



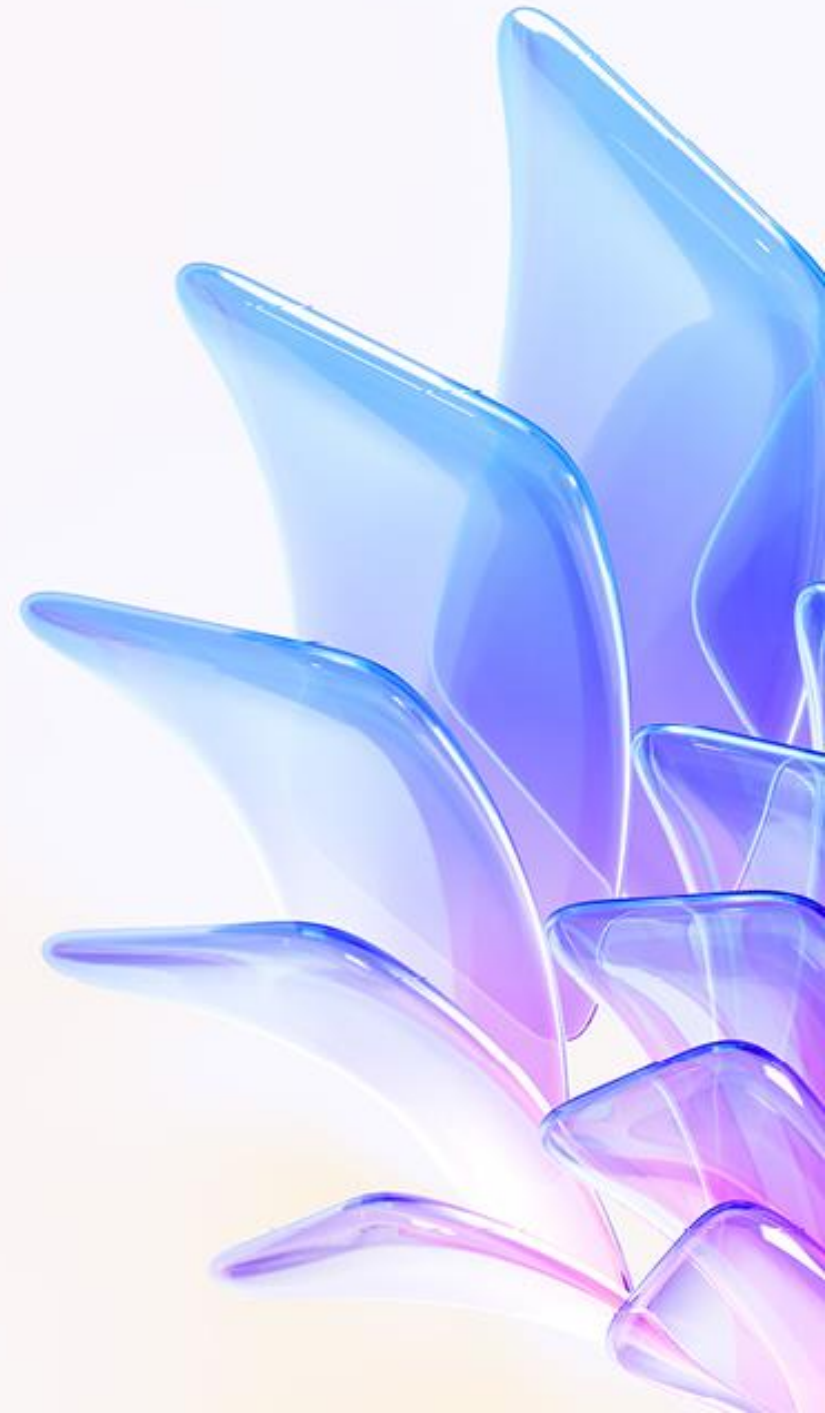
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Health Today: What You Need To Know From Americans To Build A Healthier Tomorrow

