

Question W1

Do you have access to an employer-sponsored wellness program with the goal of helping its employees to improve their health?

Base = Employed full time or part time

| | Sex | | Age | | | | | Generation | | | Region | | | Race | | | Interview Method | | | |
|--------------------|------------|------------|------------|------------|------------|------------|------------|----------------------|---------------|----------------------|------------|-----------|-----------|-----------------------|-----------------------|---------------------|------------------|------------|-----------|------------|
| | Male | Female | 18-34 | 35-44 | 45-54 | 55-64 | 65+ | Mil-lennials (21-38) | Gen X (39-54) | Baby Boomers (55-73) | North-east | Mid-West | South | White Only (Non-Hisp) | Black Only (Non-Hisp) | Hispanic (Any Race) | Land-line | Cell Phone | | |
| Total | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) |
| Unweighted Total | 397 | 234 | 163 | 112 | 69 | 54 | 100 | 39 | 115 | 96 | 125 | 86 | 91 | 147 | 73 | 265 | 29 | 37 | 115 | 282 |
| Weighted Total | 468 | 268 | 200 | 165* | 97* | 88* | 76* | 22** | 178* | 143* | 92* | 93* | 111* | 159** | 104* | 281 | 52** | 76** | 76* | 392 |
| Yes | 253 54% | 140 52% | 113 56% | 68 41% | 60 62%D | 55 62%D | 52 68%D | 8 37% | 83 46% | 90 63%I | 57 62%I | 46 50% | 63 56% | 97 61% | 47 45% | 157 56% | 32 62% | 36 47% | 39 51% | 214 55% |
| No | 196 42% | 114 42% | 82 41% | 83 50%G | 34 36% | 31 36% | 23 31% | 14 63% | 84 47% | 49 34% | 34 37% | 46 49% | 44 40% | 55 35% | 51 49% | 113 40% | 19 36% | 37 48% | 33 43% | 163 41% |
| Don't know/Refused | 20 4% | 14 5% | 5 3% | 14 8% | 2 2% | 2 2% | 1 2% | 0 0 | 12 6% | 4 3% | 1 1% | 1 1% | 4 4% | 7 4% | 7 7% | 11 4% | 1 2% | 4 5% | 4 6% | 15 4% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Question W1

Do you have access to an employer-sponsored wellness program with the goal of helping its employees to improve their health?

Base = Employed full time or part time

| | Household Income | | | | Children In H.H. | | | | Education | | |
|--------------------|------------------|-------------|--------------|------------|------------------|-----------|-------------|-----------|-----------------------|-------------------------|--------------|
| | Total (A) | LT \$50K | LT \$100K | Or More | No | Yes | Under 13 | 13- 17 | HS Grad or Less | Coll Incom- plete | Coll Grad |
| | | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) |
| Unweighted Total | 397 | 111 | 103 | 108 | 256 | 122 | 81 | 69 | 101 | 110 | 167 |
| Weighted Total | 468 | 141* | 116* | 127* | 282 | 166* | 108* | 90* | 131* | 125* | 194 |
| Yes | 253 54% | 45 32% | 81 69%B | 87 68%B | 148 52% | 96 58% | 67 62% | 47 52% | 46 35% | 69 55%I | 130 67%I |
| No | 196 42% | 89 63%CD | 29 24% | 35 27% | 121 43% | 63 38% | 38 35% | 40 44% | 77 59%K | 54 43%K | 55 28% |
| Don't know/Refused | 20 4% | 6 5% | 7 6% | 5 4% | 13 4% | 6 4% | 3 3% | 3 4% | 8 6% | 3 2% | 9 4% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W1A

If your company did add a wellness program with the goal of helping its employees improve their health, how interested would you be in participating? Would you be...

Base = Employed full time or part time and company does not offer a wellness program

| | Generation | | | | | | | | | | | Race | | | | Interview Method | | | | |
|-------------------------------------|--------------|-------------|--------------------|------------------|------------------|------------------|------------------|------------|---|-------------------------|-----------------------------------|-----------------------|---------------------|--------------|-------------|--|--|---------------------------------------|----------------------|----------------------|
| | Sex | | | Age | | | | | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | Region | | | | White Only (Non- Hisp) (P) | Black Only (Non- Hisp) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) |
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | 65+ (H) | | | | North- east (L) | Mid- West (M) | South (N) | West (O) | | | | | |
| Unweighted Total | 160 | 97 | 63 | 55 | 27 | 15 | 30 | 24 | 54 | 31 | 46 | 45 | 29 | 53 | 33 | 106 | 10 | 18 | 49 | 111 |
| Weighted Total | 196 | 114* | 82* | 83* | 34** | 31** | 23** | 14** | 84* | 49** | 34* | 46** | 44** | 55* | 51** | 113* | 19** | 37** | 33* | 163* |
| Interested (Net) | 137 | 76 | 61 | 62 | 23 | 22 | 14 | 10 | 60 | 38 | 21 | 36 | 29 | 43 | 29 | 74 | 17 | 28 | 24 | 113 |
| | 70% | 67% | 74% | 74% | 67% | 70% | 61% | 70% | 72% | 77% | 63% | 79% | 66% | 78% | 56% | 66% | 91% | 75% | 73% | 69% |
| Very interested | 85 | 44 | 41 | 42 | 16 | 7 | 10 | 8 | 42 | 18 | 16 | 23 | 22 | 24 | 16 | 49 | 11 | 17 | 13 | 72 |
| | 43% | 39% | 50% | 51% | 47% | 23% | 44% | 54% | 50% | 37% | 49% | 50% | 49% | 44% | 31% | 43% | 58% | 47% | 39% | 44% |
| Somewhat interested | 52 | 32 | 20 | 20 | 7 | 15 | 4 | 2 | 18 | 20 | 5 | 13 | 8 | 19 | 13 | 25 | 6 | 10 | 11 | 41 |
| | 27% | 28% | 24% | 24% | 20% | 47% | 17% | 16% | 22% | 41% | 15% | 29% | 18% | 34% | 25% | 22% | 34% | 29% | 35% | 25% |
| Neither interested nor uninterested | 16 | 10 | 6 | 8 | 2 | 5 | * | 1 | 7 | 5 | 1 | 3 | 1 | * | 12 | 8 | 2 | 3 | 3 | 13 |
| | 8% | 9% | 7% | 9% | 5% | 14% | 2% | 5% | 9% | 9% | 3% | 6% | 3% | 1% | 23% | 7% | 9% | 7% | 8% | 8% |
| Uninterested (Net) | 41 | 28 | 14 | 14 | 10 | 5 | 7 | 3 | 17 | 7 | 10 | 7 | 14 | 12 | 9 | 30 | 0 | 5 | 6 | 35 |
| | 21% | 24% | 17% | 17% | 28% | 16% | 31% | 25% | 20% | 13% | 29% | 15% | 31% | 21% | 18% | 27% | 0 | 13% | 19% | 22% |
| Somewhat uninterested | 15 | 8 | 6 | 7 | 2 | 0 | 3 | 1 | 8 | 0 | 3 | 5 | 4 | 3 | 3 | 11 | 0 | 1 | 4 | 11 |
| | 8% | 7% | 8% | 8% | 7% | 0 | 13% | 5% | 9% | 0 | 9% | 11% | 8% | 6% | 6% | 10% | 0 | 3% | 12% | 7% |
| Very uninterested | 27 | 19 | 7 | 7 | 7 | 5 | 4 | 3 | 9 | 7 | 7 | 2 | 10 | 8 | 6 | 19 | 0 | 4 | 2 | 24 |
| | 14% | 17% | 9% | 9% | 21% | 16% | 18% | 19% | 11% | 13% | 20% | 4% | 23% | 15% | 13% | 17% | 0 | 10% | 7% | 15% |
| Don't know/Refused | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 |
| | 1% | 0 | 2% | 0 | 0 | 0 | 6% | 0 | 0 | 0 | 4% | 0 | 0 | 0 | 3% | 0 | 0 | 4% | 0 | 1% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Question W1A

If your company did add a wellness program with the goal of helping its employees improve their health, how interested would you be in participating? Would you be...

Base = Employed full time or part time and company does not offer a wellness program

| | Household Income | | | | Children In H.H. | | | Education | | | |
|-------------------------------------|------------------|--------------------|---------------------|-------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT \$50K (B) | LT \$100K (C) | Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | | | | | | | | | | |
| Unweighted Total | 160 | 65 | 30 | 28 | 107 | 44 | 28 | 28 | 55 | 46 | 50 |
| Weighted Total | 196 | 89* | 29** | 35** | 121* | 63* | 38* | 40* | 77* | 54** | 55* |
| Interested (Net) | 137 70% | 70 79% | 20 70% | 23 65% | 90 74% | 41 66% | 28 73% | 25 63% | 53 69% | 33 61% | 45 81% |
| Very interested | 85 43% | 49 55% | 13 45% | 12 35% | 58 48% | 25 40% | 18 47% | 15 38% | 39 50% | 18 34% | 26 48% |
| Somewhat interested | 52 27% | 21 24% | 7 25% | 11 31% | 31 26% | 16 26% | 10 26% | 10 24% | 14 18% | 15 28% | 18 33% |
| Neither interested nor uninterested | 16 8% | 7 7% | * 1% | 5 13% | 13 10% | 2 3% | 0 0% | 2 4% | 7 8% | 3 6% | 5 9% |
| Uninterested (Net) | 41 21% | 12 14% | 7 24% | 8 22% | 18 15% | 19 31% | 10 27% | 13 33% | 16 21% | 17 32% | 6 10% |
| Somewhat uninterested | 15 8% | 4 4% | 3 11% | 2 5% | 5 5% | 8 12% | 4 10% | 4 9% | 9 12% | 3 5% | 1 2% |
| Very uninterested | 27 14% | 8 9% | 4 13% | 6 17% | 12 10% | 12 19% | 6 16% | 10 24% | 7 9% | 15 27% | 4 8% |
| Don't know/Refused | 1 1% | 0 0% | 1 5% | 0 0% | 1 1% | 0 0% | 0 0% | 0 0% | 1 2% | 0 0% | 0 0% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Question W2

Has the program made a positive impact on your health?

Base = Employed full time or part time and company offers a wellness program

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | | Interview Method | | |
|--------------------|------------|-----------|------------|-----------|------------|-----------|-----------|------------|------------------------|-------------------|--------------------------|----------------|--------------|-----------|-----------|---------------------------|---------------------------|-------------------------|---------------|----------------|
| | Total (A) | Male (B) | Female (C) | 18-34 (D) | 35-44 (E) | 45-54 (F) | 55-64 (G) | 65+ (H) | Milennials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | North-east (L) | Mid-West (M) | South (N) | West (O) | White Only (Non-Hisp) (P) | Black Only (Non-Hisp) (Q) | Hispanic (Any Race) (R) | Land-line (S) | Cell Phone (T) |
| Unweighted Total | 218 | 125 | 93 | 46 | 40 | 37 | 67 | 15 | 53 | 61 | 76 | 39 | 57 | 86 | 36 | 146 | 18 | 18 | 59 | 159 |
| Weighted Total | 253 | 140* | 113* | 68* | 60* | 55** | 52* | 8** | 83* | 90* | 57* | 46** | 63* | 97* | 47** | 157 | 32** | 36** | 39* | 214 |
| Yes | 145 57% | 74 53% | 70 62% | 48 71% | 29 48% | 29 52% | 30 59% | 4 47% | 52 63% | 47 53% | 33 59% | 25 53% | 44 70% | 49 50% | 27 59% | 79 50% | 24 73% | 27 76% | 20 51% | 125 58% |
| No | 93 37% | 58 41% | 35 31% | 15 22% | 28 47%D | 22 40% | 19 37% | 3 43% | 26 31% | 35 39% | 21 37% | 20 42% | 15 24% | 40 41% | 18 39% | 67 43% | 8 23% | 8 22% | 13 34% | 79 37% |
| Don't know/Refused | 16 6% | 8 6% | 8 7% | 5 7% | 3 5% | 4 7% | 2 4% | 1 10% | 5 6% | 7 8% | 3 5% | 2 4% | 4 6% | 9 9% | 1 3% | 11 7% | 1 3% | 1 2% | 6 14%T | 10 5% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Question W2

Has the program made a positive impact on your health?

Base = Employed full time or part time and company offers a wellness program

| | Household Income | | | | Children In H.H. | | | | Education | | |
|--------------------|------------------|-------------|--------------|------------|------------------|------------|-------------|-----------|-----------------------|-------------------------|--------------|
| | Total (A) | LT \$50K | LT \$100K | Or More | No (E) | Yes (F) | Under 13 | 13- 17 | HS Grad or Less | Coll Incom- plete | Coll Grad |
| | | (B) | (C) | (D) | | | (G) | (H) | (I) | (J) | (K) |
| Unweighted Total | 218 | 40 | 64 | 77 | 139 | 70 | 48 | 37 | 36 | 61 | 112 |
| Weighted Total | 253 | 45** | 81* | 87* | 148* | 96* | 67* | 47* | 46** | 69* | 130* |
| Yes | 145 57% | 29 65% | 42 52% | 48 55% | 85 57% | 56 58% | 41 61% | 27 58% | 29 63% | 34 50% | 77 59% |
| No | 93 37% | 13 29% | 34 42% | 32 37% | 56 38% | 34 35% | 22 33% | 16 34% | 14 30% | 30 43% | 46 36% |
| Don't know/Refused | 16 6% | 3 7% | 4 6% | 7 8% | 7 5% | 7 7% | 4 6% | 4 8% | 3 7% | 5 7% | 7 5% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W2A

In what way or ways did the wellness program have a positive impact on your health? Would you say it has...

Base = Employed full time or part time, company offers a wellness program, and program has made a positive impact on health

| | Generation | | | | | | | | | | | Race | | | | | | Interview Method | | |
|---|------------|------|------|------|------|------|------|---------|---------|---------|------|--------|------|-------|-------|-------|------|------------------|-------|-------|
| | Sex | | Age | | | | | Mil- | | | | Region | | | White | Black | His- | Land- | Cell | |
| | Total | Male | Fe- | 18- | 35- | 45- | 55- | 65+ | nials | Gen X | Baby | North- | Mid- | South | West | Only | Only | | | panic |
| (A) | (B) | male | 34 | 44 | 54 | 64 | (H) | (21-38) | (39-54) | (55-73) | east | West | (N) | (O) | (Non- | (Non- | (Any | line | Phone | |
| | | (C) | (D) | (E) | (F) | (G) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) | | |
| Unweighted Total | 117 | 63 | 54 | 31 | 19 | 18 | 36 | 7 | 34 | 29 | 41 | 19 | 35 | 44 | 19 | 74 | 13 | 12 | 32 | 85 |
| Weighted Total | 145* | 74* | 70* | 48** | 29** | 29** | 30** | 4** | 52** | 47** | 33** | 25** | 44** | 49** | 27** | 79* | 24** | 27** | 20** | 125* |
| Any (Net) | 144 | 74 | 70 | 48 | 29 | 29 | 30 | 3 | 52 | 47 | 33 | 25 | 43 | 49 | 27 | 79 | 24 | 27 | 19 | 125 |
| | 100% | 99% | 100% | 100% | 100% | 100% | 100% | 89% | 100% | 100% | 100% | 100% | 99% | 100% | 98% | 99% | 100% | 100% | 97% | 100% |
| Increased your overall health knowledge or motivated you to pay more attention to your health | 119 | 63 | 56 | 45 | 22 | 18 | 27 | 3 | 48 | 31 | 30 | 24 | 31 | 41 | 23 | 65 | 19 | 25 | 17 | 102 |
| | 82% | 85% | 80% | 93% | 78% | 62% | 90% | 89% | 93% | 65% | 91% | 98% | 71% | 84% | 84% | 82% | 82% | 91% | 88% | 82% |
| Led to more consistent physical activity | 91 | 51 | 40 | 38 | 16 | 14 | 20 | 1 | 40 | 23 | 20 | 16 | 27 | 31 | 17 | 47 | 19 | 20 | 13 | 78 |
| | 63% | 69% | 57% | 79% | 57% | 50% | 65% | 30% | 76% | 49% | 61% | 66% | 62% | 63% | 61% | 60% | 79% | 73% | 66% | 62% |
| Improved diet | 86 | 44 | 42 | 28 | 16 | 19 | 19 | 1 | 31 | 27 | 20 | 22 | 24 | 24 | 16 | 42 | 19 | 18 | 15 | 71 |
| | 59% | 60% | 59% | 58% | 55% | 66% | 62% | 37% | 59% | 57% | 59% | 89% | 54% | 49% | 60% | 53% | 80% | 67% | 77% | 57% |
| Reduced bodyweight or increased muscle mass or strength | 85 | 48 | 37 | 33 | 18 | 14 | 15 | 2 | 35 | 24 | 17 | 23 | 26 | 24 | 12 | 45 | 15 | 18 | 13 | 72 |
| | 59% | 64% | 53% | 68% | 64% | 47% | 50% | 46% | 67% | 50% | 50% | 93% | 59% | 50% | 43% | 57% | 63% | 66% | 63% | 58% |
| Helped make health a greater focus for your family | 83 | 43 | 40 | 27 | 21 | 8 | 24 | 2 | 31 | 20 | 25 | 19 | 19 | 28 | 17 | 44 | 18 | 15 | 15 | 68 |
| | 57% | 58% | 57% | 57% | 73% | 28% | 78% | 55% | 59% | 41% | 76% | 75% | 45% | 56% | 64% | 56% | 78% | 57% | 74% | 55% |
| Lowered stress | 58 | 31 | 26 | 25 | 14 | 5 | 10 | 1 | 30 | 12 | 11 | 10 | 21 | 16 | 11 | 35 | 3 | 14 | 7 | 51 |
| | 40% | 42% | 38% | 53% | 47% | 18% | 34% | 21% | 58% | 26% | 32% | 40% | 48% | 32% | 40% | 44% | 12% | 53% | 35% | 41% |
| Improved sleep | 43 | 25 | 18 | 19 | 12 | 8 | 3 | * | 22 | 15 | 3 | 9 | 12 | 17 | 5 | 25 | 6 | 9 | 7 | 36 |
| | 30% | 34% | 25% | 39% | 42% | 29% | 8% | 13% | 43% | 32% | 8% | 35% | 28% | 35% | 19% | 31% | 25% | 34% | 33% | 29% |
| Helped detect a disease or identify a medical issue | 39 | 22 | 17 | 13 | 16 | 5 | 4 | 1 | 15 | 13 | 5 | 5 | 8 | 14 | 12 | 21 | 11 | 4 | 5 | 34 |
| | 27% | 29% | 25% | 26% | 54% | 18% | 14% | 29% | 28% | 28% | 14% | 22% | 18% | 29% | 43% | 27% | 46% | 15% | 24% | 28% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Question W2A

In what way or ways did the wellness program have a positive impact on your health? Would you say it has...

