HEALTHY LIVING 2021

Conducted by NORC at the University of Chicago for AARP

Interviews: 4/27-5/4/2021

1,903 adults ages 50+

Margin of error:

3.34 percentage points at the 95% confidence level among all adults

NOTE: All results show percentages among all respondents, unless otherwise labeled. Percentages may not always sum to 100%.

"" indicates less than 0.5%*

"-" indicates 0%

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LGBT.**Sexual orientation.**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Gay; Lesbian or gay	1	1	*	*	54
Straight, that is, not lesbian or gay	98	98	99	99	-
Bisexual	*	1	*	*	31
Something else	*	*	*	*	16
I don't know the answer	*	-	*	*	-
SKP/REF	-	-	-	-	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

Q1.**How would you rate your overall health?****[OPTIONS REVERSED FOR HALF OF RESPONDENTS]**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Excellent	6	7	5	3	6
Very good	34	36	27	24	36
Good	40	38	44	48	31
Fair	17	16	23	19	20
Poor	3	3	1	5	7
DK/SKP/REF	*	*	-	-	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

Q1a.**How much do you agree or disagree with the following statement: "My health has felt more out of control in the last year (March 2020 through March 2021)".****[OPTIONS REVERSED FOR HALF OF RESPONDENTS]**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Completely agree	10	10	11	13	17
Somewhat agree	35	34	34	38	42
Somewhat disagree	29	29	29	27	24
Completely disagree	26	26	26	23	16
DK/SKP/REF	1	1	-	*	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

Q1b.

What are some ways in which you would like to make improvements in your health?

[MULTIPLE RESPONSE; GRID ITEMS RANDOMIZED]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Get regular exercise	61	62	61	59	68
Eat a healthier diet	58	55	62	71	56
Control stress	34	34	39	38	33
Go to the doctor/health care provider more often	12	10	20	18	21
Stop smoking/using tobacco	10	8	19	13	7
Lose weight	64	65	63	66	57
Limit how much alcohol I drink	10	10	14	11	14
Talk to a mental health professional	7	6	12	8	14
Take vitamins/supplements	17	15	25	23	17
Drink more water	48	46	53	53	47
Get more rest/sleep	45	44	56	45	46
Practice yoga/meditate	17	17	17	14	19
Other, please specify:	4	4	2	4	7
None of these	2	2	1	2	2
DK/SKP/REF	*	*	-	-	-
N=1,903 N=938 N=462 N=446 N=164					

Q2.

In general, how would you rate your emotional health?

[OPTIONS REVERSED FOR HALF OF RESPONDENTS]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Excellent	16	17	12	6	11
Very good	36	37	33	34	27
Good	34	32	38	41	37
Fair	13	12	15	17	20
Poor	2	2	2	2	5
DK/SKP/REF	-	-	-	-	-
N=1,903 N=938 N=462 N=446 N=164					

Q3.

Thinking about your ability to maintain a healthy life style over the past year (March 2020 through March 2021) compared to previous years, would you say last year it was easier, harder or no difference compared to previous years?

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Easier to maintain a healthy lifestyle last year	8	8	9	4	13
No difference compared to previous years	45	44	45	48	40
Harder to maintain a healthy lifestyle last year	47	48	46	47	47
DK/SKP/REF	*	*	*	1	-
	N=1,903	N=938	N=462	N=446	N=164

Q4.

Use the following scale to compare your current eating habits overall to your eating habits when the coronavirus outbreak first began (around March 2020). *Please select any number between 1 to 10, where 1 means your eating habits right now are much less healthy compared to March 2020, and 10 means your eating habits are much more healthy now compared to March 2020.*

[OPTIONS REVERSED FOR HALF OF RESPONDENTS]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
1. Eating habits are much less healthy now	2	2	7	2	4
2	1	1	1	4	*
3	6	6	4	8	8
4	10	11	7	7	8
5	30	31	26	28	25
6	18	21	13	9	18
7	13	12	13	20	15
8	11	10	15	12	13
9	3	2	6	3	5
10. Eating habits are much more healthy now	5	4	8	8	5
DK/SKP/REF	*	1	*	-	-
	N=1,903	N=938	N=462	N=446	N=164

Q5.

Generally speaking, how safe or unsafe are vaccines?

[OPTIONS REVERSED FOR HALF OF RESPONDENTS]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Very safe	50	52	40	49	68
Somewhat safe	37	35	49	38	26
Not too safe	8	9	7	9	4
Not at all safe	4	4	2	4	2
DK/SKP/REF	1	1	2	1	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

Q6.

Which statement comes closer to your own view?

[OPTIONS REVERSED FOR HALF OF RESPONDENTS]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
I get all of the vaccines my doctor or other healthcare professional recommends.	48	49	50	48	62
I get most of the vaccines my doctor or other healthcare professional recommends.	29	30	28	28	21
I only get a few of the vaccines my doctor or other healthcare professional recommends.	13	13	14	15	10
I don't get any of the vaccines my doctor or other healthcare professional recommends.	9	9	9	8	6
DK/SKP/REF	*	-	-	1	1
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

Q7.**What do you typically do for the flu vaccine?****[OPTIONS REVERSED FOR HALF OF RESPONDENTS]**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
I get a flu shot every year or almost every year	61	62	55	60	69
I get a flu shot some years but not others	9	9	10	8	9
I rarely get a flu shot	8	8	10	8	9
I never get a flu shot	22	21	24	23	13
DK/SKP/REF	*	*	1	1	*
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

Q8.**Have you gotten or do you plan to get the COVID-19 vaccine?**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Yes, already got/getting the COVID-19 vaccine (either all shots or 1 shot out of 2)	74	74	75	71	81
Yes, plan to get the COVID-19 vaccine	5	4	9	7	7
No, I do not plan to get the COVID-19 vaccine	14	14	11	14	4
Don't know/unsure	8	8	6	8	8
SKP/REF	*	*	-	*	1
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

If not planning to get or don't know/unsure about getting the COVID-19 vaccine

Q9.

What are some reasons why you [do not plan to; are unsure if you will] get the COVID-19 vaccine?

