Healthy Habits During the COVID-19 Pandemic

March 2021

Methods

- SSRS Telephone Omnibus
- RDD landline and cell phones (40/60% split)
- Conducted in English and Spanish
- General adult population, age 18+ (100% incidence)
- October 22-November 9, 2020: n=2,013 adults 18 and over
  - (including n=1,100 adults 50 and over)

Vendor

AUS Marketing Research Systems, Inc. conducted this survey on behalf of AARP.

For further information, please visit their website: <http://ausinc.com/ssrs/>

<https://doi.org/10.26419/res.00444.002>

Questionnaire

Q1. How would you rate your **overall health**? Would you say it is excellent, very good, good, fair, or poor?

	Total (n=2,013)	18-49 (n=1,078)	50+ (n=934)
Excellent	20%	25%*	15%
Very good	32%	33%	31%
Good	32%	31%	33%
Fair	12%	9%	15%*
Poor	3%	1%	4%*

Q2. How would you describe your overall **mental health** at this point in time? Would you say it is excellent, very good, good, fair, or poor?

	Total (n=2,013)	18-49 (n=1,078)	50+ (n=934)
Excellent	30%	31%	29%
Very good	30%	29%	33%
Good	27%	26%	28%
Fair	10%	11%*	8%
Poor	3%	3%	2%

Q3. Compared to before the coronavirus pandemic, do you **now** do more, less, or the same amount of the following activities?

Total (n=2,013)	More	About the Same	Less	Never did
Drink alcoholic beverages	8%	47%	19%	25%
Sleep or nap to make the time go by	14%	57%	13%	15%
Smoke cigarettes	5%	25%	11%	58%
Take prescription medications in ways other than prescribed	2%	47%	7%	49%
Eat unhealthy foods such as sweets, chips, candy	14%	57%	24%	5%
Eat "comfort foods" meaning foods that provides a nostalgic or sentimental value	16%	61%	13%	9%
Exercise or walk vigorously	23%	52%	21%	3%
Meditate or pray	28%	57%	5%	10%
Use CBD (Cannabidiol) oils or marijuana for any reason, either recreational or medicinal	5%	23%	7%	65%
Take herbal products or dietary supplements (such as black cohosh, echinacea, garlic, ginkgo, saw palmetto, and St. John's wort)	7%	43%	8%	42%
Overreact or lose control	11%	55%	13%	19%

Q4. On a scale of 1 to 10, where 1 is extremely low and 10 is extremely high, please rate the overall level of stress in your life today?

	Total (n=2,013)	18-49 (n=1,078)	50+ (n=934)
Top 3 Box (8, 9, 10—extremely high stress)	18%	19%	17%
Middle 4 Box	55%	58%*	52%
Bottom 3 Box (1, 2, 3—extremely low stress)	26%	23%	35%*

Q5. Have you, or do you plan to get a flu shot this year?

	Total (n=2,013)	18-49 (n=1,078)	50+ (n=934)
Yes, I have already gotten a flu shot	41%	32%	52%*
Not yet, but I plan to	23%	24%	21%
No, and I do not plan to	35%	43%*	26%

Q6. What is your current employment status?

	Total (n=2,013)	18-49 (n=1,078)	50+ (n=934)
Employed [NET]	65%	84%*	43%
Employed, full-time	53%	69%*	34%
Employed, part-time	12%	15%*	9%
Not Employed [NET]	34%	15%	56%*
Retired	20%	-----	43%
Homemaker	4%	4%	3%
Student	2%	4%	----
Temporarily unemployed	5%	6%*	4%
Disabled or handicapped	3%	1%	5%*

Methodology

SSRS conducted telephone interviews for AARP among a nationally representative sample of U.S. adults ages 18 and older. Interviews were conducted from October 22-November 9, 2020 among 2,013 adults age 18 or older, including 1,100 age 50 or older. Random Digit Dialing (RDD) was used for both landlines and cell phones. The data were weighted by age, race, sex, region, education, and marital status to reflect national population estimates. Overall results have a margin of sampling error of plus or minus 2.4 percentage points, including design effects due to weighting. Sampling, data collection, and tabulation by SSRS of Glen Mills, PA. More information about SSRS can be obtained by visiting www.ssrs.com.