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# **A Survey about Men's Health**

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Prepared For:

**American Academy of Family Physicians**

Prepared By:

**Harris Poll**

## **Research Method and Note about the Report**

### **Research Method**

These surveys were conducted online within the United States between April 30-May 2, 2007, among 2,282 adults (aged 18 and over), among whom 1,157 are males, and between April 15-19, 2016, among 2,016 adults (aged 18 and over), among whom 916 are males, by Harris Poll on behalf of AAFP via its Quick Query omnibus product.

Results were weighted for age within gender, region, race/ethnicity, income, and education where necessary to align them with their actual proportions in the population. 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 Poll 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% 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 online surveys. The data have been weighted to reflect the composition of the adult population. Because the sample is based on those who agreed to participate in our panel, no estimates of theoretical sampling error can be calculated.

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### **A Note about Reading the Report**

The percentage of respondents has been included for each item.

- An asterisk (\*) signifies a value of less than one-half percent.
- A dash represents a value of zero.
- Percentages may not always add up to 100% because of computer rounding or the acceptance of multiple responses.

## How to Read Data Tables: Key Terms & Statistical Significance Testing

**Tabs or Cross-tab(s):** This is short for cross-tabulations, or data tables. Raw survey data are tabulated to depict the results based on aggregate groups of respondents, typically, the “Total” sample, as well as subgroups that can be compared against one another to see if there are statistically significant differences among them (e.g., men vs. women).

**Banner:** A banner is essentially a set of cross-tabs.

**Banner point:** A banner point is a column in the data tables – a single banner, or page of cross-tabs, can typically include about 20 columns, or banner points (depends partly on the banner point titles/labels). Banner points enable us to compare two or more groups to one another to see if there are statistically significant differences among them (e.g., the data for “men” would be contained in one banner point and “women” in another, with the two columns stat-tested against one another to determine if the differences are statistically significant).

**Statistical significance testing:** Two or more banner points can be tested for significant differences based on a statistical formula called a t-test – whether or not a difference between 2 or more groups is significant depends not only on the magnitude of the difference, but also on the sizes of the samples being compared (i.e., the smaller the samples, the larger a difference would have to be in order to be considered statistically significant).

Significance testing is done at the 95% confidence level, and the test is performed on percentages as well as means. Each subgroup is contained in a banner point and assigned a letter. When the percentage of one subgroup is significantly different from the percentage of another subgroup, the letter representing one of the two samples appears next to the percentage (or mean) of the other sample.

For example, the proportion of males answering “yes” to a particular question may be compared to the percentage of females answering “yes” to the same question, as follows:

- In the table below, the male sample is assigned the letter B and the female sample is assigned the letter C.
- 67% of women said “yes” – a proportion that is significantly greater than the 57% of males who said “yes.”
- To indicate that women are significantly more likely to say “yes” than are men, the letter B (i.e., the letter assigned to the male subgroup) appears next to the “67%” in the female column.
- Similarly, the 37% of men who said “no” is significantly greater than the 29% of women who said “no,” so the letter C (i.e., the letter assigned to the female subgroup) appears next to the “37%” in the male column.
- It is these letters that indicate statistically significant differences among two or more subgroups – if there are no letters next to a percentage, then the differences are not statistically significant and may not be described as true differences in attitude or behavior among subgroups.