[MULTIPLE RESPONSE; GRID ITEMS RANDOMIZED]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
The risks of taking a new vaccine outweigh any benefits	39	39	25	33	*
I do not think the vaccination will work to protect me from infection	25	25	20	25	*
I do not trust the government	40	42	32	36	*
I'm concerned about the cost of the vaccine	1	1	*	3	*
I don't think I'll get that sick if I get COVID-19	8	7	8	13	*
I already had COVID-19, so I can't get it again	7	5	7	14	*
I'm healthy and don't need a COVID-19 vaccine	22	21	17	30	*
I'm worried about side effects	61	58	66	68	*
I'm keeping away from health care sites to avoid COVID-19	5	6	3	2	*
I don't trust the drug companies that make the vaccine	37	38	33	31	*
I don't think it has been tested enough	70	73	62	51	*
I want to wait and see how it goes for other people who get the vaccine	46	49	45	35	*
I don't trust the Centers for Disease Control and Prevention (CDC)	37	38	20	37	*
Other, please specify:	15	18	9	1	*
DK/SKP/REF	*	*	-	-	*
	N=364	N=173	N=82	N=97	N=20

Note: Base sizes too small to report percentages for LGBTQ+ subgroup.

Q10.

Thinking about the last few weeks, compared to 6 months ago, would you say the number of times you've left your home in a typical week to shop, run errands, exercise, visit friends or family, dine out, or for entertainment has increased, stayed the same, or decreased?

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Increased	28	29	22	30	36
Stayed the same	48	50	51	40	44
Decreased	24	22	27	30	20
DK/SKP/REF	*	*	*	-	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

Q11.

Looking ahead to six months from now, do you think the number of times you will leave your home in a typical week to do the following will increase, stay the same, or decrease compared to what you are doing right now?

[GRID ITEMS RANDOMIZED]

TOTAL				
4/27-5/4/2021	Increase	Stay the same	Decrease	DK/SKP/ REF
Shop	30	63	7	*
Run errands	29	65	5	1
Exercise	36	58	6	*
Visit friends or family	49	44	7	1
Dine out	43	45	11	1
For entertainment	36	52	11	*

N=1,903

NH WHITE				
4/27-5/4/2021	Increase	Stay the same	Decrease	DK/SKP/ REF
Shop	32	62	6	*
Run errands	30	65	4	1
Exercise	34	60	5	*
Visit friends or family	53	41	6	1
Dine out	46	44	9	1
For entertainment	38	52	10	*

N=938

NH B/AA				
4/27-5/4/2021	Increase	Stay the same	Decrease	DK/SKP/REF
Shop	23	65	12	1
Run errands	25	64	11	1
Exercise	38	52	10	1
Visit friends or family	33	54	12	1
Dine out	27	53	20	1
For entertainment	24	55	20	1

N=462

H/L				
4/27-5/4/2021	Increase	Stay the same	Decrease	DK/SKP/REF
Shop	29	61	10	*
Run errands	31	59	10	*
Exercise	42	51	7	-
Visit friends or family	41	51	9	*
Dine out	39	46	14	-
For entertainment	38	49	13	*

N=446

LGBTQ+				
4/27-5/4/2021	Increase	Stay the same	Decrease	DK/SKP/REF
Shop	29	67	4	-
Run errands	32	63	2	2
Exercise	41	54	5	-
Visit friends or family	46	43	11	-
Dine out	43	49	8	-
For entertainment	37	52	11	*

N=164

Q11a.**In general, how healthy is your overall diet?**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Completely healthy	2	2	2	1	3
Very healthy	25	27	20	19	31
Somewhat healthy	61	60	62	64	52
Barely healthy	11	9	13	14	11
Not healthy	2	2	3	2	3
DK/SKP/REF	*	*	1	-	-

N=1,903

N=938

N=462

N=446

N=164

*If online***Q12.**

About how many servings of fruit do you eat in a typical day? A serving is considered to be one cup of fruit such as a large banana, whole grapefruit, large apple, large orange, ½ cup of dried fruit.

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
None	12	12	11	13	16
1	42	42	42	42	40
2	29	29	28	30	30
3	12	12	13	8	8
4	4	3	3	5	3
5	1	1	2	1	1
6	*	*	1	1	-
7	*	-	-	-	-
8	*	*	-	-	1
9	-	-	*	-	-
10	-	-	-	*	-
11 or more	-	-	-	-	-
SKP	*	-	*	*	-
N=1,730 N=864 N=391 N=427 N=157					

*If online***Q13.**

About how many servings of vegetables do you eat in a typical day? A serving of vegetables is equal to one cup of raw or cooked vegetables, one cup of vegetable juice, or two cups of raw leafy greens.

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
None	6	5	4	12	9
1	32	31	34	34	26
2	34	36	35	27	33
3	17	18	14	19	18
4	6	6	7	4	9
5	3	3	5	3	1
6	1	1	1	2	1
7	*	*	-	*	4
8	*	*	*	-	1
9	-	-	-	-	-
10	*	*	-	-	-
11 or more	*	*	-	-	-
SKP	-	-	-	-	-
N=1,730 N=864 N=391 N=427 N=157					

If online

Q14.

About how many servings of grain foods do you eat in a typical day? One serving could be one mini-bagel, ½ English muffin, one slice of bread, 1 pancake, 1 cup of dry cereal, ½ cup of cooked oatmeal, ½ of cooked rice or pasta, or one 6" tortilla.

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
None	8	7	11	12	10
1	34	33	50	34	32
2	29	30	25	30	30
3	15	16	9	13	12
4	9	10	3	9	9
5	3	3	3	1	5
6	1	1	1	1	1
7	*	*	-	*	2
8	*	*	-	-	1
9	*	*	-	-	-
10	-	-	-	-	-
11 or more	-	-	*	-	-
SKP	-	-	*	-	-
	N=1,730	N=864	N=391	N=427	N=157

If online

Q15.

About how many servings of protein do you eat in a typical day? Servings of protein are measured by the ounce so one serving of protein is one ounce of lean meat, poultry, or seafood, or one egg, ¼ cup of cooked beans, ½ cup of nuts, 1 tablespoon of peanut butter. A quarter-pound lean hamburger (4 ounces) would be the same as four servings of protein.

