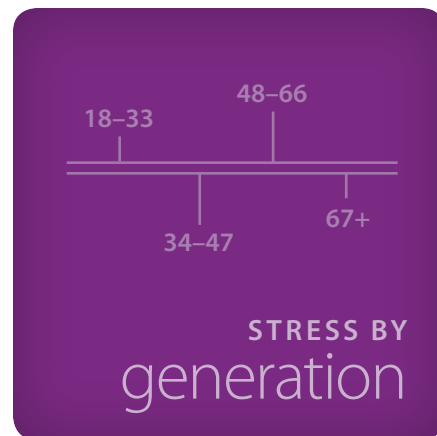


RELEASED FEBRUARY 7, 2013

Stress in America™

Missing the Health Care Connection

*Click on one of the sections or
click here to read the full report*



STRESS BY CITY



AMERICAN PSYCHOLOGICAL ASSOCIATION



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About the *Stress in America*™ Survey

Since 2007, the American Psychological Association has commissioned an annual nationwide survey as part of its Mind/Body Health campaign to examine the state of stress across the country and understand its impact. The *Stress in America* survey measures attitudes and perceptions of stress among the general public and identifies leading sources of stress, common behaviors used to manage stress and the impact of stress on our lives. The results of the survey draw attention to the serious physical and emotional implications of stress and the inextricable link between the mind and body.

For a Healthy Mind and Body, Talk to a Psychologist

APA's Mind/Body Health campaign educates the public about the connection between psychological and physical health and how lifestyle and behaviors can affect overall health and wellness. This multifaceted social marketing campaign addresses resilience and the mind-body connection through the media, online communication and social media, strategic partnerships and a nationwide grassroots network of psychologists offering free educational programs in local communities.

About the American Psychological Association

The American Psychological Association, in Washington, D.C., is the largest scientific and professional organization representing psychology in the United States and is the world's largest association of psychologists. APA's membership includes more than 137,000 researchers, educators, clinicians, consultants and students. Through its divisions in 54 subfields of psychology and affiliations with 60 state, territorial and Canadian provincial associations, APA works to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives.





Stress in America™

Missing the Health Care Connection

Methodology	1
Missing the Health Care Connection	2
Impact of Stress	13
Stress by Gender	16
Stress by Generation	19
Stress by Region	22
Stress by City	
Atlanta	30
Chicago	34
Denver	38
Detroit	42
Los Angeles	46
New York City	50
Seattle	54
Washington, D.C.	58

METHODOLOGY

The *Stress in America*™ survey was conducted online within the United States by Harris Interactive on behalf of the American Psychological Association between Aug. 3 and 31, 2012, among 2,020 adults ages 18+ who reside in the U.S.

The four generations noted in this report are defined as the following: Millennials n=340 (18- to 33-year-olds), Generation X n=397 (34- to 47-year-olds), Boomers n=1040 (48- to 66-year-olds) and Matures n=243 (67 years and older). For the purposes of this report, Generation X will be referred to as “Gen Xers” in brief.

Among the 2,020 adults surveyed, 1,424 report having been diagnosed with one or more of the following: Type 1 diabetes, Type 2 diabetes, cancer, heart disease or heart attack, high cholesterol, high blood pressure, overweight, stroke, asthma or other respiratory disease, chronic pain, depression, an anxiety disorder, arthritis or obesity. For the purposes of this report, this group will be referred to as “people with a chronic illness” or “chronic illness” in brief.

For the purposes of this report, the phrase “describes” represents respondents who selected “describes completely.” In addition, health care providers are referenced throughout the report as “providers” and “HCPs.”

Results were weighted to reflect the composition of the U.S. population ages 18+ as needed for age, sex, race/ethnicity, education, region and household income. For each of the city reports, results were weighted as needed for age, sex, race/ethnicity, education, region and household income among the entire population within the specific Metropolitan Statistical Area for each city as designated by the U.S. Office of Management and Budget. In addition to the national sample, oversamples in eight cities were collected resulting in a total of 1,715 interviews. Propensity score weighting was also used to adjust for respondents’ propensity to be online.

All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error, which are most often not possible to quantify or estimate, including sampling error, coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments. Therefore, Harris Interactive avoids the words “margin of error” as they are misleading. All that can be calculated are different possible sampling errors with different probabilities for pure, unweighted, random samples with 100 percent response rates. These are only theoretical because no published polls come close to this ideal.

Respondents for this survey were selected from among those who have agreed to participate in Harris Interactive surveys. Because the sample is based on those who were invited and agreed to participate in the Harris Interactive online research panel, no estimates of theoretical sampling error can be calculated.





Missing the Health Care Connection

Stress in America™

Missing the Health Care Connection

Lifestyle and behavior are at the root of many of the challenges facing the health care system. Seven out of 10 deaths among Americans each year are from chronic diseases. Heart disease, cancer and stroke account for more than 50 percent of all deaths each year.¹ In 2005, 133 million Americans — almost one out of every two adults — had at least one chronic illness.² While many of these diseases and conditions can be prevented or controlled with a healthy lifestyle, the *Stress in America*™ survey finds a population whose behavioral health and stress management needs are not being adequately addressed by our health care system.

19%
OF AMERICANS DESCRIBE
THEIR HEALTH CARE AS
good quality



A Health Care System Falling Short

There appears to be general agreement that persistent, high stress is unhealthy, yet Americans struggle to manage the relationship between stress and health in their lives. They consistently report stress levels that are higher than what they believe to be healthy. Those who are already managing the burden of either high stress or chronic illness report their stress is on the rise. And younger Americans are showing warning signs for a future of poor health — higher-than-average stress levels, unhealthy strategies for managing stress and inadequate behavioral health support. Overall, survey findings reveal a nation that is not getting what it wants or needs from the health care system to help manage stress and support healthy lifestyles.

Findings from the *Stress in America*™ survey draw important connections among patient-provider interactions, stress and wellness. A closer look reveals a system that is not meeting many specific patient needs — especially those related to behavioral health that could aid in the prevention and management of chronic illness. Few Americans (19 percent) describe their health care as good quality; likewise, fewer describe their health care as focused on education (12 percent), prevention (13 percent) or mental health needs (9 percent). Only one in 10 would describe their health care as coordinated among different providers.

Despite the connection between behavior and disease prevention, only 10 percent describe their health care as focused on behavior or lifestyle issues that can impact their health.

Vast majorities of adults do not make a connection between the health care they receive and mental health. Only 9 percent say that “addressing their mental health needs” describes the health care they receive.

Thirty-one percent of adults say that “addressing their mental health needs” does not describe their health care at all.

¹ Kung, H. C., Hoyert, D. L., Xu, J. Q., & Murphy, S. L. (2008). Deaths: final data for 2005. *National Vital Statistics Reports*, 56(10). Retrieved from http://www.cdc.gov/nchs/data/nvsr/nvsr56/nvsr56_10.pdf

² Wu, S. Y., & Green, A. (2000). *Projection of chronic illness prevalence and cost inflation*. Santa Monica, CA: RAND Health.





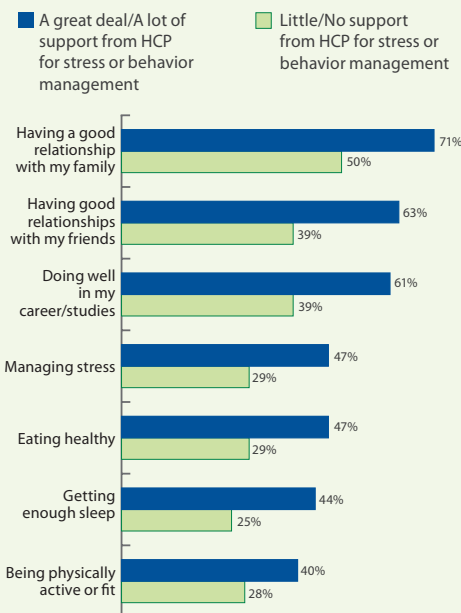
Missing the Health Care Connection

22%

OF AMERICANS SAY THAT THEIR HEALTH CARE PROVIDER SUPPORTS them in managing their stress

PEOPLE WHO GET STRESS OR BEHAVIOR MANAGEMENT SUPPORT FROM A HEALTH CARE PROVIDER DO BETTER AT REACHING HEALTHY LIVING GOALS.

Percentage Reporting Doing an Excellent or Very Good Job



BASE: A Great deal/A lot of support for either stress or behavior management (n=658); Little/No support for neither stress nor behavior management (n=706)
Q7010 How well are you doing at achieving each of these?

While Americans consistently report living with a level of stress that is higher than what they believe is healthy and as many as one in five (20 percent) say their stress is extreme or high (an 8, 9 or 10 on a 10-point scale where 1 is “little or no stress” and 10 is “a great deal of stress”), they do not believe the health care they receive provides support that could help them manage their stress and make lifestyle and behavior changes. On average, more than half of Americans (53 percent) say that their health care provider offers little or no support to help them manage their stress — even among those living with high stress (52 percent). Yet, when individuals report that they do receive a great deal or a lot of support from their health care provider for managing stress or making lifestyle or behavior changes, they appear to be doing better.

Americans reported their mean stress level as a 4.9 on a 10-point scale, while they define a healthy level of stress as a 3.6 on the same scale. Twenty percent of Americans reported stress levels that are extreme (an 8, 9 or 10 on a 10-point scale).

Only 22 percent of Americans say that their health care provider supports them in managing their stress.

Twenty-nine percent say their health care provider supports them in making lifestyle or behavior changes that can improve their health.

People who do not receive support from their health care provider for managing stress or making lifestyle or behavior changes are more likely to say their stress increased in the past year than those who do get support (38 percent with little or no support vs. 29 percent with a great deal or a lot of support).





Missing the Health Care Connection

People appear to value discussions with health care professionals about stress management and lifestyle and behavior changes that could improve their health. When asked about the importance people place on having specific conversations with their health care provider about their health and wellness, discrepancies appear between what people think is important and the frequency with which they are discussing these issues, regardless of who starts the conversation.

For many adults, conversations with their health care provider about stress, lifestyle and behavior are not happening at all. Twenty-one percent report that they never talk with their provider about lifestyle or behavior changes that could improve their health, 27 percent never discuss progress they are making toward their lifestyle and behavior goals, 33 percent never discuss ways to manage stress and 38 percent never discuss their mental health.

Forty-six percent of adults think it is extremely or very important to discuss barriers they may face as they follow treatment recommendations, while only 25 percent of adults report that these conversations are happening often or always.

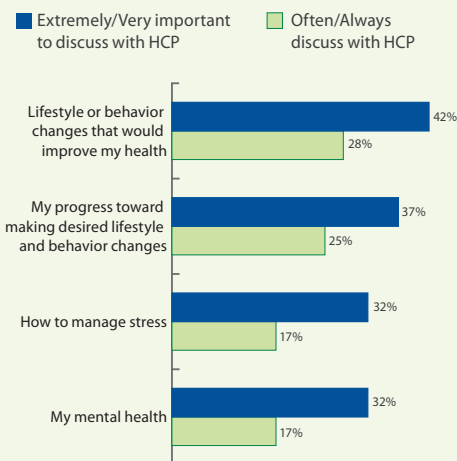
Forty-two percent of adults think it is extremely or very important to discuss lifestyle or behavior changes that could improve their health, while only 28 percent of adults report that these conversations are happening often or always.

Thirty-seven percent think it is extremely or very important to discuss progress made toward lifestyle and behavior change goals, while only 25 percent report that these conversations are happening often or always.

Thirty-two percent think it is extremely or very important to discuss managing stress, as well as to discuss their mental health, while only 17 percent report that these conversations are happening often or always.

CONVERSATIONS ABOUT STRESS AND BEHAVIOR WITH HEALTH CARE PROVIDERS DO NOT OCCUR AT RATES IN LINE WITH WHAT PEOPLE VALUE.

Importance vs. Frequency



BASE: All respondents (n=2020)

Q6035 How important do you think it is that your HCP(s) discuss the following with you?

Q6030 How often do you and your HCP(s) discuss the following?





Missing the Health Care Connection



At the Tipping Point

Many living with high stress are at a tipping point, faced with potential physical and emotional health challenges if they are not able to get the support they need to manage their stress well. If untreated, consistently high stress could become a chronic condition, which can result in serious health problems including anxiety, insomnia, muscle pain, high blood pressure and a weakened immune system.³ Research shows that stress can even contribute to the development of major illnesses, such as heart disease, depression and obesity, or exacerbate existing illnesses.⁴

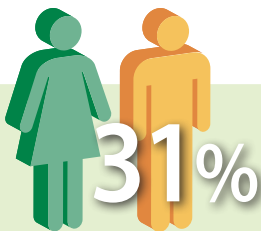
Rather than helping those at the tipping point — or preventing others from reaching it — the health care system is not providing people with the care needed to manage stress, prevent disease and live well. People who say their stress is high (an 8, 9 or 10 on a 10-point scale) also report increasing stress levels and are less likely to say they are achieving other aspects of well-being.

More than two-thirds of adults with high stress (69 percent) say their stress has increased in the past year compared with only 13 percent of people with low stress (a 1, 2 or 3 on a 10-point scale) and 35 percent of Americans overall.

Thirty-one percent of adults with high stress say that they never discuss ways to manage stress with their health care provider and 30 percent report their health care provider does not support them at all in managing their stress.

When asked if “addressing mental health needs” describes the health care they receive, only a third (33 percent) of those with high stress agree.

Only 17 percent of those with high stress say that they are doing an excellent or very good job of managing their stress, compared with 59 percent of those with low stress and 37 percent of people nationwide.



**OF PEOPLE WITH HIGH STRESS
never discuss stress management
WITH THEIR HEALTH CARE PROVIDER**

³ Baum, A., & Polsusny, D. (1999). Health psychology: Mapping biobehavioral contributions to health and illness. *Annual Review of Psychology*, 50, 137–163.

⁴ Ibid.





Missing the Health Care Connection

Adults with high stress are also less likely than those with low stress to say they are doing an excellent or good job at reaching healthy living goals like eating healthy (30 percent vs. 41 percent), being physically active (21 percent vs. 41 percent) and getting enough sleep (30 percent vs. 43 percent).

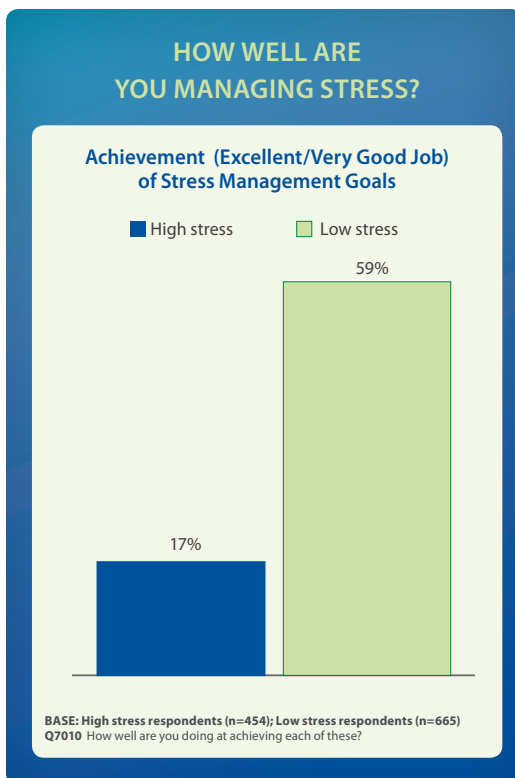
The lack of support that people living with high stress receive from the health care system is reflected in their evaluation of the system — people living with high stress are less likely than people with low stress to give their health care an “A” grade (28 percent vs. 38 percent).

While those living with high stress are already at risk, many express interest in discussing these issues with their health care provider. Unfortunately, wide gaps appear between the value they place on these issues and the frequency with which these conversations actually take place.

Forty-eight percent of those with high stress think it is extremely or very important to discuss how to manage stress with their provider, while only 26 percent report that these conversations are happening often or always.

Forty-seven percent of those with high stress think it is extremely or very important to discuss their mental health, yet only 27 percent report that these conversations are happening often or always.

Forty-nine percent of those with high stress think it is extremely or very important to discuss making lifestyle and behavior changes, but only 36 percent report that these conversations are happening often or always.





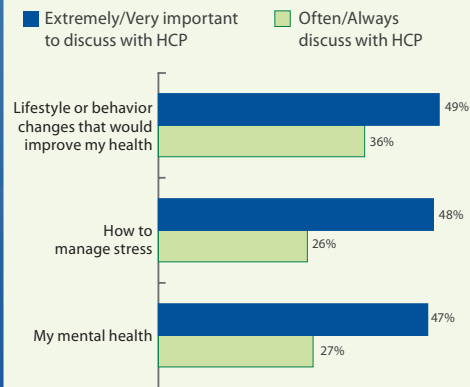
Missing the Health Care Connection

73%

OF PEOPLE WITH HIGH STRESS SAY
managing their stress
IS IMPORTANT

PEOPLE WITH HIGH STRESS ARE NOT
DISCUSSING STRESS AND BEHAVIOR
WITH THEIR PROVIDER AT RATES THAT
MATCH THE VALUE THEY PLACE ON
THESE CONVERSATIONS.

