


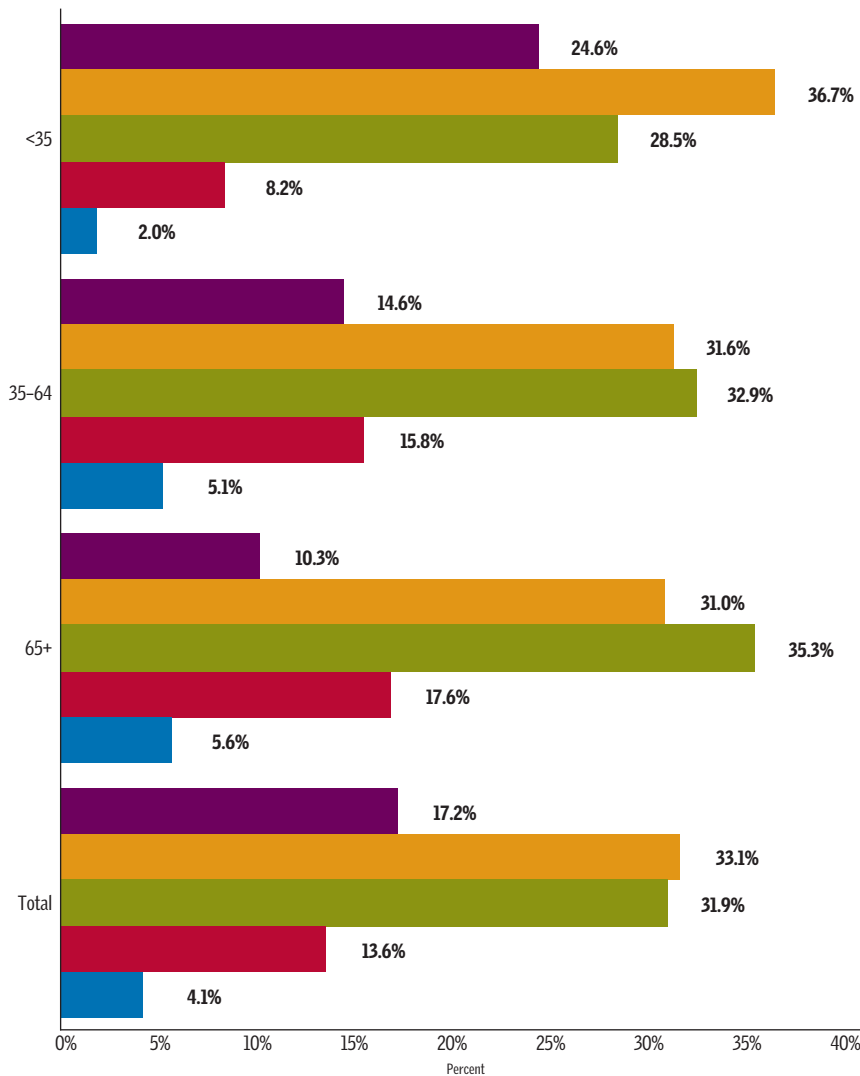
FACTFILE

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.



SOURCE: 2013 PULSE® Healthcare Survey. 

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.

Adults and Physical Activity

More than half of adults in the United States (51.4%) report participating in physical activities at least 150 minutes per week (or vigorous equivalent minutes). Colorado residents report the greatest participation (61.9%), while just 39% of Tennesseans report such moderate or vigorous activity.

