

# PULSE CHECK: HEALTH OPINIONS & BEHAVIORS IN AMERICA

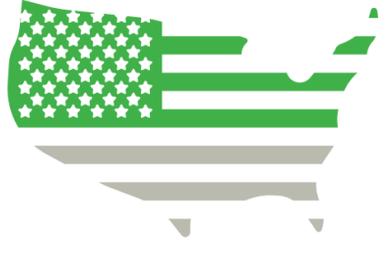
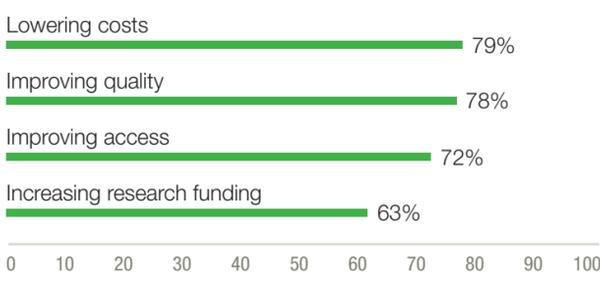


As election season heats up, so do our conversations; health is always a lively topic. The second Mayo Clinic National Health Check-Up explores health perspectives and behaviors – and how they vary – among adults in the U.S.

## Health at the Polls

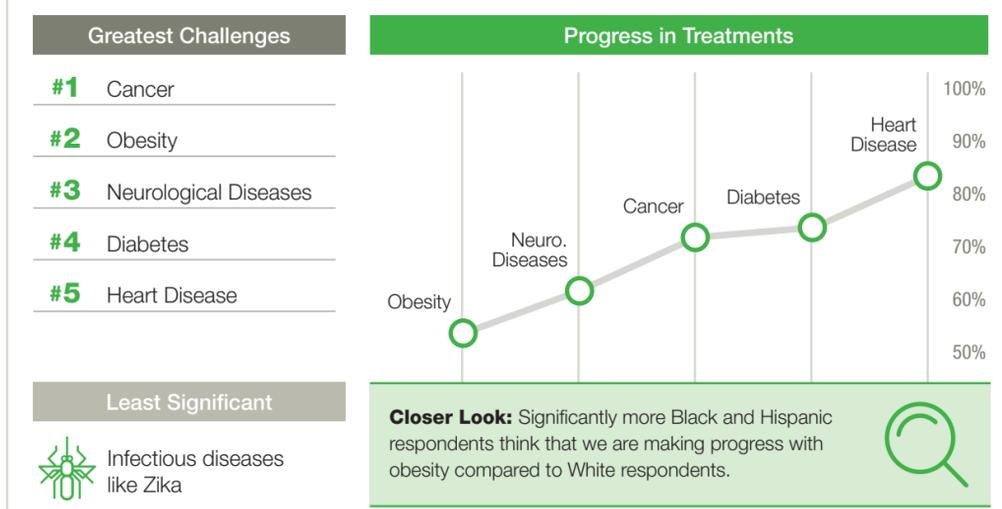
### IMPACT OF ISSUES

What influences choice of presidential candidate for **95%** of Americans? Health care.



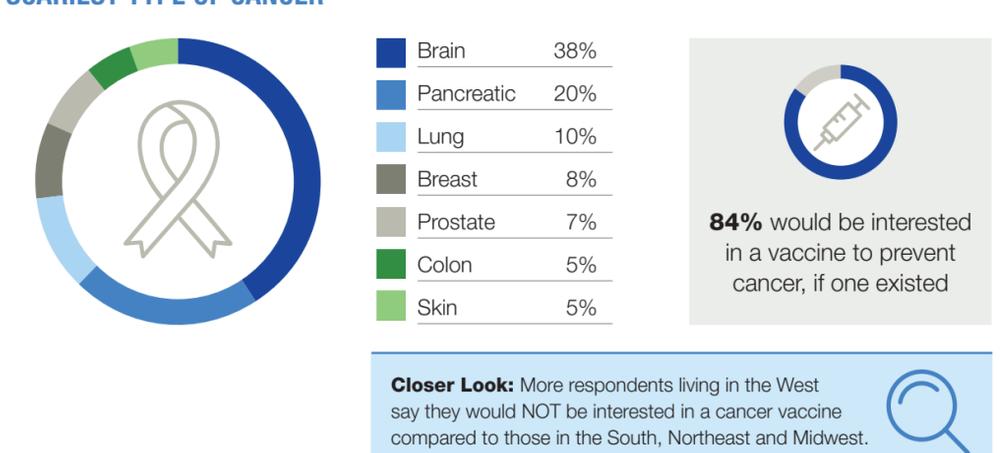
### HEALTH SCORECARD

Americans see...



## Perspectives on Cancer

### SCARIEST TYPE OF CANCER



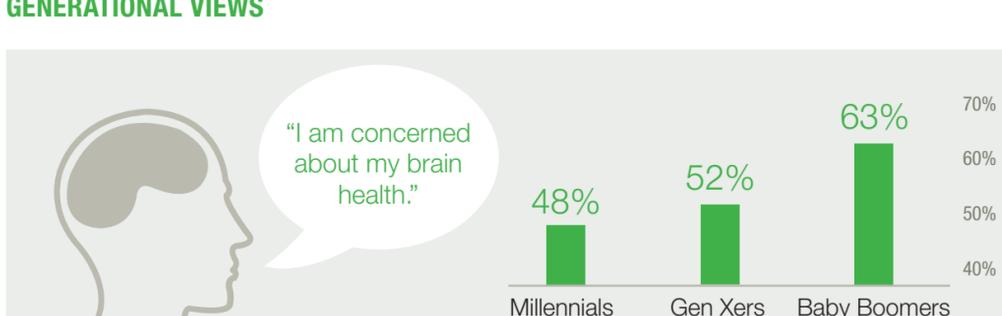
### LIFESTYLE IMPACT

**More than half** of respondents believe they can reduce cancer risk by...



## Perspectives on Brain Health

### GENERATIONAL VIEWS



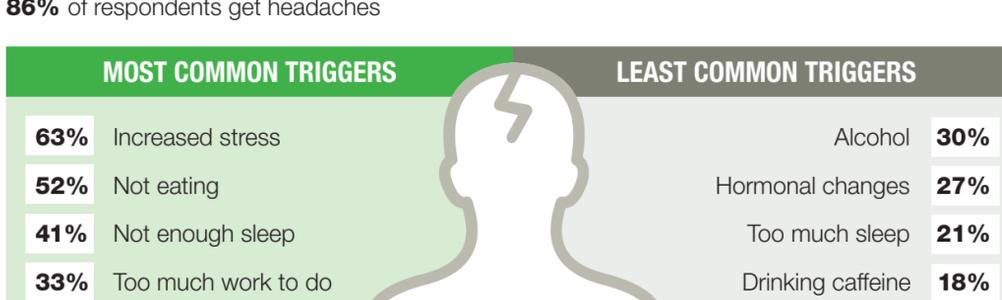
### BRAIN MAINTENANCE

**96%** of respondents already take specific actions to promote long-term health



### ACHING HEADS

**86%** of respondents get headaches



## Spotlight on Sleep

### A GOOD NIGHT'S SLEEP



### SLEEP SURPRISES

To compensate for not enough sleep, I...

