

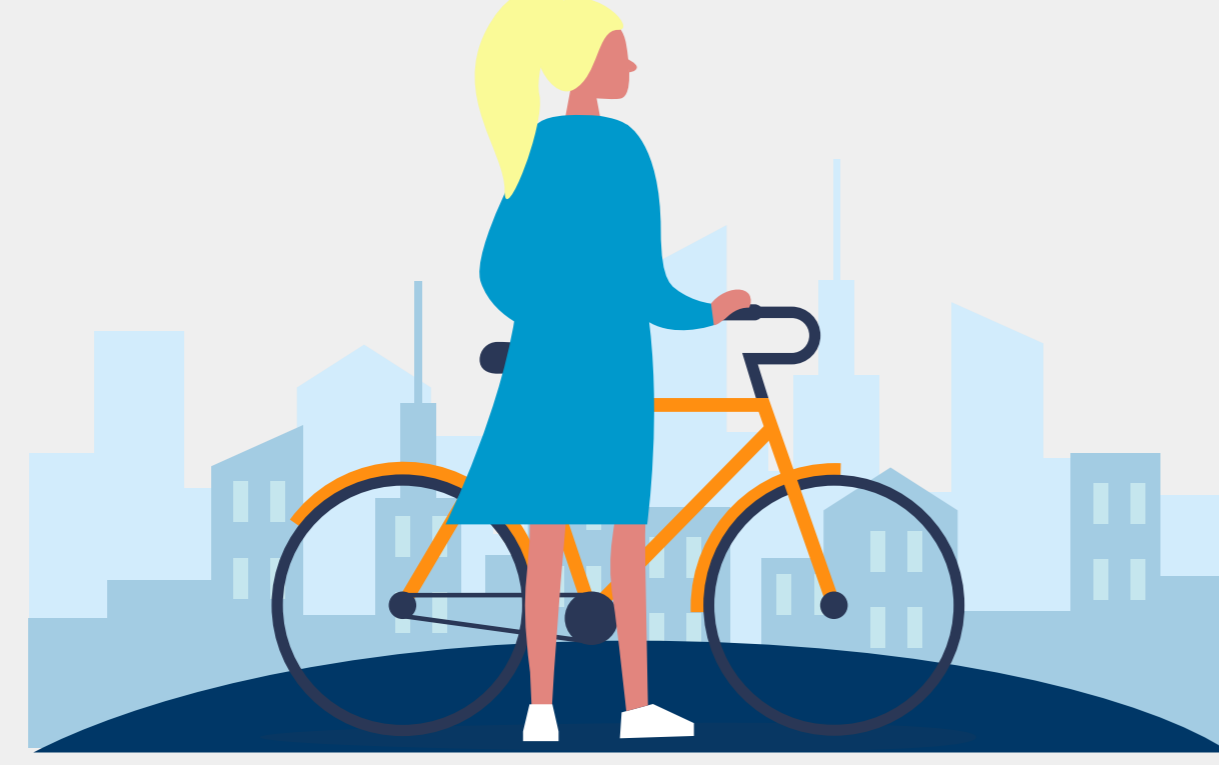
# A CLOSER LOOK AT THE HEALTH OF MILLENNIALS

The health status of millennials will likely have substantial effects on the American economy over the next two decades—including workplace productivity and healthcare costs. This generation will be vital to the success of your organization in many ways, so it's important to understand the key trends below to help prepare for the future.



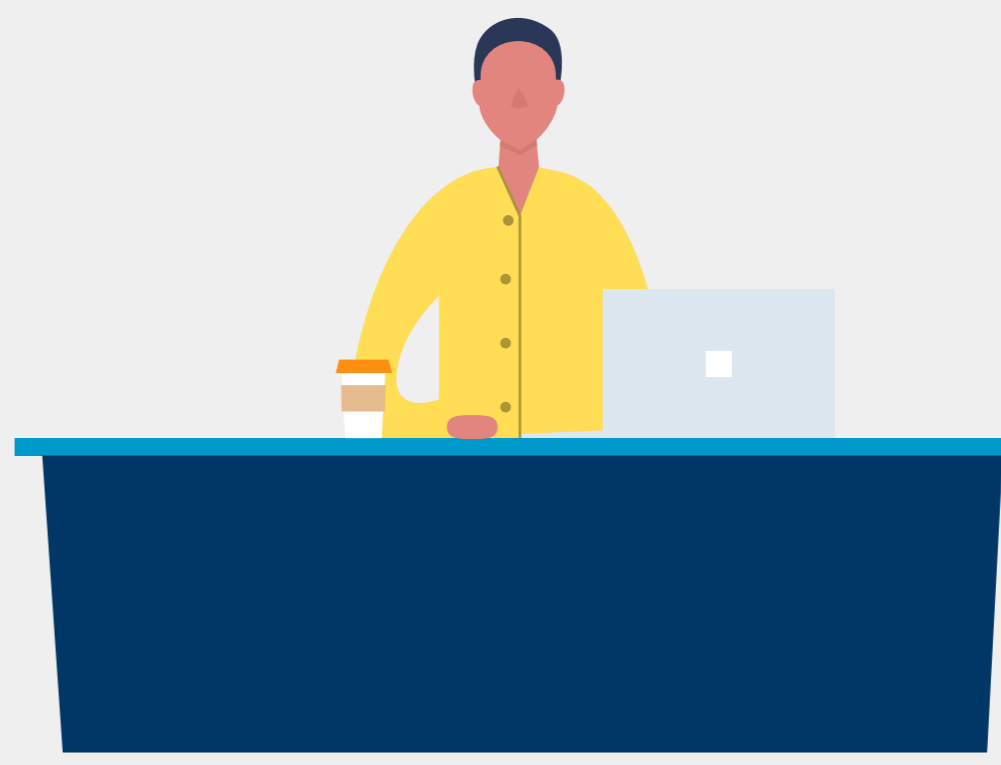
Born between 1981 - 1996, millennials will soon be the **largest population** of your workforce.