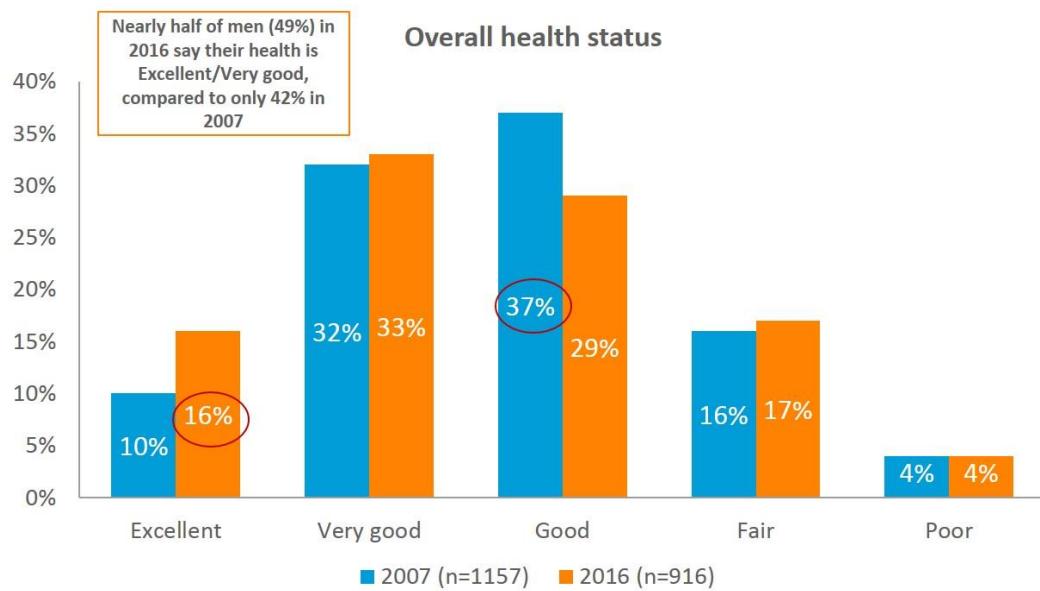
	Gender		
	Total	Male	Female
	(A)	(B)	(C)
Unweighted Total	977	488	489
Weighted Total	967	464	503
Yes	611	274	337
	63%	57%	67% <b>B</b>
No	319	171	148
	33%	37% <b>C</b>	29%
Don't Know	37	18	19
	4%	4%	4%

## OVERALL HEALTH STATUS

### ***A Bright Health Report Compared to Nearly a Decade Ago – But Not When Compared to Women***

The status of men's health in 2016 is mixed, leaning slightly more positively than negatively. About 1 in 2 men (an improvement over the past decade) now rate their health as excellent or very good, but about 1 in 5 remain on the other end of the spectrum at fair/poor. Approximately 1 in 2 men (up from nine years ago) have been diagnosed with at least one chronic health condition like high blood pressure, diabetes or arthritis. And, when compared to their female peers, men actually tend to be more pessimistic about their current health status.

- About half of U.S. men (49%) describe their overall health status as excellent/very good, a jump up from only 42% in 2007. And only about one-fifth (21%) say fair/poor, essentially the same as in 2007.
  - Men are less likely to rate themselves positively (good or higher) than women are (78% vs 84% respectively).
  - And, certain groups of men are much more optimistic: Northeasterners (83%), 18-34 year olds (85%), college graduates (88%), the employed (87%), the affluent (85%) and parents of children under 18 (84%).



- However, also trending upward in certain cases, nearly half of men (48% in 2016; 42% in 2007) have been diagnosed with at least one of the following chronic health conditions, more so for men than women for everything but arthritis. (Also, not surprisingly the diagnosis of all health conditions below increases with age.)
  - Hypertension (high blood pressure) (33% in 2016; 28% in 2007)
  - Diabetes (18% in 2016; 10% in 2007)
  - Arthritis (16% in 2016; 13% in 2007)
  - Cancer (8% in both 2016 and 2007)
  - Heart disease (7% in 2016; 8% in 2007)