John Gerzema

CEO, The Harris Poll

13 November 2024



How Americans Feel About Their Health Today



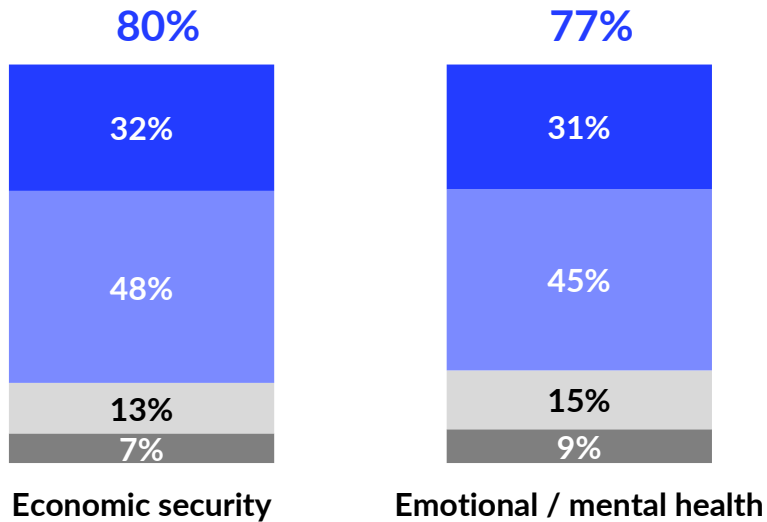
Elmo @elmo · Jan 29

Elmo is just checking in! How is everybody doing?

To best solve issues affecting the well-being of future generations in the US, what specific areas should we prioritize?
Importance of investing in...

Prioritize (6-10, NET)

- 10 Highest priority
- 6-9 More priority
- 5 Neutral
- 0-4 No or Less priority

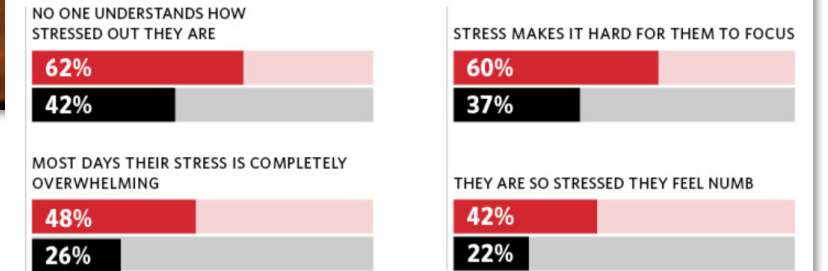


SURGEON GENERAL'S WARNING
Parents are consistently more likely to report experiencing high levels of stress compared to other adults.



The Harris Poll

PARENTS WERE SIGNIFICANTLY MORE LIKELY THAN OTHER ADULTS TO SAY



66% Americans Agree, "I have to be responsible for my health because **no one else seems to care**"
(Gen Z: 56%, MLS: 77%, Gen X: 67%, Boomers: 63%)

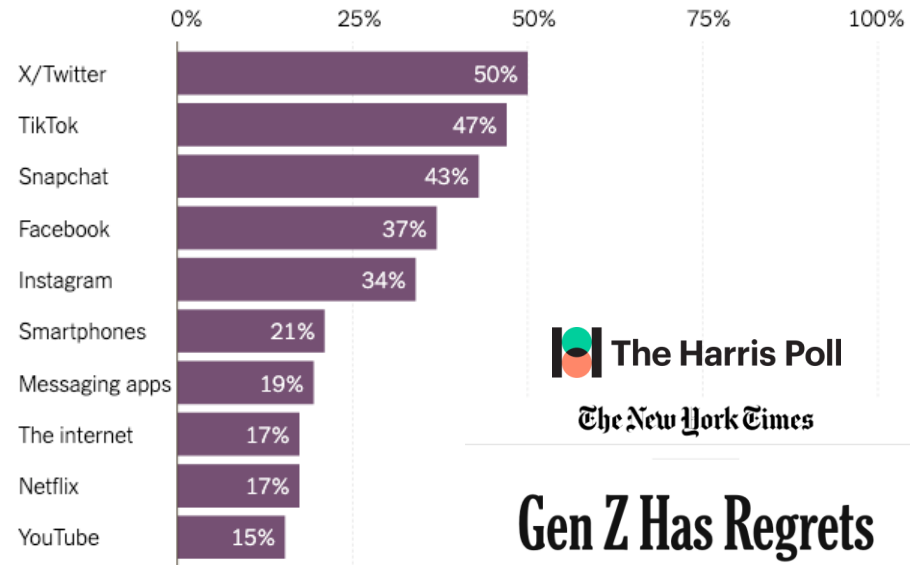
52% Americans Say following social media health and wellness trends is **more accessible** than trying to connect with medical professionals
(Gen Z: 54%, MLS: 62%, Gen X: 55%, Boomers: 38%)



