

PUBLIC POLL FINDINGS AND METHODOLOGY

Greater proportion of Americans say mental health and social life have worsened vs. gotten better compared to before the pandemic

New Parade Media/Cleveland Clinic/Ipsos poll finds despite this, most Americans are optimistic about the future

Topline Findings

Washington, DC, May 12, 2021 — A new Parade Media/Cleveland Clinic/Ipsos poll finds that though half of Americans surveyed do not see a change in their mental/emotional health (53%) today compared to when the pandemic first began a year ago (March 2020), among those who have noticed a change, a greater proportion are likely to say it has gotten worse (29%) than to say it has gotten better (18%). The pandemic is seen to have had an even greater impact on peoples' social lives, with 45% saying theirs is worse today compared to before the pandemic, versus only 15% who see an improvement and 41% who see no change. Despite these findings, most (81%) say that they are optimistic about the future and only 27% agree that they have less confidence in their resilience in challenging times compared to before the pandemic (vs. 73% who disagree). The Healthy Now 2021 Practicing Prevention Survey seeks to measure how well Americans are taking care of their whole selves—physically, emotionally and spiritually—on a day to day basis. This national survey of 1,000 adults goes beyond simple questions around diet and physical activity to measure how they keep healthy living top of mind, the strength and depth of their relationships, their passions and hobbies and their mindset when they face challenges in their lives.

Detailed Findings

1. Eight in ten Americans describe their health as excellent/good (81%) compared to only 19% who say it is fair/poor. Those in lower income households (30% of those earning less than \$50,000 annually), those with no children living at home (21%), and those with no college degree (23%), are more inclined to rate their health and well-being as fair/poor.
 - The vast majority also hold a positive outlook on life, with eight in ten saying they are optimistic about the future (81%) and feeling as though they have a purpose in life (78%). In contrast, fewer agree that they get angry easily (32%) and 28% say that at the end of the day, they usually feel like more bad things have happened than good.
 - Additionally, nine in ten believe that the harder they work at something, the better at it they can be (92%) and a similar proportion say that when they make a mistake, they learn from it and move on (91%). However, nearly six in ten admit that sometimes when they make a mistake, they can't stop thinking about it even when it's out of their control (57%).
 - Americans are split when it comes to receiving feedback and criticism, with 48% saying that this makes them defensive, compared to 52% who disagree.
 - The COVID-19 pandemic has had an impact on many peoples' outlook on life, with 61% saying it has made them re-evaluate how they spend their time, just over half saying it has made them re-evaluate their life goals (51%) – and 53% who agree it has changed their way of life forever.
 - One in four (27%) agree that they have less confidence in their own resilience in challenging times compared to before the pandemic – compared to 73% who disagree

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with this statement. Men (32%), those under the age of 35 (41%), and parents (39%) are among those most likely to say confidence in their own resilience has declined since the start of the pandemic.