Importance vs. Frequency



BASE: High stress respondents (n=454)

Q6030 How often do you and your HCP(s) discuss the following?

Q6035 How important do you think it is that your HCP(s) discusses the following with you?

Overall, those who say they manage their stress well appear to be doing better in terms of their overall health and wellness than those who do not, which could suggest the need for additional emphasis on stress management and lifestyle and behavior change as part of the health care dialogue.

Despite the challenges they experience in achieving stress management goals, more people living with high stress than people nationwide say that managing their stress is extremely or very important (73 percent vs. 64 percent).

People who report that they are doing an excellent or very good job managing their stress also report lower stress — an average level of 3.6 — than those who say they are doing a fair or poor job at managing their stress — an average level of 6.8.

In addition, how well people are managing their stress is connected to increases in stress. Those who say they manage their stress poorly are far more likely to say their stress increased in the past year compared with those who manage their stress well (57 percent vs. 21 percent).⁵

People who report that they manage their stress poorly are also more likely to rely on unhealthy and sedentary behaviors to manage stress such as napping (36 percent vs. 26 percent who manage stress well), eating (36 percent vs. 18 percent) and drinking alcohol (21 percent vs. 9 percent).

⁵ "Well" means those that manage their stress very good or excellent, and "poor" is those that manage their stress fairly or poorly.





Missing the Health Care Connection



Millennials Take on the World ... of Stress

Across the country, younger Americans are facing life challenges that are shaping their outlook about the future. Research about social trends in the U.S. reveals a challenging pattern for younger Americans: 39 percent of adults ages 18 to 29 self-identify as being low or lower middle class and have faced economic hardships like having trouble paying rent or medical bills, losing their jobs and having to cut back spending in the past year.⁶ High unemployment is also an issue for this group. In August 2012, the unemployment rate for adults ages 18 to 29 was nearly 13 percent, exceeding the national average of 8 percent.^{7,8}

5.4

IS THE average stress level
REPORTED BY MILLENNIALS ON A
10-POINT SCALE

At the same time Millennials⁹ are navigating challenges in many areas of their lives, the *Stress in America* survey found that this generation reports stress at levels that exceed the national average and is less satisfied than other generations with the quality of health care — both physical and mental — that they receive. They report being less likely to be successful in reaching their stress management goals, do not believe they are doing enough to manage their stress, and do not have the support they need to make lifestyle and behavior changes to improve their health and help them cope.

⁶ Morin, R., & Motel, S. (2012, September 10). *A third of Americans now say they are in the lower classes*. Pew Social & Demographic Trends – Public Opinion Polling, Survey Research, & Demographic Data Analysis. Retrieved from <http://www.pewsocialtrends.org/2012/09/10/a-third-of-americans-now-say-they-are-in-the-lower-classes>

⁷ Generation Opportunity. (2012, September 7). *Young Americans Suffer 12.7 Percent Unemployment*. Generation Opportunity — This is our time—let's go! Retrieved from <http://generationopportunity.org/press/youngamericans-suffer-12-7-percent-unemployment>

⁸ U.S. Department of Labor, Bureau of Labor Statistics. (2012). *The employment situation—August 2012*. Retrieved from http://www.bls.gov/news.release/archives/empst_09072012.pdf

⁹ The four generations included in the *Stress in America* survey are defined as Millennials n=340 (18- to 33-year-olds), Gen X n=397 (34- to 47-year-olds), Boomers n=1040 (48- to 66-year-olds), and Matures n=243 (67 years and older).



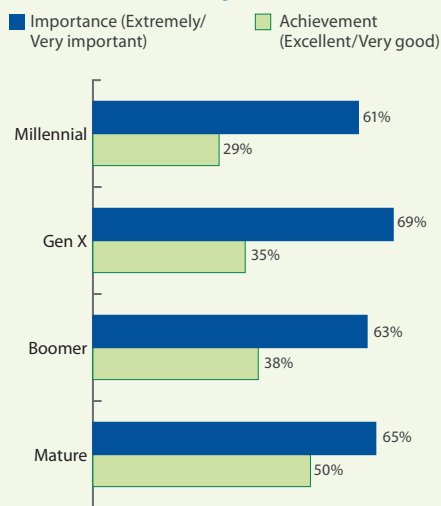


Missing the Health Care Connection

61%
OF Millennials
THINK STRESS MANAGEMENT
IS IMPORTANT

YOUNGER AMERICANS STRUGGLE TO MEET STRESS MANAGEMENT GOALS.

Importance vs. Achievement of Stress Management Goals



BASE: Millennial (n=340); Gen X (n=397); Boomer (n=1040); Mature (n=243)
Q7005 How important are each of the following to you?
Q7010 How well are you doing at achieving each of these?

On a 10-point scale where 1 is "little or no stress" and 10 is "a great deal of stress," Millennials report an average stress level of 5.4 compared with the national average of 4.9.

Millennials are less likely than people nationwide to give their health care an "A" grade (25 percent vs. 31 percent).

Forty-four percent of Millennials say discussing healthy lifestyle or behavior changes with their health care provider is very or extremely important, but only 25 percent say these discussions occur often or always. There is also a big gap between the importance placed on discussions about stress management and the frequency of such discussions (33 and 19 percent, respectively).

Only 23 percent think that their health care provider supports them a lot or a great deal in their desire to make healthy lifestyle and behavior changes, and just 17 percent say the same about their health care provider's support for stress management.

Sixty-one percent of Millennials say managing their stress is very or extremely important, but just 29 percent of Millennials report doing an excellent or very good job managing stress, compared with 35 percent of Gen Xers, 38 percent of Boomers and 50 percent of Matures.

More than half of Millennials (51 percent) say they are doing enough to manage stress compared with 61 percent of people overall, including 55 percent of Gen Xers, 67 percent of Boomers and 72 percent of Matures.

Millennials are more likely to report resorting to unhealthy or sedentary behaviors such as eating to manage stress (36 percent vs. 25 percent nationally) and playing video games or surfing the Internet (41 percent vs. 29 percent nationally).





Missing the Health Care Connection

Millennials are also more likely than older Americans to say that they have been told by a health care provider that they have depression or an anxiety disorder:

- Nineteen percent of Millennials, 14 percent of Gen Xers, 12 percent of Boomers and 11 percent of Matures have been told they have depression.
- Twelve percent of Millennials, 8 percent of Gen Xers, 7 percent of Boomers and 4 percent of Matures have been told they have an anxiety disorder.



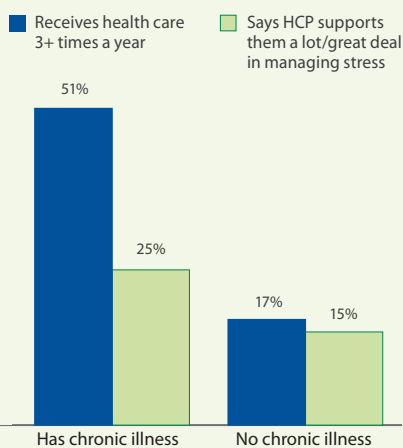
The Chronic Illness-Stress Connection

The *Stress in America* survey shows people living with a chronic illness consistently report higher levels of stress than adults on average. This year's survey also finds that they are less likely to receive health care that is focused on helping them make lifestyle and behavior changes that have the potential to improve their health. Survey findings are consistent with other research showing that the chronically ill do not receive the level of care they need to be healthy: For example, half of Americans living with a chronic illness do not receive optimal care because their appointments are too short.¹⁰ *Stress in America* survey findings reveal a similar pattern where people with chronic illness report visiting their health care provider more often than the rest of the population, but they do not seem to get the care they want or need — especially for stress management.

Although they see their health care provider more frequently than those without a chronic illness, many of those living with a chronic illness do not believe that their health care provider supports them a great deal or a lot in managing stress. Fifty-one percent of those with a chronic illness see their health care provider three or more times annually compared with only 17 percent of those without a chronic illness. Despite more frequent visits, only one-quarter (25 percent) of those with a chronic illness say that their health care provider helps them manage stress a great deal or a lot.

PEOPLE WITH CHRONIC ILLNESS SEE THEIR HEALTH CARE PROVIDER MORE FREQUENTLY, BUT GET ONLY SLIGHTLY BETTER STRESS MANAGEMENT SUPPORT.

Frequency of Health Care Visits vs. Amount of Support



BASE: Has chronic illness (n=1424); No chronic illness (n=554)
Q1520 How much do you think your relationship with your current HCP(s) supports you in managing your stress?
Q6000 How often, on average, do you receive health care (physical or mental health care)?

¹⁰ Wagner, E. H., Austin, B. T., & Von Korff, M. (1996). Organizing care for patients with chronic illness. *Milbank Quarterly*, 74(4), 511–544.





Missing the Health Care Connection

35%

OF PEOPLE WITH A CHRONIC ILLNESS
THINK IT IS IMPORTANT TO
discuss stress management
WITH THEIR PROVIDER

The disconnect that people living with a chronic illness report concerning the types of conversations they value having with their health care provider and the frequency with which those conversations occur are consistent with the rest of the population.

- Thirty-five percent of people living with a chronic illness think it is extremely or very important to discuss how to manage stress, while only 19 percent report that these conversations are happening often or always.
- Forty-eight percent of people living with a chronic illness think it is extremely or very important to discuss lifestyle or behavior changes that could improve their health, while only 34 percent report that these conversations are happening often or always.

Those living with a chronic illness are more likely to report relying on sedentary behaviors to manage stress, such as watching TV or movies for more than two hours a day (38 percent vs. 28 percent) and eating to manage stress (28 percent vs. 20 percent).

Adults with a chronic illness are also less likely than those without a chronic illness to say they are doing enough to manage their stress (59 percent vs. 66 percent).

Stress is climbing for people living with a chronic illness who receive little or no support from a health care provider to either manage their stress or make lifestyle and behavior changes.

- Forty-one percent of people living with a chronic illness who receive little or no support from their health care provider say their stress increased in the past year, compared with 32 percent of people living with a chronic illness who receive a great deal or a lot of support from their health care provider.
- These individuals are also less likely than those who do get support to say they are doing enough to manage their stress — 68 percent of people with a chronic illness who say they receive a great deal or a lot of support from their health care provider report they are doing enough to manage stress compared with 54 percent of those who say they receive little or no support.

THOSE WITH CHRONIC ILLNESS
WHO HAVE PROVIDER SUPPORT
FOR EITHER STRESS OR BEHAVIOR
MANAGEMENT DO BETTER AT
MANAGING THEIR STRESS.

Do You Feel You Are Doing Enough to
Manage Your Stress?
Little/No Support vs. A Great Deal/A Lot
of Support

■ Yes

68%

54%

Has chronic illness and has
a great deal/a lot of support
from HCP for either stress or
behavior management

Has chronic illness and
has little/no support from
HCP for either stress or
behavior management

BASE: Has chronic illness and has a great deal/a lot of support from HCP for either stress or behavior management (n=521); Has chronic illness and has little/no support from HCP for neither stress nor behavior management (n=431)

Q1615 Do you feel you are doing enough to manage your stress?





Missing the Health Care Connection

Stress in America survey findings suggest that the relationship between patients and their health care providers is connected to patients' ability to manage stress well and, ultimately, connected to the health of the nation. This year's survey shows a country that is facing persistent, ongoing stress levels that are higher than what individuals believe is healthy. Yet many Americans who experience prolonged stress are not making the lifestyle changes necessary to reduce stress and ultimately prevent health problems. And even though research has shown that chronic stress is treatable,¹¹ the *Stress in America* survey shows that only a small number (12 percent) of Americans are referred to mental health professionals by their primary care physicians and fewer, 6 percent, have seen a mental health professional to manage their stress.

The confluence of persistent stress, inability to effectively manage stress, and interactions with a health care system that is not helping people develop the skills necessary to manage stress and make behavioral and lifestyle changes is contributing to our nation's health problems. Chronic diseases account for 75 cents of every dollar spent on health care,¹² and many people report that their health care providers do not adequately support them in their desire to manage stress and make healthy lifestyle and behavior changes.¹³

Stronger support for stress management and lifestyle and behavior change could help improve Americans' health. Yet, despite the importance people place on these needs, the health care system is falling short. If left unaddressed, this disconnect between untreated stress and chronic illness could contribute to a continued and unnecessary increase in the number of chronically ill Americans, along with a further escalation in health care costs.

As we continue to explore the impact of stress on America, it is critical that we embrace the psychological and behavioral health solutions to the challenges facing the health of the country.

¹¹ McEwen, B. S. (2004). Protection and damage from acute and chronic stress: Allostasis and allostatic overload and relevance to the pathophysiology of psychiatric disorders. *Annals of the New York Academy of Sciences*, 1032, 1–7.

¹² National Center for Chronic Disease Prevention and Health Promotion. (2009). *Chronic diseases: The power to prevent, the call to control*. Retrieved from <http://www.cdc.gov/chronicdisease/resources/publications/AAG/pdf/chronic.pdf>

¹³ Triple Solution for a Healthier America. The impact of chronic diseases on healthcare. (n.d.). Retrieved from <http://www.forahealthieramerica.com/ds/impact-of-chronic-disease.html>





IMPACT OF stress

Is “Stressed Out” the New Normal?

Stress is so commonplace in American culture that a Google search generates millions of results with essays, opinions and missives on what stress does and what it is doing to us.

Since its inception, the *Stress in America*™ survey has explored the place that stress has in American life and the impact it is having on our health and wellness. Survey findings illustrate a scenario in which Americans consistently experience stress at levels higher than what they think is healthy. And while the average level of stress may be declining, people have a hard time achieving personal stress management goals — many still report extreme stress (an 8, 9 or 10 on a 10-point scale) and even more say their stress has increased in the past year.



4.9

IS THE **average stress level**
REPORTED BY ADULTS IN 2012

Missing the Mark on Stress Management

On a scale of 1 to 10 (where 1 is “little or no stress” and 10 is “a great deal of stress”), adults report their stress level is 4.9 compared with 5.2 in 2011, 5.4 in 2010 and 2009, 5.9 in 2008 and 6.2 in 2007. Comparatively, Americans believe 3.6 is a healthy level of stress.

Almost three-quarters (72 percent) of respondents say that their stress level has increased or stayed the same over the past five years and 80 percent say their stress level has increased or stayed the same in the past year. Only 20 percent say their stress level has decreased in the past year.

The number of Americans reporting extreme stress continues to be high — 20 percent say their stress is an 8, 9 or 10 on a 10-point scale, which is comparable to the numbers reporting extreme stress in 2011 (22 percent), 2010 (24 percent) and 2009 (23 percent).

Over the past five years, 60 percent of adults have tried to reduce their stress. More than half (53 percent) are still trying to meet this goal.

Only 37 percent of Americans feel they are actually doing an excellent or very good job of managing their stress.

Top sources of stress include money (69 percent), work (65 percent), the economy (61 percent), family responsibilities (57 percent), relationships (56 percent), family health problems (52 percent) and personal health concerns (51 percent).



AMERICANS DEFINE

A healthy level of stress AS

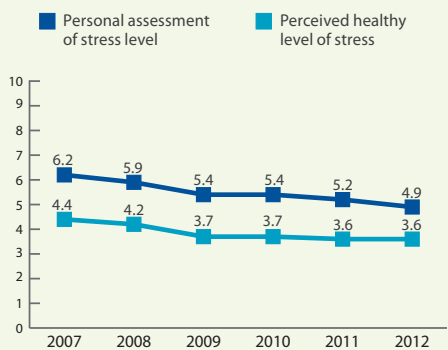
3.6





IMPACT OF stress

AMERICANS CONSISTENTLY REPORT STRESS AT LEVELS THAT EXCEED WHAT THEY BELIEVE IS HEALTHY.



BASE: All respondents 2007 (n=1848); 2008 (n=1791); 2009 (n=1568); 2010 (n=1134); 2011 (n=1226); 2012 (n=2020)
Q605 On a scale of 1 to 10 where 1 means you have little or no stress and 10 means you have a great deal of stress, how would you rate your average level of stress during the past month?
Q610 On a scale of 1 to 10 where 1 means little or no stress and 10 means a great deal of stress, what would you consider a healthy level of stress?

High and constant stress levels can negatively affect a person's physical and mental health. In addition to the ongoing mental strain, stress affects people physically — and not everyone is coping well.

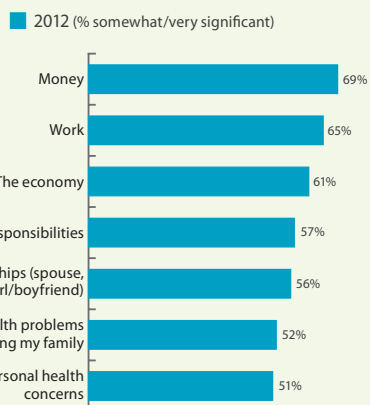
Americans continue to recognize the impact of stress — 66 percent believe their stress has a moderate, strong or very strong impact on their physical health, and 63 percent believe the same for their mental health.