Base = Employed full time or part time, company offers a wellness program, and program has made a positive impact on health

| | Generation | | | | | | | | | | | Region | | | | | Race | | | Interview Method | | | | | | |
|---|------------|-----------|-------------|-----------|-----------|-----------|-----------|---------------|-----------|-----------|-----------|-----------|--------------|-----------|----------|------------|----------|----------|----------|------------------|--|-----------------------|-----------------------|---------------------|-----------|------------|
| | Sex | | Age | | | | | Mil-len-nials | | | Gen X | | Baby Boomers | | | North-east | | Mid-West | | South West | | White Only (Non-Hisp) | Black Only (Non-Hisp) | Hispanic (Any Race) | Land-line | Cell Phone |
| | Total (A) | Male (B) | Fe-male (C) | 18-34 (D) | 35-44 (E) | 45-54 (F) | 55-64 (G) | 65+ (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) | | | | | | |
| Weighted Total | 145* | 74* | 70* | 48** | 29** | 29** | 30** | 4** | 52** | 47** | 33** | 25** | 44** | 49** | 27** | 79* | 24** | 27** | 20** | 125* | | | | | | |
| Helped manage a chronic condition such as diabetes or high blood pressure | 36 25% | 20 27% | 16 23% | 12 26% | 8 29% | 8 28% | 6 20% | 1 22% | 16 32% | 10 20% | 6 19% | 10 40% | 9 20% | 14 29% | 3 12% | 18 23% | 8 35% | 8 29% | 7 36% | 29 23% | | | | | | |
| Enhanced financial well-being | 29 20% | 19 25% | 10 14% | 11 23% | 4 12% | 3 10% | 9 31% | 1 22% | 11 22% | 3 6% | 10 29% | 5 22% | 11 26% | 7 14% | 5 18% | 15 19% | 4 17% | 7 26% | 5 27% | 24 19% | | | | | | |
| Stopped smoking or nicotine use | 12 8% | 6 8% | 6 8% | 3 6% | 4 13% | 2 5% | 2 8% | 0 0 | 5 9% | 3 6% | 2 7% | 2 7% | 3 6% | 6 13% | 1 3% | 6 7% | 2 10% | 1 5% | 3 16% | 9 7% | | | | | | |
| None of these | 1 * | 1 1% | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | * 11% | 0 0 | 0 0 | 0 0 | 0 0 | * 1% | 0 0 | * 2% | * 1% | 0 0 | 0 0 | 1 3% | 0 0 | | | | | | |
| Don't know/Refused | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | | | | | | |

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ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W2A

In what way or ways did the wellness program have a positive impact on your health? Would you say it has...

Base = Employed full time or part time, company offers a wellness program, and program has made a positive impact on health

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|--------------|---------------|--------------------|------------------|------------|--------------|------------|---------------------|---------------------|---------------|
| | Total (A) | LT \$50K (B) | LT \$100K (C) | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13-17 (H) | HS Grad or Less (I) | Coll Incomplete (J) | Coll Grad (K) |
| Unweighted Total | 117 | 25 | 32 | 40 | 73 | 39 | 27 | 21 | 22 | 31 | 60 |
| Weighted Total | 145* | 29** | 42** | 48** | 85* | 56** | 41* | 27* | 29** | 34** | 77* |
| Any (Net) | 144 100% | 29 100% | 42 100% | 48 100% | 84 99% | 56 100% | 41 100% | 27 100% | 29 100% | 34 100% | 77 99% |
| Increased your overall health knowledge or motivated you to pay more attention to your health | 119 82% | 23 80% | 36 85% | 40 83% | 69 81% | 47 84% | 36 88% | 22 79% | 28 96% | 28 81% | 61 78% |
| Led to more consistent physical activity | 91 63% | 24 81% | 21 51% | 36 75% | 53 62% | 38 68% | 28 68% | 16 57% | 17 57% | 26 76% | 48 62% |
| Improved diet | 86 59% | 17 57% | 18 44% | 33 68% | 46 55% | 37 67% | 28 68% | 17 63% | 22 76% | 19 55% | 42 55% |
| Reduced bodyweight or increased muscle mass or strength | 85 59% | 20 66% | 23 55% | 25 53% | 44 52% | 37 67% | 27 65% | 19 71% | 21 74% | 22 63% | 39 50% |
| Helped make health a greater focus for your family | 83 57% | 18 61% | 24 58% | 25 52% | 46 55% | 36 64% | 30 73% | 16 59% | 25 87% | 19 56% | 38 49% |
| Lowered stress | 58 40% | 8 28% | 23 54% | 20 43% | 29 34% | 27 49% | 21 53% | 13 49% | 8 28% | 13 37% | 35 45% |
| Improved sleep | 43 30% | 5 15% | 21 50% | 15 31% | 20 24% | 23 41% | 22 54% | 8 28% | 6 20% | 12 34% | 26 33% |
| Helped detect a disease or identify a medical issue | 39 27% | 6 21% | 12 29% | 10 22% | 13 15% | 26 48% | 20 50% | 17 61% | 8 28% | 5 16% | 26 33% |

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|---|------------------|-------------|--------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT \$50K | LT \$100K | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) |
| Weighted Total | 145* | 29** | 42** | 48** | 85* | 56** | 41* | 27* | 29** | 34** | 77* |
| Helped manage a chronic condition such as diabetes or high blood pressure | 36 25% | 6 21% | 6 13% | 15 31% | 17 20% | 19 34% | 15 36% | 9 32% | 11 37% | 9 25% | 17 22% |
| Enhanced financial well-being | 29 20% | 3 11% | 10 24% | 11 23% | 18 21% | 10 17% | 8 19% | 6 21% | 9 30% | 3 9% | 17 21% |
| Stopped smoking or nicotine use | 12 8% | 4 13% | 2 5% | 4 9% | 4 5% | 7 12% | 6 16% | 2 6% | 2 6% | 6 17% | 3 4% |
| None of these | 1 * | 0 0 | 0 0 | 0 0 | 1 1% | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 1 1% |
| Don't know/Refused | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 | 0 0 |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W2B

In what way or ways did the wellness program have an impact on your job performance? Would you say...

Base = Employed full time or part time, company offers a wellness program, and program has made a positive impact on health

| | Generation | | | | | | | | | | | Race | | | | Interview Method | | | | |
|---|--------------|------------------------|--------------------|------------------|------------------|------------------|------------------|---|-------------------------|-----------------------------------|------------|-----------------------|---------------------|--------------|--|--|----------------------------------|----------------------|----------------------|-------------|
| | Sex | | Age | | | | | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | Region | | | | White Only (Non- Hispanic) (P) | Black Only (Non- Hispanic) (Q) | Hispanic (Any Race) (R) | Land- line (S) | Cell Phone (T) | |
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | | | | 65+ (H) | North- east (L) | Mid- West (M) | South (N) | | | | | | West (O) |
| Unweighted Total | 117 | 63 | 54 | 31 | 19 | 18 | 36 | 7 | 34 | 29 | 41 | 19 | 35 | 44 | 19 | 74 | 13 | 12 | 32 | 85 |
| Weighted Total | 145* | 74* | 70* | 48** | 29** | 29** | 30** | 4** | 52** | 47** | 33** | 25** | 44** | 49** | 27** | 79* | 24** | 27** | 20** | 125* |
| Has had an impact on job performance (Net) | 105 72% | 59 80% | 45 64% | 41 85% | 23 78% | 19 67% | 18 60% | 2 64% | 44 85% | 33 69% | 20 61% | 13 51% | 37 84% | 34 69% | 21 78% | 63 80% | 10 42% | 24 87% | 15 75% | 90 72% |
| Reduced stress or anxiety | 73 50% | 43 58% | 30 42% | 28 59% | 13 45% | 14 50% | 14 47% | 2 55% | 31 59% | 22 46% | 16 48% | 10 40% | 29 66% | 20 41% | 14 49% | 47 59% | 5 20% | 16 59% | 10 52% | 62 50% |
| Improved productivity | 71 49% | 48 65% ^C | 22 32% | 26 53% | 19 65% | 13 45% | 12 38% | 1 22% | 27 52% | 24 51% | 12 36% | 11 44% | 26 59% | 22 46% | 12 43% | 43 54% | 9 38% | 14 53% | 11 53% | 60 48% |
| Fewer sick days | 51 35% | 36 49% ^C | 15 21% | 24 49% | 9 32% | 7 24% | 9 31% | 1 22% | 23 44% | 11 24% | 10 29% | 6 24% | 20 45% | 20 41% | 6 20% | 27 35% | 4 17% | 15 55% | 8 39% | 43 35% |
| Lower frequency of working while sick, also known as presenteeism | 50 35% | 30 40% | 20 29% | 26 54% | 10 35% | 5 19% | 8 25% | * 13% | 27 53% | 11 23% | 8 23% | 7 28% | 19 44% | 21 42% | 3 12% | 27 34% | * 2% | 18 66% | 7 35% | 43 35% |
| There has been no impact on your job performance | 37 26% | 14 19% | 23 33% | 6 13% | 6 22% | 9 30% | 12 40% | 1 36% | 7 13% | 14 29% | 13 39% | 12 49% | 7 16% | 12 25% | 6 22% | 15 19% | 13 55% | 4 13% | 4 20% | 33 27% |
| Don't know/Refused | 3 2% | 1 1% | 2 3% | 1 2% | 0 0% | 1 3% | 0 0% | 0 0% | 1 1% | 1 2% | 0 0% | 0 0% | * 1% | 3 5% | 0 0% | 1 1% | 1 3% | 0 0% | 1 5% | 2 1% |

Proportions/Means: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Question W2B

In what way or ways did the wellness program have an impact on your job performance? Would you say...

Base = Employed full time or part time, company offers a wellness program, and program has made a positive impact on health

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|------------------------|---------------|-----------------------------|-------------------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|-----------|
| | Total (A) | LT | LT | \$100K Or More (D) | No Yes (E) (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) | |
| | | \$50K- \$50K (B) | \$100K (C) | | | | | | | | |
| Unweighted Total | 117 | 25 | 32 | 40 | 73 | 39 | 27 | 21 | 22 | 31 | 60 |
| Weighted Total | 145* | 29** | 42** | 48** | 85* | 56** | 41* | 27* | 29** | 34** | 77* |
| Has had an impact on job performance (Net) | 105 72% | 24 80% | 35 82% | 36 75% | 63 74% | 41 75% | 28 69% | 19 71% | 14 48% | 32 93% | 58 75% |
| Reduced stress or anxiety | 73 50% | 12 40% | 24 58% | 31 64% | 39 46% | 33 60% | 23 57% | 18 65% | 11 37% | 19 56% | 42 55% |
| Improved productivity | 71 49% | 21 71% | 23 54% | 20 42% | 35 42% | 35 62% | 25 62% | 14 52% | 13 46% | 24 69% | 33 43% |
| Fewer sick days | 51 35% | 16 53% | 14 33% | 16 34% | 24 28% | 27 48% | 17 41% | 10 36% | 8 29% | 14 41% | 28 36% |
| Lower frequency of working while sick, also known as presenteeism | 50 35% | 13 45% | 19 45% | 12 25% | 28 33% | 22 40% | 16 40% | 10 35% | 7 24% | 13 37% | 30 39% |
| There has been no impact on your job performance | 37 26% | 6 20% | 6 15% | 12 25% | 21 24% | 14 25% | 12 31% | 8 29% | 14 49% | 2 7% | 18 23% |
| Don't know/Refused | 3 2% | 0 0% | 1 2% | 0 0% | 1 1% | 0 0% | 0 0% | 0 0% | 1 3% | 0 0% | 1 2% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W2C

When you think about the likelihood of you consistently participating in an employer-sponsored wellness program, how important is it that your spouse, significant other or family members also have access to the program? Would you say...

Base = Employed full time or part time

| | Generation | | | | | | | | | | | Race | | | | Interview Method | | | | |
|-----------------------------------|------------|------|-----|------|-----|------|-----|-------|------|---------|---------|---------|--------|------|-------|------------------|-------|------|-------|------|
| | Sex | | | Age | | | | | Mil- | Gen X | Baby | Region | | | | White | Black | His- | Land- | Cell |
| | Total | Male | Fe- | 18- | 35- | 45- | 55- | 65+ | len- | (21-38) | (39-54) | (55-73) | North- | Mid- | South | West | Only | Only | panic | Line |
| (A) | (B) | male | 34 | 44 | 54 | 64 | (H) | nials | (I) | (J) | (K) | east | West | (N) | (O) | (Non- | (Non- | (Any | (S) | (T) |
| | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) | (U) | (V) |
| Unweighted Total | 397 | 234 | 163 | 112 | 69 | 54 | 100 | 39 | 115 | 96 | 125 | 86 | 91 | 147 | 73 | 265 | 29 | 37 | 115 | 282 |
| Weighted Total | 468 | 268 | 200 | 165* | 97* | 88* | 76* | 22** | 178* | 143* | 92* | 93* | 111* | 159* | 104* | 281 | 52** | 76** | 76* | 392 |
| Important (Net) | 312 | 179 | 133 | 116 | 65 | 58 | 49 | 13 | 121 | 94 | 58 | 68 | 67 | 102 | 74 | 179 | 42 | 59 | 51 | 261 |
| | 67% | 67% | 66% | 70% | 67% | 66% | 65% | 57% | 68% | 66% | 64% | 73% | 61% | 64% | 71% | 64% | 80% | 78% | 66% | 67% |
| Very important | 201 | 114 | 87 | 72 | 50 | 39 | 28 | 6 | 87 | 63 | 33 | 45 | 41 | 72 | 42 | 117 | 29 | 35 | 31 | 170 |
| | 43% | 42% | 44% | 44% | 52% | 45% | 37% | 28% | 49% | 44% | 36% | 49% | 37% | 45% | 40% | 42% | 55% | 46% | 41% | 43% |
| Somewhat important | 111 | 65 | 46 | 44 | 15 | 19 | 21 | 6 | 34 | 31 | 25 | 23 | 26 | 30 | 31 | 62 | 13 | 24 | 20 | 91 |
| | 24% | 24% | 23% | 26% | 15% | 21% | 28% | 29% | 19% | 22% | 28% | 25% | 24% | 19% | 30% | 22% | 25% | 31% | 26% | 23% |
| Neither important nor unimportant | 64 | 27 | 36 | 25 | 15 | 4 | 11 | 5 | 30 | 14 | 16 | 15 | 20 | 12 | 17 | 46 | 1 | 5 | 10 | 54 |
| | 14% | 10% | 18% | 15% | 15% | 5% | 15% | 23% | 17% | 9% | 17% | 16% | 18%N | 7% | 16% | 16% | 2% | 6% | 13% | 14% |
| Unimportant (Net) | 88 | 59 | 29 | 23 | 17 | 25 | 14 | 4 | 27 | 34 | 16 | 10 | 23 | 42 | 12 | 53 | 9 | 12 | 14 | 74 |
| | 19% | 22% | 14% | 14% | 18% | 28% | 19% | 18% | 15% | 24% | 17% | 11% | 21% | 27%L | 11% | 19% | 18% | 16% | 18% | 19% |
| | | | | | | | | | | | | | | O | | | | | | |
| Somewhat unimportant | 36 | 21 | 15 | 15 | 3 | 8 | 7 | 1 | 14 | 10 | 7 | 3 | 11 | 14 | 9 | 21 | 4 | 4 | 4 | 32 |
| | 8% | 8% | 8% | 9% | 3% | 9% | 9% | 3% | 8% | 7% | 8% | 3% | 10% | 9% | 8% | 7% | 8% | 5% | 5% | 8% |
| Very unimportant | 51 | 38 | 13 | 8 | 14 | 17 | 7 | 3 | 13 | 24 | 9 | 7 | 12 | 29 | 3 | 33 | 5 | 8 | 10 | 41 |
| | 11% | 14% | 7% | 5% | 14% | 19%D | 10% | 15% | 7% | 17% | 9% | 8% | 11% | 18%O | 3% | 12% | 10% | 11% | 13% | 11% |
| Don't know/Refused | 5 | 3 | 3 | 1 | 0 | 1 | 1 | * | 1 | 1 | 2 | 0 | 1 | 3 | 2 | 3 | 0 | 0 | 2 | 3 |
| | 1% | 1% | 1% | * | 0 | 1% | 2% | 2% | * | 1% | 2% | 0 | 1% | 2% | 2% | 1% | 0 | 0 | 3% | 1% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Question W2C

When you think about the likelihood of you consistently participating in an employer-sponsored wellness program, how important is it that your spouse, significant other or family members also have access to the program? Would you say...