## WHEN ASKED ABOUT THEIR HEALTH:



**83%**

of millennials consider themselves in good or excellent health

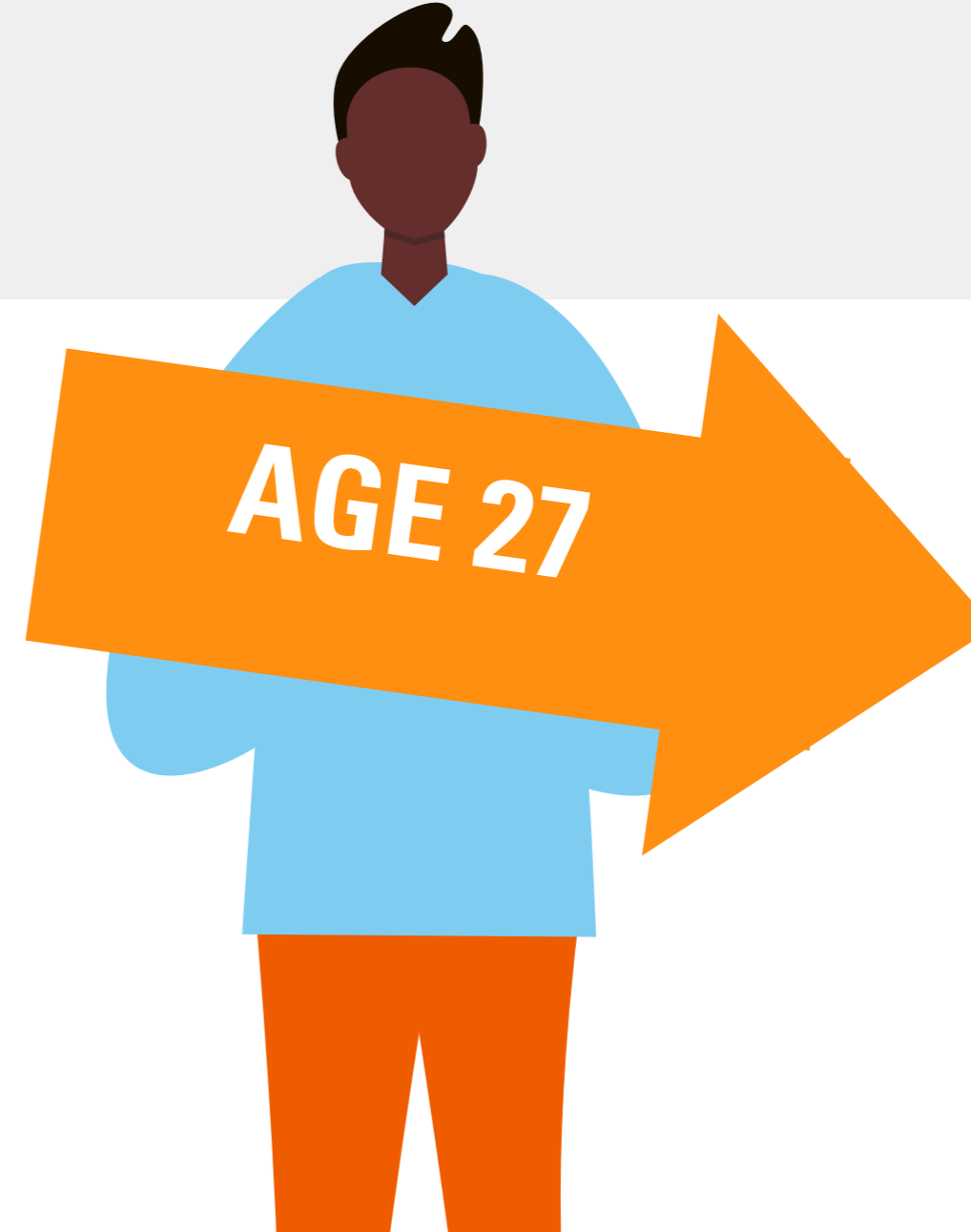


**63%**

of millennials have a primary care physician (PCP)

AmeriSpeak® survey conducted in 2018 by NORC at the University of Chicago using a probability-based panel designed to be representative of the U.S. household population.