Approximately seven in 10 Americans report that they experience physical (69 percent) or non-physical symptoms (67 percent) of stress. Symptoms include irritability or anger (37 percent), fatigue (37 percent), feeling overwhelmed (35 percent) and changes in sleeping habits (30 percent).

In addition, many people are not coping effectively with stress: People report lying awake (42 percent), overeating or eating unhealthy foods (36 percent) and skipping meals (27 percent) in the past month due to stress.

WHAT CAUSES STRESS FOR AMERICANS?

Sources of Stress: Percent Somewhat/Very Significant



BASE: All respondents 2012 (n=2020)
Q625 Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.

Despite the negative effects stress appears to be having on people's physical and mental health, there is good news in terms of ways people cope with stress: More people appear to be making healthier stress management choices.

More people are turning to exercise to manage their stress (52 percent compared with 47 percent in 2011).

Sedentary behaviors like listening to music (48 percent), reading (40 percent) or watching television or movies for more than two hours per day (34 percent) continue to be popular strategies for managing stress.

Unhealthy behaviors like eating and drinking alcohol to manage stress are on a steady decline. Twenty-five percent of Americans report eating to manage stress compared to 34 percent in 2008. Thirteen percent report drinking alcohol to manage their stress compared with 18 percent in 2008.





IMPACT OF stress

Struggling to Achieve Healthy Living Goals

More people appear to place importance on healthy behaviors this year. The survey found that more than half of people say it is extremely or very important to manage stress (64 percent in 2012 vs. 61 percent in 2011), eat healthy (60 percent in 2012 vs. 54 percent in 2011) or be physically active (57 percent in 2012 vs. 54 percent in 2011), yet they continue to have a hard time accomplishing these goals.

Only 37 percent say they are actually doing an excellent or very good job at managing stress.

Only 35 percent say they are actually doing an excellent or very good job at eating healthy.

Only 33 percent say they are actually doing an excellent or very good job at being physically active.

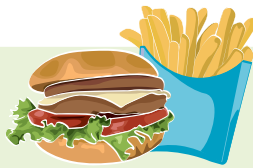
Despite their interest in making changes for a healthier life, many adults face barriers that prevent them from achieving their health and wellness goals.

For those who have been recommended to make a change or have decided to make a change, they say the following barriers prevent them from actually making lifestyle or behavior changes: lack of willpower (31 percent), lack of time (22 percent), the cost of making the change (16 percent) and stress (12 percent).

While many adults acknowledge barriers to more effectively managing their stress and making healthier lifestyle and behavior choices, they appear to appreciate the role psychologists can play in mental and physical health care.

More than half of adults think psychologists can help people a great deal or a lot in coping with mental health issues (56 percent), and almost half (47 percent) think psychologists can help with stress management. Forty-two percent believe psychologists can help with making lifestyle or behavior changes, and 33 percent think psychologists can help them with issues of work/life balance. Despite their perceptions about the role of psychology in living healthier lives, only 6 percent report that they see a mental health professional or a psychologist to help them manage their stress.

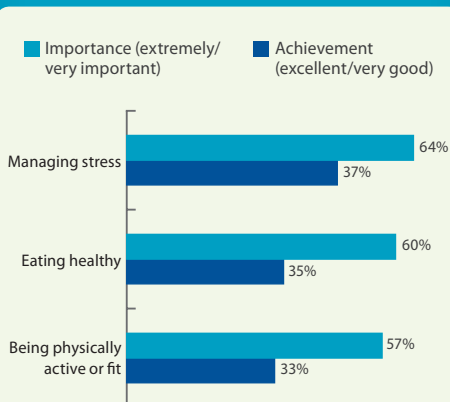
31%



OF AMERICANS SAY THAT A
LACK OF **willpower** STANDS
IN THE WAY OF CHANGE*

*BASE: Change has been recommended or
decided to make a change (n=1928)

DESPITE BELIEVING THAT HEALTHY
BEHAVIORS ARE IMPORTANT,
AMERICANS STRUGGLE TO REACH
HEALTHY LIVING GOALS.



BASE: All respondents 2012 (n=2020)
Q7005 How important are each of the following to you?
Q7010 How well are you doing at achieving each of these?





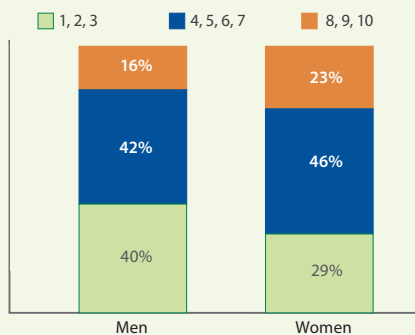
STRESS BY gender

A Stressful Imbalance

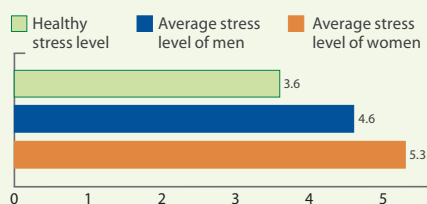
The *Stress in America*™ survey continues to uncover interesting differences in the way women and men experience and manage stress.* While both genders report stress levels beyond what they consider healthy, women are more likely than men to say their already high stress levels are on the rise and they are less likely to believe they are doing a good job of managing their stress.

WOMEN CONSISTENTLY REPORT HIGHER STRESS LEVELS THAN MEN.

Average Stress Levels Rated on a 10-Point Scale



Average Stress Levels vs. Healthy Stress Levels



BASE: All respondents (n=2020); Male (n=929); Female (n=1091)

Q605 On a scale of 1 to 10 where 1 means you have little or no stress and 10 means you have a great deal of stress, how would you rate your average level of stress during the past month?

Q610 On a scale of 1 to 10 where 1 means little or no stress and 10 means a great deal of stress, what would you consider a healthy level of stress?

43%



SAY THEIR
stress has increased
IN THE PAST FIVE YEARS



33%

Women continue to report higher stress levels than men (5.3 vs. 4.6 on a 10-point scale where 1 is "little or no stress" and 10 is "a great deal of stress"). Both genders agree, however, that 3.6 is a healthy level of stress, pushing women nearly two points beyond the level of stress they believe to be healthy.

More women report experiencing extreme stress than men. Twenty-three percent of women report their stress level at an 8, 9 or 10 on a 10-point scale, compared to 16 percent of men.

What's more, women are more likely than men to say their stress is on the rise. More women say their stress levels have increased in the past five years (43 percent vs. 33 percent of men) and in the past year alone (38 percent vs. 32 percent of men).

Men and women both turn to exercise (52 percent for both genders) and listening to music (48 percent for both genders) as their top stress management techniques. However, women are more likely to engage in social and sedentary activities to manage stress such as reading (50 percent vs. 29 percent), spending time with friends or family (43 percent vs. 34 percent) and shopping (18 percent vs. 6 percent). Women are also more likely than men to say they eat to manage stress (27 percent vs. 22 percent).

In fact, men increasingly report doing an excellent or very good job at managing stress (2010: 30 percent; 2011: 35 percent; 2012: 39 percent). While women acknowledge the importance of stress management, few feel they are doing a good job of it. Sixty-eight percent of women say managing stress is important to them, but only 34 percent say they are doing an excellent or very good job at it.

Top sources of stress are the same for men and women, including money (66 percent and 72 percent), work (64 percent and 66 percent) and the economy (60 percent and 62 percent).

*This report focuses only on men (2007 n=771; 2008 n=789; 2009 n=729; 2010 n=530; 2011 n=539; 2012 n=929) and women (2007 n=1077; 2008 n=1002; 2009 n=839; 2010 n=604; 2011 n=687; 2012 n=1091) within the general population (2007 n=1848; 2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

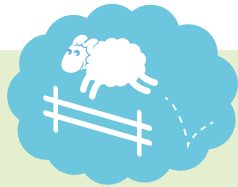
For the full methodology, visit stressinamerica.org.





STRESS BY gender

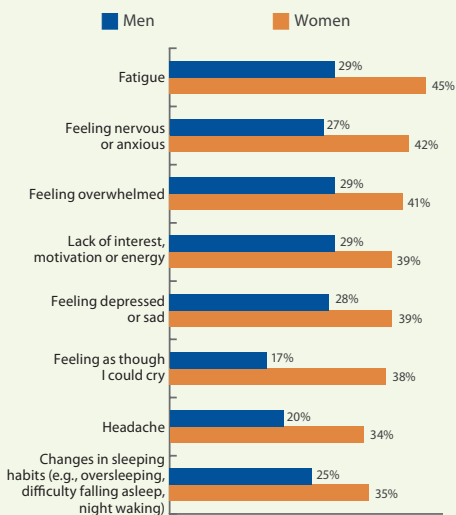
46%



**OF WOMEN lie awake at night
BECAUSE OF STRESS**

MORE WOMEN THAN MEN REPORT SYMPTOMS OF STRESS.

Symptoms of Stress



BASE: Male (n=929); Female (n=1091)
Q810, Q7170 Which of the following, if any, have you experienced in the last month as a result of stress?

♂♀ Managing Stress and Health: Gender Differences

Women are more acutely aware than men of the impact that stress and lifestyle and behavior can have on physical and mental health. At the same time, they report experiencing symptoms of stress more often than men. Despite their attention to these issues, however, they are no more likely to be successful when they try to accomplish healthy living goals.

Eighty-two percent of women believe that stress impacts overall health compared with 75 percent of men. At the same time, women are more likely than men to understand the impact that poor eating habits (80 percent vs. 73 percent), hostility or negativity (75 percent vs. 63 percent) and a lack of sleep can have on health (76 percent vs. 67 percent).

Women are more likely than men to report that they lie awake at night (46 percent vs. 38 percent), overeat or eat unhealthy foods (43 percent vs. 29 percent) and skip meals (31 percent vs. 23 percent) because of stress.

Women are also more likely than men to report symptoms of stress, ranging from feeling depressed or sad to experiencing headaches and changes in sleeping habits. Women are more likely than men to report experiencing the following due to stress:

- Fatigue (45 percent vs. 29 percent)
- Feeling nervous or anxious (42 percent vs. 27 percent)
- Feeling overwhelmed (41 percent vs. 29 percent)
- Lacking interest, motivation or energy (39 percent vs. 29 percent)
- Feeling depressed or sad (39 percent vs. 28 percent)
- Feeling like crying (38 percent vs. 17 percent)
- Having headaches (34 percent vs. 20 percent)
- Changes in sleeping habits, e.g., oversleeping, difficulty falling asleep, night waking (35 percent vs. 25 percent)





STRESS BY gender



Compared to men, women say they place more importance on having healthy relationships, healthy lifestyles and managing stress. At the same time, women tend to place more importance on healthy living goals. Yet, they are on par with men when it comes to their ability to achieve these goals, which demonstrates a disconnect for women between what they think is important and what they are able to achieve.

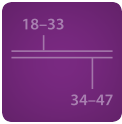
Women are more likely than men to say that having good relationships with friends (70 percent vs. 63 percent), getting enough sleep (67 percent vs. 55 percent) and eating healthy (64 percent vs. 55 percent) are important to them.

Women and men are similar in their ability to achieve the healthy living goals they set for themselves. They say they are doing an excellent or very good job at having good relationships with friends (53 percent of women vs. 49 percent of men), getting enough sleep (32 percent of women vs. 34 percent of men) and eating healthy (36 percent of women vs. 33 percent of men).

Women and men who have been recommended or who have attempted to make a lifestyle or behavior change cite lack of willpower (33 percent for women vs. 28 percent for men) and lack of time (22 percent for both women and men) as the top barriers preventing them from making such a change.

Though women and men both turn to their social networks for support in making lifestyle and behavior changes (12 percent vs. 9 percent), women report getting more value from them. Sixty-three percent of the women who turned to social networks found those networks helpful in making lifestyle changes compared with only 36 percent of men.

While only 6 percent of men and women alike report that they see a mental health professional or a psychologist to manage their stress, women are more likely to believe that psychologists can help manage stress (52 percent vs. 41 percent) and make lifestyle and behavior changes (45 percent vs. 38 percent).



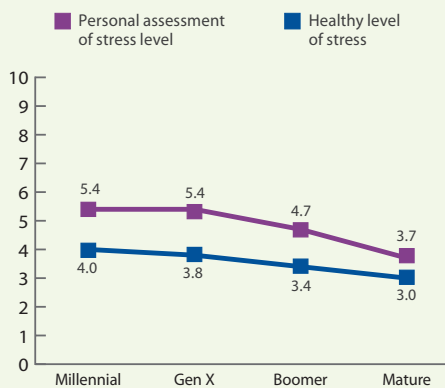
STRESS BY generation

Stress at Any Age Is Still Stress

While Millennials (ages 18 to 33) and Gen Xers (ages 34 to 47) report the highest average stress levels, Boomers (48 to 66) and Matures (67 years and older) join them in reporting levels that are higher than they consider healthy. Stress has also increased for a considerable number of Americans, regardless of age.

OLDER AMERICANS ARE DOING A BETTER JOB BRINGING THEIR STRESS LEVELS IN LINE WITH WHAT THEY BELIEVE IS HEALTHY.

Average Stress Levels vs. Healthy Stress Levels



BASE: Millennial (n=340); Gen X (n=397); Boomer (n=1040); Mature (n=243)
Q605 On a scale of 1 to 10 where 1 means you have little or no stress and 10 means you have a great deal of stress, how would you rate your average level of stress during the past month?
Q610 On a scale of 1 to 10 where 1 means little or no stress and 10 means a great deal of stress, what would you consider a healthy level of stress?

39%

**OF Millennials SAY
THEIR STRESS INCREASED
LAST YEAR**



Across generations*, *Stress in America™* survey findings show that our ability to manage stress and achieve healthy lifestyles varies by age. Younger Americans report experiencing the most stress and the least relief — they report higher stress levels than older generations and say they are not managing it well.

Both Millennials and Gen Xers report an average stress level of 5.4 on a 10-point scale where 1 is “little or no stress” and 10 is “a great deal of stress,” far higher than Boomers’ average stress level of 4.7 and Matures’ average stress level of 3.7.

All generations say they experience stress at levels higher than they believe is healthy, but Matures are closest to bringing their stress levels in line with their definition of a healthy stress level. The difference between Matures’ stress levels and their perception of healthy stress is 0.7 points, compared with 1.4 points for Millennials, 1.6 points for Gen Xers and 1.3 points for Boomers.

Thirty-nine percent of Millennials say their stress has increased in the last year, compared to 36 percent of Gen Xers, 33 percent of Boomers and 29 percent of Matures.

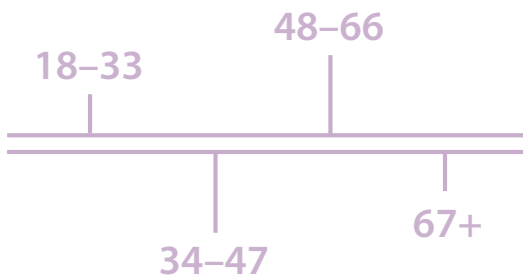
*The four generations are defined as the following: Millennials (18- to 33-year-olds), Gen Xers (34- to 47-year-olds), Boomers (48- to 66-year-olds) and Matures (67 years and older). This report primarily focuses on Millennials (2007 n=294; 2008 n=406; 2009 n=504; 2010 n=268; 2011 n=420; 2012 n=340), Gen Xers (2007 n=426; 2008 n=478; 2009 n=369; 2010 n=293; 2011 n=274; 2012 n=397), Boomers (2007 n=743; 2008 n=651; 2009 n=464; 2010 n=396; 2011 n=361; 2012 n=1040) and Matures (2007 n=385; 2008 n=256; 2009 n=231; 2010 n=177; 2011 n=171; 2012 n=243) within the general population (2007 n=1848; 2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.





STRESS BY generation



Sources of Stress Vary With Age

Millennials and Gen Xers are most likely to say that they are stressed by work, money and job stability, while Boomers and Matures are more likely to be concerned with health issues affecting their families and themselves.

Work is a somewhat or significant stressor for 76 percent of Millennials, 65 percent of Gen Xers, 62 percent of Boomers and just 39 percent of Matures. This may be because a lower proportion of Matures are working (8 percent are employed full-time, compared with 39 percent of Boomers, 59 percent of Gen Xers and 33 percent of Millennials). However, job stability is a source of stress for slightly more Gen Xers than Millennials (60 percent vs. 53 percent).

Personal health concerns are reported most often by Matures as a source of stress (61 percent vs. 51 percent for Millennials and Boomers and 46 percent for Gen Xers). However, significantly more Boomers report that health problems affecting their families are sources of stress (58 percent vs. 48 percent for Millennials, 46 percent for Gen Xers and 49 percent for Matures).