Base = Employed full time or part time

| | Household Income | | | | Children In H.H. | | | Education | | | |
|-----------------------------------|------------------|--------------------|---------------------|-------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT \$50K (B) | LT \$100K (C) | Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | | | | | | | | | | |
| Unweighted Total | 397 | 111 | 103 | 108 | 256 | 122 | 81 | 69 | 101 | 110 | 167 |
| Weighted Total | 468 | 141* | 116* | 127* | 282 | 166* | 108* | 90* | 131* | 125* | 194 |
| Important (Net) | 312 67% | 114 81%CD | 75 65% | 73 57% | 191 68% | 111 67% | 81 75% | 58 64% | 98 75% | 76 61% | 128 66% |
| Very important | 201 43% | 75 54%D | 47 40% | 46 36% | 121 43% | 76 46% | 59 54% | 36 40% | 66 50% | 49 39% | 82 42% |
| Somewhat important | 111 24% | 39 27% | 29 25% | 27 21% | 70 25% | 35 21% | 22 21% | 22 24% | 32 24% | 28 22% | 46 24% |
| Neither important nor unimportant | 64 14% | 8 5% | 18 15%B | 24 19%B | 36 13% | 26 15% | 18 17% | 9 9% | 13 10% | 20 16% | 29 15% |
| Unimportant (Net) | 88 19% | 18 13% | 21 18% | 29 23% | 51 18% | 29 18% | 9 8% | 24 26% | 17 13% | 29 23% | 37 19% |
| Somewhat unimportant | 36 8% | 2 1% | 10 8%B | 15 12%B | 22 8% | 11 7% | 3 3% | 8 9% | 6 5% | 10 8% | 17 9% |
| Very unimportant | 51 11% | 17 12% | 12 10% | 14 11% | 29 10% | 18 11% | 6 5% | 16 17% | 11 8% | 19 15% | 20 10% |
| Don't know/Refused | 5 1% | 1 1% | 2 1% | 1 1% | 4 2% | 0 0% | 0 0% | 0 0% | 3 2% | * * | * * |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

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WELLNESS CHECKUP STUDY 2019

Question W3

When you think about growing older, at what age do you expect your health to decline to the point that every day activities, such as walking a flight of stairs or going to the bathroom, become very difficult or impossible? Would you say...

| | Generation | | | | | | | | | | Race | | | | | | | Interview Method | | |
|--------------------------|--------------|---------------|--------------------|-----------------------|------------------|------------------|------------------|------------|---|-------------------------|-----------------------------------|-----------------------|---------------------|--------------|-------------|--|--|---------------------------------------|----------------------|----------------------|
| | Sex | | | Age | | | | | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | Region | | | | White Only (Non- Hisp) (P) | Black Only (Non- Hisp) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) |
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | 65+ (H) | | | | North- east (L) | Mid- West (M) | South (N) | West (O) | | | | | |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Ever (Net) | 859 85% | 415 85% | 445 85% | 247 89% | 136 87% | 133 81% | 138 87% | 163 82% | 251 90% | 207 84% | 211 86% | 158 88% | 174 83% | 313 83% | 214 90% | 522 86% | 87 85% | 136 89% | 183 85% | 676 86% |
| Younger than 70 (Subnet) | 91 9% | 54 11% | 37 7% | 54 20% EFG H | 7 5% | 8 5% | 10 6% | 9 4% | 45 16% JK | 13 5% | 12 5% | 10 5% | 20 9% | 39 10% | 23 10% | 43 7% | 11 11% | 26 17% P | 9 4% | 83 10% S |
| 50 | 24 2% | 15 3% | 9 2% | 15 5% EH | 0 0% | 4 2% | 2 1% | 1 * | 10 3% | 4 2% | 2 1% | 3 2% | 5 2% | 5 1% | 11 5% | 14 2% | 0 0% | 7 5% | 2 1% | 22 3% |
| 55 | 12 1% | 8 2% | 4 1% | 10 4% H | 0 0% | 0 0% | 2 1% | 0 0% | 8 3% | 0 0% | 2 1% | 0 0% | 3 1% | 5 1% | 4 2% | 2 * | 0 0% | 6 4% P | * * | 12 1% |
| 60 | 26 3% | 20 4% C | 6 1% | 11 4% | 6 4% | 2 1% | 2 1% | 3 1% | 13 5% | 6 2% | 3 1% | 5 3% | 6 3% | 14 4% | 1 1% | 13 2% | 4 4% | 8 5% | 2 1% | 24 3% |
| 65 | 30 3% | 11 2% | 18 4% | 17 6% | 1 1% | 2 1% | 4 2% | 5 3% | 14 5% | 3 1% | 6 2% | 2 1% | 6 3% | 15 4% | 7 3% | 14 2% | 8 7% P | 4 3% | 5 2% | 25 3% |
| 70 or older (Subnet) | 694 69% | 324 67% | 371 71% | 180 65% | 116 74% | 114 70% | 114 72% | 133 67% | 190 68% | 175 71% | 173 71% | 135 76% N | 137 65% | 245 65% | 178 74% | 436 72% | 65 64% | 99 65% | 156 72% | 538 68% |
| 70 | 53 5% | 30 6% | 23 4% | 17 6% | 13 8% | 4 2% | 10 6% | 8 4% | 16 6% | 11 5% | 15 6% | 9 5% | 10 5% | 18 5% | 16 7% | 34 6% | 5 5% | 7 5% | 14 6% | 39 5% |
| 75 | 98 10% | 49 10% | 49 9% | 40 15% H | 11 7% | 16 10% | 14 9% | 12 6% | 32 11% | 19 8% | 20 8% | 32 18% MNO | 18 8% | 38 10% | 10 4% | 59 10% | 14 14% | 13 8% | 13 6% | 86 11% S |
| 80 | 135 13% | 75 15% | 61 12% | 35 13% | 27 17% | 28 17% | 17 11% | 19 10% | 44 16% | 42 17% | 26 11% | 21 12% | 22 11% | 48 13% | 44 18% | 81 13% | 15 15% | 14 9% | 35 16% | 100 13% |
| 85 | 171 17% | 69 14% | 102 20% | 55 20% | 26 17% | 24 15% | 25 16% | 34 17% | 53 19% | 41 17% | 40 17% | 30 17% | 36 17% | 58 15% | 47 20% | 105 17% | 11 11% | 29 19% | 32 15% | 140 18% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W3

When you think about growing older, at what age do you expect your health to decline to the point that every day activities, such as walking a flight of stairs or going to the bathroom, become very difficult or impossible? Would you say...

| | Sex | | Age | | | | | Generation | | | Region | | | Race | | | Interview Method | | | |
|---|-----------|----------|-----------------|---------------|---------------|---------------|---------------|------------|---|-------------------------|-----------------------------------|-----------------------|---------------------|--------------|-------------|--|--|---------------------------------------|----------------------|----------------------|
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | 65+ (H) | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | North- east (L) | Mid- West (M) | South (N) | West (O) | White Only (Non- Hisp) (P) | Black Only (Non- Hisp) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| 90 or older | 236 | 101 | 136 | 33 | 39 | 42 | 48 | 59 | 45 | 61 | 70 | 43 | 50 | 83 | 61 | 156 | 19 | 36 | 63 | 174 |
| | 23% | 21% | 26% | 12% | 25%D | 26%D | 31%D | 30%D | 16% | 25% | 29%I | 24% | 24% | 22% | 25% | 26% | 19% | 24% | 29%T | 22% |
| Everyday activities are already a challenge | 74 | 37 | 37 | 13 | 13 | 11 | 14 | 21 | 16 | 19 | 26 | 13 | 17 | 30 | 14 | 43 | 11 | 11 | 18 | 55 |
| | 7% | 8% | 7% | 5% | 8% | 7% | 9% | 11%D | 6% | 8% | 11% | 7% | 8% | 8% | 6% | 7% | 11% | 7% | 8% | 7% |
| Never | 115 | 57 | 58 | 26 | 18 | 26 | 16 | 24 | 23 | 37 | 26 | 12 | 29 | 55 | 19 | 68 | 12 | 14 | 21 | 95 |
| | 11% | 12% | 11% | 9% | 12% | 16% | 10% | 12% | 8% | 15% | 11% | 7% | 14% | 15%L | 8% | 11% | 11% | 9% | 10% | 12% |
| Don't know/Refused | 31 | 14 | 17 | 4 | 3 | 4 | 4 | 11 | 5 | 3 | 7 | 9 | 7 | 11 | 5 | 15 | 3 | 4 | 12 | 19 |
| | 3% | 3% | 3% | 1% | 2% | 3% | 3% | 6%D | 2% | 1% | 3% | 5% | 3% | 3% | 2% | 2% | 3% | 2% | 6%T | 2% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

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Question W3

When you think about growing older, at what age do you expect your health to decline to the point that every day activities, such as walking a flight of stairs or going to the bathroom, become very difficult or impossible? Would you say...

| | Household Income | | | | Children In H.H. | | | | Education | | |
|--------------------------|------------------|--------------|---------------|--------------------|------------------|------------|--------------|------------|---------------------|---------------------|---------------|
| | Total (A) | LT \$50K (B) | LT \$100K (C) | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13-17 (H) | HS Grad or Less (I) | Coll Incomplete (J) | Coll Grad (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Ever (Net) | 859 85% | 323 89% | 168 84% | 189 88% | 560 85% | 262 88% | 188 90% | 127 88% | 315 85% | 238 89% | 268 84% |
| Younger than 70 (Subnet) | 91 9% | 43 12% | 12 6% | 17 8% | 62 9% | 24 8% | 19 9% | 10 7% | 40 11%K | 34 13%K | 15 5% |
| 50 | 24 2% | 14 4% | 1 1% | 4 2% | 11 2% | 11 4% | 10 5% | 1 * | 15 4%K | 7 2%K | 0 0 |
| 55 | 12 1% | 6 2% | 0 0 | 4 2% | 10 2% | 2 1% | 2 1% | 2 1% | 2 1% | 9 3%IK | * * |
| 60 | 26 3% | 7 2% | 1 1% | 7 3% | 17 3% | 7 3% | 4 2% | 3 2% | 13 3% | 7 2% | 5 2% |
| 65 | 30 3% | 15 4% | 9 5% | 2 1% | 24 4% | 4 1% | 2 1% | 4 3% | 10 3% | 11 4% | 9 3% |
| 70 or older (Subnet) | 694 69% | 236 65% | 146 74% | 166 78%B | 445 67% | 221 74% | 160 76% | 108 75% | 241 65% | 183 68% | 238 75%I |
| 70 | 53 5% | 21 6% | 14 7% | 12 5% | 28 4% | 24 8% | 23 11% | 8 6% | 20 5% | 15 6% | 17 5% |
| 75 | 98 10% | 32 9% | 15 8% | 27 13% | 56 9% | 39 13% | 22 10% | 21 15% | 43 12%K | 36 13%K | 17 5% |
| 80 | 135 13% | 56 15% | 30 15% | 25 12% | 75 11% | 52 17% | 41 20% | 24 16% | 47 13% | 43 16% | 36 11% |
| 85 | 171 17% | 58 16% | 43 22% | 39 18% | 109 16% | 57 19% | 37 18% | 29 20% | 51 14% | 37 14% | 78 25%IJ |
| 90 or older | 236 23% | 70 19% | 44 22% | 63 29%B | 177 27%F | 48 16% | 38 18% | 27 19% | 79 21% | 52 20% | 90 28%J |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

Question W3

When you think about growing older, at what age do you expect your health to decline to the point that every day activities, such as walking a flight of stairs or going to the bathroom, become very difficult or impossible? Would you say...

| | Household Income | | | Children In H.H. | | | | Education | | | |
|---|------------------|-------------------------|-----------|------------------|-----------|-----------|----------|-----------|-----------------|-----------------|-----------|
| | Total | LT \$50K | LT \$100K | Or More | No | Yes | Under 13 | 13-17 | HS Grad or Less | Coll Incomplete | Coll Grad |
| | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Everyday activities are already a challenge | 74 7% | 44 12% ^{CD} | 10 5% | 6 3% | 54 8% | 17 6% | 9 4% | 9 6% | 34 9% | 21 8% | 15 5% |
| Never | 115 11% | 33 9% | 28 14% | 21 10% | 81 12% | 31 10% | 18 9% | 13 9% | 47 13% | 23 9% | 44 14% |
| Don't know/Refused | 31 3% | 6 2% | 3 2% | 4 2% | 19 3% | 6 2% | 3 2% | 3 2% | 10 3% | 8 3% | 6 2% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W4 -- Extremely important (5) Summary

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

| | Generation | | | | | | | | | | | Race | | | | Interview Method | | | | |
|---|------------|------------|-------------|-------------|------------|------------|-------------|-------------|-----------------------|-------------------|--------------------------|----------------|--------------|---------------------|------------|------------------|----------------|----------------|-------------|------------|
| | Sex | | Age | | | | | Region | | | | White Only | Black Only | Hispanic (Any Race) | Landline | Cell Phone | | | | |
| | Total (A) | Male (B) | Female (C) | 18-34 (D) | 35-44 (E) | 45-54 (F) | 55-64 (G) | 65+ (H) | Milenials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | North-east (L) | Mid-West (M) | South (N) | West (O) | (Non-Hisp) (P) | (Non-Hisp) (Q) | (Any Race) (R) | (S) | (T) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Stop smoking and/or reduce drinking | 726 72% | 340 70% | 386 74% | 188 68% | 127 81% | 111 68% | 123 78% | 146 74% | 202 72% | 181 73% | 189 77% | 136 76% | 160 76% | 258 68% | 171 72% | 438 72% | 78 77% | 114 74% | 160 74% | 565 72% |
| Healthy diet, such as eating fruits and vegetables | 672 67% | 266 55% | 406 78%B | 205 74%F | 101 64% | 90 55% | 107 68% | 139 70%F | 209 75%J | 140 57% | 167 68%J | 128 72% | 142 68% | 242 64% | 160 67% | 389 64% | 88 86%P | 110 72% | 156 72% | 516 65% |
| Routine medical care, such as annual physicals or consistent dental cleanings | 661 66% | 259 53% | 403 77%B | 159 57% | 108 69% | 107 65% | 114 72%D | 143 72%D | 174 62% | 163 66% | 178 73%I | 132 74%M | 124 59% | 245 65% | 161 67% | 384 64% | 85 84%P | 101 66% | 156 72%T | 506 64% |
| Exercise, such as strength or cardiovascular training | 578 57% | 265 55% | 313 60% | 164 59% | 87 55% | 91 56% | 94 59% | 111 56% | 177 64% | 130 53% | 142 58% | 115 64%N | 129 61% | 200 53% | 134 56% | 336 55% | 69 68% | 98 64% | 123 57% | 455 58% |
| Sufficient sleep, such as seven or more hours per night | 574 57% | 242 50% | 332 64%B | 155 56% | 89 57% | 87 53% | 90 57% | 125 63% | 166 60% | 132 53% | 144 59% | 114 64% | 114 54% | 206 54% | 140 59% | 336 56% | 63 62% | 94 61% | 136 63%T | 438 55% |
| Increase social activity | 340 34% | 127 26% | 212 41%B | 99 36% | 45 29% | 41 25% | 61 39%F | 68 35% | 99 35% | 67 27% | 90 37% | 78 44%NO | 71 34% | 117 31% | 73 30% | 180 30% | 55 55%P | 61 40% | 85 39%T | 255 32% |
| Mindfulness, such as meditation or other relaxation techniques | 321 32% | 134 28% | 186 36%B | 94 34% | 43 27% | 45 28% | 52 33% | 72 36% | 96 34% | 69 28% | 86 35% | 60 34% | 64 30% | 121 32% | 76 32% | 155 26% | 51 50%P | 62 41%P | 72 34% | 248 31% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4 -- Extremely important (5) Summary

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|--------------------|---------------------|-------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT \$50K (B) | LT \$100K (C) | Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Stop smoking and/or reduce drinking | 726 72% | 253 70% | 154 78% | 156 73% | 478 72% | 225 76% | 157 75% | 102 71% | 267 72% | 180 67% | 254 80%J |
| Healthy diet, such as eating fruits and vegetables | 672 67% | 241 67% | 124 62% | 147 69% | 456 69% | 189 63% | 136 65% | 90 63% | 238 64% | 169 63% | 241 76%IJ |
| Routine medical care, such as annual physicals or consistent dental cleanings | 661 66% | 238 66% | 130 65% | 132 62% | 442 67% | 194 65% | 138 66% | 88 62% | 248 67% | 170 63% | 218 68% |
| Exercise, such as strength or cardiovascular training | 578 57% | 208 57% | 112 57% | 121 56% | 384 58% | 172 58% | 123 59% | 84 59% | 220 59% | 132 49% | 198 62%J |
| Sufficient sleep, such as seven or more hours per night | 574 57% | 218 60% | 105 53% | 109 51% | 364 55% | 184 62% | 135 65% | 89 62% | 215 58% | 140 52% | 195 61% |
| Increase social activity | 340 34% | 130 36%D | 61 31% | 50 24% | 236 36% | 88 29% | 72 35% | 35 24% | 140 38%J | 69 26% | 110 35% |
| Mindfulness, such as meditation or other relaxation techniques | 321 32% | 127 35% | 54 27% | 56 26% | 221 33% | 91 30% | 72 34% | 37 26% | 127 34% | 89 33% | 90 28% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W4 -- Top 2 box (4-5) Summary

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

| | Generation | | | | | | | | | | | Race | | | | Interview Method | | | | |
|---|--------------|-------------|--------------------|------------------|------------------|------------------|------------------|---|-------------------------|-----------------------------------|------------|-----------------------|---------------------|--------------|--|--|---------------------------------------|----------------------|----------------------|-------------|
| | Sex | | Age | | | | | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | Region | | | | White Only (Non- Hisp) (P) | Black Only (Non- Hisp) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) | |
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | | | | 65+ (H) | North- east (L) | Mid- West (M) | South (N) | | | | | | West (O) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Healthy diet, such as eating fruits and vegetables | 864 86% | 390 80% | 474 91%B | 244 88% | 133 84% | 133 81% | 139 88% | 174 88% | 244 87% | 204 83% | 217 89% | 154 86% | 183 87% | 311 82% | 216 90%N | 518 86% | 97 95% | 133 87% | 193 89% | 671 85% |
| Routine medical care, such as annual physicals or consistent dental cleanings | 832 83% | 370 76% | 462 89%B | 227 82% | 122 78% | 138 84% | 136 86% | 170 86% | 229 82% | 203 82% | 213 87% | 159 89%N | 171 81% | 300 79% | 202 85% | 495 82% | 96 95%P | 127 83% | 185 86% | 647 82% |
| Stop smoking and/or reduce drinking | 822 82% | 384 79% | 438 84% | 226 82% | 141 90% | 131 80% | 131 83% | 162 82% | 236 85% | 206 83% | 205 84% | 153 86% | 175 83% | 294 78% | 199 83% | 496 82% | 89 88% | 128 83% | 175 81% | 647 82% |
| Sufficient sleep, such as seven or more hours per night | 813 81% | 367 75% | 446 86%B | 228 83% | 124 79% | 123 75% | 132 84% | 169 86% | 233 84% | 190 77% | 209 86% | 154 86%N | 170 81% | 283 75% | 206 86%N | 483 80% | 87 85% | 129 84% | 179 83% | 634 80% |
| Exercise, such as strength or cardiovascular training | 807 80% | 379 78% | 428 82% | 232 84% | 126 81% | 133 81% | 127 81% | 153 77% | 235 84% | 198 80% | 194 79% | 144 81% | 169 80% | 294 78% | 200 84% | 483 80% | 84 83% | 136 89% | 171 79% | 637 81% |
| Increase social activity | 603 60% | 255 52% | 348 67%B | 179 65% | 89 57% | 84 51% | 100 63% | 117 59% | 168 60% | 138 56% | 154 63% | 129 72%MN | 124 59% | 216 57% | 134 56% | 346 57% | 74 72%P | 104 68% | 139 65% | 463 59% |
| Mindfulness, such as meditation or other relaxation techniques | 542 54% | 244 50% | 298 57% | 165 60% | 81 51% | 82 50% | 81 51% | 111 56% | 171 61% | 123 50% | 129 53% | 103 58% | 113 54% | 205 54% | 120 50% | 295 49% | 66 65%P | 96 63% | 122 56% | 420 53% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4 -- Top 2 box (4-5) Summary

