



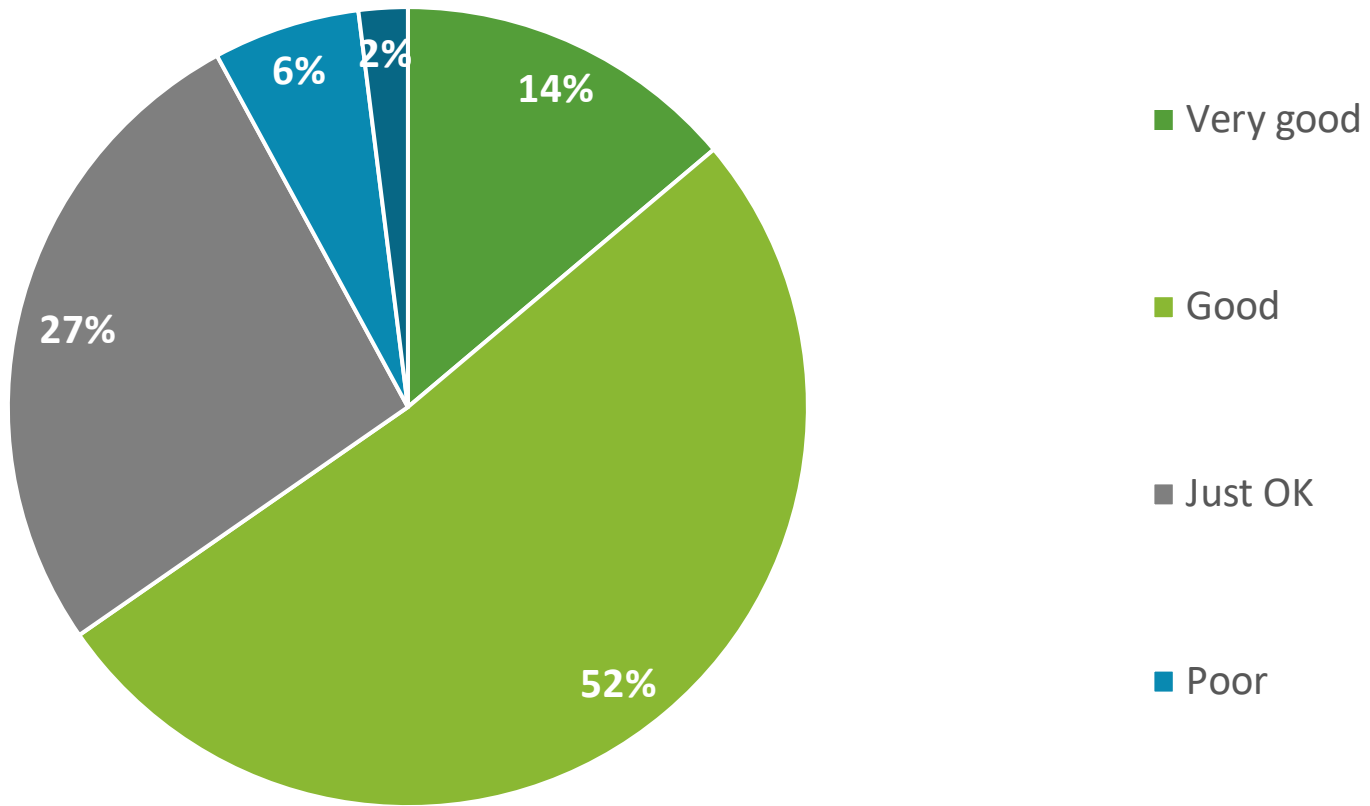
TRCC's Pulse Survey Series

Attitudes, Understanding and Experiences Related to Social Drivers,
Health Equity and Maternal and Women's Health

April 2024



More than one-third say their physical health is just OK or poor



Q1. How would you rank your own overall physical health?

Sample Size= 1,000



Higher income earners report better overall physical health

	Very good	Good	Just OK	Poor	Very Poor
Total	14%	52%	27%	6%	2%
Male	17%	51%	26%	4%	2%
Female	11%	52%	28%	7%	2%
White	16%	50%	26%	6%	2%
Black	7%	71% ↑	16%	4%	2%
Hispanic	13%	50%	28%	9%	1%
Under 45	17%	48%	28%	6%	1%
45-64	13%	51%	28%	5%	4%
65+	11%	59%	22%	6%	1%
Northeast	22%	47%	26%	4%	1%
Midwest	9%	57%	28%	3%	3%
South	13%	51%	26%	7%	2%
West	14%	51%	28%	7%	0%
Less than \$40K	10%	44% ↓	35% ↑	9% ↑	3%
40K-80K	13%	58%	24%	5%	1%
80K+	26% ↑	57%	15% ↓	1% ↓	1%
Non-college	12%	49%	31% ↑	7% ↑	2%
College educated	20%	58%	19% ↓	2% ↓	2%
Parents	18%	58%	18% ↓	5%	1%
Non-parents	13%	48%	31% ↑	6%	2%
Urban	19%	51%	25%	5%	0% ↓
Suburban	11%	55%	27%	4%	4% ↑
Rural	13%	47%	30%	10% ↑	1%

Q1. How would you rank your own overall physical health?

