



PhRMA's Second Annual Health Survey

## From Hope To Cures: PhRMA's Second Annual Health Survey

Key Findings from Nationwide Survey among 1,207 Adults  
Conducted June 30–July 6, 2014

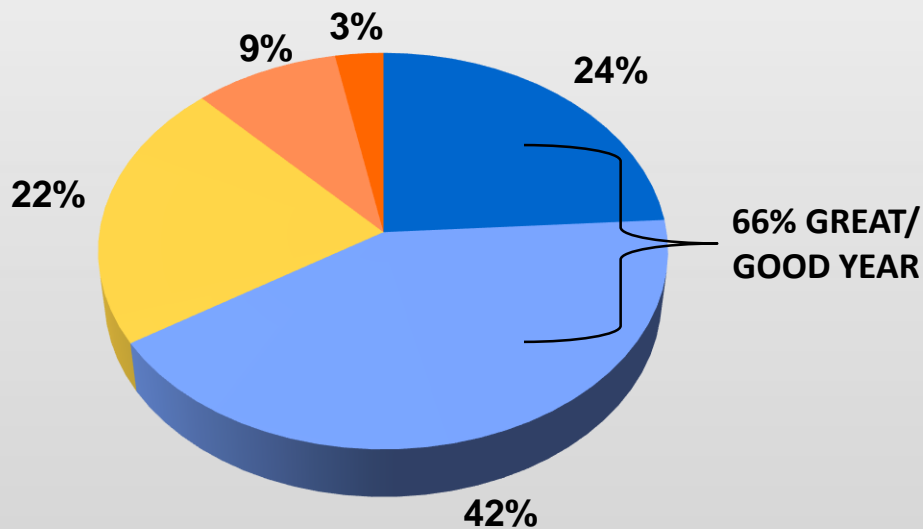


# PERSONAL HEALTH

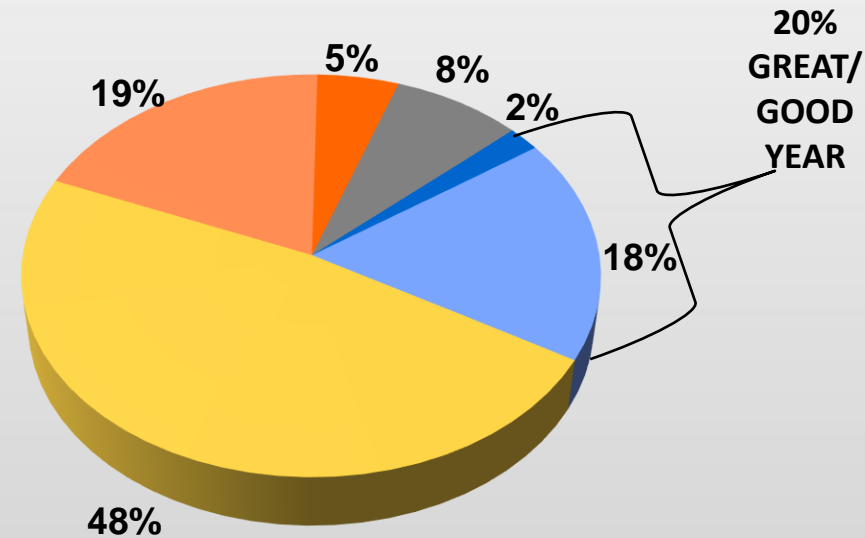
# Americans remain positive about their own health but less optimistic about the average American.

*How would you describe the past year when it comes to your own personal health?*

*Thinking about the country as a whole and the health of the average American, how would you describe the past year?*