2. More than eight in ten say that they have a primary healthcare provider (85%), with 83% also saying that they have a usual place to go for medical care. Most report having a positive relationship with their physician, including roughly nine in ten who say their primary healthcare provider listens and supports them (93%) and knows them and their health history (87%). The vast majority also report feeling comfortable asking their healthcare provider questions when they don't understand something (94%) and confiding in them about sensitive health issues (90%).
 - Healthcare providers stand out as being the most turned to source for health information (62%), well ahead of healthcare organizations' websites (35%), television news (18%), and news website apps (18%) which round out the top responses. Other mentions fall below this threshold.
 - More than half feel safer seeking regular medical care today (annual appointments, health screenings, etc.) than they did six months ago (57%). However, 37% say that they have delayed regular medical care within the past year due to safety concerns.
 - When it comes to knowing their numbers, most Americans say that they know their family history (74%), blood type (58%), waist size (58%), and last blood pressure reading (57%). However, knowledge starts to drop when it comes to last blood cholesterol level reading (45%), BMI (40%), and last blood sugar reading (38%), where more than half don't know.
3. Turning to diet, most Americans agree that they make a conscious effort to try to eat more vegetables (81%), and two thirds say that when they snack, they try to choose healthy foods (66%). In fact, 81% say that they eat green vegetables at least twice a week, including nearly half (46%) who say they eat these at least once a day. Sizeable proportions (72%) also report eating fruit at least twice a week, with 44% doing so at least once daily. However, one in ten report that they eat leafy greens (10%)/fruits (15%) only a few times a month or less.
 - While plant-based foods have been gaining traction in recent years, just over half of Americans believe that a meal isn't satisfying unless it contains meat (52%). Two in five (40%) say that they eat processed/cured meats (bacon, sausage, ham, salami) at least twice a week, including more than one in ten who eat this daily (13%). Fewer (22%) eat salmon, tuna or other fish (not fried) a few times a week or more.
 - Seven in ten (69%) say that when they snack, they treat themselves to whatever they like. Nearly two thirds (64%) eat sweets several times throughout the week, including a third who eat sweets at least once a day (33%) – even though two in five (43%) report feeling guilty when they eat sweets. Just over half eat snacks straight from the box or bag (55%) several times a week, if not more, and 41% do the same thing when it comes to eating standing up or in front of the TV.
 - Roughly two in three believe that fast food can be part of a healthy diet if eaten occasionally (69%) and that indulging in sweets can be part of a healthy diet also (63%).
 - Two thirds report feeling guilty when they overeat (66%) - and snacking when stressed is the reality for more than half of Americans (57%). Women are most likely to agree with these statements. More than a third feel as though they need to exercise to earn their food (37%), especially men (43%), young adults (47% of those aged 18-34), those in the top income bracket (48% of those with a household income of \$100,000+), and parents (49%).

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- When it comes to beverages, water/seltzer/flavored (unsweetened) water (66%) and caffeinated coffee or tea (56%) are most prevalent, with more than half saying that they drink these on most days. At least one in five are also consuming juice (35%), dairy milk (32%), regular soda (20%) and diet soda (20%) on a daily basis. Other beverages included fall below this threshold.
 - One in five admit that they do not review information on the Nutrition Facts label before purchasing and/or consuming a food – particularly older adults (26% of those aged 55+ vs. 17% of those 18-54) and those with no college degree (23% vs. 17% of those with a college education). Among those who do review the Nutrition Facts label before buying/consuming, calories (45%), sugars (42%), ingredients (33%), sodium (32%), carbs (30%), serving size (29%), protein (29%), servings per package (28%), and fat (28%) are most commonly assessed.
4. When it comes to physical activity, more than two thirds of Americans admit that they often/sometimes sit for more than 6 hours per day (68%). However, just as many (68%) say that they make a point to take breaks every 30 minutes to get up and move around while sitting for long stretches. Two thirds also walk at least 30 minutes per day (66%).
- Roughly half often/sometimes schedule time for exercise (58%) and exercise to the point of being slightly out of breath (49%). Two in five switch up their exercise/activity/fitness routine regularly (43%), and a similar proportion say that they use a device to track their daily steps (44%) and/or do some kind of resistance/strength training (weightlifting, bodyweight exercises, etc.) (44%) on a regular basis.
 - The majority of Americans can perform a range of physical tasks with ease. However, three in ten confirm that they find it difficult to touch their toes (31%) or go from sitting on the floor to standing (30%). One in five also have a hard time walking briskly (as if chasing a bus) (22%), standing on one leg without assistance (20%), getting up from a chair without using their arms for assistance (19%), and walking up a flight of stairs (18%).
 - When describing their physical health today compared to before the pandemic first began around March 2020, most (52%) don't see a significant change. However, one in five say that their physical health is better today compared to a year ago (22%) and 25% say it has gotten worse. Those most likely to say their physical health is worse today include women (28%), adults under the age of 35 (31%), the less affluent (29% of those with a household income less than \$50,000), and those who are not married (32%).
 - Two in five (42%) say that they have developed unhealthy habits during the pandemic (e.g., overeating, drinking, not exercising) – particularly young adults (59% of those aged 18-34), those living in the Northeast (50%), and those with children living at home (60%).
5. When it comes to one's mental/emotional health, about half do not see a change (53%) when thinking about themselves today compared to when the pandemic first began a year ago (March 2020). However, among those who have noticed a change, a greater proportion are likely to say their mental/emotional health has gotten worse (29%) than say it has gotten better (18%).
- Those most likely to say they have experienced a decline in their emotional/mental health include women (33% vs. 24% of men), adults under the age of 35 (38% vs. 21% of those aged 55 and over), those in the lower income bracket (35% of those with a household income of less than \$50,000 vs. 21% of those earning \$100,000 or more), and those who are not married (38% vs. 22% of those who are married).