Sample Size= 1,000

Those with no insurance more likely to report poor health

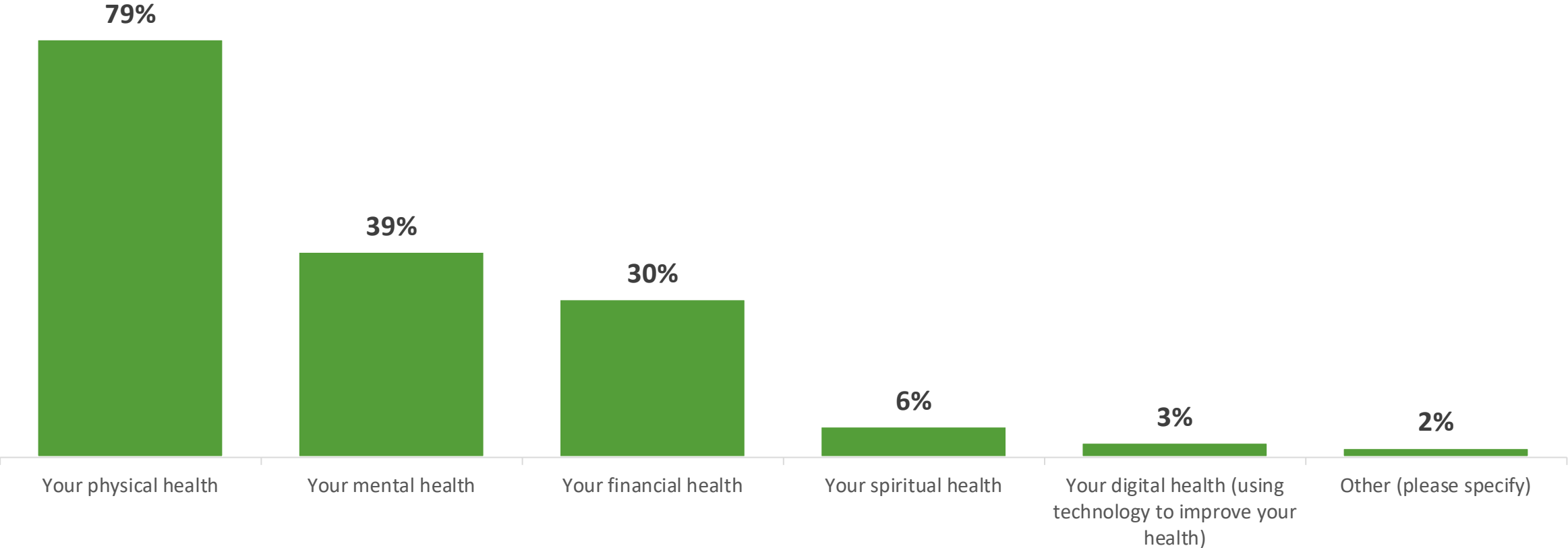
	Very good	Good	Just OK	Poor	Very Poor
Total	14%	52%	27%	6%	2%
I have private insurance	21%	45%	29%	2%	3%
I receive insurance through my work/employer	18%	63% ↑	15% ↓	3%	1%
I am on Medicare	12%	52%	27%	7%	2%
I am on Medicaid	8% ↓	50%	33%	7%	2%
I do not have insurance	17%	34% ↓	34%	15% ↑	0%

Q1. How would you rank your own overall physical health?

Sample Size= 1,000



Of those who said their health was just OK or poor, a significant majority said their physical health is most concerning, followed by mental health



Q2. [if okay to poor in Q1] You mentioned that your health is JUST OK or POOR. What concerns you the most? Select top 2

Sample Size=342



Older adults are most concerned about their physical health; younger adults are most concerned about their mental health

	Your physical health	Your mental health	Your spiritual health	Your financial health	Your digital health (using technology to improve your health)	Other (please specify)
Total	79%	39%	6%	30%	3%	2%
Male	81%	40%	10%	24%	1%	1%
Female	77%	39%	2%	34%	5%	3%
White	79%	40%	5%	26%	5%	3%
Black	78%	21%	0%	52%	4%	0%
Hispanic	83%	39%	9%	31%	0%	1%
Under 45	69% ↓	54% ↑	9%	30%	4%	3%
45-64	85%	32%	2%	32%	2%	1%
65+	94% ↑	13% ↓	3%	26%	4%	3%
Northeast	89%	38%	0% ↓	24%	1%	6%
Midwest	76%	38%	11%	30%	3%	0%
South	83%	43%	1%	29%	6%	1%
West	68%	35%	11%	34%	2%	3%
Less than \$40K	74%	45%	2%	34%	5%	3%
40K-80K	89%	34%	6%	30%	1%	1%
80K+	80%	27%	16%	5% ↓	2%	1%
Non-college	77%	39%	7%	31%	4%	2%
College educated	87%	39%	2%	25%	2%	2%
Parents	81%	54%	5%	30%	2%	1%
Non-parents	79%	34%	6%	30%	4%	2%
Urban	79%	40%	7%	26%	6%	3%
Suburban	86%	32%	7%	26%	3%	2%
Rural	69%	49%	2%	40%	2%	1%