Youth Are Breaking Away From Societal Stressors

Almost half of Gen Z wishes social media platforms like X and TikTok didn't exist

Percentage of Gen Z respondents who agree with the statement "I wish ___ had never been invented"



Source: Harris Poll/Zach Rausch

Sept. 17, 2024

Gen Z Has Regrets

55% Started using social media before they turned 15 years old
Gen Z

TIME | The Harris Poll

Climate Change Is Changing How We Dream

Younger Americans report dreaming about climate change in significantly higher numbers than older Americans

82%

Teens
(13 to 19)

Believe their future life decisions will be influenced by the state of the environment

51%

Gen Z/MLS

Have dreamt about climate change

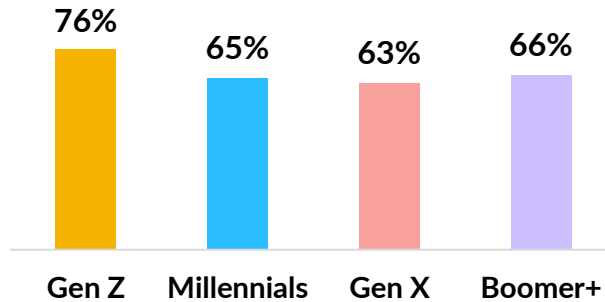
(v. Gen X: 35%, Boomers+: 14%)



Personal Reinvention & Longevity Are New Cultural Values



In the next ten years, I would like to...
Breakaway from societal expectations of my "age"



61%
Boomers

Believe the best of their lives is still to come (v. already behind them; 39%)

