

STATE OF THE NATION'S HEALTH

IT'S TIME FOR OUR CHECK-UP



New year, fresh perspective. What better time to assess where we are and where we're going? The first-ever Mayo Clinic National Health Check-Up explores the health behaviors and opinions of adults in the U.S. and how they vary by factors such as age, gender, geography and ethnicity.

Common Ground

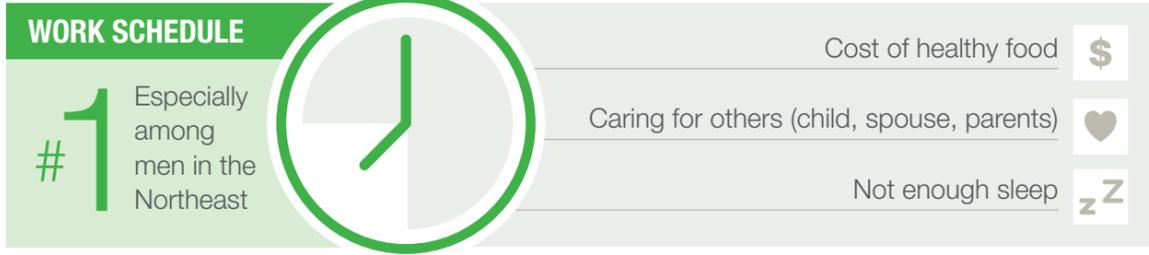
TOP THREE RESOLUTIONS FOR 2016



BETTER TOGETHER

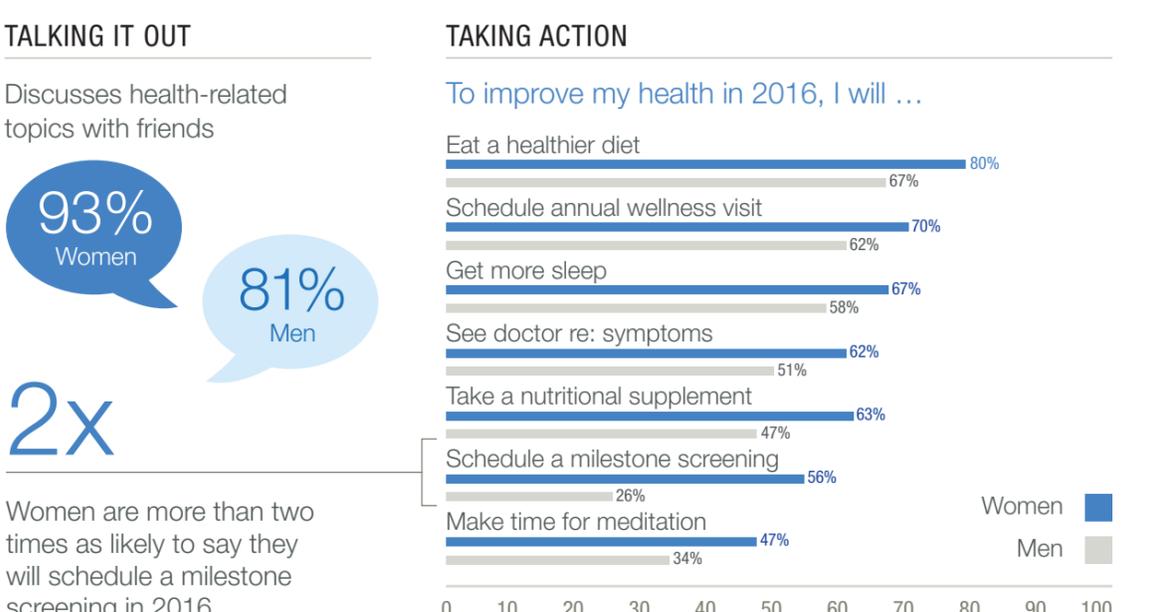
More than half = more likely to exercise regularly with someone else than alone

BARRIERS TO STAYING HEALTHY

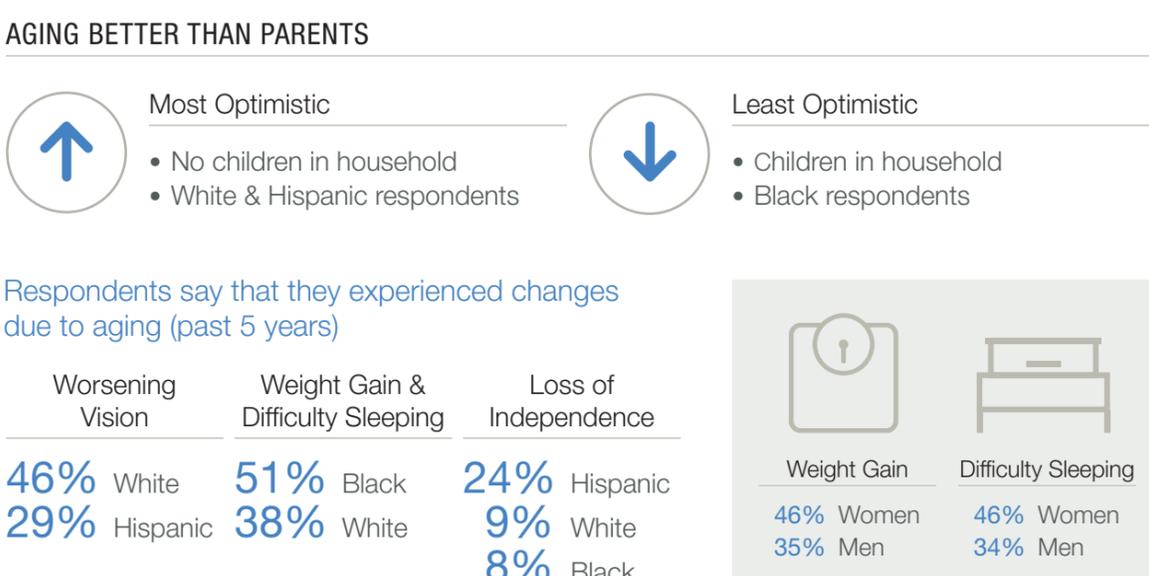


Points of Differentiation

WOMEN: AWARE & ENGAGED



HEALTH-RELATED CHANGES: DEMOGRAPHIC DIVIDES



HEALTH-RELATED CONVERSATIONS: BY THE DECADES



Future Outlook

TELEMEDICINE: LIMITED TRACTION



CHRONIC DISEASES: TIMELINE FOR CURES