June 2013  
61% great/good year



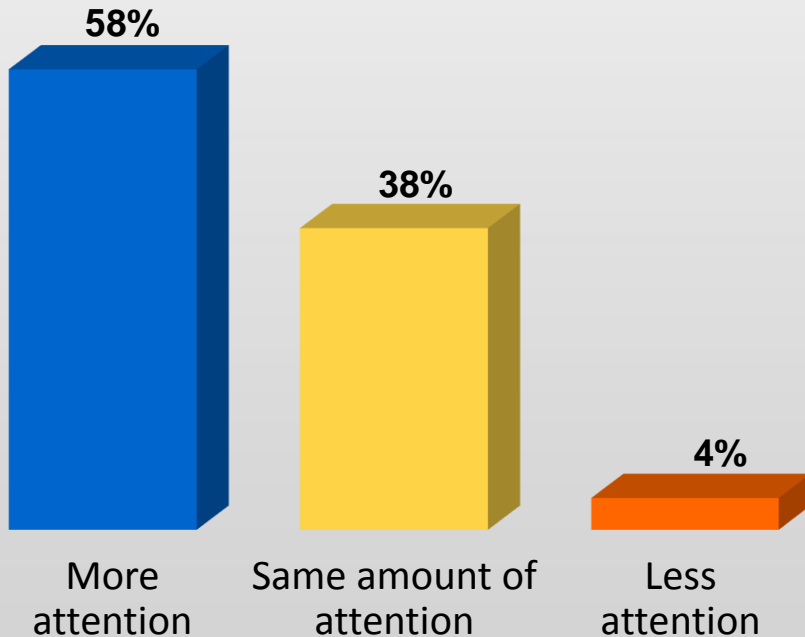
June 2013  
18% great/good year

# Americans continue to report they are paying more attention to their health.

*Compared with a few years ago, would you say you are paying more attention to your personal health, about the same amount of attention, or less attention?*