73%
Boomers

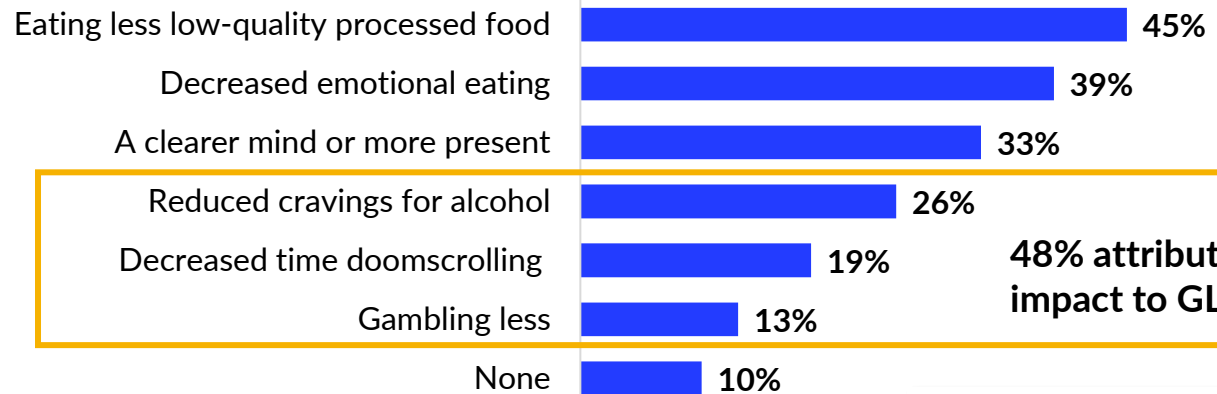
Believe that 70 years old is the new 50



How Ozempic is reshaping the resale market

Impact Of GLP1 Drugs

Among those who have taken GLP-1 drugs



48% attributed at least one impact to GLP-1 usage



Ozempic shows promise for alcohol and drug addiction, study finds

Yet, Our System Isn't Providing Necessary Support

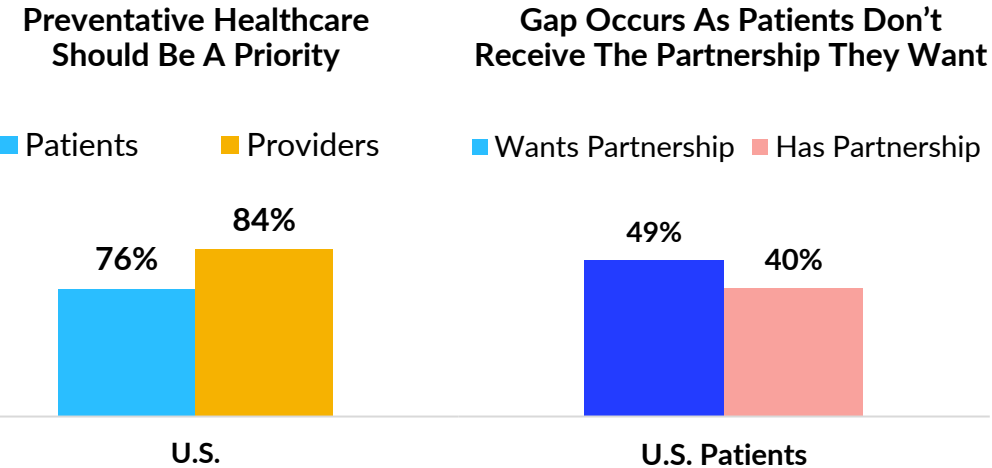
What Patients Want, But Don't Always Receive

- Preventive care that's accessible for everyone
- Greater coordination of care between providers
- Transparent billing / easier appointments
- Seamless access to medical records / histories

70% Report the healthcare system **isn't meeting their needs**
Americans

40% Give the U.S. healthcare system an **A or B rating** (10%, 30%, respectively)
Americans

51% Directly feel the effects of healthcare worker shortages (e.g., cancellations, delays, etc.)
Americans



Source: ZS-Harris Poll (August 2023; n=9,500 consumers, n=1,055 PCPs; U.S. U.K. Germany, Sweden, Japan, China); AAPA-Harris Poll (February/March 2023; n=2,519; U.S.); CVS Health-Harris Poll National Health Project (February 2022; n=2020; U.S.)

As Healthcare Becomes Increasingly Out Of Reach

44% Americans

Have **skipped/delayed care** in the past two years, with 40% saying the reason was **concern about cost**

51% Americans

Couldn't pay off an unexpected **\$5,000** health care out-of-pocket expense

Worries Extend Into Retirement Considerations

66% Americans

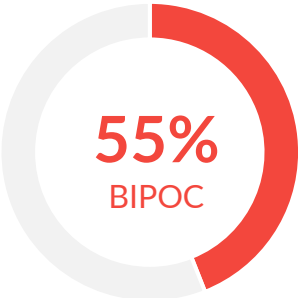
Are **terrified of what healthcare costs** may do to their retirement plans

69% Americans with Chronic Conditions

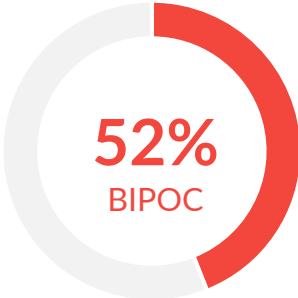
Don't have a financial plan **on how to pay** for healthcare costs in retirement