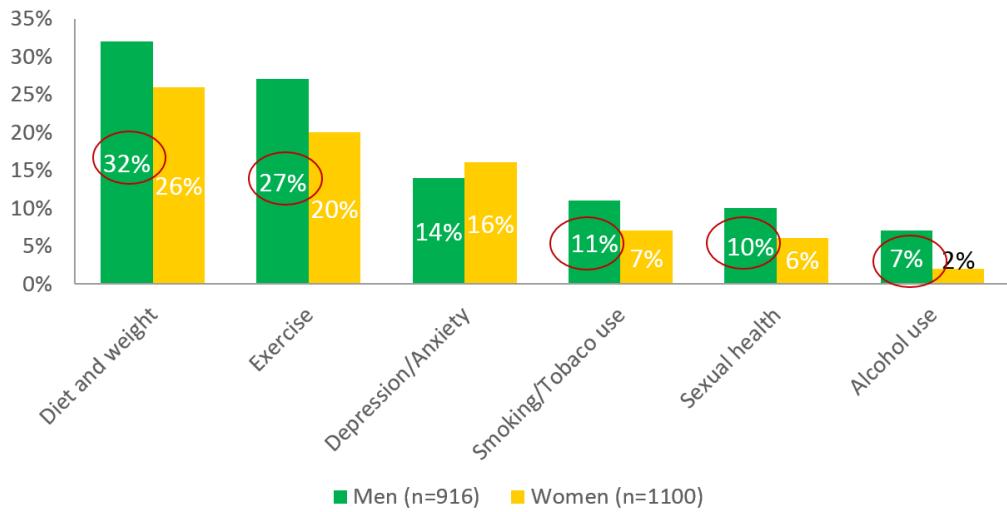
## DOCTOR-PATIENT COMMUNICATION

### ***Doctor Knows Best Most of the Time, But Not All of the Time***

In general, men seem to have a fairly open and comprehensive dialogue with their doctors. The vast majority appears comfortable and feels like it is relatively easy to talk to their doctors. At their most recent doctor visit, nearly 1 in 2 men received advice from their doctor about something, predominantly healthy behaviors like diet and exercise. That said, only about 4 in 10 men say they follow their doctors' advice completely faithfully (i.e., 100% of the time), on the rise from 2007. Notably, men appear to get more advice from their doctors – and follow it more closely – than women do.

- 8 in 10 (80%) find it to be not very or not all difficult to talk to their doctor. Only a rare 5% find it very difficult.
  - Difficulty talking to a doctor declines with age. (18-34 years (26%), 35-44 years (27%), 45-54 years (16%), 55-64 years (21%) and 65+ years (5%)).
  - Some men (which may be a function of age) find it more challenging to talk to their doctor: parents of kids under 18 (27%), those who aren't married (25%), and Westerners (28%).
- At their most recent visit to a doctor, about half (46%) of U.S. men (more younger adults ages 18-34 than those ages 65+) were counseled on something, primarily diet/weight (32%) or exercise (27%), no change from years past.
  - Men are more likely to have been counseled on a variety of behaviors like diet, exercise, alcohol use, smoking and sexual health than women are. The only issue in which the genders are even on is depression/anxiety.

**Counseled On At Last Doctor Visit**



- Only 4 in 10 men (40%) follow their doctor's advice 100% of the time, up from 34% in 2007. Most (58%) say they follow their doctor's advice 50-75% of the time.
  - Men are more likely to follow their doctor's advice all the time than women are (40% vs 31% respectively), where women are more likely to make their own decisions.
  - Senior men ages 65+ (63%) (and correspondingly retired men (55%), married men (46%), and those with no young children in the household (44%)) are by far the most likely to follow their doctor's advice consistently.

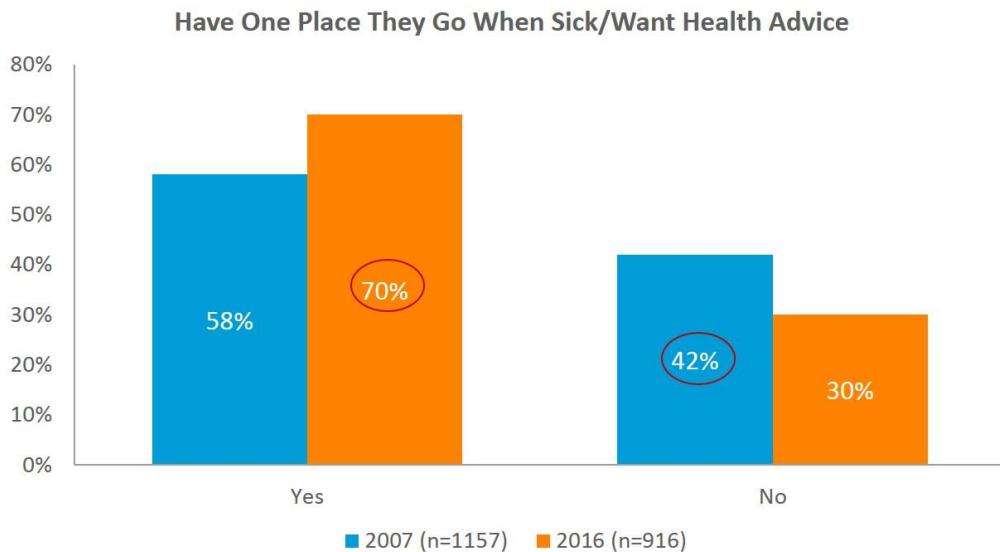
#### ACTION TAKEN (WHEN SICK)

##### *Few Men Rush to Care – But Still More than Women Do*

**The vast majority of U.S. men do not seek care right away when they are concerned about their health, sick or in pain. In general, men wait a few days or a week to see if they feel better and about 3 in 10 push it as long as possible before reaching out for help. (Notably, though still in very small proportions but against gender stereotypes, men are more than twice as likely to seek care right away than women are.)**