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|------------|-------------|------------|------------------|------------|------------|-----------------|-----------------|-------------|--------------|
| | Total (A) | \$50K- | | \$100K | Under 13 | | 13-17 | HS Grad or Less | Coll Incomplete | Coll Grad | |
| | | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Healthy diet, such as eating fruits and vegetables | 864 86% | 304 84% | 179 90% | 194 90% | 577 87% | 251 84% | 181 87% | 118 82% | 306 82% | 225 84% | 298 94%IJ |
| Routine medical care, such as annual physicals or consistent dental cleanings | 832 83% | 302 83% | 166 84% | 176 82% | 565 85% | 234 79% | 163 78% | 107 75% | 300 80% | 227 84% | 273 86% |
| Stop smoking and/or reduce drinking | 822 82% | 294 81% | 168 85% | 181 85% | 537 81% | 258 87% | 179 85% | 119 83% | 297 80% | 219 81% | 276 87% |
| Sufficient sleep, such as seven or more hours per night | 813 81% | 289 80% | 163 82% | 177 83% | 537 81% | 243 82% | 175 84% | 114 79% | 286 77% | 212 79% | 282 89%IJ |
| Exercise, such as strength or cardiovascular training | 807 80% | 293 81% | 165 83% | 182 85% | 550 83% | 231 78% | 160 77% | 115 80% | 294 79% | 192 71% | 290 91%IJ |
| Increase social activity | 603 60% | 214 59% | 124 62% | 111 52% | 391 59% | 181 61% | 142 68% | 68 48% | 220 59% | 147 54% | 204 64% |
| Mindfulness, such as meditation or other relaxation techniques | 542 54% | 199 55% | 119 60%D | 101 47% | 363 55% | 161 54% | 127 61% | 73 51% | 204 55% | 159 59%K | 156 49% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

Question W4 -- Mean Summary

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | | Interview Method | | |
|---|-----------|----------|------------|-----------|-----------|-----------|-----------|------------|------------------------|-------------------|--------------------------|----------------|--------------|-----------|----------|---------------------------|---------------------------|-------------------------|---------------|----------------|
| | Total (A) | Male (B) | Female (C) | 18-34 (D) | 35-44 (E) | 45-54 (F) | 55-64 (G) | 65+ (H) | Milennials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | North-east (L) | Mid-West (M) | South (N) | West (O) | White Only (Non-Hisp) (P) | Black Only (Non-Hisp) (Q) | Hispanic (Any Race) (R) | Land-line (S) | Cell Phone (T) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Healthy diet, such as eating fruits and vegetables | 4.5 | 4.2 | 4.7B | 4.6 | 4.4 | 4.3 | 4.5 | 4.5 | 4.6J | 4.3 | 4.5 | 4.6 | 4.5 | 4.4 | 4.5 | 4.4 | 4.8P | 4.5 | 4.6T | 4.4 |
| Routine medical care, such as annual physicals or consistent dental cleanings | 4.4 | 4.2 | 4.6B | 4.3 | 4.3 | 4.4 | 4.6D | 4.5 | 4.3 | 4.4 | 4.6I | 4.6 | 4.4 | 4.3 | 4.4 | 4.3 | 4.7PR | 4.3 | 4.6T | 4.3 |
| Stop smoking and/or reduce drinking | 4.4 | 4.3 | 4.5 | 4.3 | 4.7DH | 4.3 | 4.5 | 4.4 | 4.4 | 4.5 | 4.5 | 4.5 | 4.5 | 4.2 | 4.4 | 4.4 | 4.5 | 4.4 | 4.5 | 4.3 |
| Sufficient sleep, such as seven or more hours per night | 4.3 | 4.1 | 4.5B | 4.3 | 4.3 | 4.2 | 4.3 | 4.4 | 4.4 | 4.2 | 4.4 | 4.4N | 4.3 | 4.2 | 4.4 | 4.3 | 4.5 | 4.4 | 4.5T | 4.3 |
| Exercise, such as strength or cardiovascular training | 4.3 | 4.2 | 4.3 | 4.3 | 4.3 | 4.3 | 4.3 | 4.2 | 4.4 | 4.3 | 4.3 | 4.4 | 4.4 | 4.2 | 4.3 | 4.3 | 4.5 | 4.4 | 4.3 | 4.3 |
| Increase social activity | 3.7 | 3.5 | 3.9B | 3.8 | 3.6 | 3.5 | 3.8 | 3.8 | 3.7 | 3.6 | 3.8 | 4.0NO | 3.8 | 3.6 | 3.7 | 3.6 | 4.1P | 3.9 | 3.9T | 3.7 |
| Mindfulness, such as meditation or other relaxation techniques | 3.6 | 3.4 | 3.7B | 3.8G | 3.4 | 3.5 | 3.4 | 3.6 | 3.8 | 3.5 | 3.5 | 3.6 | 3.6 | 3.5 | 3.6 | 3.4 | 4.0P | 3.8P | 3.6 | 3.5 |

Proportions/Means: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4 -- Mean Summary

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|--------------|------|-----------------------------|----------------------------|-----|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | \$50K- LT | | \$100K Or More (D) | ----- No Yes (E) (F) | | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | | | | | | | | |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Healthy diet, such as eating fruits and vegetables | 4.5 | 4.4 | 4.5 | 4.5 | 4.5 | 4.4 | 4.4 | 4.3 | 4.3 | 4.4 | 4.7IJ |
| Routine medical care, such as annual physicals or consistent dental cleanings | 4.4 | 4.4 | 4.4 | 4.3 | 4.5F | 4.3 | 4.2 | 4.1 | 4.3 | 4.5 | 4.5 |
| Stop smoking and/or reduce drinking | 4.4 | 4.3 | 4.6B | 4.4 | 4.4 | 4.5 | 4.4 | 4.4 | 4.3 | 4.3 | 4.6IJ |
| Sufficient sleep, such as seven or more hours per night | 4.3 | 4.3 | 4.3 | 4.2 | 4.3 | 4.3 | 4.4 | 4.2 | 4.2 | 4.2 | 4.5IJ |
| Exercise, such as strength or cardiovascular training | 4.3 | 4.2 | 4.4 | 4.3 | 4.3 | 4.2 | 4.2 | 4.3 | 4.2 | 4.1 | 4.5IJ |
| Increase social activity | 3.7 | 3.8D | 3.8D | 3.4 | 3.8 | 3.6 | 3.8 | 3.3 | 3.7 | 3.6 | 3.8 |
| Mindfulness, such as meditation or other relaxation techniques | 3.6 | 3.6 | 3.6 | 3.4 | 3.6 | 3.5 | 3.6 | 3.4 | 3.6 | 3.7 | 3.5 |

Proportions/Means: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

Question W4A

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

A. Exercise, such as strength or cardiovascular training

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | Interview Method | | |
|-------------------------|------------|------------|------------|------------|------------|------------|------------|----------------------|---------------|----------------------|-------------|------------|------------|------------|-----------------------|-----------------------|---------------------|------------|------------|
| | Male | Female | 18-34 | 35-44 | 45-54 | 55-64 | 65+ | Mil-lennials (21-38) | Gen X (39-54) | Baby Boomers (55-73) | North-east | Mid-West | South | West | White Only (Non-Hisp) | Black Only (Non-Hisp) | Hispanic (Any Race) | Land-line | Cell Phone |
| | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) |
| Unweighted Total | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Extremely important (5) | 265 55% | 313 60% | 164 59% | 87 55% | 91 56% | 94 59% | 111 56% | 177 64% | 130 53% | 142 58% | 115 64%N | 129 61% | 200 53% | 134 56% | 336 55% | 69 68% | 98 64% | 123 57% | 455 58% |
| (4) | 115 24% | 115 22% | 68 24% | 40 25% | 41 25% | 34 21% | 42 21% | 58 21% | 67 27% | 52 21% | 29 16% | 40 19% | 94 25% | 66 28%L | 147 24% | 15 14% | 38 25% | 48 22% | 182 23% |
| (3) | 62 13% | 65 12% | 24 9% | 29 18% | 20 12% | 20 13% | 26 13% | 28 10% | 39 16% | 31 13% | 22 12% | 28 13% | 54 14% | 23 10% | 81 13%R | 15 15%R | 5 3% | 26 12% | 100 13% |
| (2) | 17 3%C | 3 1% | 5 2% | * * | 3 2% | 4 2% | 5 2% | 5 2% | 3 1% | 8 3% | 1 1% | 5 2% | 7 2% | 6 3% | 11 2% | 1 1% | 5 3% | 4 2% | 16 2% |
| Not that important (1) | 22 4% | 21 4% | 15 5% | 1 1% | 6 4% | 5 3% | 12 6%E | 11 4% | 6 3% | 11 4% | 9 5% | 5 2% | 21 6% | 9 4% | 27 4% | 1 1% | 8 5% | 9 4% | 34 4% |
| Don't know/Refused | 6 1% | 4 1% | 1 * | 0 0 | 2 1% | 1 1% | 2 1% | 1 * | 0 0 | 1 * | 3 2% | 3 2% | 3 1% | * * | 4 1% | 1 1% | 0 0 | 6 3%T | 3 * |
| Top 2 box (4-5) | 379 80% | 428 82% | 232 84% | 126 81% | 133 81% | 127 81% | 153 77% | 235 84% | 198 80% | 194 79% | 144 81% | 169 80% | 294 78% | 200 84% | 483 80% | 84 83% | 136 89% | 171 79% | 637 81% |
| Bottom 2 box (1-2) | 39 8% | 24 5% | 20 7% | 2 1% | 9 5% | 9 6% | 17 9%E | 16 6% | 10 4% | 19 8% | 10 5% | 10 5% | 28 7% | 15 6% | 37 6% | 2 2% | 12 8% | 13 6% | 50 6% |
| Mean | 4.2 | 4.3 | 4.3 | 4.3 | 4.3 | 4.3 | 4.2 | 4.4 | 4.3 | 4.3 | 4.4 | 4.4 | 4.2 | 4.3 | 4.3 | 4.5 | 4.4 | 4.3 | 4.3 |
| Standard Deviation | 1.09 | 1.00 | 1.07 | 0.84 | 1.00 | 1.02 | 1.16 | 1.01 | 0.96 | 1.09 | 1.05 | 0.96 | 1.11 | 1.00 | 1.05 | 0.86 | 1.05 | 1.05 | 1.05 |
| Standard Error | 0.05 | 0.04 | 0.08 | 0.08 | 0.10 | 0.07 | 0.06 | 0.08 | 0.08 | 0.06 | 0.08 | 0.06 | 0.06 | 0.07 | 0.04 | 0.10 | 0.12 | 0.05 | 0.04 |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4A

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

A. Exercise, such as strength or cardiovascular training

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-------------------------|------------------|------------|--------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT | \$50K- LT | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Extremely important (5) | 578 57% | 208 57% | 112 57% | 121 56% | 384 58% | 172 58% | 123 59% | 84 59% | 220 59% | 132 49% | 198 62%J |
| (4) | 230 23% | 85 23% | 53 27% | 62 29% | 165 25% | 59 20% | 37 18% | 30 21% | 73 20% | 59 22% | 92 29%I |
| (3) | 126 13% | 35 10% | 27 14% | 17 8% | 71 11% | 48 16% | 34 17% | 22 15% | 43 11% | 54 20%IK | 25 8% |
| (2) | 19 2% | 12 3% | 3 1% | 1 * | 12 2% | 6 2% | 5 3% | 0 0 | 10 3%K | 8 3%K | 0 0 |
| Not that important (1) | 43 4% | 21 6% | 3 2% | 14 6% | 27 4% | 13 4% | 9 4% | 7 5% | 24 6%K | 13 5%K | 3 1% |
| Don't know/Refused | 10 1% | * * | 1 * | 0 0 | 2 * | 0 0 | 0 0 | 0 0 | 3 1% | 3 1% | 0 0 |
| Top 2 box (4-5) | 807 80% | 293 81% | 165 83% | 182 85% | 550 83% | 231 78% | 160 77% | 115 80% | 294 79% | 192 71% | 290 91%IJ |
| Bottom 2 box (1-2) | 62 6% | 33 9%C | 6 3% | 14 7% | 38 6% | 19 6% | 14 7% | 7 5% | 34 9%K | 20 7%K | 3 1% |
| Mean | 4.3 | 4.2 | 4.4 | 4.3 | 4.3 | 4.2 | 4.2 | 4.3 | 4.2 | 4.1 | 4.5IJ |
| Standard Deviation | 1.05 | 1.13 | 0.89 | 1.07 | 1.01 | 1.08 | 1.09 | 1.04 | 1.16 | 1.11 | 0.73 |
| Standard Error | 0.03 | 0.06 | 0.06 | 0.08 | 0.04 | 0.07 | 0.09 | 0.10 | 0.06 | 0.07 | 0.04 |

Proportions/Means: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

Question W4B

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

B. Healthy diet, such as eating fruits and vegetables

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | | Interview Method | | |
|-------------------------|------------|-------------|-------------|-------------|------------|------------|------------|----------------------|---------------|----------------------|-------------|------------|------------|------------|-----------------------|-----------------------|---------------------|------------------|------------|------------|
| | Male | Female | 18-34 | 35-44 | 45-54 | 55-64 | 65+ | Mil-lennials (21-38) | Gen X (39-54) | Baby Boomers (55-73) | North-east | Mid-West | South | West | White Only (Non-Hisp) | Black Only (Non-Hisp) | Hispanic (Any Race) | Land-line | Cell Phone | |
| | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Extremely important (5) | 672 67% | 266 55% | 406 78%B | 205 74%F | 101 64% | 90 55% | 107 68% | 139 70%F | 209 75%J | 140 57% | 167 68%J | 128 72% | 142 68% | 242 64% | 160 67% | 389 64% | 88 86%P | 110 72% | 156 72% | 516 65% |
| (4) | 192 19% | 124 26%C | 67 13% | 39 14% | 32 20% | 42 26%D | 32 20% | 35 18% | 35 13% | 64 26%I | 49 20% | 26 15% | 41 19% | 69 18% | 55 23% | 129 21%Q | 9 9% | 23 15% | 37 17% | 155 20% |
| (3) | 81 8% | 45 9% | 36 7% | 18 7% | 17 11% | 15 9% | 12 8% | 11 6% | 22 8% | 27 11% | 15 6% | 15 9% | 17 8% | 38 10% | 11 4% | 46 8% | 3 3% | 15 10% | 11 5% | 70 9% |
| (2) | 27 3% | 26 5%C | 1 * | 8 3% | 7 4% | 6 4% | 3 2% | 3 2% | 12 4% | 8 3% | 5 2% | 4 2% | 6 3% | 14 4% | 3 1% | 18 3% | 0 0 | 3 2% | 5 2% | 22 3% |
| Not that important (1) | 25 3% | 17 3% | 9 2% | 5 2% | 0 | 5 3% | 4 2% | 9 4%E | 1 * | 5 2% | 8 3%I | 2 1% | 1 1% | 13 3% | 9 4% | 17 3% | 2 2% | 3 2% | 4 2% | 21 3% |
| Don't know/Refused | 8 1% | 8 2%C | * * | * * | 0 | 5 3% | 0 | * * | * * | 2 1% | 0 | 3 2% | 2 1% | 3 1% | 0 | 6 1% | 0 | 0 | 2 1% | 6 1% |
| Top 2 box (4-5) | 864 86% | 390 80% | 474 91%B | 244 88% | 133 84% | 133 81% | 139 88% | 174 88% | 244 87% | 204 83% | 217 89% | 154 86% | 183 87% | 311 82% | 216 90%N | 518 86% | 97 95% | 133 87% | 193 89% | 671 85% |
| Bottom 2 box (1-2) | 53 5% | 43 9%C | 10 2% | 14 5% | 7 4% | 11 7% | 7 4% | 12 6% | 13 5% | 13 5% | 13 5% | 6 4% | 7 3% | 27 7% | 13 5% | 35 6% | 2 2% | 5 3% | 9 4% | 44 6% |
| Mean | 4.5 | 4.2 | 4.7B | 4.6 | 4.4 | 4.3 | 4.5 | 4.5 | 4.6J | 4.3 | 4.5 | 4.6 | 4.5 | 4.4 | 4.5 | 4.4 | 4.8P | 4.5 | 4.6T | 4.4 |
| Standard Deviation | 0.94 | 1.06 | 0.76 | 0.89 | 0.86 | 1.01 | 0.90 | 1.00 | 0.84 | 0.95 | 0.94 | 0.84 | 0.82 | 1.03 | 0.94 | 0.96 | 0.66 | 0.87 | 0.85 | 0.96 |
| Standard Error | 0.03 | 0.05 | 0.03 | 0.07 | 0.09 | 0.10 | 0.06 | 0.05 | 0.06 | 0.08 | 0.05 | 0.06 | 0.05 | 0.05 | 0.07 | 0.04 | 0.08 | 0.10 | 0.04 | 0.04 |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4B

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

B. Healthy diet, such as eating fruits and vegetables

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-------------------------|------------------|------------|--------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT | \$50K- LT | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | | | | | | | | |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Extremely important (5) | 672 67% | 241 67% | 124 62% | 147 69% | 456 69% | 189 63% | 136 65% | 90 63% | 238 64% | 169 63% | 241 76%IJ |
| (4) | 192 19% | 63 17% | 55 28%B | 46 22% | 121 18% | 62 21% | 45 22% | 28 20% | 68 18% | 56 21% | 58 18% |
| (3) | 81 8% | 36 10% | 16 8% | 9 4% | 49 7% | 28 9% | 15 7% | 16 11% | 35 9% | 24 9% | 14 4% |
| (2) | 27 3% | 14 4%D | 4 2% | * * | 21 3% | 6 2% | 6 3% | 2 1% | 17 5% | 7 2% | 4 1% |
| Not that important (1) | 25 3% | 9 2% | 0 0 | 11 5%C | 11 2% | 12 4% | 7 3% | 7 5% | 14 4%K | 8 3%K | 1 * |
| Don't know/Refused | 8 1% | * * | 0 0 | 0 0 | 3 * | * * | 0 0 | 0 0 | * * | 5 2% | * * |
| Top 2 box (4-5) | 864 86% | 304 84% | 179 90% | 194 90% | 577 87% | 251 84% | 181 87% | 118 82% | 306 82% | 225 84% | 298 94%IJ |
| Bottom 2 box (1-2) | 53 5% | 22 6% | 4 2% | 12 6% | 32 5% | 18 6% | 12 6% | 9 6% | 31 8%K | 15 5%K | 5 2% |
| Mean | 4.5 | 4.4 | 4.5 | 4.5 | 4.5 | 4.4 | 4.4 | 4.3 | 4.3 | 4.4 | 4.7IJ |
| Standard Deviation | 0.94 | 0.98 | 0.72 | 0.99 | 0.89 | 1.02 | 0.97 | 1.07 | 1.07 | 0.97 | 0.66 |
| Standard Error | 0.03 | 0.05 | 0.05 | 0.07 | 0.03 | 0.07 | 0.08 | 0.10 | 0.06 | 0.06 | 0.04 |

