

GALLUP NEWS SERVICE
GALLUP POLL SOCIAL SERIES:
HEALTH AND HEALTHCARE

-- FINAL TOPLINE --

Timberline: 937008
JT: 332
Princeton Job #: 19-11-020

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November 1-14, 2019

Results are based on telephone interviews conducted November 1-14, 2019 with a random sample of **~1,015—** adults, ages 18+, living in all 50 U.S. states and the District of Columbia. For results based on this sample of national adults, the margin of sampling error is **±4** percentage points at the 95% confidence level.

Interviews are conducted with respondents on landline telephones and cellular phones, with interviews conducted in Spanish for respondents who are primarily Spanish-speaking. Each sample of national adults includes a minimum quota of 70% cell phone respondents and 30% landline respondents, with additional minimum quotas by time zone within region. Landline and cell phone telephone numbers are selected using random digit dial methods. Gallup obtained sample for this study from Dynata. Landline respondents are chosen at random within each household on the basis of which member has the next birthday.

Samples are weighted to correct for unequal selection probability, non-response, and double coverage of landline and cell users in the two sampling frames. They are also weighted to match the national demographics of gender, age, race, Hispanic ethnicity, education, region, population density, and phone status (cell phone-only/landline only/both and cell phone mostly). Demographic weighting targets are based on the March 2018 Current Population Survey figures for the aged 18 and older U.S. population. Phone status targets are based on the January-June 2018 National Health Interview Survey. Population density targets are based on the 2010 census. All reported margins of sampling error include the computed design effects for weighting.

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls. For questions about how this survey was conducted, please contact galluphelp@gallup.com.

22. Please indicate if you currently – [RANDOM ORDER], if you have done this in the past but no longer do, or if you have never done this.

A. Wear a fitness tracker such as a FitBit or smartwatch

	Currently <u>do</u>	Have done <u>in past</u>	Have never <u>done</u>	No <u>opinion</u>
2019 Nov 1-14	19	15	66	1

B. Track your health statistics using an app on your smartphone or tablet

	Currently <u>do</u>	Have done <u>in past</u>	Have never <u>done</u>	No <u>opinion</u>
2019 Nov 1-14	19	13	67	1

23. *(Asked of those who have done the activities)* Have you found that – [RANDOM ORDER] -- has been very helpful, somewhat helpful, not very helpful, or not at all helpful in reaching your health goals?

A. Wearing a fitness tracker such as a FitBit or smartwatch

<i>2019 Nov 1-14</i>	Very <u>helpful</u>	Somewhat <u>helpful</u>	Not very <u>helpful</u>	Not at all <u>helpful</u>	Never <u>done</u>	No <u>opinion</u>
Used fitness tracker ^	30	46	16	8	--	--
National adults	10	16	5	3	66	1

^ Based on – 322 – national adults who have used a fitness tracker; ± 7 PCT PTS

B. Tracking your health statistics using an app

<i>2019 Nov 1-14</i>	Very <u>helpful</u>	Somewhat <u>helpful</u>	Not very <u>helpful</u>	Not at all <u>helpful</u>	Never <u>done</u>	No <u>opinion</u>
Tracked health stats ^	29	53	13	5	--	--
National adults	9	17	4	2	67	1

^ Based on – 314 – national adults who have tracked their health statistics on an app; ± 7 PCT PTS

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QN22A: Wear a fitness tracker such BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Total	Gender		Race I		Age			Education			Party I.D.			Ideology		
			Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Unweighted n	1015	589	426	773	219	179	256	560	459	333	219	356	352	293	423	331	230
	Weighted n	1015	503	512	677	318	279	313	402	333	287	392	302	381	317	392	357	234
Currently do		189	79	110	125	59	77	69	42	96	62	31	49	65	73	58	77	53
		19%	16%	21%	19%	19%	28%	22%	10%	29%	22%	8%	16%	17%	23%	15%	22%	22%
Have done in past		152	63	89	110	41	48	52	45	64	33	55	45	57	49	56	60	30
		15%	12%	17%	16%	13%	17%	17%	11%	19%	11%	14%	15%	15%	15%	14%	17%	13%
Have never done		667	358	309	436	217	154	189	311	170	191	305	207	258	191	276	220	147
		66%	71%	60%	64%	68%	55%	60%	77%	51%	66%	78%	68%	68%	60%	70%	62%	63%
(DK)/(Refused)		7	3	5	6	-	-	2	4	4	1	2	2	1	4	2	0	4
		1%	1%	1%	1%	-	-	1%	1%	1%	0%	0%	1%	0%	1%	1%	0%	2%