**Far more than almost one decade ago, most men today have one main place they turn when they aren't feeling well or need medical advice, and it appears that this one place is a doctor's office. Though of note, men seem to be less reliant on the traditional doctor's office than women are.**

- Similar to 2007, there is no uniform opinion among men about how quickly they respond when they feel sick or in pain or are concerned about their health. That said, most (90%) do not seek care or advice right away but wait at least some time before seeking treatment.
  - The majority wait at least a few days (40%) or a week (19%) to see if they get better, but 3 in 10 (30%) admit they wait as long as possible. Those ages 35-44 are more likely to wait it out (41%), while older men ages 45+ (48%); the affluent (49%) and retired men (51%) are more likely to delay only a few days to see if their health status resolves before seeking care.
  - Men are more likely to take care of themselves as soon as possible than women are (10% vs 4% respectively).
- Way up from 2007, 7 in 10 U.S. men today (70% in 2016; 58% in 2007) say there is one place they usually go when they are sick or want advice about their health.
  - 87% seek treatment when they are sick. The majority of men (58%) usually go to a doctor's office, but slightly less than they did in 2007 (63%) and much less than women today (69%). 13% of men do not go anywhere when they are sick.
  - Slightly more than about a decade ago, almost 8 in 10 (79% in 2016; 74% in 2007) have a regular doctor they usually see when they are sick or want medical advice.
  - Age has a strong impact on use of medical resources. Boomers ages 55-64 (75%) and Seniors ages 65+ (85%) are more likely than their younger peers (18-34 years (67%), 35-44 years (62%), 45-54 years (59%)) to rely on one place for treatment, typically a traditional doctor's office and to have one main doctor they see for health advice/support (98%). Younger adults 18-44 (38%) are more inclined to do nothing when they are sick and to reach out to a private clinic (12%) or emergency room (6%).



#### **ACTION TAKEN (PREVENTIVELY)**

##### ***Men Take Some Proactive Steps to Care for Themselves – But Not a Top Priority***

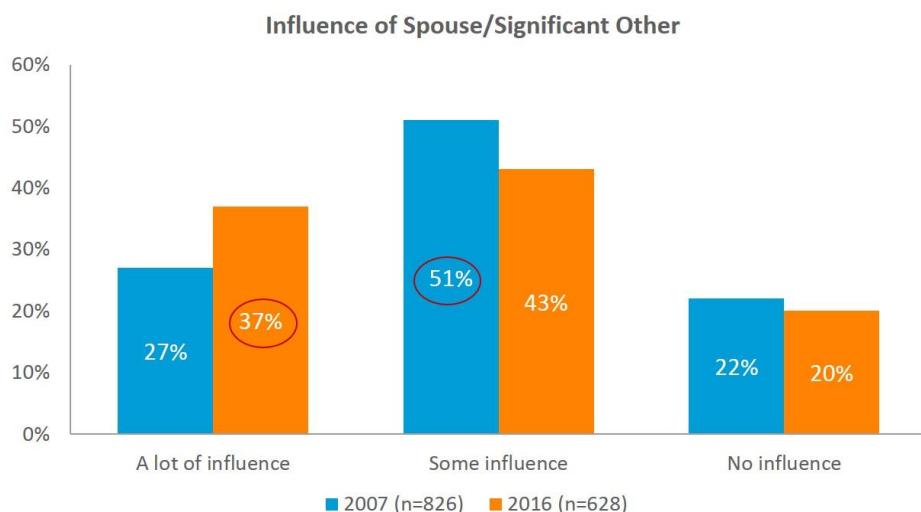
Nearly all U.S. men have taken some action to care for their own health. More than 9 in 10 have had at some point completed a physical exam, and about 8 in 10 have had a blood cholesterol test (but these figures drop precipitously to about half who have done so recently in the past year). Far fewer have gotten checked for either prostate cancer or colon cancer in the past year, and about half have never chosen to do these particular tests.

Almost 6 in 10 men say something acts as a barrier to them going to the doctor, but it appears more like a perceived lack of necessity than anything else (either feeling that they aren't sick enough or it's not compelling enough). Interestingly more than 1 in 3 men (up from a quarter nearly one decade ago) say their partner has a significant influence on whether they go to the doctor or not; the impact of a partner is now much stronger for men than for women.