Location	Participation in Physical Activity
1. Colorado	61.9%
2. Oregon	61.2%
3. Vermont	59.3%
4. Hawaii	58.6%
5. California	58.2%
6. Alaska	58.0%
7. District of Columbia	57.7%
8. Wisconsin	57.5%
9. Idaho	57.3%
10. Maine	56.8%
11. Massachusetts	56.5%
12. New Hampshire	56.2%
13. Utah	55.9%
14. Montana	55.4%
15. Washington	54.3%
16. Minnesota	54.1%
17. Michigan	53.6%
18. New Jersey	53.4%
19. Wyoming	53.3%
20. Florida	52.9%
21. Connecticut	52.8%
22. Nevada	52.8%
23. Virginia	52.5%
24. Arizona	52.4%
25. New Mexico	52.3%
26. Illinois	51.7%
27. Ohio	51.7%
28. New York	51.6%
United States	51.4%
29. Georgia	50.8%
30. South Carolina	50.1%
31. Missouri	49.6%
32. Pennsylvania	49.5%
33. Nebraska	49.0%
34. Rhode Island	48.9%
35. Maryland	48.8%
36. Delaware	48.7%
37. Texas	48.3%
38. Iowa	47.7%
39. North Dakota	47.5%
40. Kentucky	46.9%
41. North Carolina	46.9%
42. Kansas	46.8%
43. South Dakota	46.2%
44. Indiana	46.0%
45. Arkansas	45.8%
46. Oklahoma	44.8%
47. West Virginia	43.1%
48. Alabama	42.4%
49. Louisiana	42.1%
50. Mississippi	40.0%
51. Tennessee	39.0%

NOTES: Data represent adults who reported that they participate in 150 minutes (or vigorous equivalent minutes) of physical activity per week. Data based on the Behavioral Risk Factor Surveillance System, an ongoing, state-based, random-digit-dialed telephone survey of non-institutionalized civilian adults aged 18 years and older. Information about the BRFSS is available at <http://www.cdc.gov/brfss/index.htm>.

SOURCE: Kaiser State Health Facts, Percent of Adults who Participated in Moderate or Vigorous Physical Activities, 2011, <http://kff.org/other/state-indicator/participation-in-physical-activity/>; Kaiser Commission on Medicaid and the Uninsured analysis of the Center for Disease Control and Prevention (CDC)'s BRFSS 2011 Survey Results.

Upcoming Topic:

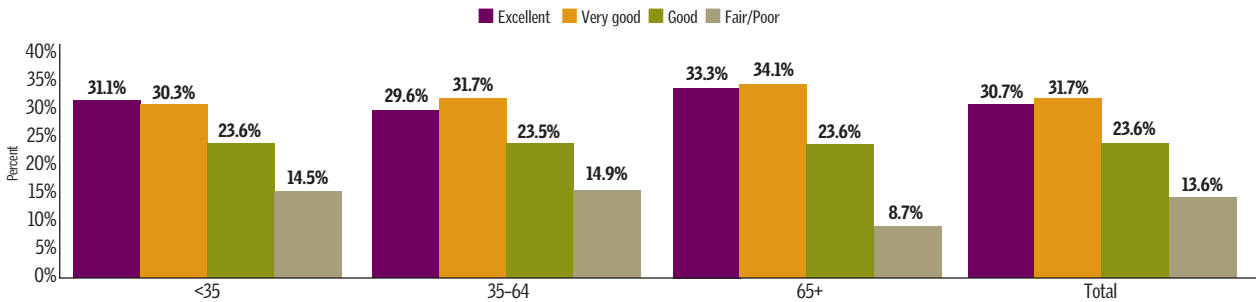
> Excess-Benefits Tax (for so-called *Cadillac plans*)

FACT FILE PARTNER:



EMOTIONAL WELL-BEING, BY AGE

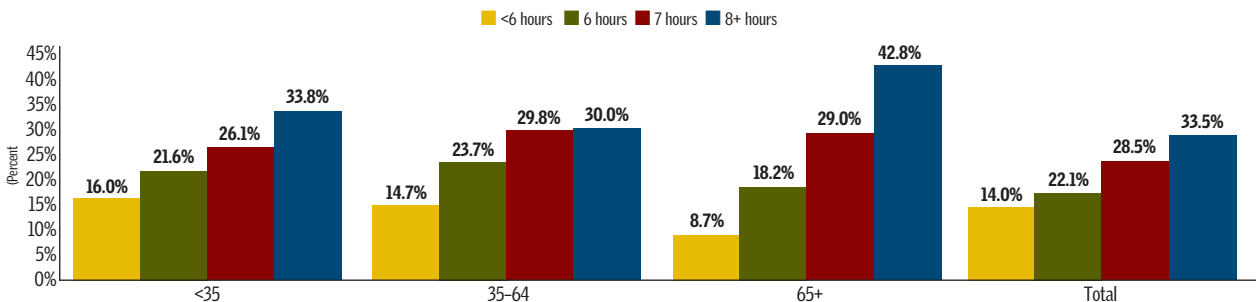
Overall, most respondents report a positive sense of emotional well-being, with just 13.6% describing their emotional condition as *fair* or *poor*. Those who are 65 or older have the strongest results, with only 8.7% in the fair/poor category.