Proportions/Means: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

Question W4C

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

C. Sufficient sleep, such as seven or more hours per night

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | Interview Method | | | |
|-------------------------|------------|------------|-------------|------------|------------|------------|------------|----------------------|---------------|----------------------|------------|-------------|------------|------------|-----------------------|-----------------------|---------------------|------------|-------------|------------|
| | Male | Female | 18-34 | 35-44 | 45-54 | 55-64 | 65+ | Mil-lennials (21-38) | Gen X (39-54) | Baby Boomers (55-73) | North-east | Mid-West | South | West | White Only (Non-Hisp) | Black Only (Non-Hisp) | Hispanic (Any Race) | Land-line | Cell Phone | |
| | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Extremely important (5) | 574 57% | 242 50% | 332 64%B | 155 56% | 89 57% | 87 53% | 90 57% | 125 63% | 166 60% | 132 53% | 144 59% | 114 64% | 114 54% | 206 54% | 140 59% | 336 56% | 63 62% | 94 61% | 136 63%T | 438 55% |
| (4) | 239 24% | 125 26% | 115 22% | 74 27% | 35 22% | 37 22% | 43 27% | 44 22% | 67 24% | 58 23% | 65 27% | 40 22% | 56 27% | 78 21% | 66 28% | 147 24% | 23 23% | 35 23% | 43 20% | 196 25% |
| (3) | 104 10% | 65 13%C | 40 8% | 32 12% | 12 8% | 26 16%H | 17 11% | 14 7% | 31 11% | 29 12% | 22 9% | 12 7% | 29 14% | 49 13% | 15 6% | 75 12% | 9 9% | 6 4% | 21 10% | 83 11% |
| (2) | 39 4% | 24 5% | 14 3% | 9 3% | 8 5% | 9 5% | 3 2% | 3 1% | 13 5% | 12 5% | 4 2% | 5 3% | 4 2% | 28 7%MO | 1 1% | 24 4% | 2 2% | 5 3% | 4 2% | 34 4% |
| Not that important (1) | 31 3% | 21 4% | 9 2% | 6 2% | 6 4% | 3 2% | 5 3% | 8 4% | 1 * | 9 4% | 8 3%I | 6 3% | 4 2% | 11 3% | 9 4% | 19 3% | 2 2% | 7 4% | 3 2% | 27 3% |
| Don't know/Refused | 19 2% | 8 2% | 11 2% | 1 * | 7 4% | 2 1% | 1 1% | 4 2% | 1 * | 7 3% | 1 1% | 2 1% | 3 2% | 7 2% | 7 3% | 4 1% | 3 3% | 7 4%P | 8 4%T | 11 1% |
| Top 2 box (4-5) | 813 81% | 367 75% | 446 86%B | 228 83% | 124 79% | 123 75% | 132 84% | 169 86% | 233 84% | 190 77% | 209 86% | 154 86%N | 170 81% | 283 75% | 206 86%N | 483 80% | 87 85% | 129 84% | 179 83% | 634 80% |
| Bottom 2 box (1-2) | 69 7% | 46 9%C | 23 4% | 15 5% | 14 9% | 12 7% | 7 5% | 11 6% | 13 5% | 22 9% | 12 5% | 11 6% | 8 4% | 40 10%M | 11 4% | 43 7% | 4 3% | 12 8% | 8 3% | 61 8%S |
| Mean | 4.3 | 4.1 | 4.5B | 4.3 | 4.3 | 4.2 | 4.3 | 4.4 | 4.4 | 4.2 | 4.4 | 4.4N | 4.3 | 4.2 | 4.4 | 4.3 | 4.5 | 4.4 | 4.5T | 4.3 |
| Standard Deviation | 1.02 | 1.11 | 0.89 | 0.95 | 1.09 | 1.03 | 0.95 | 1.00 | 0.88 | 1.09 | 0.95 | 0.97 | 0.92 | 1.11 | 0.95 | 1.03 | 0.87 | 1.04 | 0.88 | 1.05 |
| Standard Error | 0.03 | 0.05 | 0.04 | 0.07 | 0.11 | 0.10 | 0.07 | 0.05 | 0.07 | 0.09 | 0.05 | 0.07 | 0.06 | 0.06 | 0.07 | 0.04 | 0.11 | 0.12 | 0.04 | 0.04 |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4C

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

C. Sufficient sleep, such as seven or more hours per night

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-------------------------|------------------|------------|--------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT | \$50K- LT | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | | | | | | | | |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Extremely important (5) | 574 57% | 218 60% | 105 53% | 109 51% | 364 55% | 184 62% | 135 65% | 89 62% | 215 58% | 140 52% | 195 61% |
| (4) | 239 24% | 71 20% | 58 29% | 68 32%B | 173 26% | 59 20% | 39 19% | 25 18% | 72 19% | 73 27% | 87 27% |
| (3) | 104 10% | 38 11% | 25 12% | 22 10% | 74 11% | 27 9% | 16 8% | 13 9% | 35 9% | 35 13% | 30 9% |
| (2) | 39 4% | 16 5% | 6 3% | 5 2% | 25 4% | 13 4% | 10 5% | 6 4% | 19 5%K | 12 4% | 4 1% |
| Not that important (1) | 31 3% | 9 3% | 4 2% | 10 5% | 14 2% | 14 5% | 8 4% | 10 7% | 22 6%K | 5 2% | * * |
| Don't know/Refused | 19 2% | 9 2% | 1 * | 0 0 | 11 2% | 1 * | 0 0 | * * | 10 3% | 4 2% | 2 * |
| Top 2 box (4-5) | 813 81% | 289 80% | 163 82% | 177 83% | 537 81% | 243 82% | 175 84% | 114 79% | 286 77% | 212 79% | 282 89%IJ |
| Bottom 2 box (1-2) | 69 7% | 26 7% | 10 5% | 15 7% | 39 6% | 27 9% | 18 9% | 16 11% | 41 11%K | 17 6%K | 5 1% |
| Mean | 4.3 | 4.3 | 4.3 | 4.2 | 4.3 | 4.3 | 4.4 | 4.2 | 4.2 | 4.2 | 4.5IJ |
| Standard Deviation | 1.02 | 1.02 | 0.95 | 1.05 | 0.96 | 1.10 | 1.07 | 1.21 | 1.19 | 0.98 | 0.73 |
| Standard Error | 0.03 | 0.05 | 0.07 | 0.07 | 0.04 | 0.08 | 0.09 | 0.12 | 0.07 | 0.06 | 0.04 |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

Question W4D

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

D. Mindfulness, such as meditation or other relaxation techniques

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | | Interview Method | | |
|-------------------------|--------------|-------------|--------------------|------------------|------------------|------------------|------------------|------------|---|-------------------------|-----------------------------------|-----------------------|---------------------|--------------|-------------|--|--|---------------------------------------|----------------------|----------------------|
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | 65+ (H) | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | North- east (L) | Mid- West (M) | South (N) | West (O) | White Only (Non- Hispanic) (P) | Black Only (Non- Hispanic) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) |
| | | | | | | | | | | | | | | | | | | | | |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Extremely important (5) | 321 32% | 134 28% | 186 36%B | 94 34% | 43 27% | 45 28% | 52 33% | 72 36% | 96 34% | 69 28% | 86 35% | 60 34% | 64 30% | 121 32% | 76 32% | 155 26% | 51 50%P | 62 41%P | 72 34% | 248 31% |
| (4) | 222 22% | 110 23% | 112 22% | 71 26% | 38 24% | 37 22% | 29 18% | 39 20% | 75 27%K | 54 22% | 43 18% | 43 24% | 50 24% | 84 22% | 44 18% | 140 23% | 15 15% | 34 22% | 50 23% | 172 22% |
| (3) | 255 25% | 115 24% | 140 27% | 75 27% | 44 28% | 50 31% | 35 22% | 41 21% | 76 27% | 72 29% | 55 23% | 36 20% | 56 27% | 87 23% | 75 31% | 168 28% | 21 20% | 35 23% | 48 22% | 207 26% |
| (2) | 95 9% | 57 12% | 39 7% | 26 9% | 10 6% | 17 11% | 23 14% | 16 8% | 15 5% | 27 11% | 32 13%I | 15 8% | 20 9% | 33 9% | 28 12% | 70 12% | 7 7% | 8 5% | 17 8% | 79 10% |
| Not that important (1) | 101 10% | 63 13%C | 38 7% | 11 4% | 22 14%D | 11 7% | 20 12%D | 24 12%D | 18 7% | 25 10% | 28 11% | 22 12% | 16 8% | 48 13% | 15 6% | 65 11% | 7 7% | 14 9% | 22 10% | 79 10% |
| Don't know/Refused | 12 1% | 8 2% | 4 1% | 0 0% | 0 0% | 2 1% | 0 0% | 6 3%DG | 0 0% | 0 0% | 1 * | 3 1% | 4 2% | 5 1% | 1 * | 7 1% | 1 1% | 0 0% | 8 4%T | 4 1% |
| Top 2 box (4-5) | 542 54% | 244 50% | 298 57% | 165 60% | 81 51% | 82 50% | 81 51% | 111 56% | 171 61% | 123 50% | 129 53% | 103 58% | 113 54% | 205 54% | 120 50% | 295 49% | 66 65%P | 96 63% | 122 56% | 420 53% |
| Bottom 2 box (1-2) | 197 20% | 120 25%C | 77 15% | 37 13% | 32 21% | 29 18% | 42 27%D | 40 20% | 33 12% | 52 21% | 60 24%I | 37 21% | 36 17% | 81 21% | 43 18% | 135 22% | 14 14% | 22 14% | 39 18% | 158 20% |
| Mean | 3.6 | 3.4 | 3.7B | 3.8G | 3.4 | 3.5 | 3.4 | 3.6 | 3.8 | 3.5 | 3.5 | 3.6 | 3.6 | 3.5 | 3.6 | 3.4 | 4.0P | 3.8P | 3.6 | 3.5 |
| Standard Deviation | 1.30 | 1.35 | 1.24 | 1.14 | 1.33 | 1.21 | 1.40 | 1.38 | 1.17 | 1.28 | 1.38 | 1.36 | 1.24 | 1.36 | 1.22 | 1.28 | 1.27 | 1.27 | 1.31 | 1.30 |
| Standard Error | 0.04 | 0.06 | 0.06 | 0.08 | 0.13 | 0.12 | 0.10 | 0.07 | 0.09 | 0.10 | 0.07 | 0.10 | 0.08 | 0.07 | 0.09 | 0.05 | 0.15 | 0.15 | 0.07 | 0.05 |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4D

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

D. Mindfulness, such as meditation or other relaxation techniques

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-------------------------|------------------|------------|--------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT | \$50K- LT | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | | | | | | | | |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Extremely important (5) | 321 32% | 127 35% | 54 27% | 56 26% | 221 33% | 91 30% | 72 34% | 37 26% | 127 34% | 89 33% | 90 28% |
| (4) | 222 22% | 71 20% | 66 33%BD | 45 21% | 142 22% | 70 24% | 55 26% | 36 25% | 77 21% | 70 26% | 65 21% |
| (3) | 255 25% | 95 26% | 40 20% | 63 29% | 176 27% | 66 22% | 35 17% | 37 26% | 83 22% | 61 23% | 104 33%IJ |
| (2) | 95 9% | 38 10% | 19 10% | 20 9% | 62 9% | 30 10% | 23 11% | 11 7% | 45 12% | 19 7% | 29 9% |
| Not that important (1) | 101 10% | 28 8% | 20 10% | 30 14% | 54 8% | 40 13% | 23 11% | 23 16% | 38 10% | 25 9% | 28 9% |
| Don't know/Refused | 12 1% | 2 * | 0 0 | * * | 6 1% | * * | 0 0 | * * | 3 1% | 5 2% | 1 * |
| Top 2 box (4-5) | 542 54% | 199 55% | 119 60%D | 101 47% | 363 55% | 161 54% | 127 61% | 73 51% | 204 55% | 159 59%K | 156 49% |
| Bottom 2 box (1-2) | 197 20% | 66 18% | 39 20% | 50 23% | 116 18% | 70 24% | 47 22% | 33 23% | 82 22% | 44 16% | 58 18% |
| Mean | 3.6 | 3.6 | 3.6 | 3.4 | 3.6 | 3.5 | 3.6 | 3.4 | 3.6 | 3.7 | 3.5 |
| Standard Deviation | 1.30 | 1.27 | 1.26 | 1.34 | 1.26 | 1.37 | 1.35 | 1.37 | 1.34 | 1.27 | 1.24 |
| Standard Error | 0.04 | 0.07 | 0.09 | 0.10 | 0.05 | 0.09 | 0.11 | 0.13 | 0.07 | 0.08 | 0.07 |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

Question W4E

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

E. Routine medical care, such as annual physicals or consistent dental cleanings

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | | Interview Method | | |
|-------------------------|------------|-------------|-------------|--------------|------------|------------|-------------|----------------------|---------------|----------------------|-------------|-------------|------------|------------|-----------------------|-----------------------|---------------------|------------------|-------------|------------|
| | Male | Female | 18-34 | 35-44 | 45-54 | 55-64 | 65+ | Mil-lennials (21-38) | Gen X (39-54) | Baby Boomers (55-73) | North-east | Mid-West | South | West | White Only (Non-Hisp) | Black Only (Non-Hisp) | Hispanic (Any Race) | Land-line | Cell Phone | |
| | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Extremely important (5) | 661 66% | 259 53% | 403 77%B | 159 57% | 108 69% | 107 65% | 114 72%D | 143 72%D | 174 62% | 163 66% | 178 73%I | 132 74%M | 124 59% | 245 65% | 161 67% | 384 64% | 85 84%P | 101 66% | 156 72%T | 506 64% |
| (4) | 170 17% | 111 23%C | 59 11% | 68 25%EGH | 14 9% | 32 19% | 23 14% | 27 14% | 56 20% | 40 16% | 35 14% | 27 15% | 47 22% | 55 14% | 42 17% | 111 18% | 11 11% | 26 17% | 29 14% | 141 18% |
| (3) | 95 9% | 60 12%C | 35 7% | 32 11% | 17 11% | 7 5% | 15 10% | 17 8% | 27 10% | 20 8% | 24 10% | 7 4% | 27 13%L | 40 11%L | 21 9% | 59 10% | 4 3% | 11 7% | 18 9% | 77 10% |
| (2) | 25 2% | 22 5%C | 3 1% | 6 2% | 4 2% | 7 4% | 3 2% | 4 2% | 8 3% | 9 3% | 4 2% | 3 2% | 4 2% | 16 4% | 2 1% | 18 3% | 1 1% | 5 3% | 3 2% | 22 3% |
| Not that important (1) | 43 4% | 24 5% | 18 3% | 11 4% | 14 9%G | 6 4% | 2 1% | 7 3% | 15 5%K | 13 5%K | 3 1% | 7 4% | 4 2% | 18 5% | 13 5% | 27 4% | 1 1% | 11 7% | 5 2% | 38 5% |
| Don't know/Refused | 11 1% | 9 2% | 2 * | * * | 0 0 | 5 3% | 1 1% | * * | * * | 2 1% | 1 1% | 2 1% | 3 1% | 5 1% | 1 * | 6 1% | 0 0 | 0 0 | 4 2% | 7 1% |
| Top 2 box (4-5) | 832 83% | 370 76% | 462 89%B | 227 82% | 122 78% | 138 84% | 136 86% | 170 86% | 229 82% | 203 82% | 213 87% | 159 89%N | 171 81% | 300 79% | 202 85% | 495 82% | 96 95%P | 127 83% | 185 86% | 647 82% |
| Bottom 2 box (1-2) | 68 7% | 46 10%C | 21 4% | 17 6% | 18 11%G | 13 8% | 5 3% | 11 5% | 23 8%K | 21 9%K | 7 3% | 10 6% | 9 4% | 34 9% | 14 6% | 45 7% | 2 2% | 16 10% | 8 4% | 60 8%S |
| Mean | 4.4 | 4.2 | 4.6B | 4.3 | 4.3 | 4.4 | 4.6D | 4.5 | 4.3 | 4.4 | 4.6I | 4.6 | 4.4 | 4.3 | 4.4 | 4.3 | 4.7PR | 4.3 | 4.6T | 4.3 |
| Standard Deviation | 1.05 | 1.13 | 0.91 | 1.03 | 1.29 | 1.03 | 0.84 | 0.98 | 1.10 | 1.11 | 0.82 | 0.96 | 0.94 | 1.13 | 1.06 | 1.07 | 0.68 | 1.18 | 0.89 | 1.08 |
| Standard Error | 0.03 | 0.05 | 0.04 | 0.08 | 0.13 | 0.10 | 0.06 | 0.05 | 0.08 | 0.09 | 0.04 | 0.07 | 0.06 | 0.06 | 0.08 | 0.04 | 0.08 | 0.14 | 0.04 | 0.04 |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4E

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

E. Routine medical care, such as annual physicals or consistent dental cleanings

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-------------------------|------------------|------------|--------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT | \$50K- LT | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | | | | | | | | |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Extremely important (5) | 661 66% | 238 66% | 130 65% | 132 62% | 442 67% | 194 65% | 138 66% | 88 62% | 248 67% | 170 63% | 218 68% |
| (4) | 170 17% | 64 18% | 36 18% | 43 20% | 122 19% | 41 14% | 25 12% | 19 13% | 52 14% | 57 21% | 55 17% |
| (3) | 95 9% | 41 11% | 18 9% | 17 8% | 58 9% | 33 11% | 22 10% | 19 13% | 34 9% | 26 10% | 28 9% |
| (2) | 25 2% | 6 2% | 6 3% | 5 2% | 18 3% | 6 2% | 6 3% | 1 1% | 12 3% | 6 2% | 6 2% |
| Not that important (1) | 43 4% | 13 4% | 8 4% | 15 7% | 16 2% | 23 8%E | 18 9% | 16 11% | 26 7%J | 4 1% | 10 3% |
| Don't know/Refused | 11 1% | * * | 1 * | 0 0 | 4 1% | * * | 0 0 | 0 0 | * * | 6 2%I | 1 * |
| Top 2 box (4-5) | 832 83% | 302 83% | 166 84% | 176 82% | 565 85% | 234 79% | 163 78% | 107 75% | 300 80% | 227 84% | 273 86% |
| Bottom 2 box (1-2) | 68 7% | 19 5% | 14 7% | 21 10% | 34 5% | 30 10%E | 24 12% | 17 12% | 38 10%J | 10 4% | 16 5% |
| Mean | 4.4 | 4.4 | 4.4 | 4.3 | 4.5F | 4.3 | 4.2 | 4.1 | 4.3 | 4.5 | 4.5 |
| Standard Deviation | 1.05 | 1.00 | 1.04 | 1.17 | 0.94 | 1.22 | 1.27 | 1.33 | 1.20 | 0.87 | 0.97 |
| Standard Error | 0.03 | 0.05 | 0.07 | 0.08 | 0.03 | 0.08 | 0.10 | 0.13 | 0.07 | 0.05 | 0.05 |