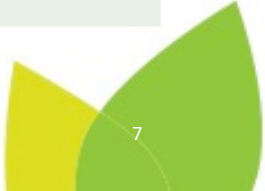
Q2. [if okay to poor in Q1] You mentioned that your health is JUST OK or POOR. What concerns you the most? Select top 2 **Sample Size=342**

Physical and mental health are of concern across all types of insurance, with Medicare patients slightly less concerned about mental health

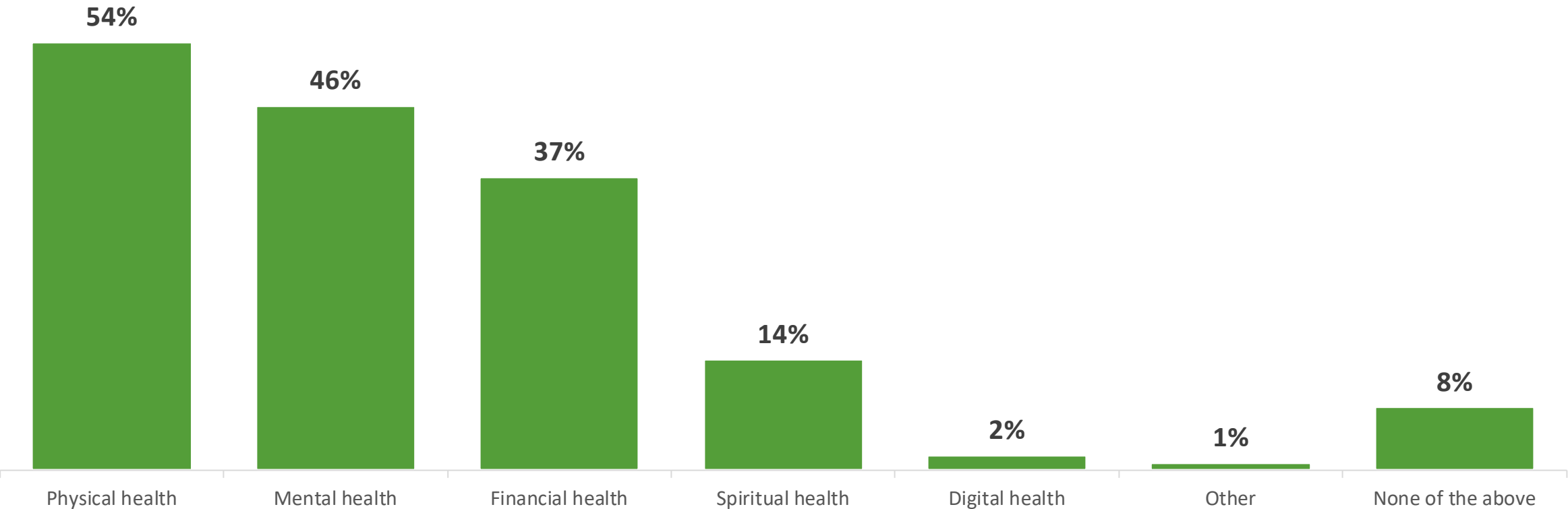
	Your physical health	Your mental health	Your spiritual health	Your financial health	Your digital health (using technology to improve your health)	Other (please specify)
Total	79%	39%	6%	30%	3%	2%
I have private insurance	71%	38%	7%	32%	4%	5%
I receive insurance through my work/employer	82%	30%	9%	27%	4%	0%
I am on Medicare	89%	20% ↓	3%	30%	3%	3%
I am on Medicaid	83%	45%	3%	32%	1%	0%
I do not have insurance	74%	48%	6%	32%	5%	3%

Q2. [if okay to poor in Q1] You mentioned that your health is JUST OK or POOR. What concerns you the most? Select top 2

Sample Size=342



Physical, mental and financial health are all concerns in communities in which survey takers reside



Q3. When thinking about the community in which you live, what types of health are you most concerned about? Select top 2.