When it comes to staying fit, men seem to be doing a somewhat better job than they were about 10 years ago, as routine exercise has increased dramatically for men since 2007. But that said, men still appear to lead more sedentary than active lives, spending an average of 20 hours per week in front of a computer and another 19 hours in front of a TV. In general, men choose to spend more time working out regularly than women do, but still far less on average exercising (6 hours per week) and playing sports (2 hours per week) than looking at a screen.

- Nearly all U.S. men have at some point had a complete physical exam (93%) and a blood cholesterol test (81%), but only about 1 in 2 (54% exam; 52% cholesterol test) have done it in the past year.
  - About 1 in 2 men have never had a colon cancer screening (50% in 2016; 57% in 2007) or a blood test for prostate cancer (45% in 2016; 51% in 2007), and many fewer have done these tests recently within the past year (16% for colon cancer; 32% for prostate cancer).
  - Men are more likely to have had a recent physical exam today than back in 2007 (52% in 2016 vs 45% in 2007 for within the past year; and 68% in 2016 vs 63% in 2007 for within the past two years).

- All these activities increase with age, with older men (especially Seniors) being more likely to take medical tests like cholesterol (85%), prostate (66%) and colon cancer (30%) and have to have had complete physical exams (73%). This is also true for those who have household incomes above \$50K (61%); college graduates (60%) and married men (62%).
- Almost 6 in 10 men (59%), especially those ages 18-44 (73%); employed adults (67%); and parents of young children (74%), say something prevents them from going to the doctor, predominantly feeling like they need to be extremely sick (31%); or feeling like they have no reason to go because they are healthy (21%).
- Among those who have a spouse/significant other, 8 in 10 men (80%) say their partner has at least some influence over their decision to go to the doctor. A major increase from 2007, men are much more highly influenced today by their partners and much more than women are (37% of men say “a lot of influence” in 2016, compared to only 27% of men in 2007 and 17% of women in 2016).



- On average, U.S. men spend about 19 hours each week working at a computer (down from 26 hours in 2007); 20 hours watching television; 6 hours preparing food for their family (less than women in general); and a little over 1 hour maintaining their car or other vehicle (more than women in general).
  - Most of these activities follow expected demographic shifts. For example, employed adults are more likely to be in front of a computer working (22 hours) and older adults ages 45+ (22 hours) and those with less than \$50K in HHI (23 hours) spend more time in front of the television.
- When it comes to sports and exercise, men on average engage on a weekly basis more than women do, including exercising or working out (6 hours for men in 2016, up from 5 in 2007; and 5 hours for women in 2016); watching sports (4 hours for men; 2 hours for women); and participating in sports (2 hours for men; less than 1 hour for women).
  - More than half of men (52%) say they exercise or work out regularly (compared to 46% of women), though still about one-fifth of men (20%) never do. This is a huge leap for men from 2007, when only 38% of men said they exercised regularly. In 2007, men were more likely to say they either didn't exercise (26% vs 20% in 2016) or they only exercised when they had time (29% vs 18% in 2016).
  - Exercising increases with wealth (90% of those with HHI \$75K+) and college education (90%), but declines with age. (18-34 years (87%), 35-44 years (81%), 45-54 years (78%), 55-64 years (74%) and 65+ years (73%)).

- The vast majority of men (90%), in particular Seniors (99%), retired adults (96%), those with \$75K+ in income (95%) and the college educated (96%), have access to health insurance, compared to only 81% of men in 2007.

## SURVEY DATA

### **BASE: U.S. RESPONDENTS**

**Q3005** Is there one place you usually go when you are sick or want advice about your health?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Yes	71%C	70%D	60%	58%
No	29%	30%	40%A	42%B

### **BASE: U.S. RESPONDENTS**

**Q3010** Where do you usually go for treatment when you are sick?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Seek Treatment When Sick (Net)	88%	87%	88%	85%
Doctor's office	64%	58%	68%A	63%
Private clinic or health center	8%	9%	6%	6%
Public clinic or health center	6%C	6%D	4%	3%
Hospital emergency room	3%	3%	2%	2%
VA/Military hospital/Clinic	2%	4%	4%	5%
Hospital outpatient department	2%	3%	2%	2%
Other	3%	4%	3%	2%
I don't seek treatment when I'm sick.	12%	13%	12%	15%

### **BASE: U.S. RESPONDENTS**

**Q3015** Do you have a regular doctor or health professional you usually see when you are sick or want medical advice?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Yes	81%	79%	77%	74%
No	19%	21%	23%	26%