Proportions/Means: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W4F

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

F. Stop smoking and/or reduce drinking

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | Interview Method | | | |
|-------------------------|--------------|-------------|--------------------|------------------|------------------|------------------|------------------|------------|---|-------------------------|-----------------------------------|-----------------------|---------------------|--------------|-------------|--|--|---------------------------------------|----------------------|----------------------|
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | 65+ (H) | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | North- east (L) | Mid- West (M) | South (N) | West (O) | White Only (Non- Hisp) (P) | Black Only (Non- Hisp) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) |
| | | | | | | | | | | | | | | | | | | | | |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Extremely important (5) | 726 72% | 340 70% | 386 74% | 188 68% | 127 81% | 111 68% | 123 78% | 146 74% | 202 72% | 181 73% | 189 77% | 136 76% | 160 76% | 258 68% | 171 72% | 438 72% | 78 77% | 114 74% | 160 74% | 565 72% |
| (4) | 96 10% | 45 9% | 52 10% | 37 14%G | 13 9% | 19 12% | 8 5% | 16 8% | 34 12% | 25 10% | 15 6% | 18 10% | 15 7% | 36 9% | 28 12% | 58 10% | 11 11% | 14 9% | 15 7% | 81 10% |
| (3) | 60 6% | 40 8%C | 20 4% | 15 5% | 8 5% | 12 7% | 13 8%H | 5 2% | 17 6% | 17 7% | 15 6% | 7 4% | 8 4% | 29 8% | 17 7% | 43 7% | 2 2% | 9 6% | 11 5% | 50 6% |
| (2) | 20 2% | 10 2% | 9 2% | 11 4% | * * | 3 2% | 1 * | 2 1% | 6 2% | 4 1% | 1 * | 1 1% | 5 3% | 6 2% | 7 3% | 14 2% | 0 0 | 3 2% | 4 2% | 16 2% |
| Not that important (1) | 84 8% | 44 9% | 40 8% | 25 9% | 5 3% | 13 8% | 12 7% | 23 12%E | 19 7% | 15 6% | 21 8% | 14 8% | 14 7% | 42 11% | 13 6% | 40 7% | 9 9% | 13 9% | 14 6% | 70 9% |
| Don't know/Refused | 21 2% | 7 2% | 13 3% | * * | 3 2% | 5 3% | 2 1% | 6 3%D | * * | 5 2% | 3 1% | 3 2% | 7 3% | 8 2% | 2 1% | 13 2% | 1 1% | 1 1% | 13 6%T | 8 1% |
| Top 2 box (4-5) | 822 82% | 384 79% | 438 84% | 226 82% | 141 90% | 131 80% | 131 83% | 162 82% | 236 85% | 206 83% | 205 84% | 153 86% | 175 83% | 294 78% | 199 83% | 496 82% | 89 88% | 128 83% | 175 81% | 647 82% |
| Bottom 2 box (1-2) | 103 10% | 54 11% | 49 9% | 35 13%E | 5 3% | 16 10% | 12 8% | 25 13%E | 25 9% | 19 8% | 22 9% | 16 9% | 20 9% | 48 13% | 20 8% | 54 9% | 9 9% | 16 10% | 17 8% | 86 11% |
| Mean | 4.4 | 4.3 | 4.5 | 4.3 | 4.7DH | 4.3 | 4.5 | 4.4 | 4.4 | 4.5 | 4.5 | 4.5 | 4.5 | 4.2 | 4.4 | 4.4 | 4.5 | 4.4 | 4.5 | 4.3 |
| Standard Deviation | 1.22 | 1.27 | 1.17 | 1.27 | 0.85 | 1.22 | 1.16 | 1.34 | 1.15 | 1.11 | 1.20 | 1.17 | 1.16 | 1.34 | 1.11 | 1.16 | 1.17 | 1.24 | 1.13 | 1.25 |
| Standard Error | 0.04 | 0.06 | 0.05 | 0.10 | 0.09 | 0.12 | 0.08 | 0.07 | 0.09 | 0.09 | 0.06 | 0.08 | 0.08 | 0.07 | 0.08 | 0.04 | 0.14 | 0.15 | 0.06 | 0.05 |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4F

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

F. Stop smoking and/or reduce drinking

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-------------------------|------------------|------------|--------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT | \$50K- LT | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | | | | | | | | |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Extremely important (5) | 726 72% | 253 70% | 154 78% | 156 73% | 478 72% | 225 76% | 157 75% | 102 71% | 267 72% | 180 67% | 254 80%J |
| (4) | 96 10% | 41 11% | 14 7% | 25 12% | 59 9% | 33 11% | 21 10% | 17 12% | 30 8% | 39 14%K | 22 7% |
| (3) | 60 6% | 15 4% | 24 12%BD | 8 4% | 43 7% | 13 4% | 10 5% | 8 5% | 21 6% | 15 6% | 17 5% |
| (2) | 20 2% | 10 3% | 2 1% | 4 2% | 13 2% | 4 1% | 2 1% | 4 2% | 3 1% | 10 4%I | 4 1% |
| Not that important (1) | 84 8% | 42 12%C | 2 1% | 16 8%C | 56 8% | 21 7% | 17 8% | 11 8% | 48 13%K | 19 7% | 13 4% |
| Don't know/Refused | 21 2% | 2 1% | 2 1% | 5 2% | 12 2% | 2 1% | 1 * | 2 1% | 3 1% | 6 2% | 8 2% |
| Top 2 box (4-5) | 822 82% | 294 81% | 168 85% | 181 85% | 537 81% | 258 87% | 179 85% | 119 83% | 297 80% | 219 81% | 276 87% |
| Bottom 2 box (1-2) | 103 10% | 51 14%C | 4 2% | 20 9%C | 69 10% | 25 8% | 19 9% | 15 10% | 51 14%K | 29 11%K | 17 5% |
| Mean | 4.4 | 4.3 | 4.6B | 4.4 | 4.4 | 4.5 | 4.4 | 4.4 | 4.3 | 4.3 | 4.6IJ |
| Standard Deviation | 1.22 | 1.35 | 0.82 | 1.17 | 1.23 | 1.13 | 1.19 | 1.20 | 1.38 | 1.20 | 0.96 |
| Standard Error | 0.04 | 0.07 | 0.06 | 0.08 | 0.05 | 0.08 | 0.10 | 0.12 | 0.08 | 0.07 | 0.05 |

Proportions/Means: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

Question W4G

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

G. Increase social activity

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | | Interview Method | | |
|-------------------------|--------------|-------------|--------------------|------------------|------------------|------------------|------------------|------------|---|-------------------------|-----------------------------------|-----------------------|---------------------|--------------|-------------|--|--|---------------------------------------|----------------------|----------------------|
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | 65+ (H) | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | North- east (L) | Mid- West (M) | South (N) | West (O) | White Only (Non- Hispanic) (P) | Black Only (Non- Hispanic) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) |
| | | | | | | | | | | | | | | | | | | | | |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Extremely important (5) | 340 34% | 127 26% | 212 41%B | 99 36% | 45 29% | 41 25% | 61 39%F | 68 35% | 99 35% | 67 27% | 90 37% | 78 44%NO | 71 34% | 117 31% | 73 30% | 180 30% | 55 55%P | 61 40% | 85 39%T | 255 32% |
| (4) | 263 26% | 127 26% | 136 26% | 79 29% | 43 28% | 43 27% | 39 24% | 49 25% | 70 25% | 71 29% | 64 26% | 50 28% | 53 25% | 99 26% | 61 26% | 166 28% | 18 18% | 42 28% | 55 25% | 209 26% |
| (3) | 244 24% | 132 27% | 112 22% | 61 22% | 40 25% | 42 25% | 38 24% | 56 28% | 63 23% | 63 26% | 59 24% | 29 16% | 53 25% | 88 23% | 75 31%L | 156 26% | 15 15% | 29 19% | 54 25% | 191 24% |
| (2) | 84 8% | 44 9% | 40 8% | 19 7% | 16 10% | 25 15%GH | 10 6% | 11 6% | 28 10% | 30 12% | 16 6% | 8 5% | 20 9% | 45 12%LO | 11 5% | 55 9% | 10 10% | 11 7% | 9 4% | 76 10%S |
| Not that important (1) | 64 6% | 47 10%C | 17 3% | 18 7% | 12 8% | 8 5% | 10 7% | 12 6% | 20 7% | 13 5% | 16 6% | 10 5% | 9 4% | 26 7% | 19 8% | 41 7% | 3 3% | 10 6% | 9 4% | 55 7% |
| Don't know/Refused | 10 1% | 8 2% | 2 * | 0 0 | 0 0 | 5 3% | 1 * | 2 1% | 0 0 | 2 1% | 1 * | 3 2% | 4 2% | 3 1% | 0 0 | 7 1% | 0 0 | 0 0 | 5 2% | 6 1% |
| Top 2 box (4-5) | 603 60% | 255 52% | 348 67%B | 179 65% | 89 57% | 84 51% | 100 63% | 117 59% | 168 60% | 138 56% | 154 63% | 129 72%MNO | 124 59% | 216 57% | 134 56% | 346 57% | 74 72%P | 104 68% | 139 65% | 463 59% |
| Bottom 2 box (1-2) | 148 15% | 91 19%C | 57 11% | 37 13% | 28 18% | 33 20% | 20 13% | 23 12% | 48 17% | 43 17% | 31 13% | 18 10% | 29 14% | 71 19%L | 30 13% | 96 16% | 13 13% | 20 13% | 18 8% | 130 16%S |
| Mean | 3.7 | 3.5 | 3.9B | 3.8 | 3.6 | 3.5 | 3.8 | 3.8 | 3.7 | 3.6 | 3.8 | 4.0NO | 3.8 | 3.6 | 3.7 | 3.6 | 4.1P | 3.9 | 3.9T | 3.7 |
| Standard Deviation | 1.20 | 1.25 | 1.11 | 1.19 | 1.23 | 1.18 | 1.20 | 1.16 | 1.25 | 1.16 | 1.19 | 1.14 | 1.15 | 1.23 | 1.19 | 1.20 | 1.17 | 1.20 | 1.10 | 1.22 |
| Standard Error | 0.04 | 0.06 | 0.05 | 0.09 | 0.12 | 0.12 | 0.08 | 0.06 | 0.09 | 0.09 | 0.06 | 0.08 | 0.08 | 0.06 | 0.09 | 0.05 | 0.14 | 0.14 | 0.06 | 0.05 |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W4G

When you think about trying to improve your health, how important do you consider each of the following activities? Please use a 5 point scale, where a 1 means 'not that important' and a 5 means 'extremely important'. You may use any number between 1 and 5. How important do you think this activity is to improving your health?

G. Increase social activity

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-------------------------|------------------|-------------|--------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT | \$50K- LT | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | | | | | | | | |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Extremely important (5) | 340 34% | 130 36%D | 61 31% | 50 24% | 236 36% | 88 29% | 72 35% | 35 24% | 140 38%J | 69 26% | 110 35% |
| (4) | 263 26% | 84 23% | 63 32% | 60 28% | 156 24% | 93 31% | 70 33% | 33 23% | 81 22% | 78 29% | 94 30% |
| (3) | 244 24% | 98 27% | 47 24% | 58 27% | 175 26% | 62 21% | 35 17% | 36 25% | 77 21% | 78 29% | 81 25% |
| (2) | 84 8% | 29 8% | 21 11% | 20 10% | 54 8% | 30 10% | 14 7% | 22 16% | 41 11%K | 27 10% | 16 5% |
| Not that important (1) | 64 6% | 21 6% | 6 3% | 25 12%C | 35 5% | 25 8% | 17 8% | 16 11% | 32 9% | 12 4% | 16 5% |
| Don't know/Refused | 10 1% | * * | 1 * | 0 0 | 6 1% | 0 0 | 0 0 | 0 0 | 2 * | 5 2% | 1 * |
| Top 2 box (4-5) | 603 60% | 214 59% | 124 62% | 111 52% | 391 59% | 181 61% | 142 68% | 68 48% | 220 59% | 147 54% | 204 64% |
| Bottom 2 box (1-2) | 148 15% | 50 14% | 27 14% | 45 21% | 89 13% | 55 18% | 32 15% | 39 27% | 73 20%K | 39 15% | 32 10% |
| Mean | 3.7 | 3.8D | 3.8D | 3.4 | 3.8 | 3.6 | 3.8 | 3.3 | 3.7 | 3.6 | 3.8 |
| Standard Deviation | 1.20 | 1.19 | 1.09 | 1.27 | 1.18 | 1.24 | 1.22 | 1.31 | 1.31 | 1.12 | 1.12 |
| Standard Error | 0.04 | 0.06 | 0.08 | 0.09 | 0.04 | 0.08 | 0.10 | 0.13 | 0.07 | 0.07 | 0.06 |

Proportions/Means: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W5

How much time per week are you willing to invest to improve your overall health and well-being by pursuing activities such as consistent exercise, researching healthy foods or recipes, or engaging in wellness coaching or smoking cessation programs? Would you say...

| | Sex | | Age | | | | | Generation | | | Region | | | | Race | | Hispanic | | Interview Method | |
|-------------------------|------------|------------|------------|-------------|------------|------------|------------|----------------------|---------------|----------------------|------------|------------|-------------|-------------|-----------------------|-----------------------|------------|-----------|------------------|-------------|
| | Male | Female | 18-34 | 35-44 | 45-54 | 55-64 | 65+ | Mil-lennials (21-38) | Gen X (39-54) | Baby Boomers (55-73) | North-east | Mid-West | South | West | White Only (Non-Hisp) | Black Only (Non-Hisp) | (Any Race) | Land-line | Cell Phone | |
| | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Less than 6 hours (Net) | 638 63% | 298 61% | 340 65% | 169 61% | 104 66% | 106 65% | 97 61% | 134 68% | 170 61% | 159 64% | 158 64% | 95 53% | 142 68%L | 244 65%L | 157 66% | 395 65% | 65 64% | 92 60% | 148 69% | 490 62% |
| Less than an hour | 136 14% | 69 14% | 67 13% | 35 13% | 24 15% | 20 12% | 18 11% | 31 16% | 30 11% | 37 15% | 30 12% | 14 8% | 28 13% | 63 17%L | 31 13% | 85 14% | 10 10% | 20 13% | 29 13% | 107 14% |
| 1 to less than 3 hours | 252 25% | 109 23% | 143 27% | 66 24% | 33 21% | 41 25% | 41 26% | 61 31% | 66 24% | 57 23% | 73 30% | 39 22% | 57 27% | 84 22% | 72 30% | 160 27% | 16 16% | 39 26% | 65 30% | 187 24% |
| 3 to less than 6 hours | 250 25% | 120 25% | 130 25% | 68 25% | 46 30% | 45 27% | 37 23% | 42 21% | 74 27% | 65 26% | 55 22% | 41 23% | 58 27% | 97 26% | 54 23% | 149 25% | 39 38%P | 33 22% | 54 25% | 196 25% |
| 6 hours or more (Net) | 343 34% | 175 36% | 168 32% | 107 39%H | 52 33% | 54 33% | 58 36%H | 53 27% | 108 39% | 84 34% | 79 32% | 79 44%M | 65 31% | 119 31% | 80 34% | 198 33% | 34 33% | 60 39% | 56 26% | 287 36%S |
| 6 to less than 9 hours | 162 16% | 80 16% | 82 16% | 51 18% | 22 14% | 31 19% | 29 18% | 24 12% | 53 19% | 43 18% | 37 15% | 37 20% | 35 17% | 47 13% | 43 18% | 92 15% | 18 18% | 33 21% | 31 14% | 131 17% |
| 9 hours or more | 181 18% | 95 20% | 86 16% | 56 20% | 30 19% | 23 14% | 29 18% | 29 15% | 55 20% | 41 16% | 41 17% | 43 24% | 30 14% | 71 19% | 37 16% | 106 17% | 16 15% | 27 18% | 25 12% | 156 20%S |
| Don't know/Refused | 25 2% | 12 3% | 13 2% | * * | 2 1% | 4 2% | 4 2% | 10 5%D | 2 1% | 4 2% | 8 3% | 5 3% | 3 1% | 15 4% | 2 1% | 12 2% | 3 3% | 1 1% | 12 6%T | 13 2% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W5

How much time per week are you willing to invest to improve your overall health and well-being by pursuing activities such as consistent exercise, researching healthy foods or recipes, or engaging in wellness coaching or smoking cessation programs? Would you say...