However, our data show that **A MAJOR DECLINE IN HEALTH TYPICALLY BEGINS AT AGE 27—IMPACTING MILLENNIALS TODAY**



And, **1/3** of millennials have **HEALTH CONDITIONS THAT AFFECT THEIR QUALITY OF LIFE**

## HERE ARE THE TOP 10 CONDITIONS AFFECTING MILLENNIALS

(ages 21-36 in 2017)

	increase in prevalence (from 2014-2017)
1 MAJOR DEPRESSION	31%
2 SUBSTANCE USE DISORDER	10%
3 ALCOHOL USE DISORDER	1%
4 HYPERTENSION	16%
5 HYPERACTIVITY	29%
6 PSYCHOTIC CONDITIONS	15%
7 CROHN'S DISEASE/ULCERATIVE COLITIS	10%
8 HIGH CHOLESTEROL	12%
9 TOBACCO USE DISORDER	7%
10 TYPE II DIABETES	22%

Conditions significantly impact health if they reduce future healthy life by more than six months.



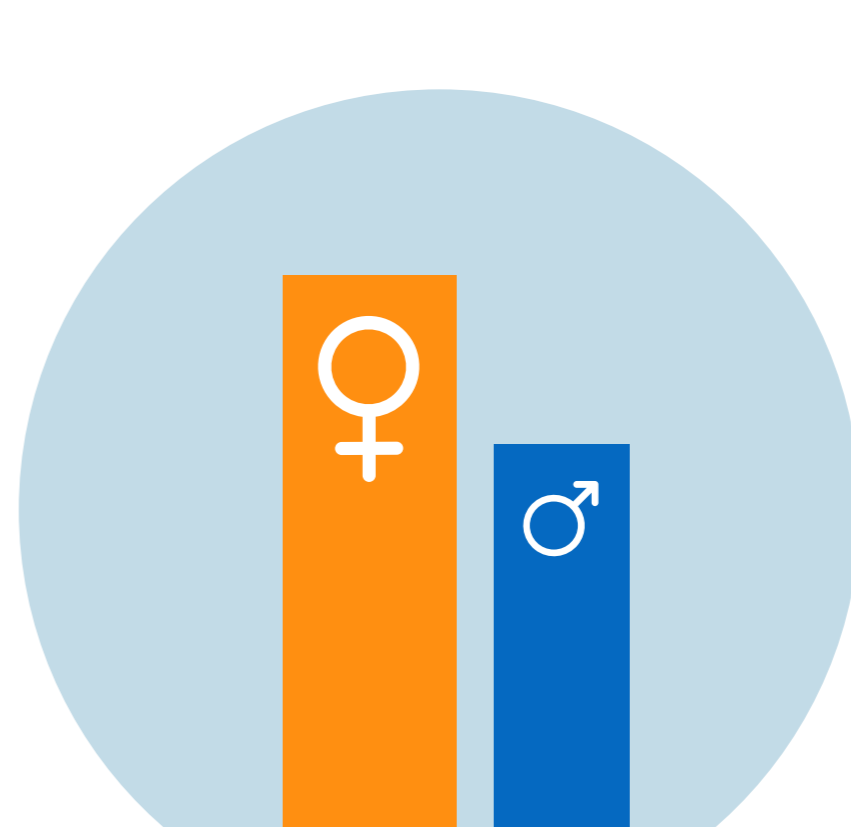
Double-digit increases for **8 OF THE TOP 10 CONDITIONS**



**MAJOR DEPRESSION, HYPERACTIVITY AND TYPE II DIABETES** had the largest growth in prevalence



**SIX ARE BEHAVIORAL HEALTH** conditions affecting mental health and emotional well-being



Total adverse health for **MILLENNIAL WOMEN IS 20% LARGER** than for men, mainly driven by: major depression, type II diabetes, and other endocrine conditions\*

\*Other endocrine conditions include parathyroid, ovary, adrenal, pituitary and other endocrine system-related conditions. Examples include PCOS, parathyroid disorders, hypoglycemia, vitamin or mineral deficiencies and many others.



## HOW DO MILLENNIALS COMPARE TO GEN X?

Millennials are **LESS HEALTHY** than Gen Xers were at the same age

And data shows **HIGHER PREVALENCE RATES** among millennials for 8 of the 10 top conditions

Our report compared like age groups of Gen Xers who were ages 34-36 in 2014 with millennials who were ages 34-36 in 2017.



## LET'S HELP CREATE A PATH TOWARD BETTER HEALTH FOR THIS GENERATION

The health of millennials will likely have a direct impact on the health of your organization. That's why now is the time to start the conversation.

We're talking to millennials, employers, providers, community thought-leaders and influencers to help share our insights and learnings with you. So stay tuned and watch for more updates at [smarterbetterhealthcare.com](http://smarterbetterhealthcare.com).