All adults

June 2013  
58% paying more attention



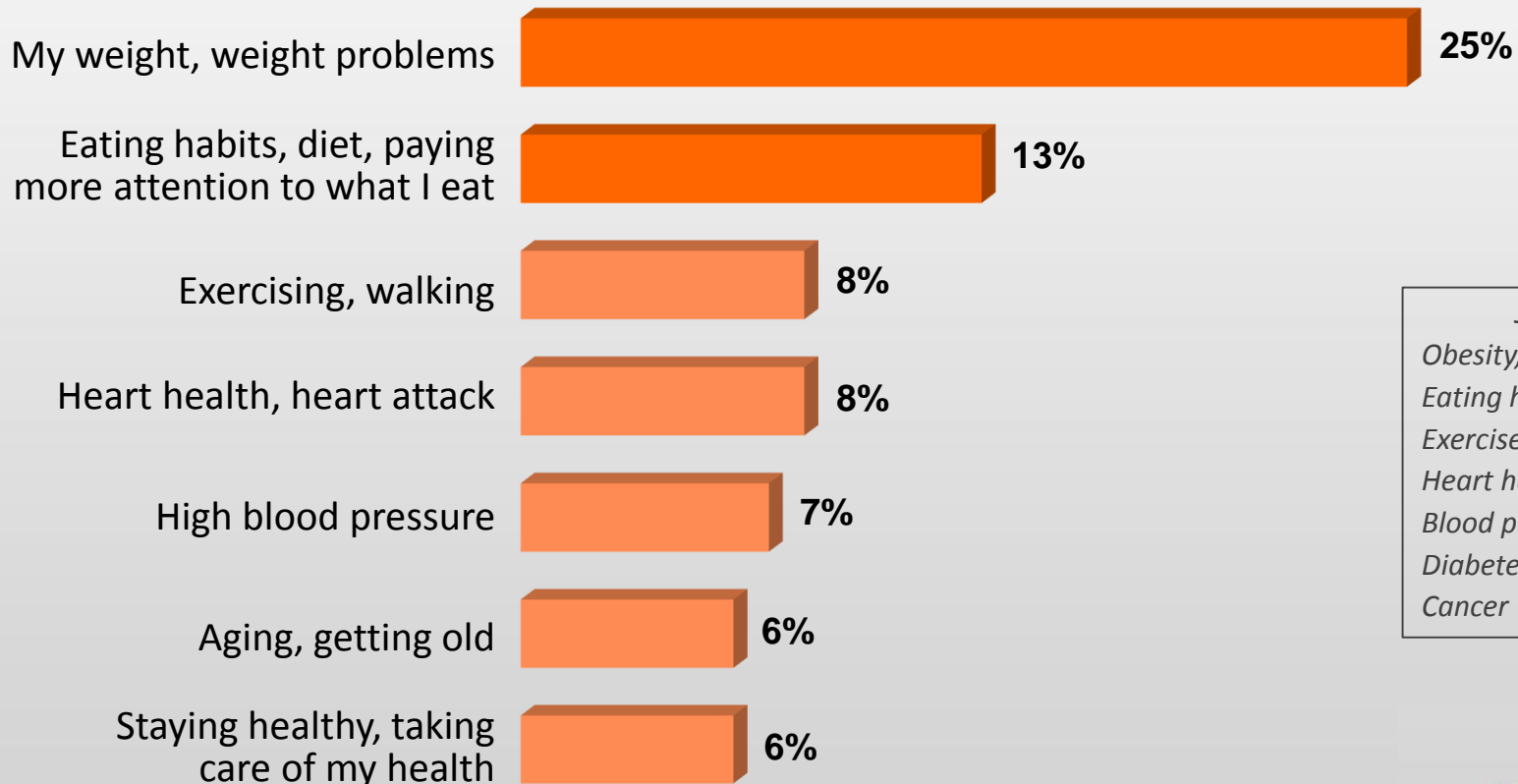
## *Paying more attention to my health*

Men	55%
Women	61%
Whites	57%
African Americans	68%
Hispanics	60%
High school grad/less ed	51%
Some college	60%
College graduate	62%

# Weight is the top volunteered concern about personal health.

*What are your biggest concerns about your own personal health? What specific things are you paying attention to related to your personal health?*

*Aggregated volunteered responses*

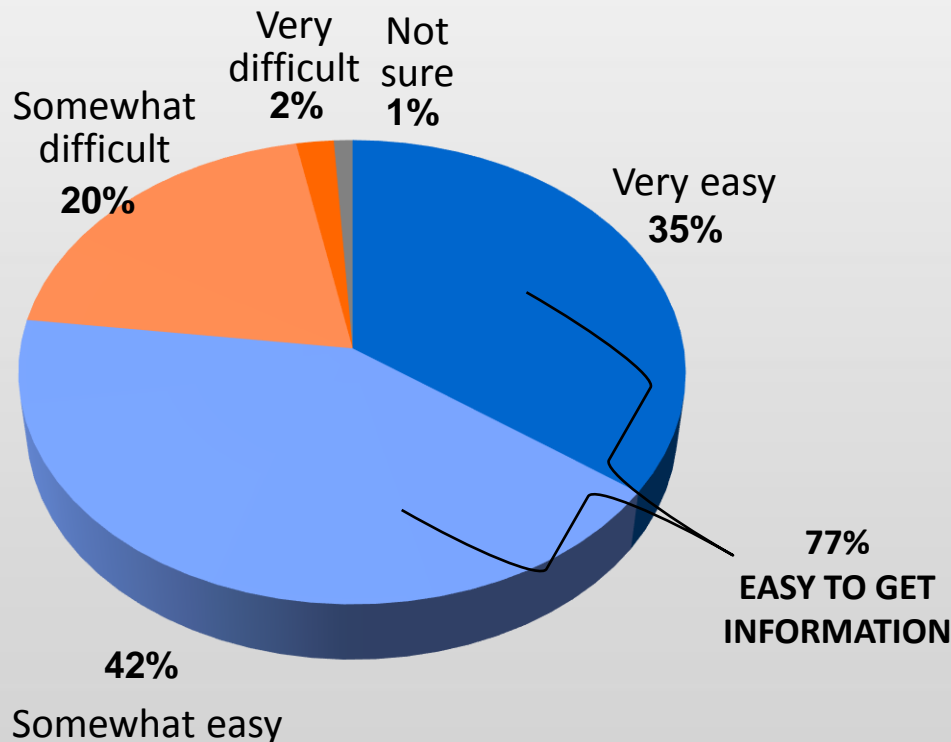


<i>June 2013</i>	
<i>Obesity, weight</i>	25%
<i>Eating healthy</i>	13%
<i>Exercise</i>	9%
<i>Heart health</i>	9%
<i>Blood pressure</i>	8%
<i>Diabetes</i>	6%
<i>Cancer</i>	5%

# Only one in three reports that it is very easy to get accurate and complete health information.

*How easy or difficult is it to get accurate and complete information about your health?*