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-------------------------|------------------|--------------------|---------------------|-----------------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT \$50K (B) | LT \$100K (C) | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Less than 6 hours (Net) | 638 63% | 242 67% | 112 57% | 145 68% | 400 61% | 205 69% | 142 68% | 104 72% | 246 66% | 158 59% | 210 66% |
| Less than an hour | 136 14% | 52 14% | 18 9% | 28 13% | 82 12% | 46 16% | 32 15% | 24 17% | 66 18%K | 33 12% | 32 10% |
| 1 to less than 3 hours | 252 25% | 105 29% | 48 24% | 55 26% | 158 24% | 84 28% | 58 28% | 39 27% | 98 26% | 64 24% | 83 26% |
| 3 to less than 6 hours | 250 25% | 85 23% | 46 23% | 62 29% | 160 24% | 75 25% | 51 25% | 41 28% | 81 22% | 61 23% | 96 30% |
| 6 hours or more (Net) | 343 34% | 110 30% | 84 42%B | 68 32% | 241 36% | 92 31% | 67 32% | 39 27% | 119 32% | 100 37% | 106 33% |
| 6 to less than 9 hours | 162 16% | 54 15% | 34 17% | 37 17% | 115 17% | 44 15% | 34 16% | 19 13% | 56 15% | 41 15% | 57 18% |
| 9 hours or more | 181 18% | 56 15% | 51 26%BD | 31 15% | 126 19% | 48 16% | 34 16% | 20 14% | 63 17% | 59 22% | 49 15% |
| Don't know/Refused | 25 2% | 10 3% | 2 1% | 1 1% | 20 3%F | 1 * | 0 0 | * * | 7 2% | 11 4%K | 2 1% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W6

Assuming you would need to devote at least an hour each day toward activities aimed at improving your health, such as meeting certain daily walking goals, how large of a financial incentive would be necessary to motivate you to participate fully? Would you say...

| | Sex | | | | | | | | Age | | | Generation | | | Region | | | | Race | | Interview Method | |
|---|-------|------|------|-------|------|------|-----|------|------|-------|---------|------------|------|-------|--------|-------|-------|------|-------|------|------------------|--|
| | Total | Male | Fe- | 18- | 35- | 45- | 55- | 65+ | Mil- | Gen X | Baby | North- | Mid- | South | West | White | Black | His- | Land- | Cell | | |
| | (A) | (B) | male | 34 | 44 | 54 | 64 | (H) | len- | (J) | Boomers | east | West | West | Only | Only | panic | line | Phone | | | |
| | | (C) | (D) | (E) | (F) | (G) | (I) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) | | | | | |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 | | |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 | | |
| No incentive is necessary | 547 | 283 | 264 | 138 | 83 | 86 | 94 | 120 | 142 | 137 | 148 | 100 | 114 | 205 | 128 | 364 | 41 | 75 | 113 | 434 | | |
| | 54% | 58% | 51% | 50% | 53% | 53% | 60% | 61%D | 51% | 55% | 60% | 56% | 54% | 54% | 54% | 60%Q | 40% | 49% | 52% | 55% | | |
| Incentive is necessary (Net) | 398 | 177 | 221 | 131 | 70 | 70 | 51 | 60 | 130 | 101 | 76 | 64 | 82 | 149 | 104 | 206 | 55 | 77 | 77 | 321 | | |
| | 40% | 36% | 42% | 47%GH | 45%H | 42% | 32% | 30% | 46%K | 41% | 31% | 36% | 39% | 39% | 43% | 34% | 54%P | 50%P | 36% | 41% | | |
| \$1 - \$3 per day (Subnet) | 210 | 96 | 115 | 65 | 38 | 39 | 22 | 35 | 67 | 57 | 36 | 38 | 44 | 64 | 65 | 115 | 24 | 48 | 44 | 166 | | |
| | 21% | 20% | 22% | 24% | 24% | 24% | 14% | 17% | 24%K | 23% | 15% | 21% | 21% | 17% | 27%N | 19% | 24% | 31%P | 20% | 21% | | |
| \$1 per day, or a maximum of \$365 per year | 88 | 36 | 53 | 27 | 18 | 11 | 9 | 21 | 24 | 24 | 15 | 16 | 9 | 30 | 34 | 42 | 11 | 26 | 21 | 68 | | |
| | 9% | 7% | 10% | 10% | 12% | 7% | 6% | 11% | 9% | 10% | 6% | 9% | 4% | 8% | 14%M | 7% | 11% | 17%P | 10% | 9% | | |
| \$2 per day, or a maximum of more than \$700 per year | 47 | 21 | 26 | 11 | 9 | 15 | 3 | 5 | 15 | 18 | 5 | 6 | 14 | 9 | 19 | 35 | 3 | 3 | 11 | 36 | | |
| | 5% | 4% | 5% | 4% | 6% | 9%GH | 2% | 3% | 5% | 7%K | 2% | 3% | 7%N | 2% | 8%N | 6% | 3% | 2% | 5% | 5% | | |
| \$3 per day, or a maximum of more than \$1,000 per year | 75 | 39 | 36 | 28 | 11 | 13 | 11 | 8 | 29 | 15 | 16 | 16 | 21 | 25 | 12 | 38 | 10 | 20 | 12 | 63 | | |
| | 7% | 8% | 7% | 10%H | 7% | 8% | 7% | 4% | 10% | 6% | 7% | 9% | 10% | 7% | 5% | 6% | 10% | 13% | 6% | 8% | | |
| \$4 - \$5 per day (Subnet) | 187 | 81 | 106 | 65 | 32 | 30 | 29 | 25 | 62 | 45 | 40 | 26 | 38 | 85 | 39 | 91 | 31 | 29 | 33 | 155 | | |
| | 19% | 17% | 20% | 24%H | 21% | 18% | 18% | 13% | 22% | 18% | 16% | 14% | 18% | 22% | 16% | 15% | 31%P | 19% | 15% | 20% | | |
| \$4 per day, or a maximum of more than \$1,400 per year | 16 | 9 | 7 | 5 | 1 | 3 | 4 | 2 | 5 | 3 | 3 | 3 | 2 | 7 | 5 | 6 | 2 | 3 | 3 | 14 | | |
| | 2% | 2% | 1% | 2% | 1% | 2% | 2% | 1% | 2% | 1% | 1% | 2% | 1% | 2% | 2% | 1% | 2% | 2% | 1% | 2% | | |
| \$5 per day, or a maximum of more than \$1,800 per year | 171 | 72 | 99 | 60 | 31 | 28 | 25 | 23 | 57 | 42 | 36 | 23 | 35 | 78 | 34 | 85 | 29 | 26 | 30 | 141 | | |
| | 17% | 15% | 19% | 22%H | 20% | 17% | 16% | 12% | 20% | 17% | 15% | 13% | 17% | 21% | 14% | 14% | 28%P | 17% | 14% | 18% | | |
| Don't know/Refused | 61 | 26 | 35 | 7 | 4 | 8 | 12 | 18 | 8 | 9 | 21 | 15 | 14 | 25 | 7 | 35 | 6 | 1 | 26 | 35 | | |
| | 6% | 5% | 7% | 3% | 2% | 5% | 8%D | 9%DE | 3% | 3% | 9%I | 8% | 7% | 7% | 3% | 6% | 5% | 1% | 12%T | 4% | | |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W6

Assuming you would need to devote at least an hour each day toward activities aimed at improving your health, such as meeting certain daily walking goals, how large of a financial incentive would be necessary to motivate you to participate fully? Would you say...

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|--------------|-------------|----------------|------------------|------------|------------|-----------|-----------------|-----------------|-------------|
| | Total | LT \$50K | LT \$100K | \$100K Or More | No | Yes | Under 13 | 13-17 | HS Grad or Less | Coll Incomplete | Coll Grad |
| | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| No incentive is necessary | 547 54% | 168 46% | 121 61%B | 145 68%B | 378 57% | 156 53% | 106 51% | 79 55% | 173 46% | 161 60%I | 195 61%I |
| Incentive is necessary (Net) | 398 40% | 180 50%CD | 70 35% | 62 29% | 247 37% | 131 44% | 93 45% | 62 43% | 175 47%JK | 98 37% | 110 34% |
| \$1 - \$3 per day (Subnet) | 210 21% | 84 23% | 46 23% | 36 17% | 125 19% | 74 25% | 55 26% | 38 27% | 84 23% | 51 19% | 64 20% |
| \$1 per day, or a maximum of \$365 per year | 88 9% | 40 11% | 19 9% | 13 6% | 57 9% | 29 10% | 20 10% | 15 11% | 42 11%J | 13 5% | 31 10% |
| \$2 per day, or a maximum of more than \$700 per year | 47 5% | 16 4% | 7 4% | 9 4% | 26 4% | 16 5% | 13 6% | 7 5% | 15 4% | 11 4% | 16 5% |
| \$3 per day, or a maximum of more than \$1,000 per year | 75 7% | 28 8% | 20 10% | 14 6% | 42 6% | 30 10% | 21 10% | 16 11% | 28 7% | 27 10% | 17 5% |
| \$4 - \$5 per day (Subnet) | 187 19% | 96 26%CD | 24 12% | 26 12% | 122 18% | 56 19% | 38 18% | 24 17% | 91 24%K | 47 18% | 46 14% |
| \$4 per day, or a maximum of more than \$1,400 per year | 16 2% | 10 3% | 2 1% | 3 1% | 12 2% | 3 1% | 3 1% | 0 0 | 7 2% | 2 1% | 8 2% |
| \$5 per day, or a maximum of more than \$1,800 per year | 171 17% | 86 24%CD | 22 11% | 23 11% | 110 17% | 54 18% | 36 17% | 24 17% | 84 23%K | 45 17% | 38 12% |
| Don't know/Refused | 61 6% | 14 4% | 8 4% | 8 4% | 36 6% | 11 4% | 10 5% | 2 2% | 24 6% | 9 4% | 13 4% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W7

If your employer gave you a wearable fitness-tracking device, such as a Fitbit or other similar product, as part of a wellness program, how interested would you be in using it? If you already have a fitness tracker, please tell me. Would you be...

| | Generation | | | | | | | | | | Race | | | | | Interview Method | | | | |
|---|--------------|-------------|--------------------|------------------|------------------|------------------|------------------|---|-------------------------|-----------------------------------|-------------|-----------------------|---------------------|--|--|---------------------------------------|----------------------|----------------------|--------------|-------------|
| | Sex | | Age | | | | | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | Region | | | White Only (Non- Hispanic) (P) | Black Only (Non- Hispanic) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) | | |
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | | | | 65+ (H) | North- east (L) | Mid- West (M) | | | | | | South (N) | West (O) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Do not already have a fitness tracker (Net) | 756 75% | 370 76% | 386 74% | 217 79% | 103 66% | 117 72% | 121 76% | 161 81%E | 216 78% | 170 69% | 192 78% | 133 74% | 156 74% | 280 74% | 187 78% | 455 75% | 75 73% | 125 82% | 167 78% | 588 74% |
| Interested (Subnet) | 419 42% | 189 39% | 229 44% | 132 48%H | 60 38% | 76 46%H | 72 46%H | 65 33% | 134 48% | 103 42% | 109 45% | 75 42% | 87 42% | 131 35% | 124 52%N | 248 41% | 51 50% | 68 44% | 83 39% | 335 42% |
| Very interested | 264 26% | 109 22% | 155 30%B | 89 32%H | 37 24% | 54 33%H | 39 25% | 35 18% | 84 30% | 74 30% | 60 25% | 46 26% | 58 28% | 86 23% | 74 31% | 147 24% | 41 41%P | 46 30% | 48 22% | 215 27% |
| Somewhat interested | 155 15% | 80 17% | 75 14% | 42 15% | 23 15% | 22 14% | 33 21% | 30 15% | 50 18% | 29 12% | 49 20%J | 30 17% | 30 14% | 45 12% | 50 21%N | 102 17% | 10 10% | 22 14% | 35 16% | 120 15% |
| Neither interested nor uninterested | 55 5% | 24 5% | 31 6% | 18 7% | 16 10%G | 5 3% | 3 2% | 10 5% | 23 8%K | 14 6% | 7 3% | 8 5% | 7 3% | 30 8% | 9 4% | 28 5% | 7 7% | 13 8% | 9 4% | 46 6% |
| Uninterested (Subnet) | 283 28% | 157 32%C | 126 24% | 67 24% | 27 17% | 36 22% | 46 29% | 86 43%DEF G | 59 21% | 52 21% | 75 31%I | 49 28% | 61 29% | 118 31% | 54 22% | 179 30%Q | 16 16% | 44 29% | 75 35%T | 208 26% |
| Somewhat uninterested | 63 6% | 29 6% | 34 7% | 22 8% | 4 3% | 8 5% | 7 5% | 16 8% | 11 4% | 10 4% | 10 4% | 11 6% | 10 5% | 28 7% | 14 6% | 42 7% | 1 1% | 6 4% | 18 8% | 46 6% |
| Very uninterested | 219 22% | 127 26%C | 92 18% | 46 17% | 23 15% | 28 17% | 38 24% | 69 35%DEF G | 48 17% | 41 17% | 65 27%IJ | 38 21% | 52 25% | 90 24% | 39 16% | 137 23% | 15 15% | 38 25% | 57 27% | 162 20% |
| You already have a fitness tracker | 217 22% | 103 21% | 115 22% | 57 21% | 47 30%H | 42 26%H | 36 23%H | 26 13% | 61 22% | 68 28% | 47 19% | 38 21% | 49 23% | 89 24% | 41 17% | 137 23% | 23 22% | 20 13% | 36 17% | 181 23% |
| Don't know/Refused | 33 3% | 13 3% | 20 4% | 2 1% | 7 4% | 5 3% | 1 1% | 11 6%DG | 2 1% | 9 4% | 7 3% | 8 4% | 5 2% | 10 3% | 10 4% | 13 2% | 4 4% | 8 5% | 12 6%T | 21 3% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W7

If your employer gave you a wearable fitness-tracking device, such as a Fitbit or other similar product, as part of a wellness program, how interested would you be in using it? If you already have a fitness tracker, please tell me. Would you be...

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|--------------------------|------------------------|-----------------------------|-----------------------|------------|--------------------|------------------|------------------------------|------------------------|-------------------------|
| | Total (A) | LT \$50K | LT \$100K | \$100K Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Incom- plete (J) | Coll Grad (K) |
| | | (B) | (C) | (D) | | | (G) | (H) | (I) | (J) | (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Do not already have a fitness tracker (Net) | 756 75% | 308 85% ^{CD} | 138 70% | 149 70% | 497 75% | 228 76% | 158 76% | 116 81% | 285 77% | 211 79% | 225 71% |
| Interested (Subnet) | 419 42% | 178 49% ^D | 91 46% | 75 35% | 267 40% | 139 47% | 99 47% | 69 48% | 155 42% | 122 45% | 126 40% |
| Very interested | 264 26% | 121 33% ^D | 54 27% | 46 22% | 164 25% | 90 30% | 62 30% | 43 30% | 93 25% | 82 30% | 78 24% |
| Somewhat interested | 155 15% | 58 16% | 37 19% | 29 14% | 103 16% | 50 17% | 37 18% | 26 18% | 62 17% | 41 15% | 49 15% |
| Neither interested nor uninterested | 55 5% | 25 7% | 8 4% | 9 4% | 29 4% | 21 7% | 14 7% | 13 9% | 24 7% | 13 5% | 13 4% |
| Uninterested (Subnet) | 283 28% | 105 29% | 39 20% | 65 30% | 201 30% | 68 23% | 45 22% | 34 23% | 106 28% | 77 29% | 86 27% |
| Somewhat uninterested | 63 6% | 23 6% | 7 4% | 12 6% | 49 7% | 12 4% | 10 5% | 3 2% | 23 6% | 21 8% | 16 5% |
| Very uninterested | 219 22% | 82 23% | 32 16% | 53 25% | 153 23% | 56 19% | 35 17% | 31 22% | 82 22% | 56 21% | 69 22% |
| You already have a fitness tracker | 217 22% | 43 12% | 54 27% ^B | 64 30% ^B | 141 21% | 69 23% | 50 24% | 28 19% | 72 19% | 49 18% | 90 28% ^{IJ} |
| Don't know/Refused | 33 3% | 11 3% | 6 3% | 1 * | 23 3% ^F | 1 * | 1 * | 0 0 | 15 4% | 8 3% | 4 1% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W8

What percentage of premature chronic conditions, including heart disease, stroke and diabetes, is caused by modifiable lifestyle choices, such as risk factors like smoking or obesity, as opposed to being caused by genetic factors? Would you say...

| | Sex | | Age | | | | | | Generation | | | Region | | | Race | | | Interview Method | | |
|---------------------------|------------|------------------------|------------|------------|------------------------|-------------------------|-----------|-------------------------|---------------|----------------------|------------|-----------|------------------------|------------------------|-------------------------|-------------------------|-----------|------------------|------------------------|------------|
| | Male | Female | 18-34 | 35-44 | 45-54 | 55-64 | 65+ | Mil-lennials (21-38) | Gen X (39-54) | Baby Boomers (55-73) | North-east | Mid-West | South | White Only (Non-Hisp) | Black Only (Non-Hisp) | Hispanic (Any Race) | Land-line | Cell Phone | | |
| | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Below 20 percent | 104 10% | 70 15% ^C | 33 6% | 28 10% | 16 10% | 15 9% | 17 11% | 21 11% | 26 9% | 26 11% | 26 10% | 7 4% | 15 7% | 40 11% ^L | 41 17% ^{LM} | 57 9% | 7 7% | 25 16% | 20 9% | 83 11% |
| Between 20 and 49 percent | 225 22% | 95 20% | 130 25% | 77 28% | 31 20% | 28 17% | 33 21% | 49 25% | 74 26% | 42 17% | 56 23% | 44 25% | 38 18% | 88 23% | 54 23% | 120 20% | 30 30% | 39 25% | 49 22% | 176 22% |
| Between 50 and 79 percent | 383 38% | 176 36% | 207 40% | 113 41% | 47 30% | 76 47% ^{EH} | 65 41% | 63 32% | 108 39% | 100 40% | 98 40% | 75 42% | 89 43% | 130 34% | 89 37% | 254 42% ^Q | 27 27% | 52 34% | 78 36% | 305 39% |
| 80 percent or more | 219 22% | 110 23% | 109 21% | 45 16% | 50 32% ^D | 39 24% | 34 22% | 43 22% | 60 22% | 65 26% | 50 20% | 37 21% | 56 27% ^O | 87 23% | 39 16% | 136 22% | 28 27% | 31 20% | 43 20% | 177 22% |
| Don't know/Refused | 75 7% | 34 7% | 42 8% | 12 4% | 13 8% | 4 3% | 9 6% | 22 11% ^{DF} | 11 4% | 14 6% | 15 6% | 16 9% | 11 5% | 33 9% | 16 7% | 39 6% | 10 10% | 7 4% | 26 12% ^T | 49 6% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W8

What percentage of premature chronic conditions, including heart disease, stroke and diabetes, is caused by modifiable lifestyle choices, such as risk factors like smoking or obesity, as opposed to being caused by genetic factors? Would you say...