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
None	1	1	4	1	1
1	17	15	19	29	11
2	29	27	34	38	24
3	21	22	20	16	27
4	15	17	12	8	16
5	6	6	6	4	5
6	6	7	3	3	5
7	1	1	1	-	2
8	2	2	-	1	6
9	1	1	1	*	*
10	1	1	*	-	-
11 or more	1	1	1	2	3
SKP	-	-	-	-	-
	N=1,730	N=864	N=391	N=427	N=157

If online

Q16.

About how many servings of dairy do you eat in a typical day? One serving of dairy is equal to a 1 cup of milk, 1 cup of yogurt, 2 cups of cottage cheese, 1 ½ ounces of hard cheese, 2 ounces of processed cheese, 1/3 cup of shredded cheese, ½ cup of ricotta cheese, 1 ½ cups ice cream, 1 cup of frozen yogurt, 1 cup of calcium-fortified soy milk.

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
None	9	7	17	16	14
1	40	39	48	40	40
2	30	30	19	31	27
3	12	13	11	7	13
4	6	7	2	2	4
5	2	3	1	1	1
6	1	1	2	1	1
7	*	-	1	*	-
8	*	*	-	1	1
9	-	-	-	*	-
10	*	*	-	*	-
11 or more	*	-	-	1	-
SKP	-	-	-	-	-
	N=1,730	N=864	N=391	N=427	N=157

DOV_Diet.

Calculate healthy diet: If R is within the recommendation he/she receives one point for each (Q12 – Q16).

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
0	20	18	21	26	21
1	39	38	40	44	36
2	30	31	32	24	31
3	10	11	6	6	12
4	2	2	1	*	*
5	-	-	-	-	-
	N=1,730	N=864	N=391	N=427	N=157

Q17.

How has your diet or eating habits changed, if at all, with the following food items in the past year?

[GRID ITEMS RANDOMIZED; OPTIONS REVERSED FOR HALF OF RESPONDENTS]

TOTAL 4/27-5/4/2021	Eating a lot less	Eating a little less	No change	Eating a little more	Eating much more	N/A, I have never eaten these items	DK/SKP /REF
Sweet snacks (i.e., cookies, candy, ice cream, etc.)	15	18	36	23	7	2	*
Salty snacks (i.e., potato chips, pretzels, popcorn, etc.)	17	18	42	16	5	2	*
“Highly processed foods” (i.e., pizza, sandwich meats, hot dogs, French fries, etc.)	19	19	42	14	4	2	*

N=1,903

NH WHITE 4/27-5/4/2021	Eating a lot less	Eating a little less	No change	Eating a little more	Eating much more	N/A, I have never eaten these items	DK/SKP/ REF
Sweet snacks (i.e., cookies, candy, ice cream, etc.)	14	17	37	24	6	2	*
Salty snacks (i.e., potato chips, pretzels, popcorn, etc.)	16	16	45	16	4	3	*
“Highly processed foods” (i.e., pizza, sandwich meats, hot dogs, French fries, etc.)	17	18	45	15	3	2	*

N=938

NH B/AA 4/27-5/4/2021	Eating a lot less	Eating a little less	No change	Eating a little more	Eating much more	N/A, I have never eaten these items	DK/SKP/ REF
Sweet snacks (i.e., cookies, candy, ice cream, etc.)	19	21	33	20	7	1	-
Salty snacks (i.e., potato chips, pretzels, popcorn, etc.)	22	21	34	15	6	2	*
"Highly processed foods" (i.e., pizza, sandwich meats, hot dogs, French fries, etc.)	28	17	35	11	7	2	*

N=462

H/L 4/27-5/4/2021	Eating a lot less	Eating a little less	No change	Eating a little more	Eating much more	N/A, I have never eaten these items	DK/SKP/ REF
Sweet snacks (i.e., cookies, candy, ice cream, etc.)	17	20	28	24	7	4	*
Salty snacks (i.e., potato chips, pretzels, popcorn, etc.)	18	25	31	20	6	1	*
"Highly processed foods" (i.e., pizza, sandwich meats, hot dogs, French fries, etc.)	21	23	32	16	4	4	*

N=446

LGBTQ+ 4/27-5/4/2021	Eating a lot less	Eating a little less	No change	Eating a little more	Eating much more	N/A, I have never eaten these items	DK/SKP/ REF
Sweet snacks (i.e., cookies, candy, ice cream, etc.)	20	10	33	17	12	8	-
Salty snacks (i.e., potato chips, pretzels, popcorn, etc.)	21	14	39	11	39	6	*
"Highly processed foods" (i.e., pizza, sandwich meats, hot dogs, French fries, etc.)	22	12	42	12	7	5	*

N=164

If eating a little more, eating much more sweet snacks, salty snacks, or "highly processed foods"
Q18.

What are some reasons why you have been eating more [sweet snacks; salty snacks; "highly processed foods"]?

[MULTIPLE RESPONSE; OPTIONS RANDOMIZED]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Home more	57	59	49	50	52
Bored	37	38	36	33	59
Stressed	33	34	30	38	39
Anxiety/anxious	24	24	18	22	27
Busier/doing more	7	7	13	6	8
Not doing anything	23	24	22	21	33
Worried	16	17	14	13	19
Doing more sitting and watching TV/streaming	55	56	48	48	68
Other, please specify:	12	13	11	7	9
DK/SKP/REF	*	-	2	-	-

N=738

N=370

N=171

N=177

N=63

If eating a little more, eating much more sweet snacks, salty snacks, or “highly processed foods”
Q19.

How do you feel about the fact that you are eating more [sweet snacks; salty snacks; “highly processed foods”]?

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
I think it is fine	9	6	15	20	10
I am a little concerned, but probably won't change	36	41	26	19	21
I am very concerned and would like to change	55	53	59	62	70
DK/SKP/REF	*	*	*	-	-
	N=738	N=370	N=171	N=177	N=63

Q20.

Compared to when the coronavirus outbreak first began (around March 2020), would you say in the past 30 days the number of times you typically ate a meal from the following sources increased, stayed the same or decreased?