SOURCE: 2013 PULSE® Healthcare Survey.

HOURS OF SLEEP PER NIGHT, BY AGE

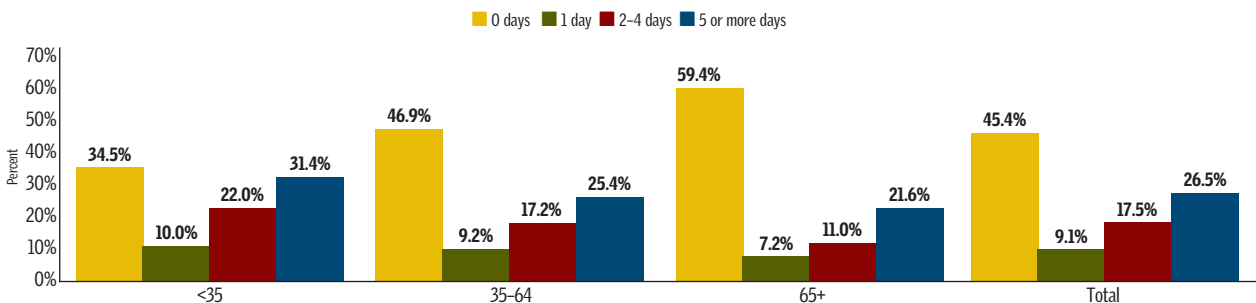
Overall, only one-third of respondents (33.5%) report getting eight or more hours of sleep per night, while 14% report less than six hours. Middle-aged respondents edge out those under 35 for the combined six hours or less categories, 38.4% to 37.6%.



SOURCE: 2013 PULSE® Healthcare Survey.

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

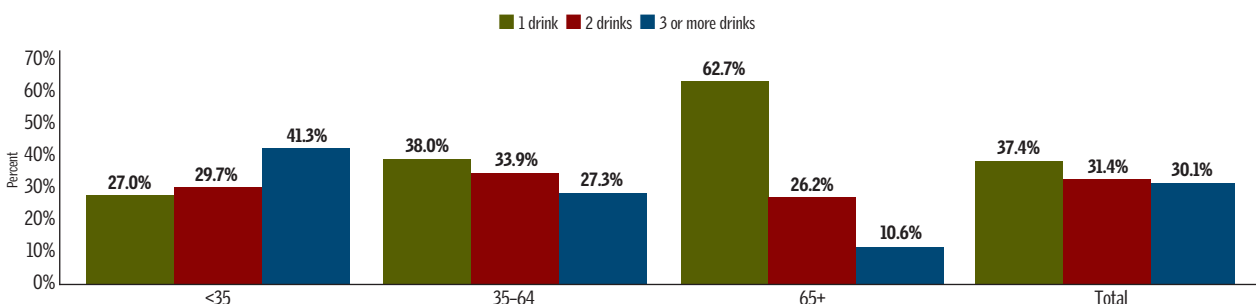
Overall, nearly half of respondents (45.4%) report having had no alcoholic drinks in the past 30 days. Among those in the under-35 category, roughly equal shares of about one-third each report not drinking at all (34.5%) and having had drinks on five days or more (31.4%).



SOURCE: 2013 PULSE® Healthcare Survey.

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.



SOURCE: 2013 PULSE® Healthcare Survey.