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- One in two say that they have been feeling more stressed, anxious and/or depressed during the pandemic (50%), and 57% have had to take a break from the news and/or social media to help reduce stress and/or anxiety. These figures increase to two thirds among young adults (under the age of 35). Nearly half also say that they often feel angry, anxious or depressed after watching TV news (47%).
 - A third say that they have sought or have considered seeking help from a doctor and/or therapist for emotional support during the pandemic (34%), with men (37%), those between the ages of 18-34 (58%), and parents with children living at home (47%) among those most likely to agree.
6. The pandemic has had a significant impact on the social lives of Americans, with 45% saying theirs is worse today compared to before the pandemic, versus only 15% who see an improvement and 41% who see no change. Despite this decline in people's social lives, three quarters agree that they've had a strong social support system to help them get through the pandemic (73%).
- At least eight in ten Americans agree that they enjoy being with other people (82%) and that they have friends/family they can confide in (84%) and who they could call in the middle of the night if they needed them (80%).
 - Three quarters say that even though quarantine was difficult, it has made them value their relationship with family, friends, neighbors and co-workers more (76%).
 - However, two in five say that the pandemic has had a negative impact on their relationships with family and/or friends (40%). Another 38% report that they feel lonely and three in ten (30%) say they often feel left out, depressed or inadequate after using social media.
 - Technology plays a huge role in how Americans interact, with two thirds agreeing that they spend more time emailing, messaging or texting with others than talking on the phone (68%) or meeting in real life (64%). When it comes to social media more specifically, six in ten turn to these platforms to communicate with friends and family through likes and comments (61%).
 - While most (64%) say that they only use their phone to respond to something urgent when they are in the company of others, 42% admit that they often use their phone when in the company of others.
 - More than a third say that they often go for a full day without speaking to anyone in real life or by phone (37%) – particularly those under the age of 35 (45%), those in the lower income bracket (47%), and those who are not married (46%).

These are the findings from an Ipsos poll conducted April 5- 6, 2021 on behalf of Parade Media/Cleveland Clinic. For the survey, a sample of 1,005 adults ages 18 and over from the continental U.S., Alaska and Hawaii was interviewed online in English. The poll has a credibility interval of plus or minus 3.5 percentage points for all respondents.

For full results, please refer to the following annotated questionnaire:

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Full Annotated Questionnaire

1. Please think about what you usually eat or drink over the course of a typical month. Read each item carefully and indicate one response for each. How often do you...

a. Eat fruit

	Total (N=1,005)
More than once a day	15%
About once a day	29%
2-3 times a week	28%
About once a week	13%
1-3 times a month	8%
Less than once a month	5%
I never eat/drink this	1%

b. Eat sweets

	Total (N=1,005)
More than once a day	11%
About once a day	22%
2-3 times a week	31%
About once a week	16%
1-3 times a month	10%
Less than once a month	8%
I never eat/drink this	3%

c. Eat green vegetables

	Total (N=1,005)
More than once a day	14%
About once a day	32%
2-3 times a week	35%
About once a week	9%
1-3 times a month	5%
Less than once a month	3%
I never eat/drink this	2%