[GRID ITEMS RANDOMIZED]

TOTAL				N/A, never ate meals from this source	DK/SKP/REF
4/27-5/4/2021	Increased	Stayed the same	Decreased		
Fast food restaurants	10	40	39	12	*
Dine-in/sit down restaurants (not fast food)	11	25	53	10	1
Take-out or delivery	23	38	24	14	1
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	4	12	6	78	1
Meals prepared at home with ingredients purchased from a grocery store	38	54	6	1	*

N=1,903

NH WHITE 4/27-5/4/2021	Increased	Stayed the same	Decreased	N/A, never ate meals from this source	DK/SKP/ REF
Fast food restaurants	10	40	36	13	*
Dine-in/sit down restaurants (not fast food)	12	25	52	10	1
Take-out or delivery	23	40	21	15	1
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	4	11	4	81	1
Meals prepared at home with ingredients purchased from a grocery store	37	56	6	1	*

N=938

NH B/AA 4/27-5/4/2021	Increased	Stayed the same	Decreased	N/A, never ate meals from this source	DK/SKP/ REF
Fast food restaurants	11	37	47	5	1
Dine-in/sit down restaurants (not fast food)	6	21	63	8	2
Take-out or delivery	20	36	34	10	1
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	4	18	13	65	*
Meals prepared at home with ingredients purchased from a grocery store	42	46	11	1	1

N=462

H/L 4/27-5/4/2021	Increased	Stayed the same	Decreased	N/A, never ate meals from this source	DK/SKP/ REF
Fast food restaurants	10	41	42	27	1
Dine-in/sit down restaurants (not fast food)	10	28	54	8	*
Take-out or delivery	21	33	36	9	1
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	5	12	11	70	1
Meals prepared at home with ingredients purchased from a grocery store	45	48	7	-	*

N=446

LGBTQ+ 4/27-5/4/2021	Increased	Stayed the same	Decreased	N/A, never ate meals from this source	DK/SKP/ REF
Fast food restaurants	6	29	39	23	4
Dine-in/sit down restaurants (not fast food)	12	21	54	11	2
Take-out or delivery	23	36	19	21	1
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	5	11	7	76	1
Meals prepared at home with ingredients purchased from a grocery store	35	57	5	1	2

N=164

Q21.

Looking ahead to six months from now, do you think the number of times you will typically eat a meal from the following sources will increase, stay the same or decrease compared to what you are doing now?

[GRID ITEMS RANDOMIZED, SAME ORDER AS Q20]

TOTAL 4/27-5/4/2021	Increase	Stay the same	Decrease	N/A, never ate meals from this source	DK/SKP/REF
Fast food restaurants	9	53	25	12	2
Dine-in/sit down restaurants (not fast food)	45	34	13	6	2
Take-out or delivery	9	54	21	13	2
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	1	15	7	75	2
Meals prepared at home with ingredients purchased from a grocery store	22	71	4	2	2

N=1,903

NH WHITE 4/27-5/4/2021	Increase	Stay the same	Decrease	N/A, never ate meals from this source	DK/SKP/REF
Fast food restaurants	8	55	21	14	2
Dine-in/sit down restaurants (not fast food)	48	34	10	6	2
Take-out or delivery	9	55	19	14	2
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	1	13	5	79	2
Meals prepared at home with ingredients purchased from a grocery store	19	75	3	2	2

N=938

NH B/AA 4/27-5/4/2021	Increase	Stay the same	Decrease	N/A, never ate meals from this source	DK/SKP/REF
Fast food restaurants	9	50	35	4	2
Dine-in/sit down restaurants (not fast food)	26	35	31	8	1
Take-out or delivery	9	55	28	7	1
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	2	23	13	61	1
Meals prepared at home with ingredients purchased from a grocery store	36	56	6	1	1

N=462

H/L 4/27-5/4/2021	Increase	Stay the same	Decrease	N/A, never ate meals from this source	DK/SKP/REF
Fast food restaurants	5	55	33	6	1
Dine-in/sit down restaurants (not fast food)	37	38	19	6	1
Take-out or delivery	8	54	29	9	1
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	1	20	15	63	1
Meals prepared at home with ingredients purchased from a grocery store	29	66	4	1	1

N=446

LGBTQ+				N/A, never ate meals from this source	DK/SKP/REF
4/27-5/4/2021	Increase	Stay the same	Decrease		
Fast food restaurants	9	40	24	26	2
Dine-in/sit down restaurants (not fast food)	48	36	8	6	2
Take-out or delivery	9	46	20	22	4
Meal delivery service (i.e., Blue Apron, Freshly, Home Chef, etc.)	2	15	7	75	2
Meals prepared at home with ingredients purchased from a grocery store	19	76	3	*	2

N=164

Q22.

Have you started or restarted doing any of the following to improve your physical, mental, or emotional health since the coronavirus outbreak first began (around March 2020)?

[MULTIPLE RESPONSE; OPTIONS RANDOMIZED]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Changed your diet	25	23	35	25	23
Tried a new type of exercise	19	17	22	20	20
Tried an online exercise class	7	7	9	5	8
Changed your hair care routine	15	15	25	12	14
Changed your skin care routine	11	11	15	11	13
Started meditation	6	5	7	9	8
Learned a new skill or took up a new hobby	15	15	17	12	18
Talked to a mental health professional	6	6	8	7	11
Attended virtual support groups	4	4	5	4	9
Took a stress management course/seminar	1	1	3	1	4
Started new vitamins/supplements	28	27	32	26	29
Other, please specify:	6	6	5	6	4
None of the above	33	35	25	35	33
DK/SKP/REF	-	-	-	*	-

N=1,903

N=938

N=462

N=446

N=164

If started or restarted doing any of the items in Q22 since the coronavirus outbreak first began
Q23.

How likely do you think you will still be doing [this new activity; these new activities] a year from now?

[GRID ITEMS RANDOMIZED] [OPTIONS REVERSED FOR HALF OF RESPONDENTS]

TOTAL 4/27-5/4/2021	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely	DK/SKP/ REF
Changes to your diet <i>n=559</i>	55	37	4	3	*
New type of exercise <i>n=398</i>	45	43	5	6	1
Online exercise class <i>n=148</i>	22	48	10	19	2
New hair care routine <i>n=319</i>	49	35	11	5	*
New skin care routine <i>n=239</i>	62	30	5	3	-
Meditation <i>n=149</i>	65	18	4	10	2
New skill or hobby <i>n=297</i>	55	36	7	1	1
Talking to a mental health professional <i>n=148</i>	45	21	21	14	-
Attending virtual support groups <i>n=83</i>	35	37	15	13	-
Taking stress management course/ seminars <i>n=39</i>	14	25	28	31	2
New vitamins/ supplements <i>n=604</i>	55	37	5	3	1
[Q22_12 TEXTBOX RESPONSE] <i>n=89</i>	78	15	2	6	-

Note: Base sizes too small to report percentages for some attributes.