Sample Size= 1,000



When it comes to community well-being, older adults are most concerned about physical health while younger adults and parents are most concerned about a community's mental health

	Physical health	Mental health	Spiritual health	Financial health	Digital health	Other	None of the above
Total	54%	46%	14%	37%	2%	1%	8%
Male	60%	43%	14%	36%	3%	1%	7%
Female	49%	49%	15%	38%	1%	1%	9%
White	54%	45%	11%	36%	3%	1%	10%
Black	53%	52%	23%	32%	1%	1%	8%
Hispanic	51%	48%	18%	40%	0%	1%	7%
Under 45	48%	59% ↑	15%	37%	2%	0%	5%
45-64	56%	41%	13%	34%	2%	1%	11%
65+	65% ↑	26% ↓	16%	40%	1%	3% ↑	12%
Northeast	55%	50%	7%	34%	2%	3%	6%
Midwest	58%	45%	14%	40%	1%	2%	8%
South	52%	43%	17%	41%	1%	1%	10%
West	54%	48%	16%	30%	4%	1%	8%
Less than \$40K	54%	45%	12%	40%	2%	1%	7%
40K-80K	52%	52%	17%	39%	1%	1%	6%
80K+	61%	43%	14%	31%	2%	1%	10%
Non-college	52%	45%	13%	38%	2%	1%	9%
College educated	59%	49%	16%	34%	2%	1%	7%
Parents	50%	60% ↑	19%	39%	2%	1%	3%
Non-parents	56%	40% ↓	12%	36%	2%	1%	10%
Urban	52%	54%	16%	34%	3%	1%	7%
Suburban	57%	43%	13%	36%	1%	1%	9%
Rural	51%	41%	14%	42%	2%	1%	8%

Q3. When thinking about the community in which you live, what types of health are you most concerned about? Select top 2. **Sample Size= 1,000**

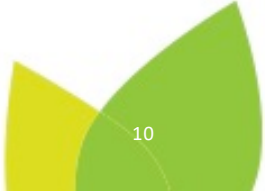


Those on Medicare are less likely to focus on a community’s mental health, similar to their sentiments when asked about themselves personally

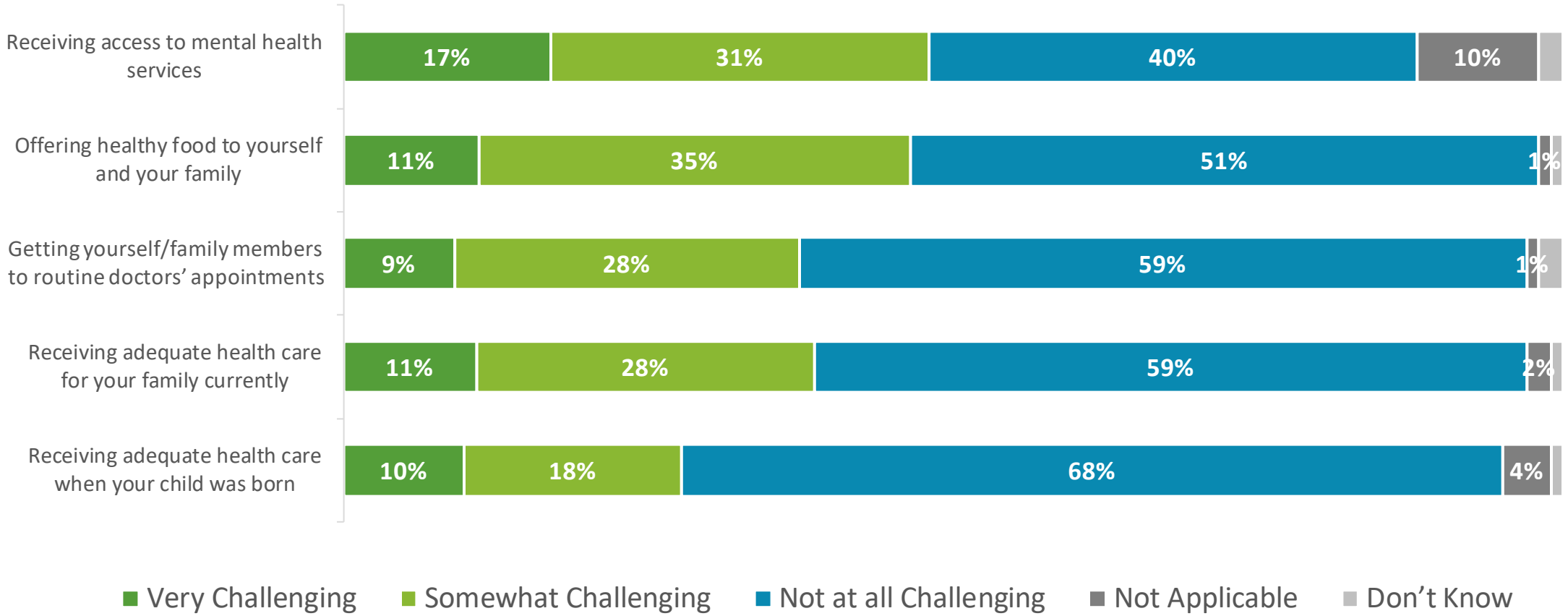
	Physical health	Mental health	Spiritual health	Financial health	Digital health	Other	None of the above
Total	54%	46%	14%	37%	2%	1%	8%
I have private insurance	62%	54%	11%	29%	2%	1%	8%
I receive insurance through my work/employer	48%	45%	16%	42%	1%	0%	9%
I am on Medicare	61%	33% ↓	17%	39%	2%	2%	8%
I am on Medicaid	53%	56%	14%	34%	1%	1%	7%
I do not have insurance	59%	35%	10%	39%	3%	2%	12%

Q3. When thinking about the community in which you live, what types of health are you most concerned about? Select top 2.

