

# PULSE CHECK: HEALTH OPINIONS & BEHAVIORS IN AMERICA

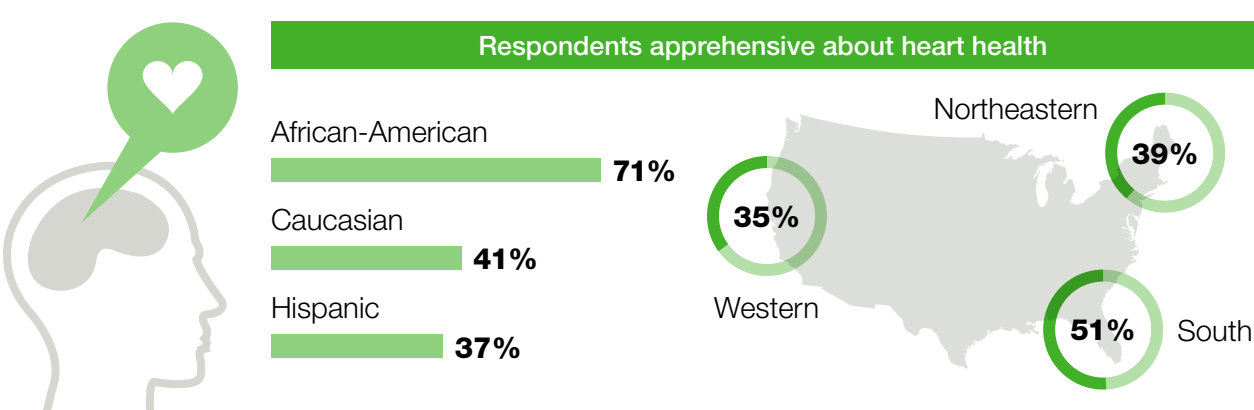


When the calendar turns to February, it's time to think red for American Heart Month. The third Mayo Clinic National Health Checkup examines health knowledge and practices across the U.S. – with a particular focus on heart health attitudes, influencers and behaviors.

## Headlines for Heart Month

### HEART ON THE MIND

#### Cardiac Concerns



#### Reasons to Think About Heart Health

- 1** Family member or friend diagnosed with heart disease
- 2** Visiting a primary care physician
- 3** Conversations with significant other or children

Men are significantly more likely than women to say they would think about heart health if a celebrity or athlete was diagnosed with heart disease.

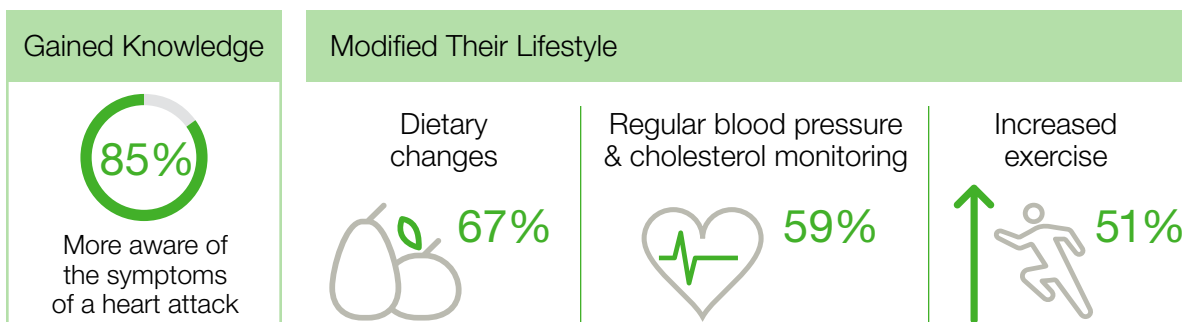


### FAMILY HISTORY

Nearly 1/4 of respondents cite a family history of heart disease.



As a result, many have...



#### Made Aspirin a Go-to

More than half of these Baby Boomers

- Take a daily aspirin
- Keep an aspirin with them at all times



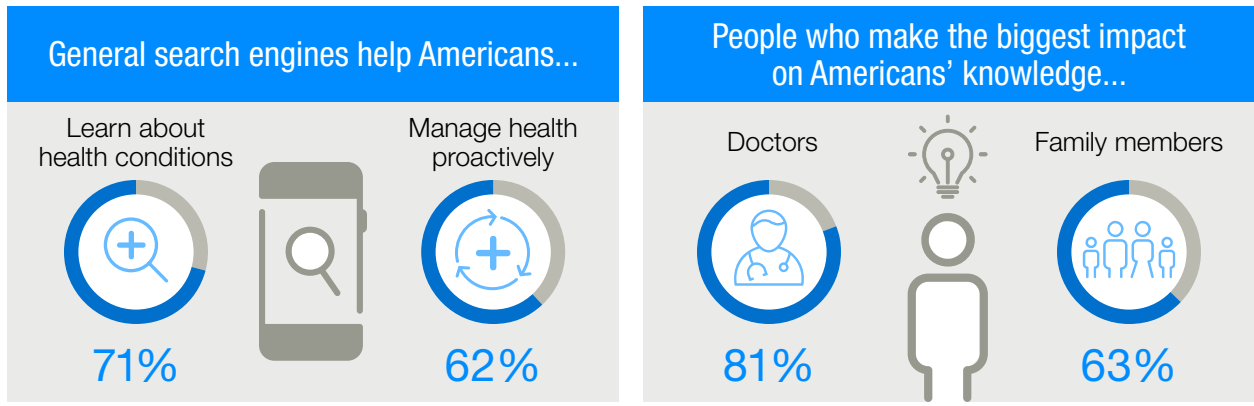
**Did you know? Daily aspirin therapy isn't for everyone.** Check with your doctor first, as there is potential for serious side effects.

### PREVENTION TACTICS

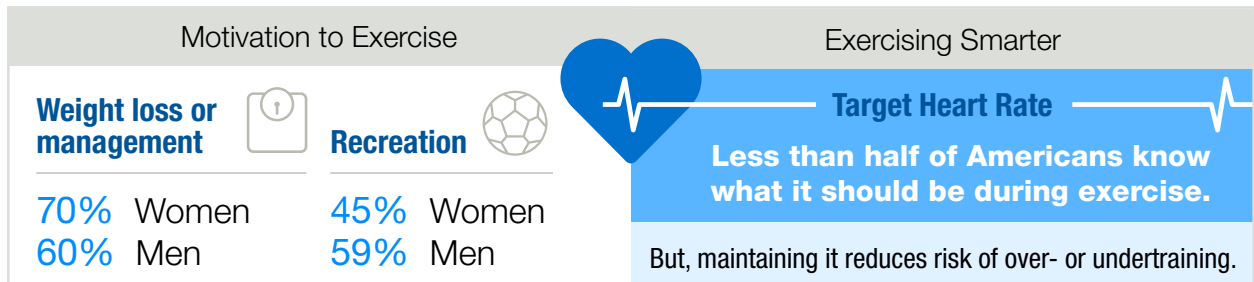


## Heart-Health Influencers

### INFORMATION TOOLS



### HEART PUMPING



### SOURCES OF STRESS