NH WHITE 4/27-5/4/2021	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely	DK/SKP/ REF
Changes to your diet <i>n=240</i>	57	36	4	3	1
New type of exercise <i>n=164</i>	44	42	5	8	1
Online exercise class <i>n=62</i>	17	47	11	23	2
New hair care routine <i>n=123</i>	48	36	11	4	-
New skin care routine <i>n=100</i>	63	30	3	4	-
Meditation <i>n=55</i>	67	17	2	11	4
New skill or hobby <i>n=140</i>	61	33	5	*	1
Talking to a mental health professional <i>n=61</i>	48	16	20	16	-
Attending virtual support groups <i>n=31</i>	36	31	17	15	-
Taking stress management course/ seminars <i>n=13</i>	*	*	*	*	*
New vitamins/ supplements <i>n=257</i>	55	37	5	2	1
[Q22_12 TEXTBOX RESPONSE] <i>n=44</i>	78	14	2	6	78

Note: Base sizes too small to report percentages for some attributes.

NH B/AA 4/27-5/4/2021	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely	DK/SKP/ REF
Changes to your diet <i>n=172</i>	59	32	4	4	1
New type of exercise <i>n=102</i>	43	48	6	2	1
Online exercise class <i>n=48</i>	38	46	11	5	1
New hair care routine <i>n=122</i>	57	31	5	6	1
New skin care routine <i>n=74</i>	53	33	13	-	-
Meditation <i>n=41</i>	64	24	7	5	-
New skill or hobby <i>n=79</i>	56	32	9	2	-
Talking to a mental health professional <i>n=45</i>	32	49	8	11	-
Attending virtual support groups <i>n=29</i>	*	*	*	*	*
Taking stress management course/ seminars <i>n=15</i>	*	*	*	*	*
New vitamins/ supplements <i>n=164</i>	63	27	7	3	1
[Q22_12 TEXTBOX RESPONSE] <i>n=23</i>	*	*	*	*	*

Note: Base sizes too small to report percentages for some attributes.

H/L 4/27-5/4/2021	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely	DK/SKP/ REF
Changes to your diet <i>n=128</i>	43	44	9	4	-
New type of exercise <i>n=112</i>	61	31	4	5	-
Online exercise class <i>n=33</i>	46	38	2	14	-
New hair care routine <i>n=67</i>	41	32	14	14	-
New skin care routine <i>n=60</i>	66	19	11	3	-
Meditation <i>n=46</i>	55	21	7	17	-
New skill or hobby <i>n=64</i>	29	51	11	8	1
Talking to a mental health professional <i>n=36</i>	38	19	37	6	-
Attending virtual support groups <i>n=19</i>	*	*	*	*	*
Taking stress management course/ seminars <i>n=11</i>	*	*	*	*	*
New vitamins/ supplements <i>n=161</i>	48	35	4	13	-
[Q22_12 TEXTBOX RESPONSE] <i>n=19</i>	*	*	*	*	*

Note: Base sizes too small to report percentages for some attributes.

LGBTQ+ 4/27-5/4/2021	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely	DK/SKP/ REF
Changes to your diet <i>n</i> =44	52	41	2	6	-
New type of exercise <i>n</i> =33	60	33	7	-	-
Online exercise class <i>n</i> =15	*	*	*	*	*
New hair care routine <i>n</i> =24	*	*	*	*	*
New skin care routine <i>n</i> =21	*	*	*	*	*
Meditation <i>n</i> =18	*	*	*	*	*
New skill or hobby <i>n</i> =30	61	36	3	-	-
Talking to a mental health professional <i>n</i> =20	*	*	*	*	*
Attending virtual support groups <i>n</i> =9	*	*	*	*	*
Taking stress management course/ seminars <i>n</i> =9	*	*	*	*	*
New vitamins/ supplements <i>n</i> =50	54	41	4	2	-
[Q22_12 TEXTBOX RESPONSE] <i>n</i> =23	*	*	*	*	*

Note: Base sizes too small to report percentages for some attributes.

Q24.

During a typical week in the past 30 days, how many minutes did you spend exercising?

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
I did not exercise in the past month	17	16	20	21	21
30 minutes or less	22	21	28	27	11
30 to less than 60 minutes	16	17	18	8	20
60 to less than 90 minutes	11	10	11	14	17
90 to less than 120 minutes	8	8	6	14	9
120 to less than 150 minutes	7	8	4	3	9
150 minutes or more	19	20	12	12	13
DK/SKP/REF	*	-	1	1	-
	<i>N</i> =1,903	<i>N</i> =938	<i>N</i> =462	<i>N</i> =446	<i>N</i> =164

Q25.

Compared to when the coronavirus outbreak first began (around March 2020), would you say the number of minutes you spent exercising during a typical week in the past 30 days has increased, stayed the same, or decreased?

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Increased	21	21	22	16	21
Stayed the same	52	53	52	50	48
Decreased	26	26	26	34	31
DK/SKP/REF	*	*	-	-	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

Q26.

Looking ahead to six months from now, do you think the number of minutes you will spend exercising during a typical week will increase, stay the same, or decrease compared to the number of minutes you are currently exercising?

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Increase	44	42	49	54	44
Stay the same	52	55	45	38	54
Decrease	4	3	6	5	2
DK/SKP/REF	1	1	*	3	*
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

If the number of minutes spend exercising during a typical week will increase six months from now
Q27.

What are some of the reasons why you think the number of minutes you will spend exercising will increase?