Sample Size= 1,000

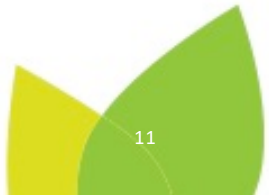


Nearly half of parents say it has been challenging to access mental health services; nearly half also say it has been challenging to offer healthy food to themselves and their family



Q5. [If have kids] On a scale from very challenging to not at all challenging, please select the best response for each row in the table below.

Sample Size= 316



Across demographics, nearly half of parents find offering healthy food and receiving access to mental health services challenging

	Offering healthy food to yourself and your family	Receiving adequate health care when your child was born	Receiving adequate health care for your family currently	Receiving access to mental health services	Getting yourself/family members to routine doctors' appointments
Total	47%	27%	39%	47%	37%
Male	52%	47%	43%	51%	33%
Female	44%	16%	37%	45%	40%
White	42%	29%	42%	49%	39%
Black	61%	39%	31%	54%	37%
Hispanic	55%	21%	37%	43%	35%
Under 45	47%	28%	40%	47%	40%
45-64	49%	27%	41%	56%	32%
65+	29%	9%	14%	17%	14%
Northeast	54%	45%	50%	54%	44%
Midwest	58%	13%	28%	42%	36%
South	37%	24%	47%	43%	35%
West	45%	29%	30%	53%	37%
Less than \$40K	47%	20%	42%	49%	44%
40K-80K	48%	22%	32%	40%	26%
80K+	47%	43%	44%	55%	41%
Non-college	50%	21%	33%	44%	37%
College educated	43%	36%	47%	52%	38%
Parents	47%	27%	39%	47%	37%
Non-parents	0%	0%	0%	0%	0%
Urban	53%	33%	39%	49%	47%
Suburban	43%	23%	38%	48%	30%
Rural	39%	21%	42%	43%	28%

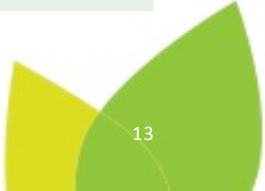
Q5. [If have kids] On a scale from very challenging to not at all challenging, please select the best response for each row in the table below. % Total challenging. **Sample Size= 316**

Offering healthy food is more difficult when individuals lack health insurance, as is receiving adequate health care, accessing mental health services and getting to doctors' appointments

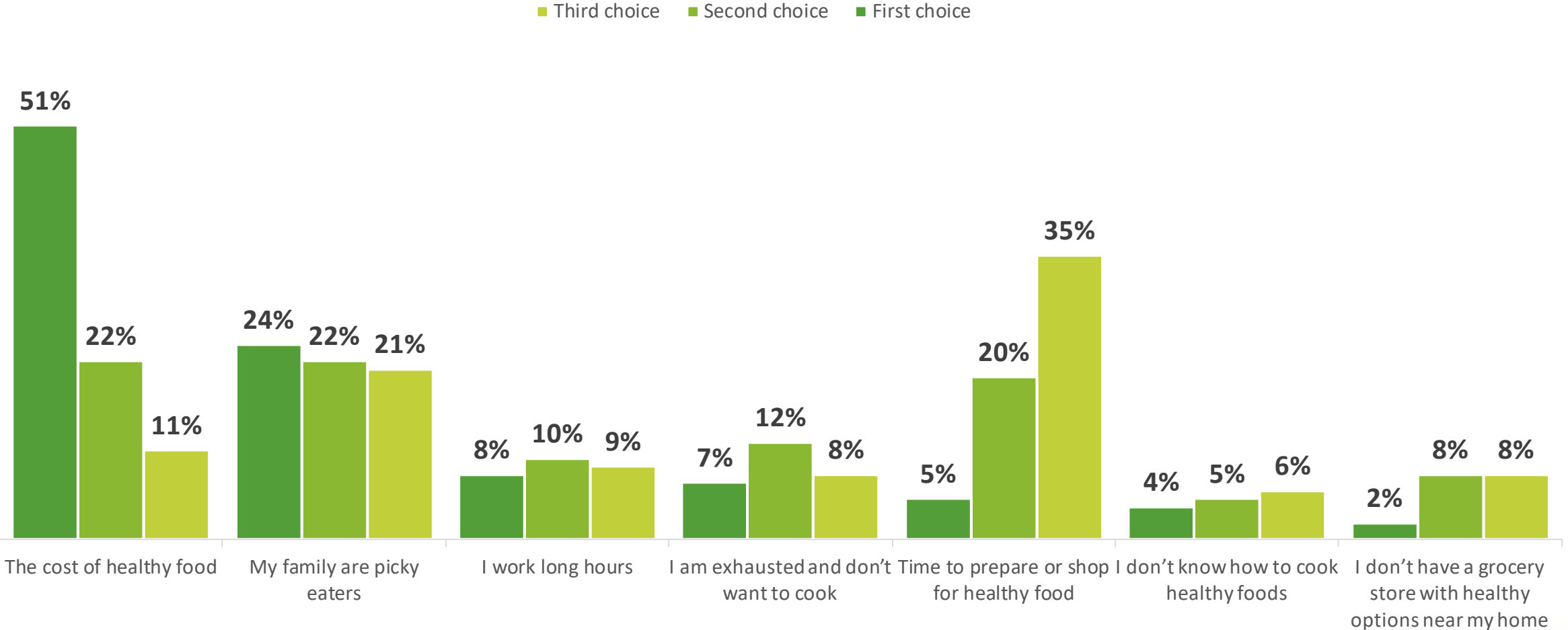
	Offering healthy food to yourself and your family	Receiving adequate health care when your child was born	Receiving adequate health care for your family currently	Receiving access to mental health services	Getting yourself/family members to routine doctors' appointments
Total	47%	27%	39%	47%	37%
I have private insurance	43%	32%	49%	49%	39%
I receive insurance through my work/employer	47%	27%	27%	48%	27%
I am on Medicare	38%	32%	38%	45%	42%
I am on Medicaid	50%	24%	33%	44%	45%
I do not have insurance	60%	29%	79%	67%	68%