**BASE: U.S. RESPONDENTS****Q3020** In general, how difficult do you find it is to talk to your doctor?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Very/Somewhat Difficult (Net)	20%	20%	21%	22%
Very difficult	4%	5%	4%	4%
Somewhat difficult	16%	15%	17%	18%
Not Very/Not At All Difficult (Net)	80%	80%	79%	78%
Not very difficult	40%	40%	37%	34%
Not difficult at all	40%	40%	42%	44%

**BASE: U.S. RESPONDENTS****Q3025** Do you have health insurance?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Yes	91%C	90%D	85%	81%
No	8%	9%	14%A	17%B
Decline to answer	1%	1%	1%	2%

**BASE: U.S. RESPONDENTS****Q3030** Which of the following best describes how you react when you feel sick or are in pain or concerned about your health?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
I wait as long as possible to see if I get better.	31%	30%	31%	29%
I wait at least a week to see if I get better.	20%	19%	17%	18%
I wait a few days to see if I get better.	42%	40%	45%	44%
I seek care or medical advice as soon as possible.	7%	10%	7%	8%

**BASE: U.S. RESPONDENTS**

Q3035 When was the last time you received any of the following?

***Summary of Within The Past Year***

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Blood cholesterol test	55%C	54%	50%	51%
Complete physical exam	54%C	52%D	48%	45%
Blood test for prostate cancer	17%	32%	16%	32%
Colon cancer screening	15%	16%	14%	17%

***Summary of Within The Past 2 Years***

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Complete physical exam	70%	68%	67%	63%
Blood cholesterol test	68%C	69%	64%	64%
Colon cancer screening	26%	31%	24%	28%
Blood test for prostate cancer	23%	43%	20%	39%

***Summary of Within The Past 5 Years***

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Complete physical exam	80%	79%	78%	76%
Blood cholesterol test	75%	74%	73%	72%
Colon cancer screening	37%	42%	33%	37%
Blood test for prostate cancer	27%	50%	23%	46%

***Summary of More Than 5 Years Ago***

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Complete physical exam	13%	14%	15%	16%
Colon cancer screening	8%C	8%	5%	6%
Blood cholesterol test	5%	6%	7%	6%
Blood test for prostate cancer	3%	5%	2%	4%

**Summary of Never**

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Blood test for prostate cancer	70%	45%	75% <b>A</b>	51%
Colon cancer screening	55%	50%	62% <b>A</b>	57% <b>B</b>
Blood cholesterol test	20%	19%	21%	22%
Complete physical exam	7%	7%	7%	8%

**Summary of Ever**

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Complete physical exam	93%	93%	93%	92%
Blood cholesterol test	80%	81%	79%	78%
Colon cancer screening	45% <b>C</b>	50% <b>D</b>	38%	43%
Blood test for prostate cancer	30% <b>C</b>	55%	25%	49%

**BASE: HAVE SPOUSE/SIGNIFICANT OTHER**

**Q3040** How much influence does your spouse or significant other have over your decision to go to the doctor?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>1373</b>	<b>628</b>	<b>1578</b>	<b>826</b>
Spouse/Significant Other Has Influence Over Decision To Go To Doctor (Net)	71%	80%	70%	78%
A lot of influence	27% <b>C</b>	37% <b>D</b>	19%	27%
Some influence	45%	43%	52% <b>A</b>	51% <b>B</b>
No influence at all	29%	20%	30%	22%

**BASE: U.S. RESPONDENTS**

**Q3045** At your most recent visit to a doctor, were you counseled on...? Please select all that apply.

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Counseled On Listed Issues At Most Recent Visit To Doctor (Net)	44%	46%	42%	43%
Diet and weight	29%	32%	26%	29%
Exercise	23%	27%	21%	26%
Depression or anxiety	15%C	14%D	7%	5%
Smoking or other tobacco use	9%	11%	11%	11%
Sexual health	8%C	10%D	5%	4%
Alcohol use	5%C	7%	2%	4%
None of these	54%	52%	56%	53%
Decline to answer	2%	2%	2%	3%

**BASE: U.S. RESPONDENTS**

**Q3050** Have you ever been diagnosed with any of the following chronic health conditions? Please select all that apply.