All adults

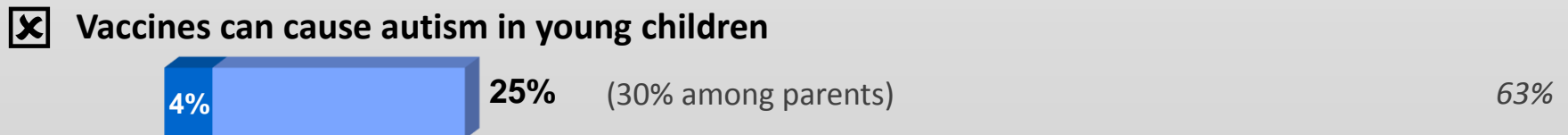
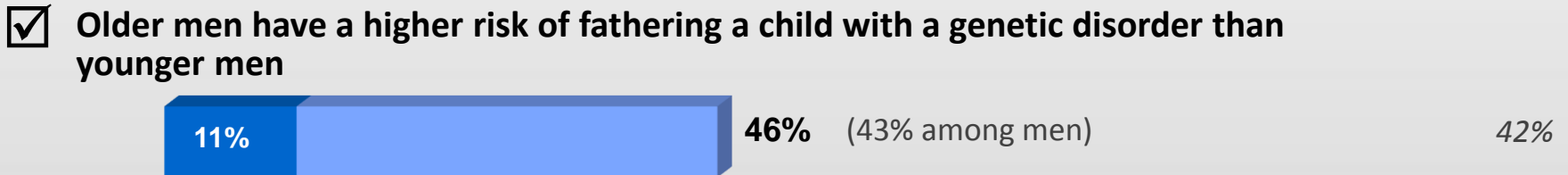
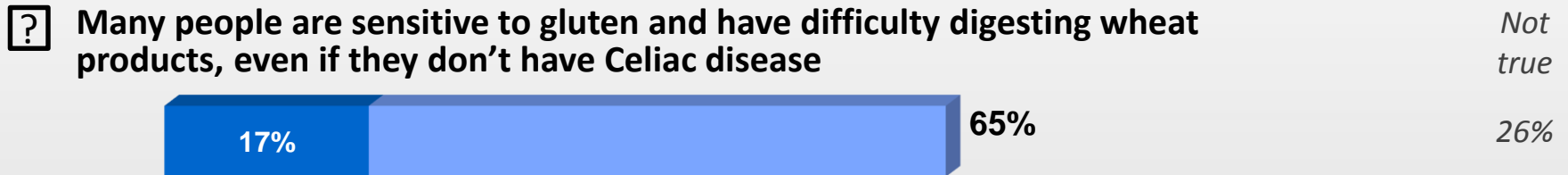


*VERY easy to get information*

Age 18 to 34	30%
Age 35 to 49	27%
Age 50 to 64	37%
Age 65/over	<b>48%</b>
In excellent/very good health	<b>41%</b>
In good health	29%
In fair/poor health	27%
High school grad/less ed	39%
Some college	35%
College graduate	31%

# Confusion persists about basic health information, including myths about vaccines and autism.

Are these things people say about health and wellness true?