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d. Eat standing up or in front of the TV

	Total (N=1,005)
More than once a day	9%
About once a day	16%
2-3 times a week	16%
About once a week	9%
1-3 times a month	5%
Less than once a month	14%
I never eat/drink this	32%

e. Eat snacks straight from the box or bag

	Total (N=1,005)
More than once a day	6%
About once a day	17%
2-3 times a week	32%
About once a week	18%
1-3 times a month	12%
Less than once a month	9%
I never eat/drink this	7%

f. Eat salmon, tuna or other fish (not fried)

	Total (N=1,005)
More than once a day	2%
About once a day	6%
2-3 times a week	15%
About once a week	22%
1-3 times a month	23%
Less than once a month	19%
I never eat/drink this	14%

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g. Eat processed/cured meats (bacon, sausage, ham, salami)

	Total (N=1,005)
More than once a day	3%
About once a day	10%
2-3 times a week	27%
About once a week	21%
1-3 times a month	19%
Less than once a month	13%
I never eat/drink this	8%

h. Drink alcoholic beverages

	Adults Age 21+ (N=1,005)
More than once a day	3%
About once a day	10%
2-3 times a week	20%
About once a week	11%
1-3 times a month	15%
Less than once a month	15%
I never eat/drink this	27%

2. How strongly do you agree or disagree with the following?

% Strongly/somewhat agree

	Total (N=1,005)
I consciously try to eat more vegetables	81%
When I snack, I treat myself to whatever I'd like	69%
When I snack, I try to choose healthy foods	66%
I like to plan most of my meals for the week	54%
A meal isn't satisfying unless it contains meat	52%

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3. What kind of beverages do you drink on most days?

	Total (N=1,005)
Water/seltzer/flavored (unsweetened) water	66%
Caffeinated coffee or tea	56%
Juice	35%
Dairy milk	32%
Regular soda	20%
Diet soda	20%
Energy drinks/sports drinks	15%
Non-dairy milk (almond, soy, oat, etc.)	14%
Decaffeinated soda, coffee or tea	10%
None of the above	3%

4. How strongly do you agree or disagree with the following statements?

% Strongly/somewhat agree

	Total (N=1,005)
Fast food can be part of a healthy diet if you eat it occasionally	69%
I feel guilty when I overeat	66%
Indulging in sweets can be part of a healthy diet	63%
I snack when I'm stressed	57%
I feel guilty when I eat sweets	43%
I feel like I have to exercise to "earn" my food	37%

5. Which of the following apply to you?

% Yes

	Total (N=1,005)
I have health insurance	89%
I have a usual place to go for medical care	83%
I am up to date on all recommended vaccines for my age/gender	72%
I know which vaccines are recommended for people my age	70%
I am up to date on all health screenings recommended for my age/gender	65%
I have a system for keeping track of my medical history (doctor visits, screening, results, etc.)	58%
I feel safer seeking regular medical care today (annual appointments, health screenings, etc.) than I did six months ago	57%
I use telehealth appointments for non-emergency health issues	37%
I delayed regular medical care (annual appointments, health screenings, etc.) within the past year due to safety concerns	37%

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6. Do you currently have a primary healthcare provider (such as an internist, family doctor or general practitioner)?

	Total (N=1,005)
Yes	85%
No	15%

7. Please indicate to what extent you agree or disagree with the following statements regarding your relationship with your primary healthcare provider.