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Diagnosed With Any Listed Chronic Health Conditions (Net)	45%	48%	42%	42%
Hypertension	29%	33%	26%	28%
Arthritis	18%	16%	17%	13%
Diabetes	13%C	18%D	10%	10%
Cancer	6%	8%	7%	8%
Heart disease	5%	7%	6%	8%
I have not been diagnosed with any of these chronic health conditions.	54%	51%	56%	54%
Decline to answer	2%	2%	3%	4%B

**BASE: U.S. RESPONDENTS**

**Q3055** Which of the following, if any, prevent you from going to the doctor? Please select all that apply.

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Something Prevents From Going To The Doctor (Net)	62%	59%	60%	58%
I only go to the doctor if I am extremely sick.	33%	31%	35%	36%
I am healthy -- I have no reason to go to a doctor.	20%	21%	20%	23%
I prefer to treat myself naturally.	12%	9%	11%	12%
I don't like doctors.	11%	9%	9%	8%
I am afraid of finding out that something is wrong with me.	10%	10%	9%	7%
I don't have time to go to the doctor.	9%	7%	13% <b>A</b>	12% <b>B</b>
I don't have health insurance.	5%	5%	10% <b>A</b>	11% <b>B</b>
I don't know of a good doctor in my area.	5%	5%	5%	4%
Something else	7%	5%	8%	6%
Nothing	37%	39%	38%	39%
Decline to answer	1%	1%	2%	3%

**BASE: U.S. RESPONDENTS****Q3060** Overall, what percentage of the time do you follow your doctor's advice?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
100% of the time	35%	40%	34%	34%
75% of the time	52%	46%	53%	52%
50% of the time	10%	12%	10%	10%
25% of the time (or less)	3%	2%	3%	4%

**BASE: U.S. RESPONDENTS****Q3062** How would you describe your overall health status?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Excellent/Very Good/Good (Net)	81%	78%	80%	79%
Excellent/Very Good (Sub-Net)	48%	49% <b>D</b>	45%	42%
Excellent	13% <b>C</b>	16% <b>D</b>	9%	10%
Very good	35%	33%	35%	32%
Good	33%	29%	35%	37% <b>B</b>
Fair/Poor (Net)	18%	21%	19%	20%
Fair	16%	17%	15%	16%
Poor	3%	4%	4%	4%
Don't know	*	*	*	*
Decline to answer	*	1%	*	1%

**BASE: U.S. RESPONDENTS****Q3065** On average, how many hours per week do you spend...?*Summary of Means (Incl. 0)*

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Working at a computer	19.8	20.4	24.9 <b>A</b>	26 <b>B</b>
Watching television	18.9	19.1	18.6	18.7
Preparing food for the family, shopping, cleaning, etc.	9.7	6.1	11.5 <b>A</b>	6.7
Exercising/Working out	5.3	5.7 <b>D</b>	4.9	4.7
Watching sports	3.0	4.4	3.0	4.4
Participating in sports	1.2	1.8	1.1	1.5
Maintaining your car, motorcycle, boat, RV or other motorized equipment	1.0	1.4	1.0	1.4

**BASE: U.S. RESPONDENTS****Q3065** On average, how many hours per week do you spend...?***Summary of Means (Excl. 0)***

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
	<i>n</i> =	<b>2016</b>	<b>916</b>	<b>2282</b>
Working at a computer	22.0	22.5	26.0A	27.4B
Watching television	19.7	20.3	19.0	19.0
Preparing food for the family, shopping, cleaning, etc.	10.3	6.8	12.3A	7.5
Exercising/Working out	6.8	7.3	6.4	6.3
Watching sports	5.7	6.4	6.0	6.7
Participating in sports	4.9	5.0	4.9	4.9
Maintaining your car, motorcycle, boat, RV or other motorized equipment	2.7	3.0	2.5	2.7

**BASE: U.S. RESPONDENTS****Q3065** On average, how many hours per week do you spend...?***Maintaining your car, motorcycle, boat, RV or other motorized equipment***

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
	<i>n</i> =	<b>2016</b>	<b>916</b>	<b>2282</b>
None	64%	52%	60%	51%
Spend At Least One Hour Per Week Doing This (Net)	36%	48%	40%	49%
1 hour	20%	24%	23%	25%
2 hours	8%	13%	9%	13%
3 hours	2%	2%	2%	3%
4 hours	1%	2%	1%	2%
5 hours	2%	3%	2%	3%
6+ hours	3%	4%	2%	4%
Mean (Incl. 0)	1.0	1.4	1.0	1.4

