Rates (Between 1999-2015)

4x

18 to 25-year-olds

3x

Women

94% Would Choose an Alternative

94%

This Engine Telephone CARAVAN® Omnibus Survey of 1,270 adults (18 years and older) living in the United States was conducted in July 2018. To learn more, please visit healthcheckup.mayoclinic.org.