Stress Weighs on Younger Americans

Each generation experiences negative consequences of stress, but Millennials and Gen Xers are most likely to say that they engage in unhealthy behaviors because of stress and experience symptoms of stress.

More than 52 percent of Millennials report having lain awake at night in the past month due to stress, compared to 48 percent of Gen Xers, 37 percent of Boomers and 25 percent of Matures.

Additionally, 44 percent of both Millennials and Gen Xers report experiencing irritability or anger due to stress, compared to 36 percent of Boomers and 15 percent of Matures.

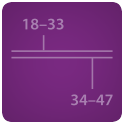
44%

OF BOTH Millennials AND
Gen Xers REPORT EXPERIENCING
IRRITABILITY OR
ANGER DUE TO STRESS

Managing Stress Is More Difficult for Younger Americans

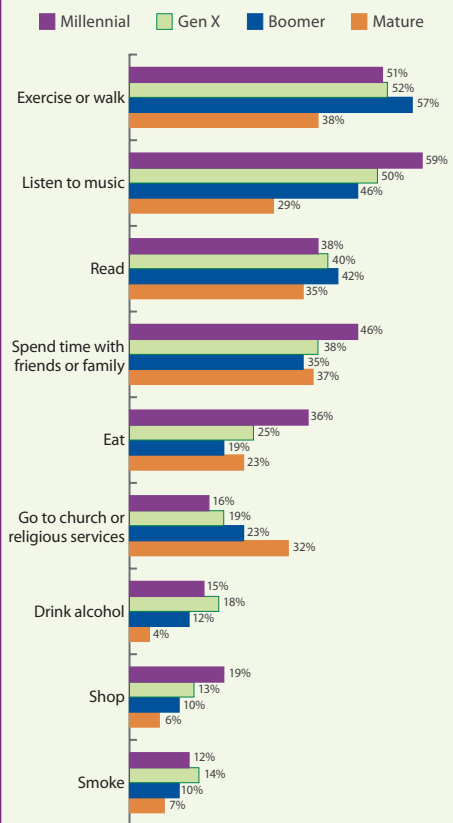
Given their higher-than-average stress levels, it is no surprise that Millennials and Gen Xers have made it a goal to reduce their stress. But both are falling short in their ability to manage stress well.





STRESS BY generation

HOW GENERATIONS MANAGE STRESS



BASE: Millennial (n=340); Gen X (n=397); Boomer (n=1040); Mature (n=243)
 Q965 Do you do any of the following to help manage stress? Please select all that apply.

29%

**OF Millennials SAY THEY ARE
DOING AN EXCELLENT OR GOOD
JOB OF MANAGING THEIR STRESS**

In the last five years, 62 percent of Millennials and 63 percent of Gen Xers have tried to reduce their stress, compared with 59 percent of Boomers and 50 percent of Matures. Yet a quarter (25 percent) of Millennials and Gen Xers say they are not doing enough to manage their stress, compared to 15 percent of Boomers and 7 percent of Matures.

While the generations agree that managing stress is extremely or very important (Millennials: 61 percent; Gen Xers: 69 percent; Boomers: 63 percent; Matures: 65 percent), the ability to meet stress management goals seems to come with age. Only 29 percent of Millennials, 35 percent of Gen Xers and 38 percent of Boomers say they are doing an excellent or very good job of managing their stress, compared with 50 percent of Matures. In fact, since 2010, the percentage of Millennials who have said they are doing a good job at stress management has decreased (2010: 33 percent; 2011: 32 percent; 2012: 29 percent).

Younger Americans Struggle to Achieve Healthy Lifestyles

Younger Americans also report difficulties as they try to achieve some healthy living goals. Older adults are more likely than younger adults to say they are doing an excellent or very good job at achieving healthy lifestyle goals like eating healthy and getting enough sleep.

Similarly, generational differences exist when it comes to eating healthy (27 percent of Millennials, 32 percent of Gen Xers, 38 percent of Boomers and 43 percent of Matures) and getting enough sleep (46 percent of Matures vs. 29 percent of Millennials).

Even though the preferred stress management technique across generations is exercising or walking, younger Americans are more likely than Boomers and Matures to engage in unhealthy behaviors like eating, drinking alcohol and smoking to manage stress.

Boomers and Matures are more likely to go to religious services than younger adults (Millennials: 16 percent; Gen Xers: 19 percent; Boomers: 23 percent; Matures: 32 percent), while younger generations are more likely to shop (Millennials: 19 percent; Gen Xers: 13 percent; Boomers: 10 percent; Matures: 6 percent).



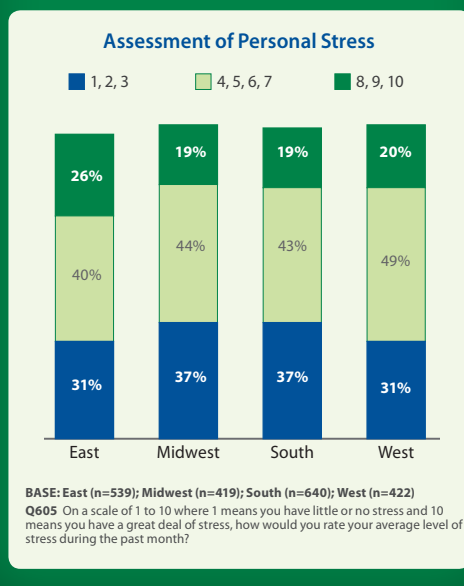


STRESS BY region

In Every Region, Stress Is Making An Impact.

Regardless of where in the country they live,* Americans all have one thing in common when it comes to stress — they consistently report experiencing more stress than they believe to be healthy. Even though many people across the country are making efforts to manage stress and adopt healthy behaviors, they often find themselves struggling to succeed. And their challenges with stress management appear to be taking a toll. In the past year, as many as four in 10 adults in each region reported that their stress levels have increased.

MORE PEOPLE ON THE EAST COAST REPORT EXTREME STRESS.



East Coast Stress

Adults in the eastern U.S. report higher levels of stress than those in other regions, and they are also more likely than people in other regions to say their stress level has increased or that they experience extreme stress (defined as an 8, 9 or 10 on a 10-point scale, where 1 is "little or no stress" and 10 is "a great of stress").

For some from the East, stress levels are rising — 38 percent of Easterners say their stress level has increased in the past year compared with 33 percent of Midwesterners, 35 percent of Southerners and 33 percent of Westerners.

Like the rest of the country, average stress levels in the East exceed what people living in the region define as a healthy level of stress (5.2 average stress level vs. 3.8 healthy stress level on a 10-point scale). East Coast residents, however, do have a higher threshold for the level of stress they consider to be healthy stress (healthy stress level in the Midwest: 3.3, South: 3.6, West: 3.7).

Twenty-six percent of Easterners report extreme stress compared to just 19 percent in the Midwest and South, and 20 percent in the West.

Money (65 percent), work (62 percent) and the economy (59 percent) remain the most commonly reported sources of stress for people living in the East.

When asked what they do to manage stress, Easterners most commonly report exercising or walking (49 percent), listening to music (43 percent) and reading (39 percent).

* This report focuses on adults within the general population (2007 n=1848; 2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020), by the following regions: East (2007 n=467; 2008 n=448; 2009 n=362; 2010 n=274; 2011 n=299; 2012 n=539), Midwest (2007 n=342; 2008 n=355; 2009 n=340; 2010 n=235; 2011 n=259; 2012 n=419), South (2007 n=593; 2008 n=575; 2009 n=516; 2010 n=382; 2011 n=389; 2012 n=640) and West (2007 n=445; 2008 n=413; 2009 n=349; 2010 n=243; 2011 n=279; 2012 n=422).

Each region is broken down as follows: East (Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont); Midwest (Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin); South (Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia); and West (Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming).

For the full methodology, visit stressinamerica.org.





STRESS BY region

While they have high stress, adults in the East recognize the benefits of managing stress and maintaining physical health. A sizeable majority placed more importance in 2012 on living healthy lifestyles than they did last year. However, there are notable gaps between the importance placed on healthy living goals and their ability to achieve these goals.

Eating healthy (64 percent vs. 49 percent in 2011), managing stress (65 percent vs. 59 percent in 2011) and being physically active or fit (59 percent vs. 52 percent in 2011) are healthy behaviors that Easterners increasingly report as important.

Despite the importance they place on healthy lifestyles, people living in the East are falling short of achieving their goals: Only 35 percent report doing an excellent or very good job at eating healthy, 36 percent at managing stress and 35 percent at being physically active.

Americans in the East appear to have some understanding of the impact of stress and are more likely than people living in other regions to recognize the role psychologists can play in helping them manage stress and live healthy lives — the increase in people who believe that psychologists can help in these areas was most dramatic in the East in 2012.

One-third (33 percent) of people living in the East believe that their stress level has a strong or very strong impact on their physical health and 39 percent believe that their stress level has a very strong or strong impact on their mental health.

33%

**OF Easterners BELIEVE THAT
STRESS HAS A STRONG IMPACT
ON PHYSICAL HEALTH**

Fifty-four percent of Easterners believe that psychologists can help a great deal or a lot with stress management, compared with 35 percent in 2011 (a 19 percentage-point increase compared with increases of only 1 percent in the West, 4 percent in the South and no change in the Midwest).





STRESS BY region

50%

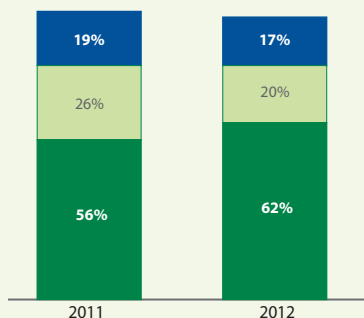


**OF Midwesterners
SAY THEIR STRESS STAYED THE
SAME LAST YEAR**

**MIDWESTERNERS ARE MORE LIKELY
TO SAY THEY ARE DOING ENOUGH TO
MANAGE THEIR STRESS THIS YEAR.**

**Stress Management:
Midwest Trend**

■ Not sure ■ No ■ Yes



BASE: All respondents 2011 (n=259); 2012 (n=419)
Q1615 Do you feel you are doing enough to manage your stress?

Forty-six percent of people living in the East believe that psychologists can help them a great deal or a lot in making lifestyle or behavior changes, compared with 33 percent in 2011 (a 13 percentage-point increase compared with increases of 4 percent in the West and South and 10 percent in the Midwest).

More people in the East have seen a mental health professional to help them manage their stress (8 percent vs. 6 percent nationally).

Stress in the Midwest

Americans in the Midwest, on average, report lower levels of stress than people in other regions. The majority also say they are doing enough to manage their stress despite reporting that their stress levels have largely stayed the same this year. What's more, they report fewer unhealthy behaviors as a result of stress.

More Midwesterners say that they are doing enough to manage their stress this year (62 percent in 2012 vs. 56 percent in 2011).

Even still, average stress levels in the Midwest exceed what people living in the region define as a healthy level of stress (4.7 average stress level vs. 3.3 healthy stress level on a 10-point scale).

Midwesterners are more likely than other Americans to say that their stress has stayed the same over the past year (50 percent compared with 45 percent in the South and West and 42 percent in the East), but one-third (33 percent) still say their stress increased during that time frame.

Money (74 percent), work (65 percent) and the economy (65 percent) remain the most commonly reported sources of stress for Midwesterners.

When asked what they do to manage stress, Midwesterners most commonly report exercising or walking (51 percent), listening to music (50 percent) and spending time with friends or family (46 percent). Midwesterners are more likely than people living across the country to turn to friends and family for stress relief (46 percent vs. 39 percent nationally).





STRESS BY region

The number of Midwesterners who say they have lain awake at night or overeaten, eaten unhealthy foods or skipped a meal because of stress has declined in the past year.

- Thirty-nine percent of people in the Midwest say they have lain awake at night due to stress (compared with 46 percent in 2011).
- Thirty-seven percent say they have overeaten or eaten unhealthy foods because of stress (compared with 44 percent in 2011).
- Twenty-four percent say they have skipped a meal because of stress (compared with 35 percent in 2011).

Despite their desire to live healthier lifestyles, many in the Midwest, on average, appear to be having difficulty reaching their healthy living goals. Midwesterners are also more likely than people in other regions to feel that a lack of willpower is preventing them from making these changes. They are, however, increasingly likely to recognize that psychologists can help with making lifestyle and behavior changes.

In the past five years, nearly three-quarters (74 percent) of people living in the Midwest have tried to exercise more, 64 percent have tried to lose weight and 62 percent have tried to reduce stress. Of those Midwesterners who decided to make a lifestyle or behavior change, the majority are still working toward their goals: 52 percent are still attempting to exercise more, 65 percent are still attempting to lose weight and 55 percent are still attempting to reduce stress.

One-third (33 percent) of Midwesterners who decided to make a lifestyle or behavior change say a lack of willpower is preventing them from making changes. More Midwesterners are also pointing to a lack of confidence in their ability to make changes as a barrier (16 percent vs. 10 percent in 2011).

44%

**OF Midwesterners BELIEVE THAT
PSYCHOLOGISTS CAN HELP WITH
STRESS MANAGEMENT**

Forty-four percent of Midwesterners believe that psychologists can help a great deal or a lot with stress management, and more Midwesterners than last year believe psychologists can help them make lifestyle and behavior changes (40 percent vs. 30 percent in 2011). However, only 5 percent have seen a mental health professional to help manage their stress.





STRESS BY region

Stress in the South

Though people living in the South report a lower average stress level than people in other regions, they have more difficulty managing their stress in healthy ways. What's more, a vast majority of Southerners report being diagnosed with a health condition such as Type 2 diabetes, heart disease, overweight or obesity, chronic pain, high cholesterol, arthritis and anxiety disorders.

A majority of Southerners (69 percent) report that they have been diagnosed with a health condition.

People in the South are more likely than people living elsewhere in the U.S. to report that they have been encouraged to exercise more (53 percent vs. 49 percent nationally) and eat a healthier diet (46 percent vs. 42 percent nationally). Of those who tried to make a change, 44 percent of Southerners are still attempting to exercise more and half (50 percent) are still attempting to eat a healthier diet.

Money, work and the economy are leading sources of stress for Southerners (money: 67 percent; work: 65 percent; economy: 60 percent), and more than one-third (35 percent) say their stress level has increased in the past year.

Like in other regions, average stress levels in the South exceed what people living there define as a healthy level of stress (4.8 average stress level vs. 3.6 healthy stress level on a 10-point scale). However, the gap between average stress and healthy stress is smaller in the South than elsewhere in the country (1.2 vs. 1.4 in all other regions).

Southerners are increasingly likely to say that managing stress is very or extremely important to them (64 percent compared to 60 percent in 2010 and 2011). At the same time, people living in the South are less likely than Americans overall to exercise or walk to help manage stress (47 percent vs. 52 percent nationally).

People living in the South are increasingly likely to eat to manage stress (27 percent in 2012 compared to 20 percent in 2010).

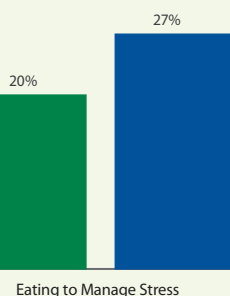
69%

OF Southerners HAVE BEEN
DIAGNOSED WITH
A HEALTH CONDITION

MORE SOUTHERNERS THIS YEAR EAT TO MANAGE STRESS.

Stress Management: South Trend

■ South 2010 ■ South 2012



BASE: All respondents South 2010 (n=382); South 2012 (n=640)
Q965 Do you do any of the following to help manage stress? Please select all that apply.





STRESS BY region

While many Southerners believe that stress can strongly impact a person's health and report a variety of unhealthy behaviors as a result of stress, they have difficulty achieving stress management goals. At the same time, Southerners recognize the role that psychologists can play in helping them with stress management and lifestyle or behavior changes.

Seventy-seven percent of Southerners believe that stress strongly or very strongly impacts a person's health.

People living in the South report a variety of unhealthy behaviors resulting from stress including having lain awake (44 percent), overeating or eating unhealthy foods (35 percent) and skipping a meal (26 percent).

Sixty-two percent of Southerners have tried to reduce their stress in the past five years, and of those who have tried, nearly half are still working at it (48 percent).

Increasingly, Southerners say a barrier to change is a lack of willpower (31 percent vs. 25 percent in 2011).

Forty-five percent of Southerners believe that psychologists can help a great deal or a lot with stress management and 41 percent believe that psychologists can help a great deal or a lot with making lifestyle or behavior changes. Only 4 percent of people living in the South, however, have seen a mental health professional to help them manage their stress.

West Coast Stress

Even though people on the West Coast have a reputation for being relaxed and less impacted by stress, they actually report the second highest average stress level in the country. Regardless, many on the West Coast still believe they are doing enough to manage their stress and they are more likely than people living in other regions to engage in healthy activities to manage their stress. At the same time, the number of Westerners who perceive that their health is very good or excellent is at its lowest point since 2009.