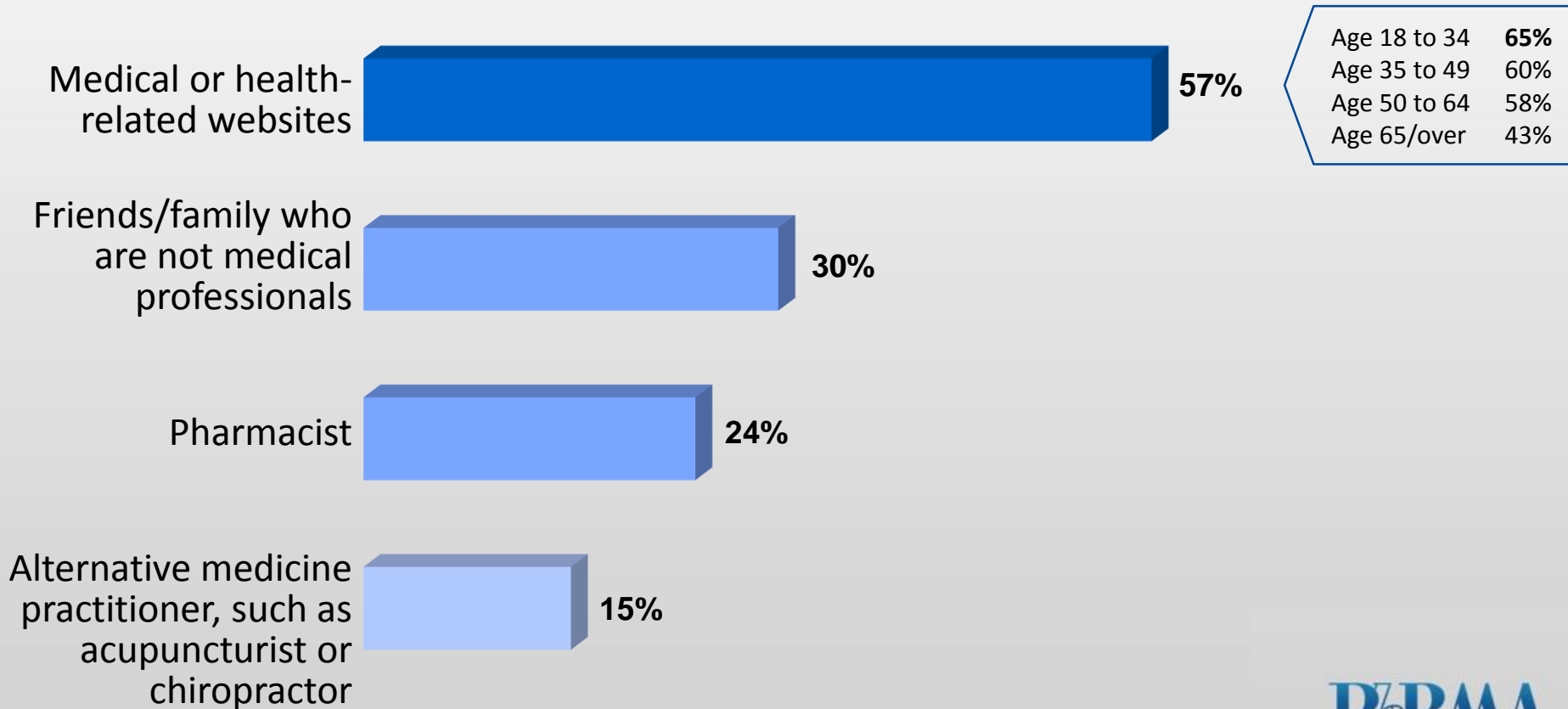
Supported by scientific research     NOT supported by scientific research     Conflicting scientific research

# THE DOCTOR-PATIENT RELATIONSHIP



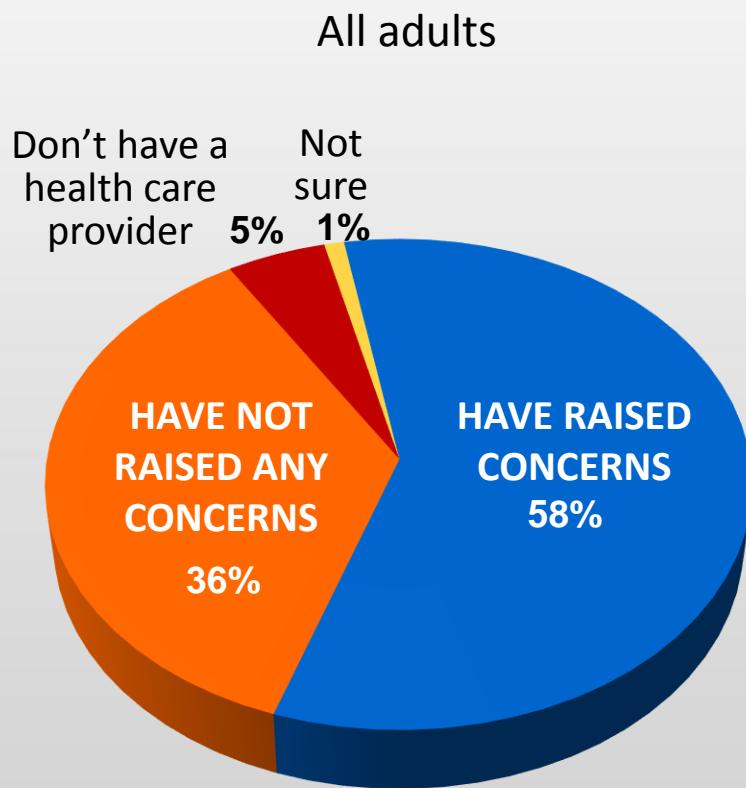
# Other than their doctor, Americans most commonly rely on the Internet when they have health questions.