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QN22B: Track your health statistics using an app BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Total	Gender		Race I		Age			Education			Party I.D.			Ideology		
			Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Unweighted n	1015	589	426	773	219	179	256	560	459	333	219	356	352	293	423	331	230
	Weighted n	1015	503	512	677	318	279	313	402	333	287	392	302	381	317	392	357	234
Currently do		191	103	89	129	61	68	73	49	90	68	34	49	74	67	57	82	51
		19%	20%	17%	19%	19%	24%	23%	12%	27%	24%	9%	16%	19%	21%	15%	23%	22%
Have done in past		136	47	89	92	41	44	57	29	61	35	39	38	54	41	45	55	31
		13%	9%	17%	14%	13%	16%	18%	7%	18%	12%	10%	13%	14%	13%	11%	15%	13%
Have never done		682	349	333	451	216	166	182	320	182	181	317	213	251	207	288	219	151
		67%	69%	65%	67%	68%	59%	58%	80%	55%	63%	81%	71%	66%	65%	73%	61%	65%
(DK)/(Refused)		6	4	2	5	-	1	0	4	0	3	3	2	2	2	2	1	1
		1%	1%	0%	1%	-	0%	0%	1%	0%	1%	1%	1%	0%	1%	1%	0%	0%

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QN22QN23COMBOA: Fitness Tracker Helpfulness BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Total	Gender		Race I		Age			Education			Party I.D.			Ideology		
			Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Unweighted n	1015	589	426	773	219	179	256	560	459	333	219	356	352	293	423	331	230
	Weighted n	1015	503	512	677	318	279	313	402	333	287	392	302	381	317	392	357	234
Very helpful		101	44	57	55	46	48	29	21	47	31	22	33	30	38	40	28	33
		10%	9%	11%	8%	14%	17%	9%	5%	14%	11%	6%	11%	8%	12%	10%	8%	14%
Somewhat helpful		158	65	92	110	44	51	65	39	79	47	32	34	60	61	46	75	36
		16%	13%	18%	16%	14%	18%	21%	10%	24%	16%	8%	11%	16%	19%	12%	21%	15%
Not very helpful		54	23	31	42	11	18	20	15	26	10	19	20	22	11	21	25	8
		5%	5%	6%	6%	3%	7%	6%	4%	8%	4%	5%	7%	6%	4%	5%	7%	3%
Not at all helpful		28	9	19	27	0	7	8	11	8	7	12	6	9	12	7	9	6
		3%	2%	4%	4%	0%	3%	2%	3%	2%	2%	3%	2%	2%	4%	2%	3%	3%
Never done		667	358	309	436	217	154	189	311	170	191	305	207	258	191	276	220	147
		66%	71%	60%	64%	68%	55%	60%	77%	51%	66%	78%	68%	68%	60%	70%	62%	63%
No opinion		7	3	5	6	-	-	2	4	4	1	2	2	1	4	2	0	4
		1%	1%	1%	1%	-	-	1%	1%	1%	0%	0%	1%	0%	1%	1%	0%	2%

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QN22QN23COMBOB: Health App Helpfulness BY Total + Gender + Race I + Age + Education + Party I.D. + Ideology

		Total	Gender		Race I		Age			Education			Party I.D.			Ideology		
			Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Conservative	Moderate	Liberal
Total	Unweighted n	1015	589	426	773	219	179	256	560	459	333	219	356	352	293	423	331	230
	Weighted n	1015	503	512	677	318	279	313	402	333	287	392	302	381	317	392	357	234
Very helpful		96	50	46	58	38	40	31	21	42	34	20	29	39	28	33	34	28
		9%	10%	9%	9%	12%	14%	10%	5%	13%	12%	5%	9%	10%	9%	8%	10%	12%
Somewhat helpful		173	72	101	116	54	61	68	40	83	53	37	39	71	60	53	76	42
		17%	14%	20%	17%	17%	22%	22%	10%	25%	19%	9%	13%	19%	19%	13%	21%	18%
Not very helpful		41	21	20	34	7	6	20	14	21	10	10	16	14	11	15	13	9
		4%	4%	4%	5%	2%	2%	6%	4%	6%	3%	3%	5%	4%	4%	4%	4%	4%
Not at all helpful		17	7	10	14	4	4	11	2	6	6	5	3	5	9	1	14	3
		2%	1%	2%	2%	1%	2%	3%	1%	2%	2%	1%	1%	1%	3%	0%	4%	1%
Never done		682	349	333	451	216	166	182	320	182	181	317	213	251	207	288	219	151
		67%	69%	65%	67%	68%	59%	58%	80%	55%	63%	81%	71%	66%	65%	73%	61%	65%
No opinion		6	4	2	5	-	1	0	4	0	3	3	2	2	2	2	1	1
		1%	1%	0%	1%	-	0%	0%	1%	0%	1%	1%	1%	0%	1%	1%	0%	0%