[MULTIPLE RESPONSE; OPTIONS RANDOMIZED]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
There will be better weather and I will be able to exercise outside more	63	67	57	49	65
I will be able to go back to the gym	25	23	34	21	34
I am starting a new exercise routine	26	23	32	31	32
I will be joining/on a sports team	2	1	3	2	-
I will be going to parks/open areas more	40	39	51	39	48
I will be eating more	3	2	6	2	4
I will be able to go to exercise classes	14	13	20	8	12
The pools will be open and I can swim	15	14	11	21	16
I won't be concerned about catching COVID-19	36	38	31	31	49
Other, please specify:	14	16	7	9	13
DK/SKP/REF	1	1	*	*	-
	N=921	N=409	N=251	N=235	N=82

If the number of minutes spend exercising during a typical week will decrease six months from now
Q28.

What are some of the reasons why you think the number of minutes you will spend exercising will decrease?

[MULTIPLE RESPONSE; OPTIONS RANDOMIZED]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
I would have hit my weight goals and won't need to exercise as much	4	*	*	*	*
My stress level will decrease so I won't need to exercise as much	1	*	*	*	*
I will be eating less	12	*	*	*	*
I will be in better shape	4	*	*	*	*
I will be too busy	17	*	*	*	*
I will be back at work	2	*	*	*	*
I won't have the same amount of time I have now	8	*	*	*	*
I won't be able to afford the gym	13	*	*	*	*
I will be doing more intense workouts so it will take less time	3	*	*	*	*
I won't have an exercise partner anymore	2	*	*	*	*
I will just have better things to do	26	*	*	*	*
I will be active enough going out with family/ friends	14	*	*	*	*
Other, please specify:	46	*	*	*	*
DK/SKP/REF	-	*	*	*	*
	N=51	N=20	N=19	N=11	N=3

Note: Base sizes too small to report percentages for all subgroups.

If exercised during a typical week in the past 30 days, or the number of minutes spend exercising during a typical week will increase six months from now

Q29.

How likely do you think you will keep this current or new exercise routine after the pandemic crises has subsided?

[OPTIONS REVERSED FOR HALF OF RESPONDENTS]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Very likely	47	47	53	43	41
Somewhat likely	44	44	40	48	48
Not too likely	5	5	3	7	4
Very unlikely	3	3	3	2	7
DK/SKP/REF	1	1	*	*	1
	<i>N=1,704</i>	<i>N=847</i>	<i>N=408</i>	<i>N=399</i>	<i>N=147</i>

Q30.

When do you think you will be comfortable doing the following activities without wearing a mask and not keeping socially distant?

[GRID ITEMS RANDOMIZED]

TOTAL 4/27-5/4/2021	I do this now	In 1-2 months	In 3-4 months	In 5- 6 months	More than 6 months from now	Never	N/A, I do not do this	DK/SKP/ REF
Swim in a public pool	8	7	7	5	13	14	46	1
Eat in a crowded restaurant	23	13	10	12	25	6	9	1
Go to an indoor crowded stadium/ event	10	8	9	11	25	11	25	1
Shake a stranger's hand	25	9	10	10	23	13	10	1
Hug an acquaintance	43	13	10	8	13	5	6	1
Host/attend a small gathering	36	18	11	9	12	4	9	1
Fly on a plane	16	10	9	10	24	8	22	1
Visit family/ friends	58	18	7	4	8	1	2	1
Stay in a hotel	31	12	11	10	17	4	14	2
Host/attend a large gathering	15	9	10	15	24	8	18	1
Go to a crowded indoor theater	8	9	12	11	27	10	22	1
Take public transportation like a subway, train or bus	10	5	7	6	14	10	48	1

N=1,903

NH WHITE 4/27-5/4/2021	I do this now	In 1-2 months	In 3-4 months	In 5- 6 months	More than 6 months from now	Never	N/A, I do not do this	DK/SKP/ REF
Swim in a public pool	9	7	7	5	12	11	49	1
Eat in a crowded restaurant	26	15	11	13	23	4	8	1
Go to an indoor crowded stadium/ event	11	9	10	11	24	9	26	1
Shake a stranger's hand	27	10	10	10	20	13	10	1
Hug an acquaintance	46	14	11	8	10	4	6	1
Host/attend a small gathering	41	18	11	8	8	3	9	1
Fly on a plane	17	11	10	10	22	7	22	1
Visit family/ friends	65	17	6	3	6	1	1	1
Stay in a hotel	34	12	11	9	15	3	15	1
Host/attend a large gathering	16	9	12	15	22	6	19	1
Go to a crowded indoor theater	9	10	12	10	26	9	23	1
Take public transportation like a subway, train or bus	9	4	7	6	13	9	51	1

N=938

NH B/AA 4/27-5/4/2021	I do this now	In 1-2 months	In 3-4 months	In 5- 6 months	More than 6 months from now	Never	N/A, I do not do this	DK/SKP/ REF
Swim in a public pool	3	5	5	6	19	26	36	1
Eat in a crowded restaurant	6	7	9	10	34	21	12	2
Go to an indoor crowded stadium/ event	2	5	4	11	33	21	21	2
Shake a stranger's hand	9	8	7	10	32	23	9	2
Hug an acquaintance	26	10	12	13	18	13	6	3
Host/attend a small gathering	16	11	14	14	26	7	11	1
Fly on a plane	10	7	8	11	31	13	18	2
Visit family/ friends	32	22	12	9	18	4	3	1
Stay in a hotel	19	10	8	11	28	9	13	4
Host/attend a large gathering	6	5	7	12	37	17	15	2
Go to a crowded indoor theater	2	4	9	10	35	20	18	1
Take public transportation like a subway, train or bus	13	7	5	8	18	18	31	1

N=462

H/L 4/27-5/4/2021	I do this now	In 1-2 months	In 3-4 months	In 5- 6 months	More than 6 months from now	Never	N/A, I do not do this	DK/SKP/ REF
Swim in a public pool	9	7	7	5	11	19	41	1
Eat in a crowded restaurant	20	11	10	9	27	9	9	4
Go to an indoor crowded stadium/ event	9	10	7	10	28	12	23	*
Shake a stranger's hand	25	6	10	9	32	10	7	1
Hug an acquaintance	42	8	7	6	22	6	8	1
Host/attend a small gathering	26	19	11	9	21	5	8	1
Fly on a plane	17	7	6	7	33	9	21	1
Visit family/ friends	44	14	9	6	17	2	8	1
Stay in a hotel	29	14	11	10	21	5	9	1
Host/attend a large gathering	15	9	7	14	26	16	12	1
Go to a crowded indoor theater	8	11	12	11	33	13	14	1
Take public transportation like a subway, train or bus	16	5	7	4	15	10	41	*