% Strongly/somewhat agree

	Total (N=1,005)
I feel comfortable asking my healthcare provider questions when I don't understand something	94%
My primary healthcare provider listens to me and supports me	93%
I can confide in my primary health care provider about sensitive health issues	90%
My primary healthcare provider knows me and my health history	87%
I have the ability to communicate with my healthcare provider via email or other means between appointments if I need to	81%

8. Which of the following apply to you?

	Total (N=1,005)
I have been vaccinated for COVID-19	47%
I plan to be vaccinated for COVID-19 as soon as it's available to me	22%
I will not get the COVID-19 vaccination	16%
I plan to be vaccinated for COVID-19 but I am not in a rush to do it immediately	13%
I cannot be vaccinated for COVID-19 due to other medical issues	2%

9. To what extent do you agree or disagree with the following statements?

% Strongly/somewhat agree

	Total (N=1,005)
The harder I work at something, the better I can be at it	92%
When I make a mistake, I learn from it and move on	91%
I am optimistic about the future	81%
I make sure to use all of my personal time off/vacation time	74%
When I make a mistake, I can't stop thinking about it even when it's out of my control	57%
Feedback and criticism make me defensive	48%
I get angry easily	32%
At the end of the day, I usually feel like more bad things have happened than good	28%

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10. Over the past month, how often have you been able to spend time doing the following?

a. Spending quiet time alone

	Total (N=1,005)
More than once a day	26%
About once a day	33%
2-3 times a week	18%
About once a week	11%
1-3 times a month	6%
Less than once a month	3%
Never	3%

b. Praying/meditating

	Total (N=1,005)
More than once a day	14%
About once a day	21%
2-3 times a week	12%
About once a week	10%
1-3 times a month	8%
Less than once a month	9%
Never	26%

c. Spending time unwinding

	Total (N=1,005)
More than once a day	15%
About once a day	36%
2-3 times a week	19%
About once a week	13%
1-3 times a month	7%
Less than once a month	5%
Never	4%

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d. Doing fun things with others in person

	Total (N=1,005)
More than once a day	6%
About once a day	11%
2-3 times a week	22%
About once a week	18%
1-3 times a month	15%
Less than once a month	15%
Never	12%

e. Doing fun things with others virtually

	Total (N=1,005)
More than once a day	4%
About once a day	8%
2-3 times a week	11%
About once a week	13%
1-3 times a month	11%
Less than once a month	15%
Never	38%

f. Club, fellowship, and religious group participation

	Total (N=1,005)
More than once a day	3%
About once a day	4%
2-3 times a week	9%
About once a week	16%
1-3 times a month	8%
Less than once a month	15%
Never	45%

g. Vacationing

	Total (N=1,005)
More than once a day	2%
About once a day	4%
2-3 times a week	2%
About once a week	4%
1-3 times a month	7%
Less than once a month	42%
Never	38%

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h. Spending time in nature

	Total (N=1,005)
More than once a day	6%
About once a day	14%
2-3 times a week	18%
About once a week	17%
1-3 times a month	13%
Less than once a month	19%
Never	13%

i. Sports participation

	Total (N=1,005)
More than once a day	3%
About once a day	6%
2-3 times a week	8%
About once a week	7%
1-3 times a month	7%
Less than once a month	15%
Never	55%

j. Hobbies (art, music, writing, gardening, etc.)

	Total (N=1,005)
More than once a day	9%
About once a day	19%
2-3 times a week	24%
About once a week	17%
1-3 times a month	10%
Less than once a month	9%
Never	11%

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k. Spending time with pets

	Total (N=1,005)
More than once a day	35%
About once a day	13%
2-3 times a week	7%
About once a week	5%
1-3 times a month	3%
Less than once a month	4%
Never	32%

11. To what extent do you agree or disagree with the following statements as they relate to your mental health/emotional well-being during the pandemic?

% Strongly/somewhat agree

	Total (N=1,005)
I've had a strong social support system to help me get through the pandemic	73%
I've had to take a break from the news and/or social media to help reduce stress and/or anxiety	57%
I've been feeling more stressed, anxious and/or depressed during the pandemic	50%
I've developed unhealthy habits during the pandemic (e.g., overeating, drinking, not exercising)	42%
The pandemic has had a negative impact on my relationships with family and/or friends	40%
I've sought or have considered seeking help from a doctor and/or therapist for emotional support during the pandemic	34%