And Patient Experience Varies Greatly On Gender & Race

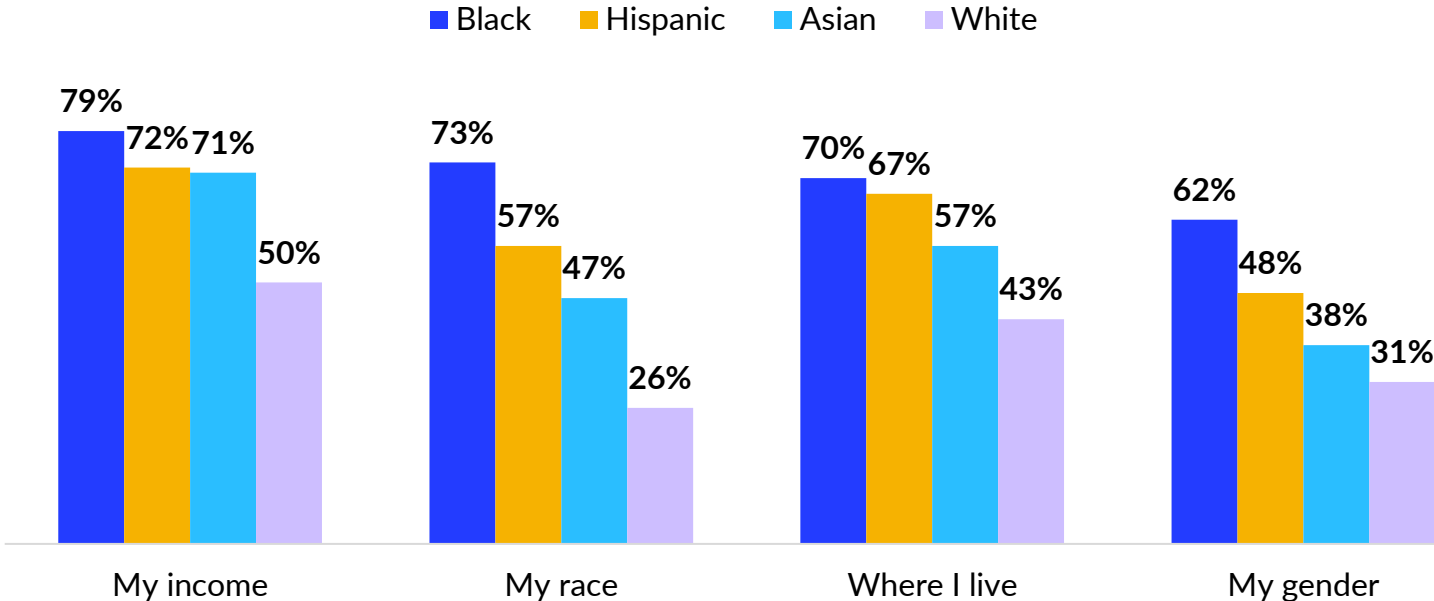


Report **receiving poor quality care** within the last year
(+11%-pts from 2022)



Have **sought a second opinion** after feeling like their original HCP **dismissed their health concerns**
(+7%-pts from 2022)

How much do you agree or disagree that the following factors negatively impact the quality of health care you receive?
% Agree



3.9 Years It typically takes **women 3.9 years** to get a diagnosis for a chronic illness. For men, it's **2.4 years**.



Source: The Harris Poll-Milken Institute FHS Collaboration (November 2024; n=2106; U.S.); PAN Foundation-Harris Poll (August/September 2023; n=2,502 with chronic conditions, n=501 healthcare professionals; U.S.)

AI Might Be Okay, But We Really Want Humans

Technology For Longevity

- 72% globally want advanced technology to **live longer.**
- 26% of Americans expect AI advancements in health care to **add over a decade to their lifespan.**

Leveraging Technology To Attain Balance

- 77% globally are interested in **using AI** to help **their well-being** and to **monitor burnout & stress.**

Monitoring Clinician Burnout With GenAI

- 91% of providers **feel positive** about GenAI for administrative tasks.
- Yet, 53% of Americans think the healthcare system **cares more about AI innovation** than improving patient experiences.

Keeping “Humans” In Health

- 92% of Americans say **“P.A.s should be allowed to provide care to the fullest extent** of their education, training, and experience.”
- 91% think fully utilizing P.A.s **improves patient health.**



Information Gaps Goes Beyond Economics & Politics



More than half of U.S. adults don't know heart disease is leading cause of death, despite 100-year reign

Many Americans Don't Realize Digital Health Apps Could Be Selling Their Personal Data

81% Americans Assume all health data collected by digital health apps is protected under HIPAA.

71% Americans Believe the U.S. has one of the lowest rates of infant mortality.

51% Americans Didn't know heart disease is the leading cause of death in the U.S.

70%+ Americans Responded incorrectly when asked basic questions about Medicare



For Better American Health, Partnerships Need To Be Built Between People & Institutions

90% Americans

Say fixing the healthcare system requires **everyone** – patients, doctors, experts, etc.

86% Americans

Are ready to work with their doctors and health professionals **to create change** in our healthcare

Yet...
→

57% Americans

Worry there won't be systemic change in healthcare for many years

(BIPOC: 61%, MLS: 60%)

One key area of focus?

Preventative care

86% Say we need to **shift the health system** from treatment to prevention

71% Say they would be **healthier** if they had access to **better preventative care**





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Thank you!

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