N=446

LGBTQ+ 4/27-5/4/2021	I do this now	In 1-2 months	In 3-4 months	In 5- 6 months	More than 6 months from now	Never	N/A, I do not do this	DK/SKP/ REF
Swim in a public pool	9	10	4	4	10	9	53	4
Eat in a crowded restaurant	16	9	16	10	27	7	14	2
Go to an indoor crowded stadium/ event	1	4	9	11	31	14	30	-
Shake a stranger's hand	18	12	8	10	25	15	13	-
Hug an acquaintance	33	18	10	9	16	4	9	2
Host/attend a small gathering	22	18	15	7	17	4	17	2
Fly on a plane	11	15	8	10	28	12	16	-
Visit family/ friends	44	24	8	5	10	3	7	-
Stay in a hotel	19	15	12	13	20	6	14	-
Host/attend a large gathering	7	9	16	7	25	10	27	-
Go to a crowded indoor theater	3	10	9	10	36	11	22	-
Take public transportation like a subway, train or bus	11	6	5	3	20	11	44	-

N=164

Q31.

Compared to when the coronavirus outbreak first began (around March 2020) how has your stress level changed, if at all, as a result of the pandemic? My current stress level is...

[OPTIONS REVERSED FOR HALF OF RESPONDENTS]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Much higher	8	8	8	9	12
Somewhat higher	35	35	31	39	41
No change	46	47	45	44	25
Somewhat lower	7	7	10	6	14
Much lower	4	4	5	3	9
DK/SKP/REF	*	*	1	*	-

N=1,903

N=938

N=462

N=446

N=164

Q32.

Looking ahead six months, do you think your stress level will increase, stay the same, or decrease compared to now?

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Increase	4	3	5	5	7
Stay the same	62	63	58	58	51
Decrease	34	33	36	36	42
DK/SKP/REF	*	*	1	1	-
	N=1,903	N=938	N=462	N=446	N=164

If stress level will increase compared to now

Q33a.

What are some of the reasons why you think your stress level will increase in six months compared to now?

[MULTIPLE RESPONSE; OPTIONS RANDOMIZED]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
I won't have as much time to exercise, meditate, etc.	6	14	*	*	*
I won't keep my healthy lifestyle	3	14	*	*	*
I will visit my family and friends more	18	18	*	*	*
I will be nervous about being around more people	42	44	*	*	*
Less people will be wearing masks and practicing social distancing	40	46	*	*	*
My children will be back in school	3	14	*	*	*
My grandchildren will be with me	8	20	*	*	*
I will be commuting to work	11	10	*	*	*
I will be back at work	8	12	*	*	*
I will be back to my old routine	21	32	*	*	*
I will have a more hectic schedule	24	41	*	*	*
Other, please specify:	28	14	*	*	*
DK/SKP/REF	7	-	*	*	*
	N=80	N=35	N=19	N=22	N=11

Note: Base sizes too small to report percentages for NH B/AA, H/L and LGBTQ+ subgroups.

If stress level will decrease compared to now

Q33b.

What are some of the reasons why you think your stress level will decrease in six months compared to now?

[MULTIPLE RESPONSE; OPTIONS RANDOMIZED]

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
There will be better weather and I will be able to exercise outside more	47	50	46	42	44
I will be able to go back to the gym	17	17	18	17	17
I will be going outside more	55	54	60	62	65
I will be able to see my family and friends more	69	71	63	57	57
I won't be so nervous about being around crowds	47	49	47	36	59
I will be able to eat out more	40	41	25	44	35
My children will be away (camp, grandparents, etc.)	2	1	4	4	5
My grandchildren will be with me	17	16	19	19	3
I will be able to take a vacation	43	43	45	33	38
I will be able to do more things I enjoy	68	71	68	51	66
I will be commuting to work	4	3	7	2	5
I will be back at work	6	4	15	8	4
I will be vaccinated	51	54	45	37	58
Most everyone will be vaccinated	67	67	65	76	70
Other, please specify:	9	9	10	7	12
DK/SKP/REF	1	1	*	-	-
	N=708	N=333	N=188	N=164	N=67

AARP.

Are you [or your spouse] a member of AARP?

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Yes	31	32	34	24	35
No	69	68	66	76	66
Don't know	*	1	*	-	-
SKP/REF	-	-	-	-	-
	N=1,903	N=938	N=462	N=446	N=164

D1.**Do you currently have health insurance coverage?**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Yes	96	97	94	89	98
No	5	3	6	11	2
DK/SKP/REF	-	-	-	*	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

D2.**Which of the following best describes the area where you live?****[OPTIONS REVERSED FOR HALF OF RESPONDENTS]**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Rural area/farm	19	22	14	12	11
Small town/village	28	31	20	20	22
Suburb of a large city	37	37	32	33	34
Large city	15	9	34	34	30
DK/SKP/REF	*	*	1	*	3
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

SURV_LANG.**Survey interview language**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
English	98	100	100	84	99
Spanish	2	-	-	16	1
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

SURV_MODE.**Survey interview mode**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Phone	11	8	21	13	10
Online	90	92	79	87	90
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

DEVICE.**Device**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Desktop	52	59	37	25	60
Telephone interview	11	8	21	13	10
Smartphone	35	31	41	58	27
Tablet	3	3	1	5	3
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

GENDER.**Respondent Gender**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Male	47	46	44	47	54
Female	53	54	56	53	45
Non-binary or another gender identity	*	-	-	*	1
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

AGE4.**Age – 4 categories**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
18-29	-	-	-	-	-
30-44	-	-	-	-	-
45-59	35	32	39	47	30
60+	65	68	61	53	70
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

AGE7.**Age – 7 categories**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
18-24	-	-	-	-	-
25-34	-	-	-	-	-
35-44	-	-	-	-	-
45-54	14	13	16	19	13
55-64	37	34	43	50	27
65-74	33	36	29	19	40
75+	16	17	13	12	19
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

