Consumer Health Status

Healthcare providers can deliver much more effective care if they have an understanding of the characteristics, attitudes, and self-reported health status of a patient’s age group. By communicating effectively and delivering care in a manner that resonates with that particular group of patients, healthcare providers can strive to achieve better outcomes and higher patient satisfaction.

OVERALL HEALTH STATUS, BY AGE

Younger respondents report having excellent health more often than older respondents. Still, overall, about one-third of respondents report being in good health and another one-third describe their health as very good. Those who are 65 or older have the greatest percentage reporting fair or poor health.

**About the Data:** Since 1988, Truven Health has conducted the PULSE® Healthcare Survey, a survey that examines consumers’ healthcare utilization, behaviors, and attitudes regarding more than 100 different topics. The PULSE Healthcare Survey completes more than 82,000 interviews each year using a multimode sampling strategy that includes landline, cell phone, and Internet, drawing its data from a random sample stratified by geography. The survey is conducted in waves over an 11-month period to account for seasonality. These questions are modeled to reflect the larger population and overall predictive behavior. For health status information about the questions in the PULSE Healthcare Survey or about local information for your market, contact us at info@truvenhealth.com or 800-366-7526.
EMOTIONAL WELL-BEING, BY AGE

Overall, most respondents report a positive sense of emotional well-being, with just 13.6% describing their emotional condition as fair or poor. Those who are 65 or older have the strongest results, with only 8.7% in the fair/poor category.

![Graph showing emotional well-being by age](source)

HOURS OF SLEEP PER NIGHT, BY AGE

Overall, only one-third of respondents (33.5%) report getting eight or more hours of sleep per night, while 14% report less than six hours. Middle-aged respondents edge out those under 35 for the combined six hours or less categories, 38.4% to 37.6%.

![Graph showing hours of sleep by age](source)

NUMBER OF DAYS IN PAST 30 DAYS WITH A DRINK, BY AGE

Overall, nearly half of respondents (45.4%) report having had no alcoholic drinks in the past 30 days. Among those in the under-35 category, roughly equal shares of about one-third each report not drinking at all (34.5%) and having had drinks on five days or more (31.4%).

![Graph showing number of days with alcohol](source)

NUMBER OF DRINKS PER SESSION, BY AGE

Overall, three in 10 respondents (30.1%) report consuming three or more alcoholic drinks per session when they drink. Only 10.6% of those age 65 or older report such consumption, while 41.3% of those under age 35 do.

![Graph showing number of drinks per session](source)