*Watching sports*

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
None	47%	30%	50%	35%
Spend At Least One Hour Per Week Doing This (Net)	53%	70%	50%	65%
1 hour	9%	10%	10%	10%
2 hours	9%	10%	10%	12%
3 hours	6%	7%	5%	6%
4 hours	5%	8%	4%	6%
5 hours	7%	9%	6%	8%
6+ hours	16%	25%	16%	24%
Mean (Incl. 0)	3.0	4.4	3.0	4.4

*Participating in sports*

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
None	76%	64%	77%	69%
Spend At Least One Hour Per Week Doing This (Net)	24%	36%	23%	31%
1 hour	6%	8%	5%	6%
2 hours	5%	8%	5%	8%
3 hours	2%	3%	2%	3%
4 hours	2%	4%	2%	3%
5 hours	2%	4%	3%	4%
6+ hours	7%	11%	5%	8%
Mean (Incl. 0)	1.2	1.8	1.1	1.5

*Exercising/Working out*

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
None	21%	21%	24%	25%
Spend At Least One Hour Per Week Doing This (Net)	79%	79%	76%	75%
1 hour	8%	8%	7%	7%
2 hours	9%	8%	10%	11%
3 hours	9%	8%	12%	12% <b>B</b>
4 hours	7%	6%	7%	6%
5 hours	12%	11%	13%	12%
6+ hours	34% <b>C</b>	38% <b>D</b>	27%	26%
Mean (Incl. 0)	5.3	5.7 <b>D</b>	4.9	4.7

*Working at a computer*

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
None	10%C	9%D	4%	5%
Spend At Least One Hour Per Week Doing This (Net)	90%	91%	96%A	95% <b>B</b>
1 hour	3%C	3%	1%	2%
2 hours	3%	2%	2%	2%
3 hours	2%	3%	2%	1%
4 hours	3%	2%	2%	2%
5 hours	5%	5%	4%	3%
6+ hours	75%	75%	86%A	85% <b>B</b>
Mean (Incl. 0)	19.8	20.4	24.9A	26 <b>B</b>

*Watching television*

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
None	4%C	6%D	2%	2%
Spend At Least One Hour Per Week Doing This (Net)	96%	94%	98%A	98% <b>B</b>
1 hour	1%	1%	2%	2%
2 hours	4%C	3%	2%	2%
3 hours	3%	3%	2%	3%
4 hours	3%	3%	3%	2%
5 hours	6%	4%	6%	4%
6+ hours	80%	80%	83%	84%
Mean (Incl. 0)	18.9	19.1	18.6	18.7

*Preparing food for the family, shopping, cleaning, etc.*

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
None	6%	10%	7%	11%
Spend At Least One Hour Per Week Doing This (Net)	94%	90%	93%	89%
1 hour	6%	9%	5%	8%
2 hours	10%C	14%	7%	12%
3 hours	7%	9%	8%	9%
4 hours	5%	6%	5%	7%
5 hours	12%	13%	12%	12%
6+ hours	54%	40%	57%	41%
Mean (Incl. 0)	9.7	6.1	11.5A	6.7

**BASE: U.S. RESPONDENTS**

**Q3070** Which of the following, if any, best describes your exercise/workout habits (either in a gym, at home, or outdoors)?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>2016</b>	<b>916</b>	<b>2282</b>	<b>1157</b>
Exercise/Work Out (Net)	80%C	80%D	76%	74%
I exercise/work out regularly.	49%C	52%D	40%	38%
I exercise/work out only when I have time.	20%	18%	25%A	26%B
I exercise/work out only when I am trying to lose weight.	7%	6%	7%	6%
I exercise/work out only when someone else reminds me.	4%	3%	3%	3%
I do not exercise/work out.	20%	20%	24%A	26%B

**BASE: EXERCISE/WORK OUT**

**Q3070** Which of the following, if any, best describes your exercise/workout habits (either in a gym, at home, or outdoors)?

	2016		2007	
	A	B	C	D
	Total	Males	Total	Males
<i>n=</i>	<b>1416</b>	<b>618</b>	<b>1696</b>	<b>851</b>
I exercise/work out regularly.	61%C	65%D	53%	52%
I exercise/work out only when I have time.	25%	23%	33%A	35%B
I exercise/work out only when I am trying to lose weight.	9%	8%	9%	8%
I exercise/work out only when someone else reminds me.	5%	4%	4%	5%