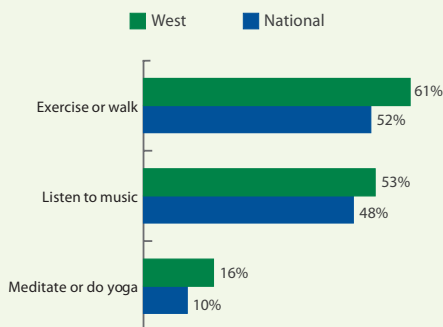
STRESS BY region

65%

OF Westerners THINK IT IS
IMPORTANT TO MANAGE STRESS

DO YOU DO ANY OF THE FOLLOWING TO HELP MANAGE STRESS?

Stress Management: West Trend



BASE: West (n=422); All respondents 2012 (n=2020)
Q965 Do you do any of the following to help manage stress? Please select all that apply.

The average stress level reported on the West Coast is just behind the East Coast at 5.1 on the 10-point scale. What's more, average stress levels in the West exceed what people living in the region define as a healthy level of stress (3.7 on a 10-point scale).

Almost 40 percent of Westerners say their stress level has increased in the past five years (38 percent).

Money, work and the economy are leading sources of stress for people on the West Coast (money: 73 percent; work: 66 percent; economy: 60 percent), and one-third (33 percent) say their stress level has increased in the past year.

More people living on the West Coast say they are doing enough to manage their stress this year (63 percent vs. 58 percent in 2011).

The percentage of Westerners reporting they are in excellent or very good health is at its lowest point since 2009 (2009: 41 percent; 2010: 43 percent; 2011: 44 percent; 2012: 38 percent).

Westerners are far more likely than other people to exercise or walk to manage stress (61 percent vs. 52 percent nationally). Westerners are also much more likely to listen to music (53 percent vs. 48 percent nationally) and meditate or do yoga (16 percent vs. 10 percent nationally).

While many Westerners think it is important to manage stress, they are struggling when it comes to adopting healthy lifestyles. They report having trouble managing stress and getting enough sleep. Many report feeling overwhelmed by stress and that their eating habits are affected by stress.

Sixty-five percent of Westerners say it is important or very important to manage stress, but only 35 percent report doing an excellent or very good job at it.





STRESS BY region



Sixty percent of Westerners say it is important or very important to get enough sleep, but only 30 percent say they are doing an excellent or very good job at it.

More people living in the West report changes in sleeping habits due to stress compared with last year (32 percent vs. 23 percent in 2011). Another 35 percent of Westerners feel overwhelmed due to stress, which has increased from 29 percent in 2011.

Forty-two percent of Westerners have lain awake at night, 36 percent have overeaten or eaten unhealthy foods and 28 percent have skipped a meal due to stress.

Westerners continue to believe that psychologists can support their efforts to manage stress and help them make lifestyle and behavior changes.

Forty-five percent of Westerners believe psychologists can help with stress management (vs. 44 percent in 2011).


Forty percent believe that psychologists can help with making lifestyle and behavior changes (vs. 36 percent in 2011).

Seven percent of Westerners have seen a mental health professional to help them manage their stress.





STRESS BY CITY ATLANTA



Stress in Atlanta

Atlanta residents* report similar stress levels as adults nationally, with work and finances being the biggest sources of stress. But the latest *Stress in America*™ survey shows that although Atlanta residents' average stress level is the lowest since 2008, their stress levels continue to exceed their definition of what is healthy. What's more, the number of Atlantans who consider family responsibilities a somewhat or very significant source of stress is at its highest level since the survey began.



Perceptions of Stress and Its Sources

Fewer Atlantans report experiencing extreme stress (an 8, 9 or 10 on a 10-point scale, where 1 is "little or no stress" and 10 is "a great deal of stress") than last year, but their reported stress level still exceeds what they believe is a healthy level of stress.

Atlantans report an average stress level of 5.0. Average stress levels have reached the lowest point since 2008 among Atlanta residents (6.1 in 2008, 5.9 in 2009, 5.8 in 2010 and 5.3 in 2011). Comparatively, Atlantans define a healthy level of stress as 3.6. Likewise, fewer people in Atlanta (20 percent) report experiencing extreme stress than last year (25 percent).

In general, people living in Atlanta report that money, work and the economy are the most common sources of stress. In fact, more Atlantans report these as very or somewhat significant sources of stress compared to adults nationwide (73 percent vs. 69 percent, 73 percent vs. 65 percent and 64 percent vs. 61 percent, respectively).

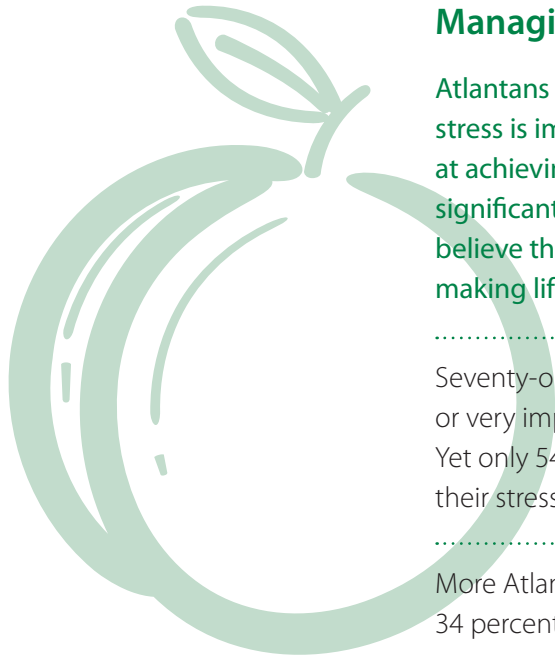
The percentage of Atlantans reporting that family responsibilities are a somewhat or very significant stressor is at its highest level since 2008 and has risen steadily since 2009 (64 percent in 2012, compared to 58 percent in 2011, 56 percent in 2010 and 51 percent in 2009).

*This report focuses only on the views of residents within the Atlanta Metropolitan Statistical Area (2008 n=243; 2009 n=201; 2010 n=213; 2011 n=279; 2012 n=212) and the general population (2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.



STRESS BY CITY ATLANTA



Managing Stress

Atlantans are more likely than Americans overall to say that managing stress is important to them, but they are not necessarily doing better at achieving stress management goals. People in Atlanta are also significantly more likely than adults nationally to report that they believe that psychologists can help with stress management and making lifestyle or behavior changes.

Seventy-one percent of Atlanta residents say managing stress is extremely or very important to them, compared to only 64 percent of all Americans. Yet only 54 percent of Atlantans say they are doing enough to manage their stress compared with 61 percent of adults nationally.

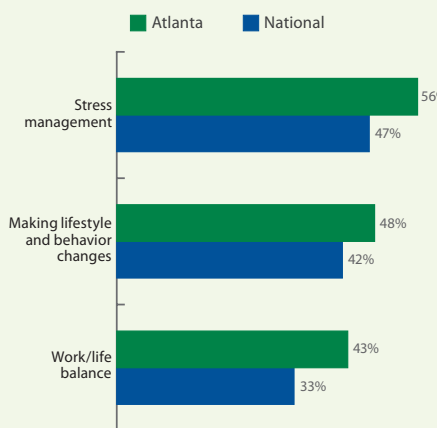
More Atlantans say their stress increased over the past year (38 percent vs. 34 percent in 2011).

Top stress management techniques for Atlanta residents in 2012 include listening to music (55 percent) and exercising or walking (54 percent).

More Atlantans than Americans overall believe that psychologists can be helpful in managing stress (56 percent vs. 47 percent say they can help a great deal or a lot), making lifestyle and behavior changes (48 percent vs. 42 percent say they can help a great deal or a lot) and with issues related to work/life balance (43 percent vs. 33 percent say they can help a great deal or a lot).

MANY ATLANTA RESIDENTS BELIEVE THAT PSYCHOLOGISTS CAN HELP WITH STRESS AND BEHAVIOR MANAGEMENT.

Percentage Who Think Psychologists Can Help A Great Deal/A Lot



BASE: Atlanta (n=212); All respondents (n=2020)
Q7165 How much do you think a psychologist can help with the following?

Stress and Well-Being

People in Atlanta rate their health similarly to adults nationwide, but they are more likely to recognize that stress can greatly impact their physical and mental health. Atlantans are also more likely to place importance on aspects of well-being such as eating healthy and exercising more.

Thirty-eight percent of Atlantans rate their health as excellent or good compared with 40 percent of people nationwide. This represents a decrease from 43 percent in 2011.





STRESS BY CITY ATLANTA

Atlanta residents are more likely than adults overall to report that their stress level has a very strong or strong impact on their mental health (42 percent vs. 37 percent) and their physical health (42 percent vs. 36 percent nationally).

Atlantans are much more likely than adults nationwide to say they have been told by a health care provider that they are overweight (33 percent vs. 22 percent), and are slightly more likely than the rest of the population to report having high blood pressure (34 percent vs. 30 percent).

Despite higher levels of obesity, Atlantans are also more likely to say that eating healthy is extremely or very important (69 percent vs. 60 percent nationally).

The number of Atlantans who say being physically active or fit is important to them has decreased from 67 percent in 2011 to 61 percent, but it is still higher than the national average of 57 percent.

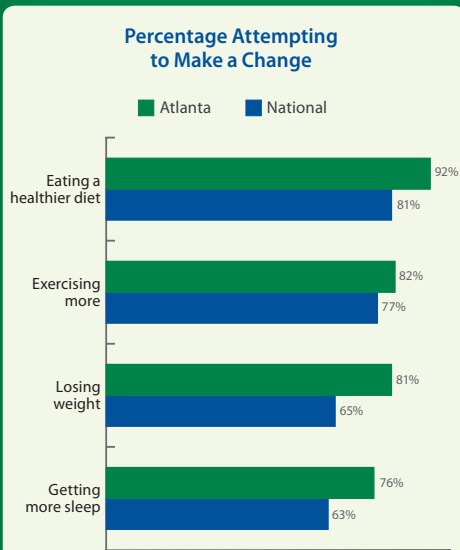
The percentage of Atlantans placing importance on getting enough sleep has consistently increased since 2010 (67 percent in 2010, 68 percent in 2011 and 73 percent in 2012).

Atlantans are more likely than other Americans to have attempted making healthy lifestyle and behavior changes over the past five years such as eating a healthier diet (92 percent vs. 81 percent), exercising more (82 percent vs. 77 percent), losing weight (81 percent vs. 65 percent) and getting more sleep (76 percent vs. 63 percent).

Despite placing a lot of importance on various aspects of well-being, Atlantans struggle to achieve healthy living goals. Wide gaps exist between the importance they place on certain activities and their ability to do an excellent or very good job doing those things:

- Having good family relationships (85 percent say it is important vs. 65 percent say they are doing an excellent or very good job at it)
- Getting enough sleep (73 percent vs. 38 percent)
- Managing stress (71 percent vs. 38 percent)
- Eating healthy (69 percent vs. 36 percent)

ATLANTA RESIDENTS ARE MORE LIKELY THAN AMERICANS OVERALL TO HAVE TRIED TO MAKE A CHANGE IN THE PAST FIVE YEARS.



BASE: Atlanta (n=212); All respondents (n=2020)
Q7135 In the last 5 years, have you tried to make any of the following changes?





STRESS BY CITY ATLANTA

Health, Lifestyle and Behavior Change

A lack of willpower continues to be the most commonly mentioned barrier to change for Americans who were recommended or attempted to make a lifestyle or behavior change. This is particularly the case in Atlanta.

Lack of willpower is reported as a barrier to change, both among Atlantans (37 percent) and adults nationally (31 percent). Atlantans are just as likely to report lack of time as a barrier to change this year as last year (26 percent in 2012 vs. 27 percent in 2011), but their number is still higher than the national average in 2012, which is 22 percent.

Like others across the country, few Atlanta residents give their health care an "A" grade. Despite this notion, Atlantans are slightly more likely than Americans nationwide to believe their health care providers can help them manage stress. However, people in Atlanta are similar to Americans overall in their assessment of whether their relationship with their provider supports them in making healthy lifestyle changes.

Just 33 percent of Atlanta residents give their health care an "A" grade, consistent with Americans overall (31 percent).

Twenty-eight percent of Atlanta residents believe their health care provider can help them a great deal or a lot in managing their stress, compared with 24 percent of adults nationally.

Thirty-six percent of Atlantans think discussing stress management with health care providers is extremely or very important, yet half as many (18 percent) say they have this discussion often or always.

Thirty-five percent of Atlantans say it is important that they discuss their mental health with their health care provider, yet only 17 percent say it happens often or always.

Similarly, almost half of Atlantans say it is important to discuss lifestyle or behavior changes that improve health (48 percent say it is extremely or very important), but only 33 percent say it happens always or often.

37%

OF ATLANTANS SAY
lack of willpower
IS A BARRIER TO CHANGE





STRESS BY CITY CHICAGO

Stress in Chicago



Year after year, people living in Chicago* report stress at levels that are similar to the national average. But according to the most recent *Stress in America*™ survey, the average stress level in Chicago is at its lowest point since 2008, even though it still exceeds the level that Chicagoans define as healthy stress. While money, work and the economy are the most commonly reported sources of stress in Chicago, the percentage of Chicagoans reporting stress about job stability is at its highest point in several years. And though people living in Chicago seem to recognize the impact of lifestyle on a person's health, they are less likely than Americans overall to say that stress has a strong impact on their health.

STRESS LEVELS DROPPED IN CHICAGO, MOVING CLOSER TO WHAT RESIDENTS BELIEVE IS HEALTHY.

Stress Level: Chicago Trend



BASE: Chicago 2011 (n=276); Chicago 2012 (n=209)

Q605 On a scale of 1 to 10 where 1 means you have little or no stress and 10 means you have a great deal of stress, how would you rate your average level of stress during the past month?

Q610 On a scale of 1 to 10 where 1 means little or no stress and 10 means a great deal of stress, what would you consider a healthy level of stress?

4.7



IS THE **average stress level** REPORTED BY ADULTS IN CHICAGO IN 2012

Perceptions of Stress and Its Sources

Chicagoans report a slightly lower average stress level than Americans overall, and fewer residents report extreme stress.

Chicagoans report an average stress level of 4.7 on a 10-point scale, where 1 is "little or no stress" and 10 is "a great deal of stress." Comparatively, Chicagoans consider 3.7 to be a healthy level of stress.

The average stress level in Chicago this year declined notably from the city's average stress level of 5.6 in 2011 and is slightly lower than the national average of 4.9.

Similar percentages of Chicagoans report experiencing extreme stress (an 8, 9 or 10 on a 10-point scale) as adults overall (19 percent vs. 20 percent). However, the percentage of Chicago residents experiencing extreme stress is down from 24 percent a year ago.

At the same time, however, slightly more Chicagoans this year say their stress has increased over the past year (40 percent vs. 36 percent).

The most common sources of stress for Chicagoans are the same as adults overall, but slightly more Chicagoans report that money, work and the economy are stressors (money: 75 percent vs. 69 percent; work: 68 percent vs. 65 percent; economy: 66 percent vs. 61 percent).

Significantly more Chicagoans than Americans overall report relationships (64 percent vs. 56 percent) and job stability (57 percent vs. 49 percent) as sources of stress. The percentage of Chicagoans who cite job stability as a source of stress is at its highest point in recent years (55 percent in 2011 and 2010, 52 percent in 2009 and 42 percent in 2008).

* This report focuses only on the views of residents within the Chicago Metropolitan Statistical Area (2008 n=231; 2009 n=208; 2010 n=208; 2011 n=276; 2012 n=209) and the general population (2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.





STRESS BY CITY CHICAGO

Managing Stress

Chicagoans are more likely this year to say they are doing a good job of managing stress. But when it comes to seeking the help of psychologists, Chicagoans are less likely than adults nationwide to think that psychologists can be helpful with stress management and making lifestyle or behavior changes.

Sixty-five percent of Chicagoans say they are doing enough to manage stress, a dramatic increase from 49 percent in 2011.

Fifty-four percent of Chicago residents report having tried to reduce their stress over the past five years. Of those, 36 percent have succeeded in reducing stress; 47 percent are still trying.

Chicagoans report exercising or walking (54 percent), listening to music (54 percent) and reading (44 percent) as their most common stress management techniques.

Chicagoans are less likely than adults nationwide to think that psychologists can help with lifestyle or behavior changes (33 percent vs. 42 percent). Similarly, fewer Chicagoans than Americans overall say that they have been referred to a mental health provider (8 percent vs. 12 percent).

Stress and Well-Being

People living in Chicago are just as likely to believe they are in excellent or very good health as adults nationwide, which is an improvement since 2009. More also appear to place importance on various aspects of well-being than in previous years.

Forty percent of both Chicagoans and Americans overall rate their health as excellent or very good. For Chicagoans, this represents a slight increase from 34 percent in 2011.

Chicagoans are more likely than Americans overall to say that eating healthy is very or extremely important (67 percent vs. 60 percent) — a dramatic increase from 51 percent in 2011 and 2010.

