

PULSE CHECK: HEALTH OPINIONS & BEHAVIORS IN AMERICA



One of the most pressing health issues of our time, the opioid epidemic is devastating communities — and driving health care professionals to examine and evaluate prescribing practices. The fifth Mayo Clinic National Health Checkup focuses on awareness and behaviors related to opioid use in pain management.

Prescription Preferences

FOR TREATMENT AFTER SURGERY

Almost all Americans would choose an alternative to opioid pain relievers — but many don't ask for one.

94%

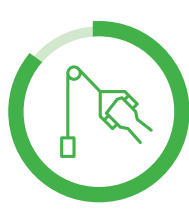
Would Choose an Alternative



25%

Spoke to a Doctor About Alternatives

LEADING ALTERNATIVES



80%

Physical Therapy



75%

Over-the-Counter Pain Relievers



53%

Alternative Medicine (e.g. Acupuncture)



49%

Medical Marijuana

Perceptions of Risk

"Opioid abuse is a significant issue in my community"

BUT...

"I would not become dependent on opioids if prescribed"

49%

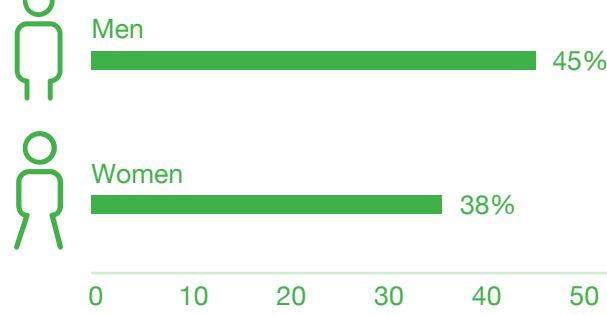
67%



#1 Reason to Seek Alternative Treatment

FEAR OF ADDICTION

OPEN TO DISCUSSING RISK



Confusion and Misconceptions

THE WHY

Opioids are most effective for short-term pain, not chronic pain, as patients can develop tolerance for them over time.



79%

Believe chronic pain is a reason for opioid prescription

31%

Have used opioids for chronic pain

THE WHERE

True or False?



Rural Areas

Among the hardest hit by opioid addiction

TRUE



Urban Communities

More likely to be cited as being at risk for opioid addiction

TRUE

Did you know?

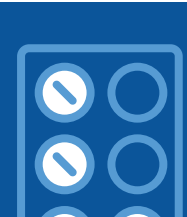
Opioid addiction affects communities of all sizes across the nation.

Increase in Death Rates (Between 1999-2015)

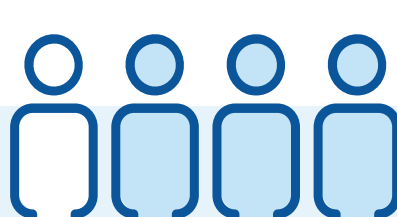
4x
18 to 25-year-olds

3x
Women

THE WHAT NEXT



Only 1 in 4



– Said a pharmacist or doctor told them what to do with unused pills
– Participated in drug disposal program

Americans Are Not Properly Disposing of Unused Medication



30%

Keep in Medicine Cabinet



17%

Flush Down Toilet



17%

Throw in Garbage



12%

Use to Treat Other Pain

Participating in a disposal program prevents medicine from getting in the wrong hands.