Q5. [If have kids] On a scale from very challenging to not at all challenging, please select the best response for each row in the table below.

% Total challenging. **Sample Size= 316**



The cost of healthy food is the primary reason parents say offering healthy food to their family is challenging

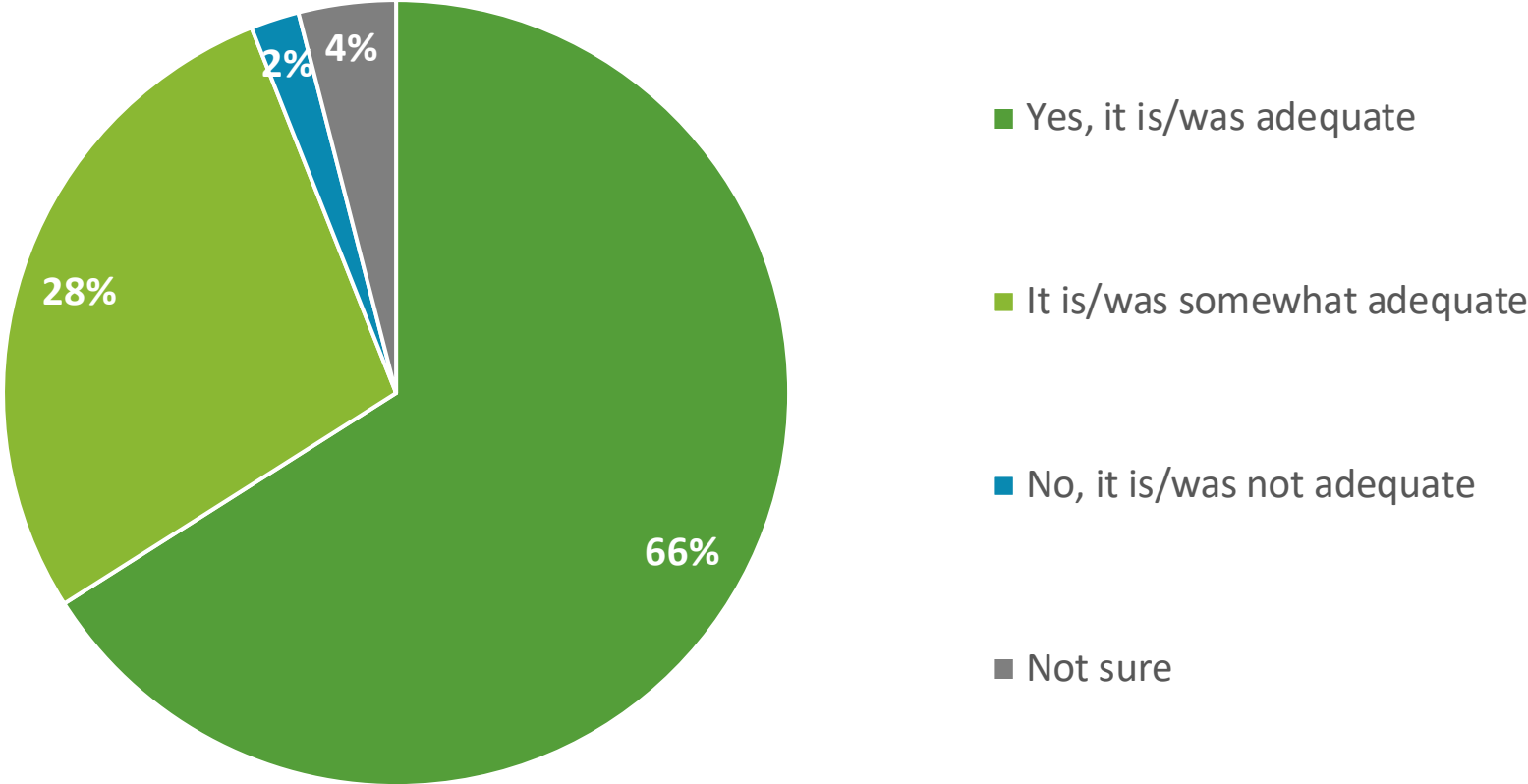


Q7. [if offering healthy food to family is challenging in Q5] Below are some options that may explain why it is challenging to offer healthy foods to your family. Of the following choices, what are your top 3 reasons why it is challenging for you?

Sample Size=148

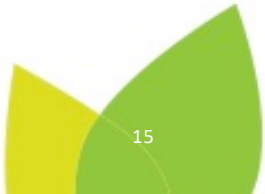


More than one-quarter of mothers say the maternal health care they receive/received was only somewhat adequate



Q8. [If female and has child] Do you believe the maternal health care that YOU receive/received is/was adequate? Maternal healthcare refers to the health of women during pregnancy, childbirth and the postnatal period.

Sample Size= 200

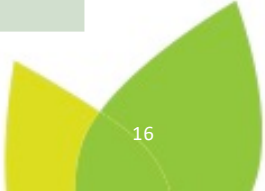