12. Thinking about yourself today versus before the pandemic first began around March 2020, how would you rate the following:

a. Your mental/emotional health

	Total (N=1,005)
Much better today compared to before the pandemic	5%
Somewhat better today compared to before the pandemic	13%
No change	53%
Somewhat worse today compared to before the pandemic	23%
Much worse today compared to before the pandemic	6%
Top 2 Box (Net)	18%
Bottom 2 Box (Net)	29%

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b. Your physical health

	Total (N=1,005)
Much better today compared to before the pandemic	6%
Somewhat better today compared to before the pandemic	16%
No change	52%
Somewhat worse today compared to before the pandemic	20%
Much worse today compared to before the pandemic	5%
Top 2 Box (Net)	22%
Bottom 2 Box (Net)	25%

c. Your social life

	Total (N=1,005)
Much better today compared to before the pandemic	4%
Somewhat better today compared to before the pandemic	11%
No change	41%
Somewhat worse today compared to before the pandemic	33%
Much worse today compared to before the pandemic	12%
Top 2 Box (Net)	15%
Bottom 2 Box (Net)	45%

13. In a typical week, how often do you do the following?

% Often/sometimes

	Total (N=1,005)
Take breaks every 30 minutes to get up and move around while sitting for long stretches	68%
Sit for more than 6 hours per day	68%
Walk at least 30 minutes per day	66%
Schedule time for exercise	58%
Exercise to the point that you're slightly out of breath	49%
Use a device to track the number of steps I take daily	44%
Do some kind of resistance/strength training (weightlifting, bodyweight exercises, etc.)	44%
Switch up my exercise/activity/fitness routine regularly	43%

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a. Schedule time for exercise

	Total (N=1,005)
Often	28%
Sometimes	31%
Rarely	20%
Never	22%

b. Switch up my exercise/activity/fitness routine regularly

	Total (N=1,005)
Often	14%
Sometimes	29%
Rarely	32%
Never	25%

c. Walk at least 30 minutes per day

	Total (N=1,005)
Often	33%
Sometimes	33%
Rarely	21%
Never	13%

d. Sit for more than 6 hours per day

	Total (N=1,005)
Often	33%
Sometimes	35%
Rarely	23%
Never	9%

e. Use a device to track the number of steps I take daily

	Total (N=1,005)
Often	28%
Sometimes	16%
Rarely	14%
Never	42%

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- f. Take breaks every 30 minutes to get up and move around while sitting for long stretches

	Total (N=1,005)
Often	24%
Sometimes	44%
Rarely	23%
Never	10%

- g. Exercise to the point that you're slightly out of breath

	Total (N=1,005)
Often	17%
Sometimes	32%
Rarely	27%
Never	24%

- h. Do some kind of resistance/strength training (weightlifting, bodyweight exercises, etc.)

	Total (N=1,005)
Often	18%
Sometimes	26%
Rarely	27%
Never	29%

14. Please rate the following actions in terms of how difficult or easy they are for you to complete.

% Very/somewhat difficult

	Total (N=1,005)
Touch your toes	31%
Go from sitting on the floor to standing	30%
Walk briskly (as if chasing a bus)	22%
Stand on one leg without assistance	20%
Get up from a chair without using your arms for assistance	19%
Walk up a flight of stairs	18%
Twist a lid off a jar OR operate a manual can opener	16%
Carry groceries/toddler	14%
Touch chin to chest	14%
Raise arms overhead	7%

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15. Thinking about your sleep habits/patterns, please indicate whether you agree or disagree with the following statements using the scale below.