65%

OF Chicagoans SAY THEY
ARE DOING ENOUGH TO
MANAGE STRESS

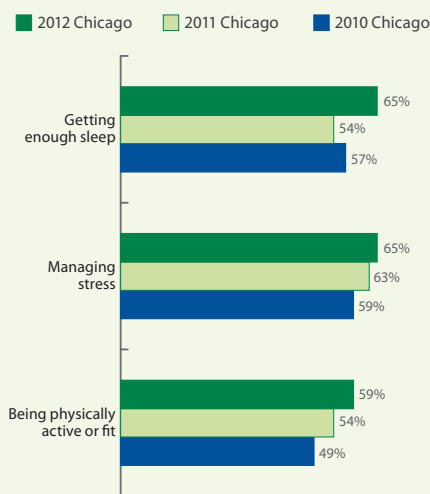




STRESS BY CITY CHICAGO

MORE CHICAGOANS PLACE IMPORTANCE ON HEALTHY LIVING GOALS THAN IN PREVIOUS YEARS.

Percentage Who Say Important/Extremely Important: Chicago Trend



BASE: Chicago 2012 (n=209); Chicago 2011 (n=276); Chicago 2010 (n=208)
Q7005 How important are each of the following to you?

More Chicagoans this year appear to place importance on various aspects of well-being such as getting enough sleep (65 percent say this is extremely or very important vs. 54 percent in 2011 and 57 percent in 2010); managing stress (65 percent vs. 63 percent in 2011 and 59 percent in 2010) and being physically active or fit (59 percent vs. 54 percent in 2011 and 49 percent in 2010).

Still, Chicagoans struggle to meet healthy living goals:

- Sixty-seven percent of Chicagoans say eating healthy is extremely or very important, yet just 38 percent say they do an excellent or very good job of it.
- Sixty-five percent of Chicago residents say getting enough sleep is extremely or very important, yet only 38 percent say they do an excellent or very good job.
- Sixty-five percent of Chicago residents say managing stress is extremely or very important, but fewer than half give themselves high marks for managing their stress (46 percent say they are doing an excellent or very good job).
- Fifty-nine percent of Chicagoans say being physically active or fit is extremely or very important, while just 33 percent say they do a good job of it — a 26 percentage-point gap.

Health, Lifestyle and Behavior Change

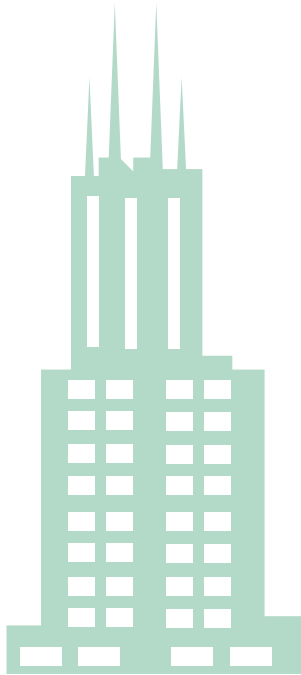
Chicago residents who were recommended to or decided to make a lifestyle or behavior change continue to say that lack of willpower is a barrier preventing them from being successful. This figure is down from 2011.

Thirty percent of Chicagoans who have been recommended to or who have attempted to make a lifestyle or behavior change name lack of willpower as a barrier to lifestyle and behavior change. This barrier appears to be less of a problem for Chicagoans this year, however; the figure was 40 percent in 2011.





STRESS BY CITY CHICAGO



Less than half of Chicago residents rate their physical health care as top-notch, and only about one-quarter say the same about their mental health care. In general, Americans do not have much confidence in their health care providers' ability to help them manage stress or make lifestyle or behavior changes, and Chicagoans are similar.

Thirty-seven percent of Chicago residents gave their physical health care an "A" grade and just 26 percent say the same about their mental health care.

Twenty-four percent of Chicagoans think their relationship with their current health care provider supports them a great deal or a lot in managing their stress and 34 percent think their relationship with their health care provider supports them a great deal or a lot in their desire to make healthy lifestyle changes.

While 38 percent of Chicagoans say discussing lifestyle and healthy behavior changes with their health care provider is extremely or very important, just 30 percent say those discussions occur always or often.

Twenty-eight percent of Chicagoans think discussing stress management with a health care provider is extremely or very important, yet only 17 percent say they have this discussion often or always. Thirty-one percent of Chicago residents say it is extremely or very important to them that they discuss their mental health with their provider, yet only 15 percent say it happens often or always.





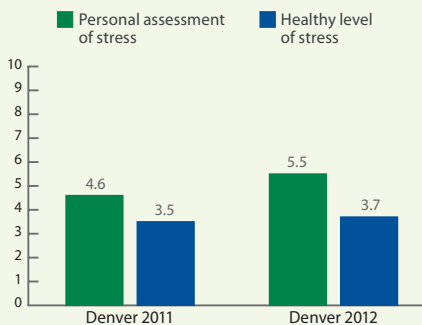
STRESS BY CITY DENVER

Stress in Denver

The most recent *Stress in America*™ survey paints a troubling picture for Denver residents.* While stress levels nationwide appear to be declining, the opposite seems to be happening in Denver. In addition to increasing stress levels, people in Denver are more likely than adults nationwide to engage in unhealthy behaviors due to stress and are more likely to experience physical and non-physical symptoms of stress.

STRESS LEVELS JUMPED IN DENVER THIS YEAR AND FAR EXCEED WHAT RESIDENTS BELIEVE IS HEALTHY.

Average Stress Level vs. Healthy Stress Level



BASE: Denver 2011 (n=249); Denver 2012 (n=207)

Q605 On a scale of 1 to 10 where 1 means you have little or no stress and 10 means you have a great deal of stress, how would you rate your average level of stress during the past month?

Q610 On a scale of 1 to 10 where 1 means little or no stress and 10 means a great deal of stress, what would you consider a healthy level of stress?

43%

OF ADULTS IN DENVER SAY THEIR **stress increased** IN THE PAST YEAR



Perceptions of Stress and Its Sources

Stress levels are up in Denver and more residents report experiencing extreme stress (an 8, 9 or 10 on a 10-point scale, where 1 is “little or no stress” and 10 is “a great deal of stress”) this year. They are also far more likely to say that money is a significant source of stress than Americans overall.

Stress levels in Denver jumped this year, unlike in other places in the country where stress appears to be on the decline. Denver residents report their average stress level is 5.5 on a 10-point scale, compared to 4.6 in 2011. What’s more, their average stress level is far higher than what they believe to be a healthy level of stress: 3.7.

Not surprisingly, 43 percent of Denver residents say their stress increased over the past year, and more people in Denver this year report experiencing extreme stress (28 percent in 2012 vs. 18 percent in 2011).

Like elsewhere in the country, top sources of stress for Denver residents are money (69 percent for Denver and nationally), work (77 percent vs. 65 percent) and the economy (59 percent vs. 61 percent).

*This report focuses only on the views of residents within the Denver Metropolitan Statistical Area (2009 n=202; 2010 n=206; 2011 n=279; 2012 n=207) and the general population (2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.





STRESS BY CITY DENVER

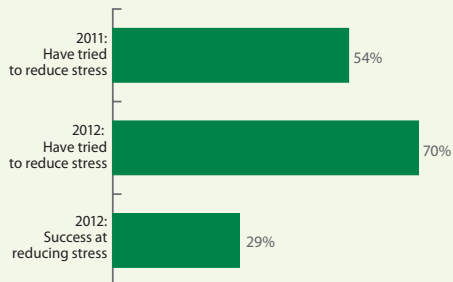
35%

OF ADULTS IN DENVER SAY
THEY ARE DOING AN
excellent or very good job
OF MANAGING STRESS

**MORE PEOPLE IN DENVER ARE TRYING
TO REDUCE THEIR STRESS, BUT THEY
ARE NOT NECESSARILY SUCCEEDING.**

Behavior Changes vs. Status of Change

■ Denver residents



BASE: Denver 2011 (n=249); Denver 2012 (n=207)

Q7135 In the last 5 years, have you tried to make any of the following changes?
Q7150 You mentioned you decided to make a lifestyle change. Did you successfully make the change?

Managing Stress

Denver residents are slightly more likely than adults nationwide to say that stress management is important to them, but slightly less likely to say they are doing a very good or good job managing their stress. At the same time, Denver residents are less likely than others to believe that a psychologist can help with stress management.

Sixty-seven percent of Denver residents say managing stress is extremely or very important to them compared with 64 percent of Americans overall.

However, far fewer Denver residents say they are doing enough to manage stress (54 percent) or that they are doing an excellent or very good job of managing stress (35 percent).

The percentage of people living in Denver who were advised to reduce stress in the past year doubled (34 percent vs. 17 percent). It also exceeds the number of people who received the same recommendation nationally (28 percent).

Similarly, the percentage of people in Denver who report that they have tried to reduce their stress over the past five years has increased dramatically (70 percent vs. 54 percent in 2011), but they are not necessarily having success — of those who have tried, only 29 percent report being successful at reducing stress.

The most common stress management techniques for residents of Denver include exercising or walking (57 percent), listening to music (56 percent) and reading (40 percent).

People living in Denver are more likely to say that they have been referred to a mental health provider (16 percent vs. 12 percent).





STRESS BY CITY DENVER



Stress and Well-Being

While people in Denver rate their health similarly to adults nationwide, they are more likely to report physical and non-physical symptoms of stress.

Though slightly more people living in Denver rate their health as excellent or very good compared to Americans overall (43 percent vs. 40 percent), this number is down from 49 percent in 2011.

Despite the importance Denver residents place on aspects of well-being, they appear to struggle, like others across the country, to meet healthy living goals:

- Seventy-three percent say getting enough sleep is extremely or very important, yet just 38 percent say they are doing an excellent or very good job at it.
- Sixty-four percent say being physically active or fit is extremely or very important, yet just 36 percent say they are doing an excellent or very good job.
- Fifty-four percent say that eating healthy is extremely or very important, yet just 39 percent say they are doing an excellent or very good job.

Denver residents are more likely than Americans overall to report various physical and non-physical symptoms of stress, including feeling nervous or anxious (45 percent vs. 35 percent), having negative thoughts (36 percent vs. 27 percent) or feeling overwhelmed (41 percent vs. 35 percent).

More people living in Denver than adults nationwide report engaging in unhealthy behaviors because of stress, such as overeating or eating unhealthy foods (50 percent vs. 36 percent) or lying awake at night (49 percent vs. 42 percent). At the same time, more Denver residents are engaging in these behaviors than in 2011, when only 32 percent said they overate or ate unhealthy foods, and 35 percent said they had lain awake due to stress.





STRESS BY CITY DENVER



Health, Lifestyle and Behavior Change

While Denver residents who have been recommended to or have tried to make a lifestyle or behavior change are more likely to say a lack of willpower is the most common barrier they face, the number reporting stress as a barrier has tripled since 2011.

Twenty-five percent of Denver residents say that a lack of willpower is a barrier preventing them from making healthy lifestyle changes.

While not as commonly reported as a lack of willpower, three times as many Denver residents say they are too stressed to make changes this year (18 percent in 2012 vs. 6 percent in 2011).

Despite reporting higher stress levels and discrepancies between the importance they place on certain aspects of health care and the rate at which those things occur, people in Denver are more likely than Americans overall to give their health care high marks.

Forty percent of people in Denver give the health care they receive an "A" grade compared with 31 percent nationwide.

Almost half of people living in Denver say it is important to discuss lifestyle or behavior changes that improve health with health care providers (48 percent say it is extremely or very important), but just 34 percent of them say they discuss it often or always.

Thirty-five percent of Denver residents think discussing stress management with health care providers is extremely or very important, yet only 21 percent say they have this discussion often or always. A similar number (34 percent) want to discuss their mental health, yet only 19 percent say such conversations happen often or always.





STRESS BY CITY DETROIT

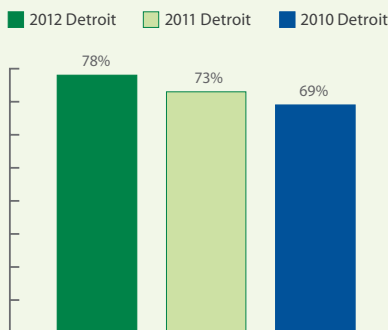


Stress in Detroit

People living in Detroit* are just as likely as people nationwide to say that their stress increased over the past year. However, it appears that fewer people in Detroit report experiencing extreme stress this year. More Detroit residents this year report that work is a significant source of stress, but they also appear to place more importance on how well they are doing in their careers and studies, and say they are doing better at reaching those goals.

WORK IS BECOMING A MORE COMMONLY REPORTED SOURCE OF STRESS IN DETROIT.

Sources of Stress: Work Trend, Percent Somewhat/Very Significant



BASE: Detroit 2012 (n=221); Detroit 2011 (n=223); Detroit 2010 (n=214)
Q625 Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.

Perceptions of Stress and Its Sources

Residents of Detroit say they are less likely to report experiencing extreme stress this year but they are just as likely as Americans overall to say their stress increased over the past year.

People living in Detroit report an average stress level of 5.1 on a 10-point scale, where 1 is "little or no stress" and 10 is "a great deal of stress." Comparatively, Detroit residents define a healthy level of stress as 3.7.

Fewer people in Detroit reported extreme stress (an 8, 9 or 10 on a 10-point scale) this year (19 percent vs. 24 percent in 2011).

Thirty-five percent of people in Detroit say their stress also increased over the past year, which is on par with Americans overall (35 percent).

Like elsewhere in the country, commonly reported sources of stress for Detroit residents are money (69 percent for adults in Detroit and adults overall), work (78 percent vs. 65 percent nationally) and the economy (65 percent vs. 61 percent nationally). However, more Detroit residents this year said that work was a significant source of stress than in the past several years (78 percent in 2012, 73 percent in 2011 and 69 percent in 2010).

*This report focuses only on the views of residents within the Detroit Metropolitan Statistical Area (2008 n=235; 2009 n=207; 2010 n=214; 2011 n=223; 2012 n=221) and the general population (2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.





STRESS BY CITY DETROIT

Managing Stress

Though Detroit residents are less likely than they were last year to say they are doing a good job of managing stress, more than half have tried to reduce their stress and they are just as likely as other Americans to say that psychologists can help with stress management.

Sixty-three percent of Detroit residents say managing stress is extremely or very important, but only 37 percent think they are doing an excellent or very good job of managing their stress.

More than half of Detroit residents say they feel they are doing enough to manage stress, a perception that appears to be on the decline over the past few years (54 percent in 2012, 59 percent in 2011 and 64 percent in 2010).

Over the past five years, more than half of Detroit adults have tried to reduce their stress (59 percent). Of those who tried to make a change, 51 percent say they are still trying.

The most commonly reported stress management techniques for residents of Detroit include reading (53 percent), exercising or walking (51 percent) and listening to music (46 percent).

People living in Detroit are as likely as other Americans to think that psychologists can help a great deal or a lot with stress management (47 percent for both).

Far more Detroit residents agree this year that psychologists can help a great deal or a lot with lifestyle and behavior changes (43 percent vs. 29 percent in 2011). Twelve percent of Detroit adults have been referred to a mental health professional.

37%

OF ADULTS IN **Detroit** SAY THEY
ARE DOING AN EXCELLENT OR
GOOD JOB OF MANAGING STRESS





STRESS BY CITY DETROIT

Stress and Well-Being

While more Detroit residents report having experienced some symptoms of stress this year, the number saying their health is fair or poor has also increased.

The percentage of people in Detroit who say their health is fair or poor has increased from 16 percent in 2011 to 25 percent in 2012.

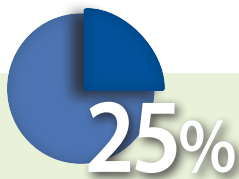
In Detroit, more people this year reported experiencing headaches (31 percent in 2012 vs. 25 percent in 2011), changes in sleeping habits (34 percent in 2012 vs. 30 percent in 2011) and being unable to concentrate (24 percent in 2012 vs. 19 percent in 2011) due to stress.

Slightly more Detroit residents this year place importance on both having good relationships with their families (78 percent in 2012 vs. 76 percent in 2011 say this is extremely or very important) and doing well in their careers or studies (62 percent in 2012 vs. 58 percent in 2011 say this is extremely or very important). It also appears they are doing a better job at achieving these goals:

- Sixty-one percent in 2012 compared with 57 percent in 2011 say they are doing an excellent or very good job at having good relationships with their families.
- Fifty percent in 2012 vs. 38 percent in 2011 say they are doing an excellent or very good job at doing well in their careers or studies.