Across demographics, two-thirds of mothers say the maternal health care they receive/received was adequate

	Yes, it is/was adequate	It is/was somewhat adequate	No, it is/was not adequate	Not sure
Total	66%	28%	2%	4%
Male	-	-	-	-
Female	66%	28%	2%	4%
White	71%	24%	1%	4%
Black	44%	48%	1%	6%
Hispanic	78%	16%	4%	2%
Under 45	68%	28%	1%	3%
45-64	59%	31%	4%	5%
65+	68%	26%	0%	6%
Northeast	60%	30%	3%	6%
Midwest	70%	30%	0%	0%
South	64%	28%	2%	6%
West	69%	26%	1%	3%
Less than \$40K	66%	29%	1%	4%
40K-80K	66%	25%	2%	6%
80K+	64%	33%	3%	0%
Non-college	66%	29%	2%	4%
College educated	68%	28%	2%	3%
Parents	66%	28%	2%	4%
Non-parents	-	-	-	-
Urban	58%	38%	1%	3%
Suburban	78%	16%	1%	5%
Rural	62%	32%	3%	3%

Q8. [If female and has child] Do you believe the maternal health care that YOU receive/received is/was adequate? Maternal healthcare refers to the health of women during pregnancy, childbirth and the postnatal period.

Sample Size= 200



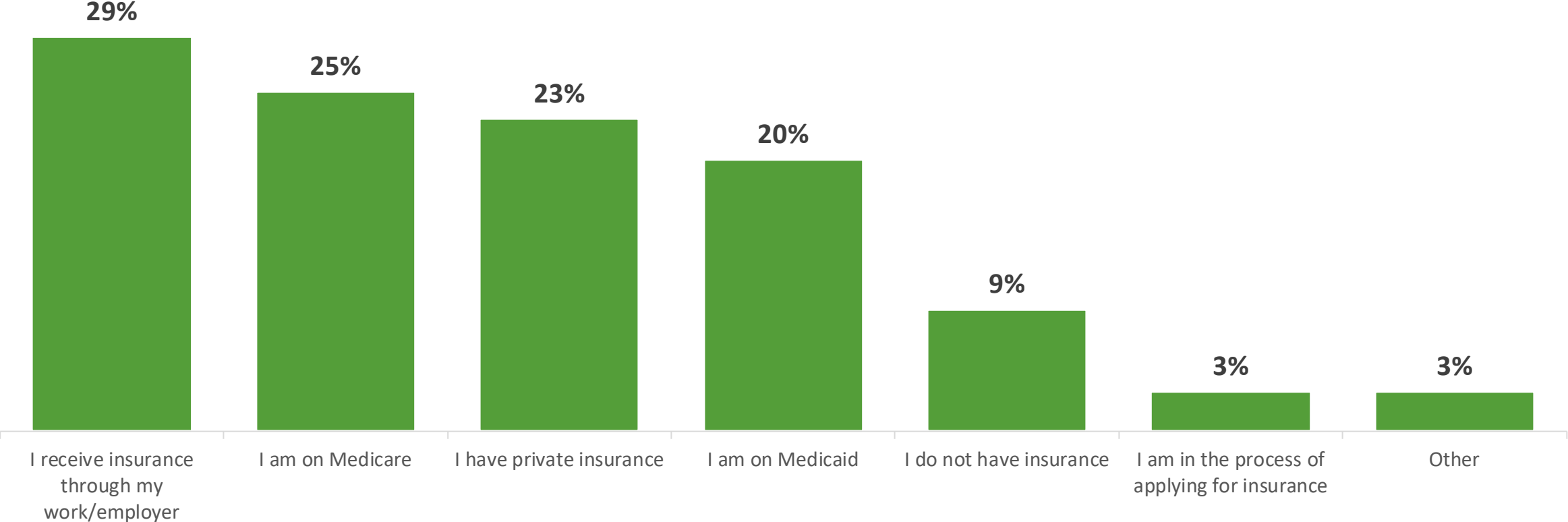
Again, those who lack insurance more likely to report poor maternal healthcare