% Strongly/somewhat agree

	Total (N=1,005)
I sleep with my cellphone in the room	69%
I go to bed and wake up at the same time every day	67%
I watch TV/stream content in bed before sleep	59%
Even though I sleep during the night, I feel sleepy during the day	56%
I have trouble falling asleep or staying asleep	53%
I read, work or study in bed before sleep	47%
I get too little sleep at night	46%
I know what I need to do to get better sleep but I just don't do it	40%
My pet sleeps in my room with me	39%
I share a room with a partner who snores	37%
I have to take medication to help me sleep at night	30%

16. Please indicate whether you agree or disagree with the following statements using the scale below.

% Strongly/somewhat agree

	Total (N=1,005)
I have friends/family I feel close enough to that I can confide in	84%
I enjoy being with other people	82%
I have friends/ family who I could call in the middle of the night if I needed them	80%
I feel like I have a purpose in life	78%
I am a member of a group that meets monthly or more often, either virtually or in person	41%
I feel lonely	38%

17. To what extent do you agree or disagree with the following statements:

% Strongly/somewhat agree

	Total (N=1,005)
I feel hopeful about the future.	78%
Even though quarantine was difficult, it made me value my relationship with family friends, neighbors and co-workers more.	76%
The COVID-19 pandemic has made me re-evaluate how I spend my time.	61%
The COVID-19 pandemic has changed my way of life forever.	53%
The COVID-19 pandemic has made me re-evaluate my life goals.	51%
The COVID-19 pandemic has strengthened my spiritual beliefs.	47%

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	Total (N=1,005)
I have less confidence in my own resilience in challenging times compared to before the pandemic.	27%

18. Thinking about technology, to what extent do you agree or disagree with the following statements:

% Strongly/somewhat agree

	Total (N=1,005)
I spend more time emailing, messaging or texting with others than talking on the phone	68%
I spend more time emailing, messaging or texting with others than meeting in real life	64%
I only use my phone to respond to something urgent when I'm in the company of others	64%
I use social media to communicate with friends and family through likes and comments	61%
I try to limit the amount of time I spend on my phone/electronic devices	58%
I often feel angry, anxious or depressed after watching TV news	47%
I often use my phone when I'm in the company of others	42%
I often go for a full day without speaking to anyone in real life or by phone	37%
I often feel left out, depressed or inadequate after using social media	30%

19. How frequently do you do the following?

a. Brush/floss my teeth

	Total (N=1,005)
Often	76%
Sometimes	18%
Rarely	4%
Never	2%

b. Wash my hands before/after preparing/eating meals

	Total (N=1,005)
Often	75%
Sometimes	19%
Rarely	4%
Never	1%

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c. Wash my hands before/after using the bathroom

	Total (N=1,005)
Often	77%
Sometimes	17%
Rarely	5%
Never	1%

d. Wash my hands before/after entering a public place

	Total (N=1,005)
Often	56%
Sometimes	30%
Rarely	11%
Never	3%

e. Wash or change my sheets/towels at least weekly

	Total (N=1,005)
Often	51%
Sometimes	30%
Rarely	15%
Never	4%

f. Go to work (outside the home) when I feel sick or have a fever

	Total (N=1,005)
Often	12%
Sometimes	18%
Rarely	26%
Never	44%

g. Wear sunscreen when I'm spending time outdoors

	Total (N=1,005)
Often	26%
Sometimes	35%
Rarely	26%
Never	13%

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h. Wear sunglasses when I'm spending time outdoors

	Total (N=1,005)
Often	44%
Sometimes	30%
Rarely	15%
Never	11%

20. Which of the following information on the Nutrition Facts label, if any, do you review before purchasing and/or consuming a food?

	Total (N=1,005)
Calories	45%
Sugars	42%
Ingredients	33%
Sodium	32%
Carbs	30%
Serving size	29%
Protein	29%
Servings per package	28%
Fat	28%
Cholesterol	19%
Vitamins/minerals (ie. calcium, vitamin D, iron, potassium)	18%
Fiber	17%
None of the above	20%

21. Which of the following steps, if any, do you take to improve your immune system?

	Total (N=1,005)
Staying hydrated	60%
Taking vitamins/supplements	56%
Eating more fruits and vegetables	55%
Exercising more	47%
Prioritizing sleep	35%
Eating healthy fats	27%
Limiting alcohol	25%
Taking probiotics/eating probiotic foods	20%
Quitting smoking	9%
None of the above	9%