Despite the importance Detroit residents place on various aspects of well-being, they appear to struggle, like others across the country, to meet healthy living goals:

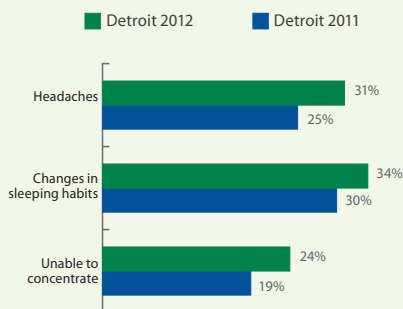
- Sixty-seven percent say getting enough sleep is extremely or very important, yet just 32 percent say they are doing an excellent or very good job at it.
- Fifty-six percent say that eating healthy is extremely or very important, yet just 28 percent say they do an excellent or very good job.
- Forty-eight percent say being physically active or fit is extremely or very important, yet just 23 percent say they are doing an excellent or very good job.



25%
OF DETROIT RESIDENTS SAY
THEIR HEALTH IS
fair or poor

MORE PEOPLE IN DETROIT REPORT EXPERIENCING SYMPTOMS OF STRESS THIS YEAR.

Percent Experiencing Physical and Non-Physical Symptoms of Stress: Detroit Trend



BASE: Detroit 2012 (n=221); Detroit 2011 (n=223)

Q810 Which of the following, if any, have you experienced in the last month as a result of stress? (Physical symptoms)

Q7170 Which of the following, if any, have you experienced in the last month as a result of stress? (Non-physical symptoms)





STRESS BY CITY DETROIT



Health, Lifestyle and Behavior Change

Lack of willpower and lack of time are commonly reported barriers to change for people living in Detroit.

Adults in Detroit who were recommended or decided to make a change cite a lack of willpower (33 percent) and a lack of time (23 percent) most commonly as barriers preventing them from being successful.

As in much of the country, less than half of adults living in Detroit rate their physical health care as top-notch, and only about a quarter say the same about their mental health care. However, they are more likely than other Americans to say that they frequently discuss health topics they believe to be important with their providers.

Thirty-eight percent of Detroit residents give their physical health care an "A" grade while just 26 percent say the same about their mental health care.

Detroit residents are more likely than Americans overall to report that they discuss stress management with their health care provider (26 percent vs. 17 percent say this happens often or always).



STRESS BY CITY LOS ANGELES

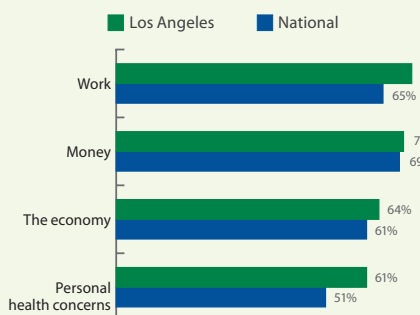


Stress in Los Angeles

People living in Los Angeles* have stress-related experiences that are similar to those of adults around the country. *Stress in America*™ survey results show that, while they think managing stress is important, adults in Los Angeles are not doing a great job at achieving stress management goals. However, they have more favorable ratings than Americans overall of the physical and mental health care they receive.

HEALTH CONCERNS ARE A SOURCE OF STRESS FOR MORE LOS ANGELES RESIDENTS THAN PEOPLE NATIONWIDE.

**Sources of Stress:
Percent Somewhat/Very Significant**



BASE: Los Angeles (n=228); All respondents (n=2020)
Q625 Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.



Perceptions of Stress

Despite reporting a lower average stress level this year, adults in Los Angeles are still experiencing stress levels that exceed what they believe is healthy, and for a significant proportion, stress is on the rise.

People living in Los Angeles report lower average stress levels compared to last year (5.0 vs. 5.3 on a 10-point scale, where 1 is "little or no stress" and 10 is "a great deal of stress"). Comparatively, Los Angeles residents believe that 3.7 is a healthy level of stress.

However, 37 percent of adults in Los Angeles report that their stress has increased in the past year, and 20 percent say they experience extreme stress (an 8, 9 or 10 on the 10-point scale).

Like elsewhere in the country, commonly reported sources of stress for Los Angeles residents are work (72 percent vs. 65 percent nationally), money (70 percent vs. 69 percent nationally) and the economy (64 percent vs. 61 percent nationally). However, concerns over health appear to be more apparent in Los Angeles: 61 percent of Los Angeles residents say personal health concerns are a significant source of stress compared to 51 percent of Americans overall.

*This report focuses only on the views of residents within the Los Angeles MSA (2008 n=256; 2009 n=205; 2010 n=211; 2011 n=281; 2012 n=228) and the general population (2008 n=1791; 2009 n= 1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.





STRESS BY CITY LOS ANGELES

Managing Stress

People living in Los Angeles have a difficult time achieving healthy living goals related to stress management, and only a small percentage report being successful in their attempts to reduce their stress.

While the majority of people living in Los Angeles say that managing stress is important to them (67 percent), only about 41 percent think they are doing an excellent or very good job at it. Regardless, it appears that stress management is becoming important to more Los Angeles residents: Only 55 percent said that managing stress was extremely or very important in 2011.

Sixty-five percent of Los Angeles residents have tried to reduce their stress in the past five years. Of those, 36 percent say they have been successful.

The most commonly reported stress management techniques for people living in Los Angeles include listening to music (50 percent) and exercising or walking (48 percent). Unlike the rest of the country, however, Los Angeles residents are as likely to watch television for more than two hours per day (37 percent vs. 34 percent nationally) or play video games (37 percent vs. 29 percent nationally) as they are to read (37 percent vs. 40 percent nationally) to manage stress.

People living in Los Angeles are on par with Americans overall regarding psychologists and stress: 47 percent of Los Angeles residents and people nationwide believe psychologists can help a great deal or a lot with stress management. But, fewer people in Los Angeles think psychologists can help them make lifestyle or behavior changes (35 percent vs. 42 percent).

38%



OF LOS ANGELES RESIDENTS
GIVE THEIR
physical health care
A GRADE "A"

42%



GIVE THEIR
mental health care
A GRADE "A"





STRESS BY CITY LOS ANGELES



Stress and Well-Being

Compared to 2011, slightly more Los Angeles residents say that they are in good health but like Americans overall, Los Angeles residents seem to fall short in reaching healthy living goals.

An increasing number of Los Angeles residents say their health is excellent or very good this year (39 percent in 2012, 35 percent in 2011 and 31 percent in 2010).

Similar to other Americans, Los Angeles residents struggle to achieve healthy lifestyles. In the past month, 38 percent say they have overeaten or eaten unhealthy foods and 29 percent report having skipped meals due to stress.

Despite the importance Los Angeles residents place on aspects of well-being, they struggle to meet healthy living goals, like others across the country:

- Sixty-four percent say getting enough sleep is extremely or very important, yet just 28 percent say they are doing an excellent or very good job at it.
- Sixty-four percent say that eating healthy is extremely or very important, yet just 33 percent say they do an excellent or very good job.
- Sixty-two percent say being physically active or fit is extremely or very important, yet just 34 percent say they are doing an excellent or very good job.

Health, Lifestyle and Behavior Change

Though many Americans struggle with a lack of willpower when trying to make healthy lifestyle and behavior changes, Los Angeles adults are more likely to cite costs associated with making such changes as a common barrier they face.

More Los Angeles residents who have decided to make a change or were recommended to make a change cite cost as a barrier this year (23 percent vs. 14 percent in 2011 say it is too expensive to make the change). The percentage saying the cost of making the change gets in the way of their success also exceeds the national average (23 percent vs. 16 percent).

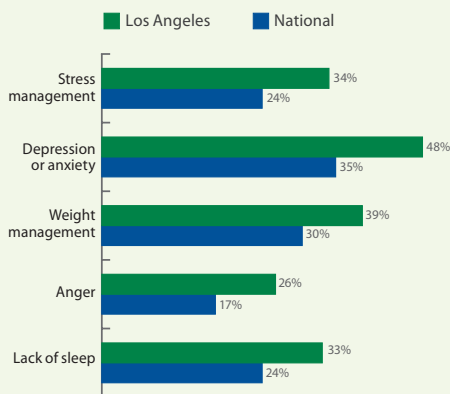




STRESS BY CITY LOS ANGELES

LOS ANGELES RESIDENTS ARE MORE LIKELY TO SAY THEIR HEALTH CARE PROVIDER CAN HELP WITH LIFESTYLE OR BEHAVIOR ISSUES.

**Helpfulness of Health Care Providers:
Percent Saying A Great Deal/A Lot**



BASE: Los Angeles (n=228); All respondents (n=2020)
Q6020 How much do you think your health care providers can help with the following?

Like others in the country, Los Angeles residents who have been recommended to or tried to make a change also report that a lack of willpower (30 percent) and a lack of time (24 percent) are obstacles to lifestyle and behavior change.

Adults in Los Angeles are more likely than Americans overall to give their physical and mental health care top grades, and are also more likely to say their health care provider can help them with various lifestyle or behavior issues.

Thirty-eight percent of Los Angeles residents give their physical health care an "A" grade and 42 percent say the same about their mental health care, compared to only 35 percent and 34 percent of Americans overall, respectively.

People in Los Angeles are more likely than Americans overall to say their health care providers can help them a great deal or a lot with lifestyle and behavior issues like stress management (34 percent vs. 24 percent), depression or anxiety (48 percent vs. 35 percent), weight management (39 percent vs. 30 percent), anger (26 percent vs. 17 percent) and lack of sleep (33 percent vs. 24 percent).

However, large gaps exist between the importance that Los Angeles residents place on conversations with their health care providers about mental health and stress and the frequency with which those discussions take place. Thirty-three percent of Los Angeles adults say it is extremely or very important to discuss their mental health with their health care providers and 35 percent say the same about stress management, but just 17 and 20 percent, respectively, say they have these discussions often or always.



STRESS BY CITY NEW YORK CITY

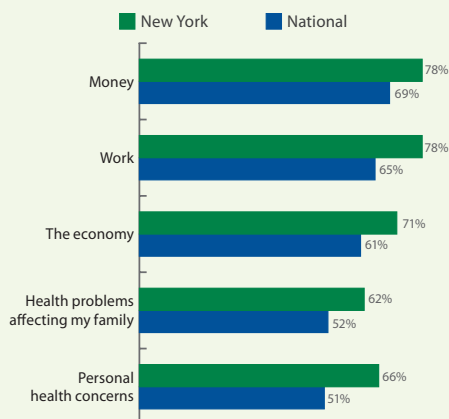
Stress in New York City



New Yorkers* report stress at levels slightly higher than the national average, and more New Yorkers say that common issues like money, work and the economy are causing them stress. At the same time, the number of New Yorkers who say their health is good or excellent is on the decline, and it appears that a lack of time is a barrier to making healthy lifestyle changes for more New Yorkers this year.

NEW YORKERS CITE COMMON STRESSORS AS SIGNIFICANT SOURCES OF STRESS MORE FREQUENTLY THAN AMERICANS OVERALL.

**Sources of Stress:
Percent Somewhat/Very Significant**



BASE: New York (n=200); All respondents (n=2020)

Q625 Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.

Perceptions of Stress

The *Stress in America*™ survey also shows that people in New York struggle with stress management and are not getting as much support from health care providers to help manage their stress as others across the country. New Yorkers report common sources of stress more frequently than the rest of the country. Though similar numbers of New Yorkers as adults nationwide say that their stress is increasing, New Yorkers report an average stress level that surpasses the national average.

New Yorkers report an average stress level of 5.2 on a 10-point scale where 1 is "little or no stress" and 10 is a "great deal of stress." Comparatively, this is higher than the level of stress they define as healthy: 4.0. What's more, 22 percent of New Yorkers report experiencing extreme stress (an 8, 9 or 10 on a 10-point scale) and 35 percent report that their stress increased in the past year.

Several commonly reported sources of stress such as money, work and the economy are cited more frequently as stressors by New Yorkers than Americans overall (money: 78 percent vs. 69 percent; work: 78 percent vs. 65 percent; economy: 71 percent vs. 61 percent). In addition, more New Yorkers report stress related to health concerns, specifically health problems affecting their families (62 percent vs. 52 percent) and personal health issues (66 percent vs. 51 percent).

*This report focuses only on the views of residents within the New York City Metropolitan Statistical Area (2008 n= 228; 2009 n=208; 2010 n=212; 2011 n=243; 2012 n=200) and the general population (2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.





STRESS BY CITY NEW YORK CITY

Managing Stress

When it comes to stress management, it appears that New Yorkers are struggling. They are more likely than adults nationwide to say they are not doing enough to manage stress and they are less likely to say they are doing an excellent or very good job at managing stress.

Slightly more New Yorkers this year say that managing stress is extremely or very important (69 percent in 2012 vs. 67 percent in 2011), but the number who say they are doing an excellent or very good job at it has dropped (32 percent in 2012 vs. 40 percent in 2011).

In addition, New York City residents are significantly more likely than adults nationwide to say that they feel they are not doing enough to manage stress (27 percent vs. 19 percent).

In the past five years, 57 percent of New Yorkers report having tried to reduce their stress, but of those who tried to make a change, only 39 percent report having been successful at lowering stress levels.

The most commonly reported stress management techniques for people living in New York City include listening to music (53 percent), exercising or walking (51 percent) and reading (40 percent).

Just as adults in New York City are as likely as the rest of the country to think that psychologists can help a great deal or a lot with stress management (47 percent for both), they are referred to see mental health professionals at similar rates (12 percent for both).

Stress and Well-Being

Since 2011, fewer New Yorkers say that they are in good health. Additionally, they report similar chronic conditions as all Americans, including high blood pressure and cholesterol. Many New Yorkers have tried to eat healthy, but they are less likely to have tried exercising, losing weight and getting more sleep. They are also less likely than American adults overall to believe that stress impacts their own physical and mental health.

69%

OF NEW YORKERS SAY
managing stress
IS EXTREMELY OR VERY IMPORTANT





STRESS BY CITY NEW YORK CITY

Less than half of New Yorkers say their health is excellent or very good, which dropped since last year (42 percent in 2012 vs. 49 percent in 2011).

Similar to other Americans, New Yorkers struggle to achieve healthy lifestyles. In the past month, 45 percent say they have lain awake at night, 34 percent say they have overeaten or eaten unhealthy foods, and 30 percent report having skipped meals due to stress.

Despite the importance New York residents place on various aspects of well-being, they appear to struggle to meet healthy living goals, like others across the country:

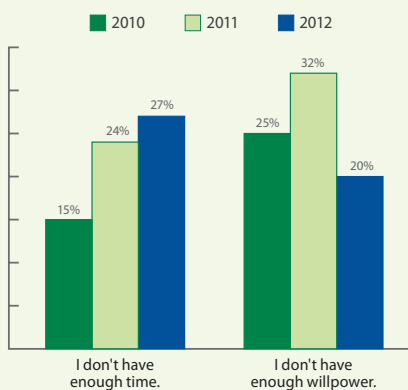
- Sixty-seven percent say getting enough sleep is extremely or very important, yet just 31 percent say they are doing an excellent or very good job at it.
- Sixty-one percent say that eating healthy is extremely or very important, yet just 40 percent say they are doing an excellent or very good job.
- Sixty percent say being physically active or fit is extremely or very important, yet just 37 percent say they are doing an excellent or very good job.

42%

OF NEW YORKERS SAY
THEY ARE IN
excellent or good health

LACK OF TIME IS BECOMING MORE OF A BARRIER TO CHANGE FOR NEW YORKERS

Barriers to Change: New York Trend



BASE: HCP recommended changes New York 2010 (n=142); New York 2011 (n=226); New York 2012 (n=193)
Q2255 Which of the following, if any, have prevented you from making the lifestyle changes your HCP has recommended? Please select all that apply.

Health, Lifestyle and Behavior Change

Lack of time is New Yorkers' most commonly reported challenge when it comes to making lifestyle or behavior changes. Like others across the country, a lack of willpower also continues to be a barrier to change, though for fewer New Yorkers this year.

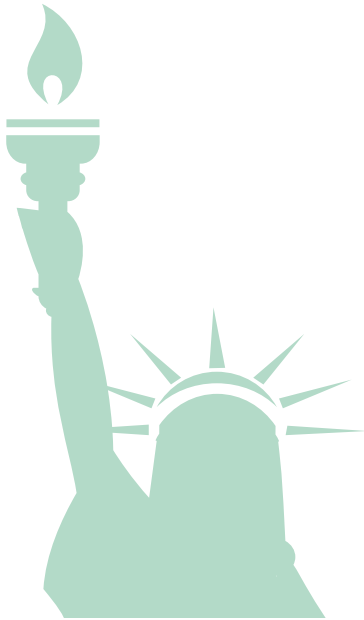
Not having enough time is a barrier for 27 percent of New Yorkers who have decided to or were recommended to make a change. The number reporting this as a challenge has increased steadily since 2010 (15 percent in 2010; 24 percent in 2011).

An opposite trend is occurring with willpower, however. Just 20 percent of New Yorkers who have decided to or were recommended to make a change say they that a lack of willpower is a barrier, down from 32 percent in 2011.





STRESS BY CITY NEW YORK CITY



While similar numbers of New Yorkers as Americans overall give their health care a high grade, the same is not true when asked about the support they get for stress or behavior management from their health care provider.