	Yes, it is/was adequate	It is/was somewhat adequate	No, it is/was not adequate	Not sure
Total	66%	28%	2%	4%
I have private insurance	74%	23%	3%	0%
I receive insurance through my work/employer	77%	21%	2%	0%
I am on Medicare	62%	25%	4%	8%
I am on Medicaid	64%	32%	1%	4%
I do not have insurance	49%	38%	0%	13%

Q8. [If female and has child] Do you believe the maternal health care that YOU receive/received is/was adequate? Maternal healthcare refers to the health of women during pregnancy, childbirth and the postnatal period.

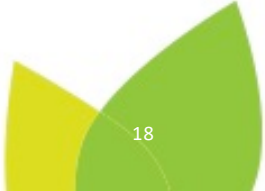
Sample Size= 200

Americans receive health insurance from several places, including their employment, Medicare, private insurance and/or Medicaid



Q10. Do you have health insurance? Select the response that best fits your situation (select all that apply)

Sample Size= 1,000



Whites and those who are college educated most likely to have private insurance; females, Hispanics, lower income earners and non-college educated individuals most likely to be on Medicaid

	I have private insurance	I receive insurance through my work/employer	I am on Medicare	I am on Medicaid	I do not have insurance	I am in the process of applying for insurance	Other
Total	23%	29%	25%	20%	9%	3%	3%
Male	27%	28%	30% ↑	14% ↓	10%	1%	3%
Female	19%	30%	19% ↓	26% ↑	8%	4%	3%
White	26% ↑	29%	25%	17% ↓	9%	2%	2%
Black	15%	24%	36% ↑	25%	11%	5%	5%
Hispanic	16%	29%	20%	31% ↑	5%	4%	2%
Under 45	27%	31%	10% ↓	22%	11%	4% ↑	2%
45-64	19%	33%	14% ↓	24%	10%	2%	4%
65+	19%	17% ↓	78% ↑	9% ↓	3% ↓	0% ↓	3%
Northeast	29%	28%	23%	27%	5%	2%	0%
Midwest	17%	31%	25%	22%	9%	2%	3%
South	23%	27%	24%	17%	12%	4%	3%
West	22%	31%	28%	18%	8%	2%	3%
Less than \$40K	17% ↓	12% ↓	28%	34% ↑	13% ↑	4% ↑	3%
40K-80K	25%	35%	23%	11% ↓	7%	2%	3%
80K+	30%	58% ↑	18%	4% ↓	2% ↓	0%	1%
Non-college	17% ↓	23% ↓	26%	25% ↑	13% ↑	4% ↑	3%
College educated	34% ↑	41% ↑	24%	10% ↓	2% ↓	1% ↓	2%
Parents	28%	36%	12% ↓	24%	6%	2%	2%
Non-parents	20%	26%	31% ↑	18%	11%	3%	3%
Urban	27%	27%	20%	23%	8%	3%	2%
Suburban	19%	32%	28%	18%	8%	2%	2%
Rural	23%	25%	25%	19%	13%	2%	3%

Q10. Do you have health insurance? Select the response that best fits your situation (select all that apply)

Sample Size= 1,000

DEMOGRAPHICS



DEMOGRAPHICS – SAMPLE SIZES

CATEGORY	N
Total	1,000
Male	487
Female	508
White	604
Black	123
Hispanic	173
Under 45	460
45-64	340
65+	200
Northeast	179
Midwest	207
South	379
West	236
Less than \$40K	428
40K-80K	300
80K+	213
Non-college	669
College educated	331
Parents	316
Non-parents	673
Urban	345
Suburban	434
Rural	221

Methodology: 1,000 interviews among adults age 18+ were conducted from April 5-9, 2024, using an online survey. The results were weighted to ensure proportional responses. The Bayesian confidence interval for 1,000 interviews is 3.5, which is roughly equivalent to a margin of error of ± 3.1 at the 95% confidence level.

Totals may not add up to 100% due to rounding.



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