RACETHNICITY.**Respondent Combined race/ethnicity**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
White, non-Hispanic	74	100	-	-	83
Black, non-Hispanic	10	-	100	-	7
Other, non-Hispanic	1	-	-	-	2
Hispanic	11	-	-	100	8
2+, non-Hispanic	2	-	-	-	1
Asian, non-Hispanic	2	-	-	-	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

EDUC5.**Respondent 5-level education**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
No high school diploma	10	6	13	32	5
High school graduate or equivalent	31	31	34	31	11
Some college	25	26	28	19	18
Bachelor's degree	20	22	16	11	28
Post grad study/ professional degree	15	15	10	8	37
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

MARITAL.**Respondent Marital status**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Married	59	62	35	61	26
Widowed	8	8	11	4	8
Divorced	15	14	20	11	14
Separated	8	7	11	14	6
Never married	9	8	21	8	44
Living with partner	2	2	3	2	3
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

EMPLOY.**Respondent Current employment status**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Working (NET)	43	42	42	42	30
Working – as a paid employee	34	33	38	38	26
Working – self-employed	9	10	5	4	4
Not working (NET)	57	58	58	57	70
Not working – on temporary layoff from a job	1	*	2	2	2
Not working – looking for work	2	2	4	3	4
Not working – retired	42	47	32	29	48
Not working – disabled	9	6	17	17	13
Not working – other	4	3	4	7	3
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

INCOME.**Respondent Household income**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Less than \$50,000 (NET)	43	39	60	54	49
Less than \$5,000	2	1	6	1	3
\$5,000 to \$9,999	2	1	5	4	2
\$10,000 to \$14,999	3	3	6	6	5
\$15,000 to \$19,999	4	3	7	3	7
\$20,000 to \$24,999	6	6	9	11	5
\$25,000 to \$29,999	7	6	9	14	3
\$30,000 to \$34,999	6	6	6	5	4
\$35,000 to \$39,999	5	5	3	3	10
\$40,000 to \$49,999	9	9	9	7	10
\$50,000 or more (NET)	57	61	40	46	51
\$50,000 to \$59,999	9	9	9	5	6
\$60,000 to \$74,999	13	14	9	12	14
\$75,000 to \$84,999	5	5	2	8	3
\$85,000 to \$99,999	9	10	6	7	7
\$100,000 to \$124,999	7	7	6	6	8
\$125,000 to \$149,999	7	8	3	2	7
\$150,000 to \$174,999	4	4	2	3	3
\$175,000 to \$199,999	2	2	1	1	2
\$200,000 or more	3	3	1	2	4
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

REGION4.**Region – 4 level**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Northeast	18	19	15	14	17
Midwest	21	25	16	7	16
South	38	36	60	40	37
West	23	20	9	39	29
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

REGION9.**Region – 9 level**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
New England	5	5	2	7	7
Mid-Atlantic	13	14	13	8	10
East North Central	14	16	14	6	11
West North Central	7	9	3	2	6
South Atlantic	20	19	35	21	23
East South Central	7	7	10	1	9
West South Central	11	9	15	18	6
Mountain	7	7	3	8	11
Pacific	16	14	6	30	18
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

METRO.**Metropolitan area flag**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Non-metro area	16	19	7	7	16
Metro area	84	81	93	93	85
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

INTERNET.**Household internet access**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Non-internet household	12	9	27	17	15
Internet household	88	91	73	83	85
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

HOUSING.**Home ownership**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Owned or being bought by you or someone in your household	82	88	59	64	74
Rented for cash	16	11	38	34	25
Occupied without payment of cash rent	2	2	3	3	1

N=1,903 N=938 N=462 N=446 N=164

HOME_TYPE.**Type of building of panelists' residence**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
A one-family house detached from any other house	73	79	56	57	59
A one-family house attached to one or more houses	7	6	12	9	9
A building with 2 or more apartments	14	9	27	29	27
A mobile home or trailer	6	6	5	4	3
Boat, RV, van, etc.	*	*	-	-	3

N=1,903 N=938 N=462 N=446 N=164

PHONESERVICE.**Telephone service for the household**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
Landline telephone only	8	8	4	5	11
Have a landline, but mostly use cellphone	27	28	30	21	12
Have a cellphone, but mostly use landline	21	23	23	11	25
Cellphone only	44	41	42	62	51
No telephone service	*	1	-	*	2

N=1,903 N=938 N=462 N=446 N=164

HHSIZE.**Household size (including children)**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
1	22	21	32	15	52
2	49	52	37	42	31
3	15	14	13	20	10
4	8	7	9	9	2
5	4	3	4	9	2
6 or more	3	3	5	7	3
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

HH01.**Number of HH members age 0-1**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
0	100	100	100	100	100
1	*	*	*	*	-
2	-	-	-	-	-
3	-	-	-	-	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

HH25.**Number of HH members age 2-5**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
0	100	100	99	99	100
1	*	*	1	1	-
2	-	-	*	*	-
3	-	-	-	-	-
4	-	-	-	-	-
5	-	-	-	-	-
	<i>N=1,903</i>	<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

HH612.**Number of HH members age 6-12**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
0	98	99	95	94	99
1	2	1	4	6	1
2	*	*	1	1	-
3	-	-	-	*	-
4	-	-	*	-	-
5	-	-	-	-	-
6	-	-	-	-	-
<i>N=1,903</i>		<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

HH1317.**Number of HH members age 13-17**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
0	93	93	93	85	98
1	5	5	3	11	1
2	2	2	2	2	*
3	*	*	1	1	-
4	*	*	*	1	1
5	-	-	-	-	-
<i>N=1,903</i>		<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>

HH180V.**Number of HH members age 18+**

4/27-5/4/2021	Total	NH White	NH B/AA	H/L	LGBTQ+
1	36	36	42	24	64
2	45	47	38	46	24
3	12	12	11	14	8
4	5	4	6	10	1
5	2	2	4	3	2
6	*	*	-	2	1
7	*	*	*	*	*
8	-	-	-	*	-
9	*	*	*	*	-
10	-	-	-	-	-
<i>N=1,903</i>		<i>N=938</i>	<i>N=462</i>	<i>N=446</i>	<i>N=164</i>