Thirty-six percent of New Yorkers give their physical health care an “A” grade, while 31 percent grade their mental health care the same.

While New Yorkers appear to believe that the potential for support from health care providers for stress and behavior management exists, few say they get a great deal or a lot of support for specific lifestyle and behavior issues.

- Similar percentages of New Yorkers and people nationwide say their health care providers can help them a great deal or a lot with stress management (25 percent vs. 24 percent nationally), depression or anxiety (31 percent vs. 35 percent nationally), poor eating habits (26 percent vs. 23 percent nationally) and lack of sleep (23 percent vs. 24 percent nationally).
- New Yorkers are less likely than Americans overall to believe that their relationship with their health care provider supports them a great deal or a lot in managing their stress (17 percent vs. 22 percent) and making healthy lifestyle changes (22 percent vs. 29 percent).



STRESS BY CITY SEATTLE



Stress in Seattle

The latest *Stress in America*™ survey shows that more adults in Seattle* have succeeded in efforts to reduce their stress, but many still struggle to reach overall healthy living goals. However, while their average reported stress level has decreased and fewer say they experience extreme stress (an 8, 9 or 10 on a 10-point scale, where 1 is "little or no stress" and 10 is "a great deal of stress"), the average stress level in Seattle exceeds what adults living there say is healthy.

SEATTLE RESIDENTS CONSISTENTLY REPORT declining average stress levels



Perceptions of Stress and Its Sources

In Seattle, like elsewhere in the country, the average reported stress level has declined, as has the number of residents citing concerns about money and relationships as sources of stress. Regardless, the level of stress Seattle adults experience is higher than what they believe to be healthy.

Since 2008, people living in Seattle have consistently reported declining average stress levels each year. In 2012, the average stress level was 4.7 on a 10-point scale (2008: 6.1; 2009: 5.4; 2010: 5.1; and 2011: 5.0).

In addition, fewer Seattle adults this year report experiencing extreme stress (2012: 13 percent; 2011: 17 percent). However, Seattle residents are still experiencing more stress than what they believe is healthy — which is 3.4 on a 10-point scale.

Fewer Seattle residents are reporting common stressors as significant sources of stress this year, including work (65 percent in 2012 vs. 73 percent in 2011), money (63 percent in 2012 vs. 70 percent in 2011), the economy (57 percent in 2012 vs. 66 percent in 2011) and relationships (45 percent in 2012 vs. 53 percent in 2011).

*This report focuses only on the views of residents within the Seattle Metropolitan Statistical Area (2008 n=259; 2009 n=200; 2010 n=214; 2011 n=224; 2012 n=210) and the general population (2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.





STRESS BY CITY SEATTLE

Managing Stress

People living in Seattle are slightly more likely to say they are doing enough to manage stress than other Americans, but they still have difficulty achieving stress management goals.

Sixty-five percent of Seattle adults say they are doing enough to manage their stress, compared to 61 percent of Americans overall.

At the same time, many Seattle residents still struggle to reach stress management goals. Sixty-eight percent report that managing stress is extremely or very important, but only 43 percent say they are doing an excellent or very good job at it.

Over the past five years, more than half of Seattle residents (62 percent) have tried to reduce their stress. Those who decided to make this change were more likely to report experiencing success in their efforts than last year (42 percent in 2012 vs. 28 percent in 2011).

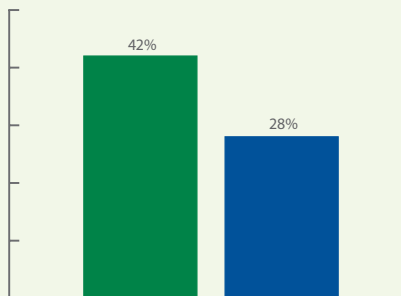
The most commonly reported stress management techniques for people living in Seattle include exercising or walking (57 percent), listening to music (47 percent) and reading (44 percent).

Nearly half of Seattle residents say that psychologists can help a great deal or a lot with stress management (49 percent). Overall, adults in Seattle are slightly more likely than people nationwide to say that they have been referred to a mental health provider (16 percent vs. 12 percent).

**JUST LESS THAN HALF OF ADULTS
IN SEATTLE SAY THEY
HAVE SUCCESSFULLY REDUCED
THEIR STRESS.**

**Successfully Made a Change:
Reducing Stress**

■ Seattle 2012 ■ Seattle 2011



BASE: Seattle 2012 (n=122); Seattle 2011 (n=140)

Q7150 You mentioned you decided to make a lifestyle change. Did you successfully make the change?

Stress and Well-Being

Despite giving their health a fairly high rating, more people living in Seattle are reporting symptoms of stress this year. They also report challenges achieving healthy living goals and some are engaging in unhealthy behaviors due to stress.

Almost half (45 percent) of Seattle adults say they are in excellent or very good health, but many report experiencing symptoms of stress.





STRESS BY CITY SEATTLE



More Seattle residents this year say they have experienced fatigue (39 percent in 2012 vs. 31 percent in 2011) and feeling overwhelmed (44 percent in 2012 vs. 38 percent in 2011) due to stress. In fact, adults in Seattle are more likely to feel overwhelmed because of stress than people across the country (44 percent vs. 35 percent).

Similar to other Americans, Seattle residents struggle to achieve healthy lifestyles. In the past month, 39 percent say they have lain awake at night vs. 42 percent nationally. Thirty-four percent say they have overeaten or eaten unhealthy foods vs. 36 percent nationally, and 25 percent report having skipped meals due to stress vs. 27 percent nationally.

Despite the importance Seattle residents place on various aspects of well-being, they appear to struggle to meet healthy living goals, like others across the country:

- Sixty-eight percent say getting enough sleep is extremely or very important, while only 43 percent say they are doing an excellent or very good job at it.
- Sixty-two percent say that eating healthy is extremely or very important, while only 40 percent say they are doing an excellent or very good job.
- Sixty-two percent say being physically active or fit is extremely or very important, yet just 36 percent say they are doing an excellent or very good job.

Health, Lifestyle and Behavior Change

A lack of willpower is a barrier to change for more Seattle residents this year than in previous years, while the percentage citing lack of time as a challenge has declined.

Seattle residents who have tried to or who have been recommended to make a lifestyle or behavior change in the last year again cite a lack of willpower as an obstacle preventing their success (36 percent in 2012 vs. 35 percent in 2011, which is up from 29 percent in 2010).





STRESS BY CITY SEATTLE

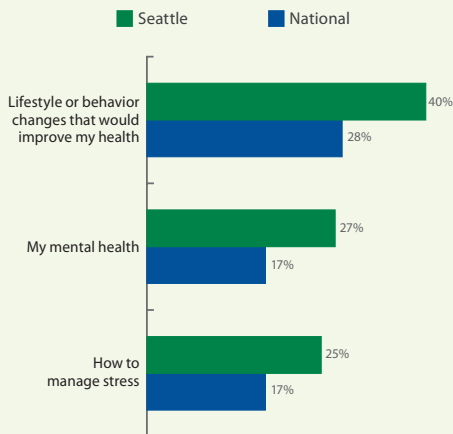
47%



OF SEATTLE RESIDENTS GIVE THEIR
physical health care
AN "A" GRADE

SEATTLE RESIDENTS COMMUNICATE
MORE WITH THEIR HEALTH CARE
PROVIDERS ABOUT LIFESTYLE
AND BEHAVIOR ISSUES.

Percentage of Seattle Residents Saying These
Conversations Happen Often/Always



BASE: Seattle (n=210); All respondents (n=2020)
Q6030 How often do you and your HCPs discuss the following?

In contrast, the percentage of Seattle residents who have tried to or who have been recommended to make a lifestyle or behavior change who cite a lack of time as a barrier to making changes has decreased (24 percent in 2012 vs. 29 percent in 2011).

While adults in Seattle are more likely than the general population to give their physical health care high marks, they rate their mental health care lower. But Seattle residents, on average, communicate more with their health care providers about lifestyle and behavior issues than Americans overall.

In Seattle, almost half of adults (47 percent) give their physical health care an "A" grade, compared to 35 percent of adults nationwide. Only 36 percent of Seattle residents say the same about their mental health care.

Seattle residents appear to value conversations with their health care provider about lifestyle and behavior issues more than Americans overall. Fifty-four percent of people in Seattle say it is extremely or very important to discuss healthy behavior or lifestyle changes (compared to 42 percent nationally). Forty-four percent say the same about discussions regarding mental health and 38 percent say discussions about managing stress are extremely or very important (compared to 32 percent nationally for both).

Seattle residents are more likely than other Americans to say these discussions happen often or always. Forty percent talk often or always about healthy behavior or lifestyle changes, compared to 28 percent of all Americans. Twenty-seven percent of adults in Seattle say the same about discussions about mental health, and 25 percent discuss how to manage stress often or always (compared to 17 percent nationally for both).



STRESS BY CITY WASHINGTON, D.C.

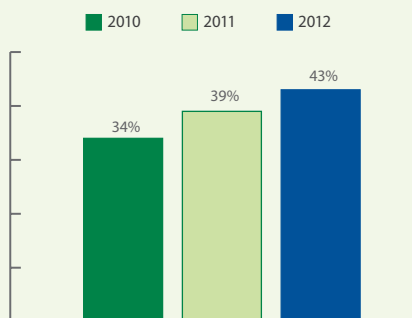


Stress in Washington, D.C.

The latest *Stress in America*™ survey shows that stress levels for people living in Washington, D.C.,* are consistent with national levels. But more D.C. residents than adults overall say they manage their stress well and on average, people living in the District appear to be more satisfied than others across the country with the health care they receive.

MORE PEOPLE IN THE D.C. AREA APPEAR TO BE DOING A GOOD JOB OF MANAGING STRESS.

Achievement (Excellent/Very Good Job): Stress Management Trend



BASE: Washington, D.C. 2010 (n=212); Washington, D.C. 2011 (n=262); Washington, D.C. 2012 (n=228)
Q7010 How well are you doing at achieving each of these?

5.0

IS THE
average level of stress
REPORTED IN D.C.



Perceptions of Stress

Though D.C. residents report a declining average stress level, it is consistent with the national average and exceeds what they believe to be a healthy level of stress.

People living in the D.C. area report an average stress level of 5.0 on a 10-point scale where 1 is "little or no stress" and 10 is a "great deal of stress." This represents its lowest level since 2008 (2008: 6.0; 2009: 5.6; 2010 and 2011: 5.3).

Despite this decline, adults in D.C. still report stress levels that are consistent with national levels (4.9) and far higher than what they perceive to be a healthy level of stress — 3.7 on a 10-point scale. Likewise, 37 percent of D.C.-area adults say their stress has increased in the past year.

Like elsewhere in the country, commonly reported sources of stress for D.C.-area residents are work (73 percent vs. 65 percent nationally), money (68 percent vs. 69 percent nationally) and the economy (57 percent vs. 61 percent nationally).

Managing Stress

While D.C. residents appear to be improving their ability to reduce stress, they still report a disconnect between the importance they place on stress management and their ability to reach stress management goals.

Even though 64 percent of D.C.-area residents say managing stress is extremely or very important, only 43 percent report doing an excellent or very good job at it. The good news is that the number achieving stress management goals is up from 39 percent in 2011 and 34 percent in 2010.

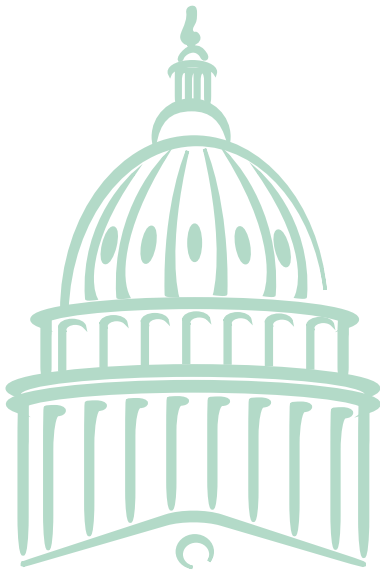
*This report focuses only on the views of residents within the Washington, D.C., Metropolitan Statistical Area (2008 n=250; 2009 n=203; 2010 n=212; 2011 n=262; 2012 n=228) and the general population (2008 n=1791; 2009 n=1568; 2010 n=1134; 2011 n=1226; 2012 n=2020).

For the full methodology, visit stressinamerica.org.





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Of those in D.C. who have tried to reduce their stress over the past five years, more this year say they have been successful (28 percent in 2012 vs. 22 percent in 2011).

The most commonly reported stress management techniques for people living in the D.C. area include exercising or walking (52 percent), listening to music (45 percent) and reading (40 percent).

People living in D.C. are similar to those living elsewhere in the country in their beliefs that psychologists can help a great deal or a lot with stress management (49 percent vs. 47 percent), and they are just as likely as Americans overall to say that they have been referred to a mental health provider (12 percent for both).

Stress and Well-Being

Despite personal beliefs that they are in fairly good health, many D.C. residents report engaging in unhealthy behaviors due to stress, and many report challenges in trying to achieve healthy living goals.

D.C. residents are more likely than Americans overall to say they are in excellent or very good health (44 percent vs. 40 percent).

However, D.C. residents engage in unhealthy behaviors because of stress. Thirty-four percent report skipping meals and 34 percent report overeating or eating unhealthy foods due to stress.

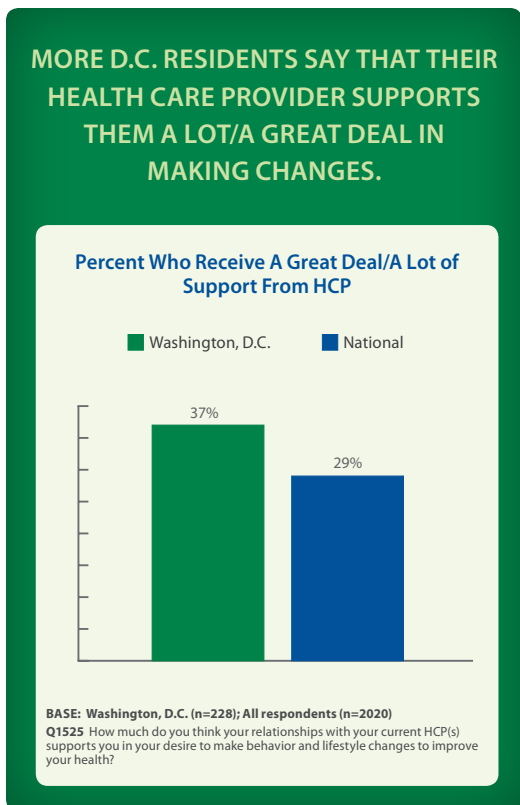
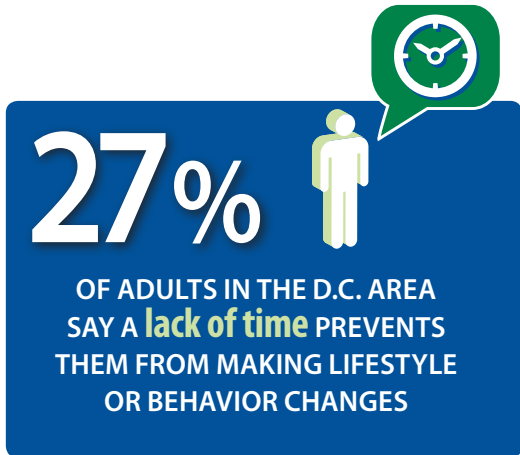
Despite the importance D.C.-area residents place on various aspects of well-being, they appear to struggle to meet healthy living goals, like others across the country:

- Sixty-three percent say getting enough sleep is extremely or very important, yet just 31 percent say they are doing an excellent or very good job at it.
- Sixty-three percent say that eating healthy is extremely or very important, yet just 32 percent say they are doing an excellent or very good job.
- Sixty-one percent say being physically active or fit is extremely or very important, yet just 28 percent say they are doing an excellent or very good job.





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Health, Lifestyle and Behavior Change

D.C. residents who decided to or who were recommended to make a lifestyle or behavior change most commonly report that a lack of willpower and a lack of time are barriers to change.

The most common barriers to change for D.C.-area residents who decided to or who were recommended to make a lifestyle or behavior change are a lack of willpower (34 percent) and a lack of time (27 percent).

In D.C., adults report receiving health care more often than do adults nationally, and they also give the health care they receive a higher grade than Americans overall. They also report that their health care providers support them more frequently in helping them make lifestyle changes.

More than half (56 percent) of D.C.-area residents visit a health care provider three or more times per year, compared to 41 percent of Americans overall.

Thirty-eight percent of D.C.-area residents give their health care an "A" grade, compared to 31 percent nationwide.

Thirty-seven percent say their health care provider supports them a great deal or a lot when it comes to making desired lifestyle and behavior changes, compared to 29 percent of adults nationally.

Forty-nine percent of D.C. residents say having discussions about lifestyle and behavior changes with their health care provider is extremely or very important to them (compared to 42 percent of Americans overall), and 35 percent say these discussions happen often or always (compared to 28 percent nationally).