*Other than your doctor, which of the following sources do you commonly rely on for information when you have questions about your health or physical symptoms?*



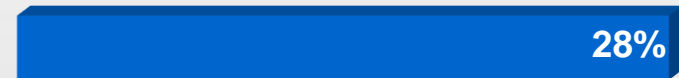
# More than 1 in 3 Americans do not raise questions or concerns with their health provider.

*Which of these questions or concerns people might raise with their health care providers have YOU raised with your health care provider in the past year?*

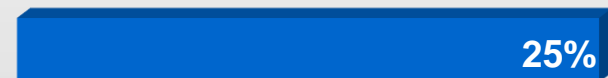


*I have discussed this with my health care provider:*

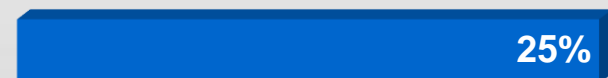
Preventive health strategies



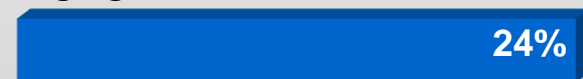
Side effects of treatment or medicine



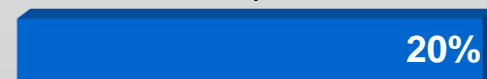
Cost concerns



Managing diseases or illness

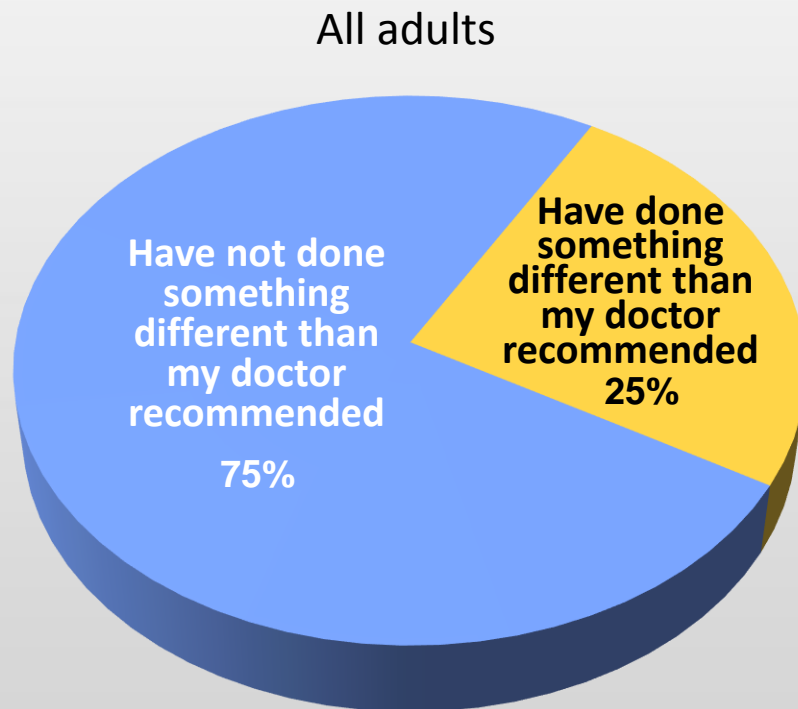


New treatment options for a disease/condition



# 1 in 4 Americans report they have done their own research and taken matters into their own hands.

*Looking back on the past year or two, have you ever done your own research on a health issue and decided to do something different than what a doctor or health professional recommended?*



*Have done something different than doctor recommended*

Staying informed about health is:

Big priority for me **30%**  
Somewhat/not a priority 18%

Age 18 to 34 **30%**  
Age 35 to 49 23%  
Age 50 to 64 24%  
Age 65/over 20%

Have cancer **32%**  
Have heart disease **33%**

# HEALTH CONCERNS IN MINORITY COMMUNITIES

# Minority communities have unique and distinct health priorities.

*Proportions saying each is a very/fairly big priority to them personally in looking out their health*

	Whites	African Americans	Hispanics
Taking my medicine as prescribed*	94%	94%	94%
Eating a healthy diet	74%	72%	<b>80%</b>
Seeing MD for regular checkups/preventive care	66%	<b>76%</b>	69%
Exercising regularly	63%	62%	<b>73%</b>
Reducing stress	55%	<b>68%</b>	64%
Staying informed about health guidelines	47%	<b>72%</b>	55%
Monitoring my blood pressure	37%	<b>59%</b>	37%
Moderating how much alcohol I drink	22%	<b>27%</b>	<b>29%</b>
Quitting smoking	11%	15%	<b>17%</b>

# While African Americans are paying more attention to their health, they rank their own health less favorably than other groups.