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---------------------------|------------------|------------|-----------|----------------|------------------|------------|-----------|-----------|-----------------|-----------------|-------------|
| | Total | LT \$50K | LT \$100K | \$100K Or More | No | Yes | Under 13 | 13-17 | HS Grad or Less | Coll Incomplete | Coll Grad |
| | (A) | (B) | (C) | (D) | (E) | (F) | (G) | (H) | (I) | (J) | (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Below 20 percent | 104 10% | 45 13% | 20 10% | 16 7% | 59 9% | 37 13% | 25 12% | 19 13% | 51 14%K | 31 12%K | 16 5% |
| Between 20 and 49 percent | 225 22% | 91 25% | 51 26% | 36 17% | 137 21% | 83 28% | 63 30% | 37 26% | 82 22% | 74 28%K | 59 19% |
| Between 50 and 79 percent | 383 38% | 125 34% | 86 43% | 98 46%B | 264 40% | 104 35% | 78 37% | 40 28% | 121 33% | 98 37% | 146 46%I |
| 80 percent or more | 219 22% | 78 22% | 36 18% | 59 28% | 150 23% | 61 20% | 33 16% | 41 28% | 79 21% | 53 20% | 83 26% |
| Don't know/Refused | 75 7% | 22 6% | 6 3% | 5 3% | 52 8% | 12 4% | 9 4% | 7 5% | 39 10%JK | 12 4% | 13 4% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

ENGINE STUDY #728158 CARAVAN APRIL 11-15, 2019
WELLNESS CHECKUP STUDY 2019

Question W9

What impact, if any, does meditation or mindfulness have on a person's overall health and well-being? Would you say it has...

| | Generation | | | | | | | | | | | Race | | | | | Interview Method | | | | | |
|---|------------|------------|-------------|-------------------|--------------|------------|-------------|---------------|----------------|-------------------------|----------------|-----------------------|---------------------|--------------|-------------|-----------------------|-----------------------|----------------------|-------------|--------------|-------|------|
| | Sex | | Age | | | | | Mil-len-nials | | | | Baby Boomers | | | Region | | | White Only | Black Only | Hispanic | Land- | Cell |
| | Total | Male | Fe- male | 18- 34 | 35- 44 | 45- 54 | 55- 64 | 65+ (H) | (21-38) (I) | Gen X (39-54) (J) | (55-73) (K) | North- east (L) | Mid- West (M) | South (N) | West (O) | (Non- Hisp) (P) | (Non- Hisp) (Q) | (Any Race) (R) | line (S) | Phone (T) | | |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 | | |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 | | |
| No impact | 74 7% | 55 11%C | 19 4% | 7 2% | 6 4% | 18 11%D | 10 6% | 27 13%DEG | 8 3% | 19 8% | 19 8%I | 12 6% | 16 7% | 32 9% | 14 6% | 49 8% | 8 8% | 7 5% | 13 6% | 61 8% | | |
| Has an impact (Net) | 883 88% | 405 83% | 478 92%B | 268 97%FG H | 144 92%H | 138 84% | 140 88%H | 157 79% | 267 96%JK | 216 88% | 211 86% | 158 88% | 182 87% | 326 86% | 216 91% | 529 87% | 87 86% | 145 94% | 180 83% | 703 89%S | | |
| Some/Significant impact (Subnet) | 815 81% | 382 79% | 433 83% | 249 90%GH | 143 91%GH | 131 80% | 123 78% | 137 70% | 258 93%K | 208 84% | 191 78% | 144 81% | 172 82% | 300 79% | 198 83% | 492 81% | 76 75% | 138 90%Q | 166 77% | 649 82% | | |
| Some impact | 390 39% | 200 41% | 190 37% | 109 39% | 72 46%H | 64 39% | 69 44%H | 62 31% | 118 42% | 104 42% | 103 42% | 60 34% | 84 40% | 151 40% | 95 40% | 238 39% | 35 35% | 72 47% | 83 38% | 307 39% | | |
| Significant impact | 425 42% | 182 38% | 243 47%B | 140 51%GH | 72 46% | 67 41% | 55 35% | 76 38% | 140 50%K | 104 42% | 88 36% | 84 47% | 88 42% | 149 39% | 104 44% | 253 42% | 41 40% | 67 44% | 83 39% | 341 43% | | |
| It only has an impact if you suffer from a chronic disease such as diabetes | 59 6% | 21 4% | 39 7% | 18 6%E | 1 * | 6 4% | 14 9%E | 15 8%E | 9 3% | 7 3% | 17 7% | 12 7% | 10 5% | 23 6% | 14 6% | 33 5% | 11 11% | 6 4% | 13 6% | 47 6% | | |
| Other | 9 1% | 3 1% | 6 1% | 2 1% | 0 0 | 1 1% | 2 1% | 4 2% | 0 0 | 1 * | 3 1% | 2 1% | * * | 3 1% | 4 2% | 5 1% | 0 0 | 0 0 | 1 1% | 7 1% | | |
| None of these | 9 1% | 4 1% | 5 1% | 0 0 | 1 1% | 2 1% | 2 1% | 2 1% | 1 * | 2 1% | 2 1% | 1 1% | 1 1% | 5 1% | 2 1% | 4 1% | 2 2% | 1 * | 5 2%T | 4 1% | | |
| Don't know/Refused | 40 4% | 21 4% | 19 4% | 2 1% | 6 4% | 6 4% | 7 4%D | 12 6%D | 3 1% | 9 4% | 12 5%I | 8 5% | 10 5% | 16 4% | 6 2% | 23 4% | 5 5% | 1 1% | 17 8%T | 22 3% | | |

Proportions/Means: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

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WELLNESS CHECKUP STUDY 2019

Question W9

What impact, if any, does meditation or mindfulness have on a person's overall health and well-being? Would you say it has...

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|--------------------|---------------------|-------------------|------------------|-------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT \$50K (B) | LT \$100K (C) | Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| No impact | 74 7% | 26 7% | 7 3% | 21 10%C | 55 8% | 16 5% | 8 4% | 11 7% | 34 9% | 21 8% | 14 4% |
| Has an impact (Net) | 883 88% | 325 90% | 184 93%D | 180 84% | 574 87% | 274 92% | 196 94% | 127 89% | 317 85% | 241 90% | 291 91% |
| Some/Significant impact (Subnet) | 815 81% | 297 82% | 172 87% | 169 79% | 526 80% | 259 87%E | 186 89% | 122 85% | 287 77% | 224 83% | 277 87%I |
| Some impact | 390 39% | 150 41% | 73 37% | 82 38% | 256 39% | 120 40% | 79 38% | 64 45% | 157 42% | 104 39% | 120 38% |
| Significant impact | 425 42% | 148 41% | 99 50% | 87 41% | 269 41% | 138 46% | 108 52% | 57 40% | 131 35% | 121 45% | 157 49%I |
| It only has an impact if you suffer from a chronic disease such as diabetes | 59 6% | 24 7% | 13 6% | 10 5% | 40 6% | 15 5% | 10 5% | 6 4% | 29 8%K | 16 6% | 7 2% |
| Other | 9 1% | 4 1% | 0 0 | 1 1% | 9 1% | 0 0 | 0 0 | 0 0 | 1 * | 1 * | 7 2% |
| None of these | 9 1% | 2 * | 2 1% | 2 1% | 7 1% | 1 * | 1 1% | * * | 5 1% | 1 * | 2 * |
| Don't know/Refused | 40 4% | 8 2% | 5 3% | 10 5% | 26 4% | 7 2% | 4 2% | 5 3% | 16 4% | 6 2% | 12 4% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

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Question W10

When you think about friends in your social circle, what influence, if any, do your friends' health habits have on your decision to spend time with them? Would you say...

| | Sex | | | | | | | | Age | | | | | Generation | | | Region | | | | Race | | Interview Method | |
|---|-------|------|------|------|------|------|-----|-----|------|-------|---------|--------|------|------------|-------|-------|--------|------|-------|------|------|--|------------------|--|
| | Total | Male | Fe- | 18- | 35- | 45- | 55- | 65+ | Mil- | Gen X | Baby | North- | Mid- | South | West | White | Black | His- | Land- | Cell | | | | |
| | (A) | (B) | male | 34 | 44 | 54 | 64 | (H) | len- | (J) | Boomers | east | West | West | Only | Only | panic | line | Phone | | | | | |
| | | (C) | (D) | (E) | (F) | (G) | | (I) | (K) | | (L) | (M) | (N) | (O) | (P) | (Q) | (R) | (S) | (T) | | | | | |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 | | | | |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 | | | | |
| Don't only socialize with people who reinforce positive health habits (Net) | 897 | 434 | 462 | 253 | 139 | 148 | 143 | 171 | 260 | 218 | 221 | 156 | 182 | 330 | 229 | 551 | 79 | 143 | 185 | 711 | | | | |
| | 89% | 89% | 89% | 92% | 89% | 90% | 91% | 86% | 93% | 88% | 90% | 87% | 87% | 87% | 96%LM | 91%Q | 77% | 93%Q | 86% | 90% | | | | |
| No influence | 384 | 192 | 191 | 95 | 48 | 63 | 69 | 83 | 110 | 83 | 106 | 68 | 74 | 151 | 91 | 242 | 26 | 62 | 84 | 300 | | | | |
| | 38% | 40% | 37% | 34% | 31% | 39% | 44% | 42% | 39% | 33% | 43% | 38% | 35% | 40% | 38% | 40% | 26% | 40% | 39% | 38% | | | | |
| Any influence (Subnet) | 513 | 242 | 271 | 159 | 91 | 85 | 74 | 88 | 150 | 136 | 116 | 88 | 108 | 179 | 138 | 310 | 53 | 81 | 102 | 412 | | | | |
| | 51% | 50% | 52% | 57%H | 58%H | 52% | 47% | 44% | 54% | 55% | 47% | 49% | 51% | 47% | 58% | 51% | 52% | 53% | 47% | 52% | | | | |
| Some influence | 357 | 170 | 187 | 115 | 59 | 58 | 51 | 62 | 100 | 97 | 81 | 62 | 88 | 125 | 82 | 219 | 38 | 47 | 72 | 285 | | | | |
| | 36% | 35% | 36% | 41% | 37% | 35% | 32% | 31% | 36% | 39% | 33% | 35% | 42% | 33% | 34% | 36% | 37% | 30% | 34% | 36% | | | | |
| Significant influence | 156 | 72 | 84 | 44 | 32 | 26 | 23 | 26 | 50 | 39 | 35 | 25 | 19 | 54 | 56 | 91 | 15 | 34 | 29 | 127 | | | | |
| | 15% | 15% | 16% | 16% | 21% | 16% | 15% | 13% | 18% | 16% | 14% | 14% | 9% | 14% | 24%MN | 15% | 15% | 22% | 14% | 16% | | | | |
| You only socialize with people who reinforce positive health habits | 89 | 41 | 49 | 22 | 16 | 15 | 14 | 21 | 19 | 26 | 22 | 19 | 23 | 39 | 9 | 46 | 20 | 11 | 19 | 70 | | | | |
| | 9% | 8% | 9% | 8% | 10% | 9% | 9% | 11% | 7% | 10% | 9% | 10% | 11%O | 10%O | 4% | 8% | 20%P | 7% | 9% | 9% | | | | |
| Don't know/Refused | 20 | 11 | 9 | 2 | 2 | 1 | * | 6 | 1 | 3 | 2 | 5 | 4 | 10 | 1 | 8 | 3 | 0 | 11 | 9 | | | | |
| | 2% | 2% | 2% | 1% | 1% | 1% | * | 3% | * | 1% | 1% | 3% | 2% | 3% | * | 1% | 2% | 0 | 5%T | 1% | | | | |

Proportions/Means: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

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Question W10

When you think about friends in your social circle, what influence, if any, do your friends' health habits have on your decision to spend time with them? Would you say...

| | Household Income | | | | Children In H.H. | | | | Education | | |
|---|------------------|--------------|---------------|--------------|------------------|------------|------------|------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT | \$50K- LT | \$100K Or | No (E) | Yes (F) | Under | 13- | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| | | \$50K (B) | \$100K (C) | More (D) | | | 13 (G) | 17 (H) | | | |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Don't only socialize with people who reinforce positive health habits (Net) | 897 89% | 326 90% | 179 90% | 192 90% | 596 90% | 262 88% | 182 87% | 131 91% | 326 88% | 243 90% | 290 91% |
| No influence | 384 38% | 135 37% | 76 38% | 73 34% | 262 40% | 99 33% | 65 31% | 59 41% | 161 43%K | 103 38% | 96 30% |
| Any influence (Subnet) | 513 51% | 191 53% | 103 52% | 118 55% | 334 51% | 163 55% | 117 56% | 72 50% | 165 44% | 140 52% | 194 61%I |
| Some influence | 357 36% | 127 35% | 78 39% | 85 40% | 234 35% | 115 39% | 79 38% | 51 35% | 97 26% | 103 38%I | 146 46%I |
| Significant influence | 156 15% | 64 18% | 25 13% | 34 16% | 100 15% | 48 16% | 38 18% | 22 15% | 69 18% | 36 14% | 47 15% |
| You only socialize with people who reinforce positive health habits | 89 9% | 32 9% | 19 10% | 19 9% | 55 8% | 35 12% | 26 12% | 11 8% | 39 11% | 25 9% | 25 8% |
| Don't know/Refused | 20 2% | 4 1% | * * | 3 2% | 10 2% | 1 * | 1 * | 1 1% | 6 2% | 1 * | 3 1% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base

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WELLNESS CHECKUP STUDY 2019

Question W11

When you think about the likelihood of consistently participating in a fitness routine aimed at maintaining or improving your health, how important is it that the regimen provide a social component, such as creating or fostering new friendships or providing an opportunity to interact with people in-person or virtually? Would you say...

| | Generation | | | | | | | | | | | Race | | | | Interview Method | | | | |
|-----------------------------------|--------------|-------------|--------------------|------------------|------------------|------------------|------------------|------------|---|-------------------------|-----------------------------------|-----------------------|---------------------|--------------|-------------|--|--|---------------------------------------|----------------------|----------------------|
| | Sex | | | Age | | | | | Mil- len- nials (21-38) (I) | Gen X (39-54) (J) | Baby Boomers (55-73) (K) | Region | | | | White Only (Non- Hisp) (P) | Black Only (Non- Hisp) (Q) | His- panic (Any Race) (R) | Land- line (S) | Cell Phone (T) |
| | Total (A) | Male (B) | Fe- male (C) | 18- 34 (D) | 35- 44 (E) | 45- 54 (F) | 55- 64 (G) | 65+ (H) | | | | North- east (L) | Mid- West (M) | South (N) | West (O) | | | | | |
| Unweighted Total | 1006 | 502 | 504 | 181 | 102 | 100 | 207 | 361 | 174 | 154 | 367 | 195 | 224 | 395 | 192 | 711 | 72 | 71 | 405 | 601 |
| Weighted Total | 1006 | 486 | 520 | 277 | 157* | 164* | 158 | 198 | 279 | 247 | 245 | 179 | 210 | 379 | 239 | 605 | 102* | 153* | 216 | 790 |
| Important (Net) | 572 57% | 275 57% | 297 57% | 171 62% | 79 50% | 95 58% | 83 53% | 121 61% | 160 57% | 133 54% | 136 56% | 96 54% | 134 64%N | 197 52% | 145 61% | 345 57% | 72 71% | 89 58% | 135 62% | 437 55% |
| Very important | 191 19% | 97 20% | 93 18% | 52 19% | 27 17% | 36 22% | 26 16% | 44 22% | 53 19% | 51 21% | 44 18% | 27 15% | 51 24% | 65 17% | 49 20% | 102 17% | 31 30%P | 35 23% | 45 21% | 145 18% |
| Somewhat important | 381 38% | 177 37% | 204 39% | 120 43% | 52 33% | 59 36% | 57 36% | 77 39% | 108 39% | 82 33% | 92 38% | 70 39% | 83 40% | 132 35% | 97 40% | 243 40% | 41 41% | 54 35% | 90 42% | 291 37% |
| Neither important nor unimportant | 126 13% | 51 11% | 75 14% | 40 14% | 26 17%FH | 9 5% | 22 14%F | 16 8% | 39 14% | 25 10% | 32 13% | 27 15% | 18 8% | 59 16% | 22 9% | 76 13% | 8 8% | 18 11% | 25 12% | 101 13% |
| Unimportant (Net) | 272 27% | 150 31%C | 122 23% | 60 22% | 43 28% | 56 34% | 50 32% | 55 28% | 74 26% | 78 32% | 72 29% | 48 27% | 52 25% | 112 30% | 60 25% | 172 28% | 19 19% | 40 26% | 47 22% | 225 28%S |
| Somewhat unimportant | 108 11% | 56 12% | 52 10% | 28 10% | 14 9% | 19 12% | 19 12% | 25 13% | 32 11% | 24 10% | 28 12% | 15 8% | 24 11% | 36 10% | 33 14% | 73 12% | 8 8% | 13 8% | 19 9% | 89 11% |
| Very unimportant | 165 16% | 95 19% | 70 13% | 32 12% | 29 19% | 37 23%D | 31 20% | 30 15% | 42 15% | 54 22% | 44 18% | 33 19% | 28 14% | 76 20%O | 27 11% | 98 16% | 11 11% | 27 18% | 28 13% | 136 17% |
| Don't know/Refused | 36 4% | 9 2% | 26 5%B | 5 2% | 9 5% | 3 2% | 2 1% | 6 3% | 7 2% | 10 4% | 5 2% | 7 4% | 6 3% | 11 3% | 12 5% | 12 2% | 2 2% | 7 4% | 9 4% | 27 3% |

Proportions/Mean: Columns Tested (5% risk level) - B/C - D/E/F/G/H - I/J/K - L/M/N/O - P/Q/R - S/T
Overlap formulae used. * small base

Question W11

When you think about the likelihood of consistently participating in a fitness routine aimed at maintaining or improving your health, how important is it that the regimen provide a social component, such as creating or fostering new friendships or providing an opportunity to interact with people in-person or virtually? Would you say...

| | Household Income | | | | Children In H.H. | | | | Education | | |
|-----------------------------------|------------------|--------------------|---------------------|-------------------|------------------|------------|--------------------|------------------|------------------------------|--------------------------------|---------------------|
| | Total (A) | LT \$50K (B) | LT \$100K (C) | Or More (D) | No (E) | Yes (F) | Under 13 (G) | 13- 17 (H) | HS Grad or Less (I) | Coll Incom- plete (J) | Coll Grad (K) |
| Unweighted Total | 1006 | 361 | 206 | 197 | 749 | 214 | 149 | 105 | 326 | 291 | 344 |
| Weighted Total | 1006 | 362 | 199 | 214 | 661 | 298 | 209 | 143* | 372 | 269 | 318 |
| Important (Net) | 572 57% | 230 64%C | 101 51% | 117 54% | 376 57% | 175 59% | 124 59% | 81 57% | 232 62%J | 133 50% | 188 59% |
| Very important | 191 19% | 86 24% | 30 15% | 38 18% | 128 19% | 58 19% | 40 19% | 35 24% | 88 24% | 43 16% | 57 18% |
| Somewhat important | 381 38% | 145 40% | 71 36% | 79 37% | 248 38% | 117 39% | 83 40% | 46 32% | 145 39% | 90 34% | 131 41% |
| Neither important nor unimportant | 126 13% | 40 11% | 32 16% | 25 12% | 64 10% | 54 18%E | 34 16% | 32 22% | 38 10% | 45 17% | 33 10% |
| Unimportant (Net) | 272 27% | 82 23% | 63 32% | 68 32% | 202 31%F | 62 21% | 46 22% | 28 19% | 86 23% | 86 32% | 93 29% |
| Somewhat unimportant | 108 11% | 40 11% | 26 13% | 25 12% | 81 12% | 24 8% | 20 10% | 7 5% | 29 8% | 35 13% | 40 13% |
| Very unimportant | 165 16% | 43 12% | 37 19% | 43 20%B | 121 18% | 39 13% | 26 13% | 20 14% | 58 15% | 50 19% | 53 17% |
| Don't know/Refused | 36 4% | 9 2% | 2 1% | 4 2% | 19 3% | 7 2% | 4 2% | 3 2% | 16 4% | 5 2% | 5 1% |

Proportions/Mean: Columns Tested (5% risk level) - B/C/D - E/F - I/J/K
Overlap formulae used. * small base