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22. Do you know your:

% Yes

	Total (N=1,005)
Family history of serious illnesses (heart disease/heart attack, cancer, depression and other mental illnesses, etc.)	74%
Blood type	58%
Waist size	58%
Last blood pressure reading	57%
Last blood cholesterol level result	45%
BMI	40%
Last blood sugar reading	38%

% No / Don't know

	Total (N=1,005)
Family history of serious illnesses (heart disease/heart attack, cancer, depression and other mental illnesses, etc.)	26%
Blood type	42%
Waist size	42%
Last blood pressure reading	43%
Last blood cholesterol level result	55%
BMI	60%
Last blood sugar reading	62%

23. Where do you get most of your health information?

	Total (N=1,005)
Your healthcare providers	62%
Healthcare organizations' websites (CDC.gov, WebMd.com, Cleveland Clinic)	35%
Television news	18%
News websites/News apps	18%
YouTube	13%
Social media platforms (Facebook, Twitter, Instagram, etc)	13%
Printed newspaper	9%
Bloggers/Social media influencers	5%
Print/digital advertisements	3%
Other	5%
None of the above	9%

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24. Thinking about content you see on social media, to what extent do you agree or disagree with the following statements?

	Total (N=1,005)
It's important to fact check health-related social media posts shared by my friends before acting on them	71%
I have purchased a health/wellness product based on a recommendation from a social media influencer or blogger	20%

25. How would you describe your current overall health and well-being?

	Total (N=1,005)
Excellent	19%
Good	62%
Fair	17%
Poor	2%
Top 2 Box (Net)	81%
Bottom 2 Box (Net)	19%

26. Do you smoke tobacco cigarettes?

	Total (N=1,005)
Yes	17%
No	83%

27. Which, if any, of the following conditions are you currently suffering from?

	Total (N=1,005)
High blood pressure	23%
Depression/anxiety	20%
High cholesterol	18%
Diabetes	14%
Obesity	14%
Asthma	9%
Other chronic health conditions	8%
Other autoimmune disease	4%
COPD	3%
Heart disease	3%
Cancer	2%
None of the above	40%



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About the Study

These are the findings from an Ipsos poll conducted April 5 - 6, 2021 on behalf of Parade Magazine. For the survey, a sample of 1,005 adults ages 18 and over from the continental U.S., Alaska and Hawaii was interviewed online in English.

The sample for this study was randomly drawn from Ipsos' online panel (see [link](#) for more info on "Access Panels and Recruitment"), partner online panel sources, and "river" sampling (see [link](#) for more info on the Ipsos "Amparo Overview" sample method) and does not rely on a population frame in the traditional sense. Ipsos uses fixed sample targets, unique to each study, in drawing a sample. After a sample has been obtained from the Ipsos panel, Ipsos calibrates respondent characteristics to be representative of the U.S. Population using standard procedures such as raking-ratio adjustments. The source of these population targets is U.S. Census 2018 American Community Survey data. The sample drawn for this study reflects fixed sample targets on demographics. Posthoc weights were made to the population characteristics on gender, age, race/ethnicity, region, and education.

Statistical margins of error are not applicable to online non-probability polls. All sample surveys and polls may be subject to other sources of error, including, but not limited to coverage error and measurement error. Where figures do not sum to 100, this is due to the effects of rounding. The precision of Ipsos online polls is measured using a credibility interval. In this case, the poll has a credibility interval of plus or minus 3.5 percentage points for all respondents. Ipsos calculates a design effect (DEFF) for each study based on the variation of the weights, following the formula of Kish (1965). This study had a credibility interval adjusted for design effect of the following ($n=1,005$, $DEFF=1.5$, adjusted Confidence Interval = ± 5.0 percentage points for all respondents).

For more information on this news release, please contact:

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About Ipsos

Ipsos is the world's third largest Insights and Analytics company, present in 90 markets and employing more than 18,000 people.

Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

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