I am paying more attention to my health today, compared with a few years ago

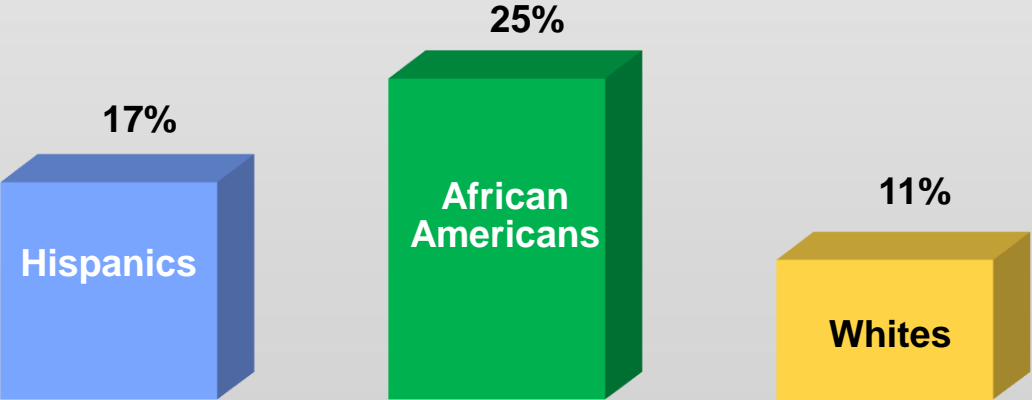


The past year has been great or good when it comes to my own personal health



# Diabetes is an acute concern for African Americans.

Diabetes is a concern I deal with now



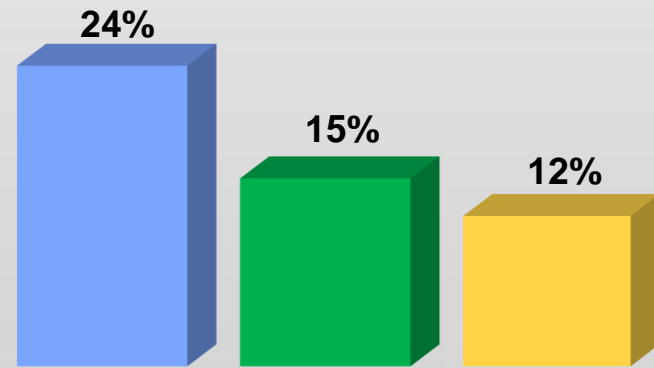
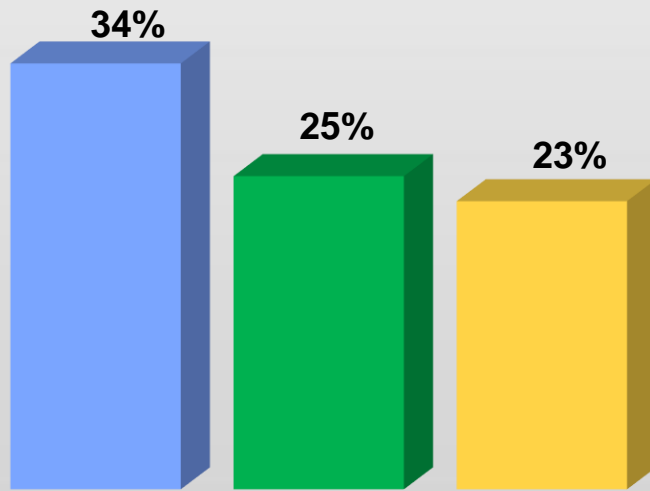
# Costs and health coverage are significant barriers for Hispanics.

*Proportions saying each is a very/fairly big obstacle to reaching their ideal health*



Out-of-pocket costs/copays to see a doctor or health professional regularly

Lack of health care coverage







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