Physical and Mental Health Are Equally Important to Americans

Considering your own health, do you think that mental health or physical health is more important or are they equally important?

- Physical health more important: 89%
- Mental health more important: 5%
- Equally important: 6%

Taking Our Pulse: The PARADE/Research!America Health Poll
Charlton Research Company, 2006
Physical and Mental Health Not Treated With Equal Importance

Do you think that mental health or physical health are treated with equal importance in our current health care system?

- 66% Physical health treated with more importance
- 24% Mental health treated with more importance
- 4% Mental and physical health treated with equal importance
- 6% Don't know

Taking Our Pulse: The PARADE/Research!America Health Poll
Charlton Research Company, 2006
Mental Health Services Are Fundamental to Overall Health

Do you agree or disagree that health services that address mental health, such as treatment for depression and suicide prevention, are fundamental to overall health and should be part of any basic health care plan?

- 65% Strongly Agree
- 27% Somewhat agree
- 7% Disagree
- 1% Don't know

Taking Our Pulse: The PARADE/Research!America Health Poll
Charlton Research Company, 2006
Americans Think Many Suicides Could Be Prevented

In the U.S. each year 31,000 people die by suicide and approximately 650,000 make an attempt. Do you agree or disagree that with appropriate research, interventions, and services, many suicides and suicide attempts can be prevented?

- **Strongly Agree**: 48%
- **Somewhat agree**: 18%
- **Disagree**: 4%
- **Don't know**: 30%

Taking Our Pulse: The PARADE/Research!America Health Poll
Charlton Research Company, 2006
Very Important for the U.S. to Invest in Suicide Prevention

How important do you think it is for the U.S. to invest in the prevention of suicide?

- Very: 50%
- Somewhat: 36%
- Not: 12%
- Don't know: 2%

Taking Our Pulse: The PARADE/Research!America Health Poll
Charlton Research Company, 2006
Losing Mental Capacity is Greatest Fear

When you think about aging, what do you fear more: diminished physical ability or losing mental capacity?

- Losing mental capacity: 62%
- Diminished physical ability: 29%
- Don't know: 9%

Taking Our Pulse: The PARADE/Research!America Health Poll
Charlton Research Company, 2005
Factors in Aging

How important do you think each of the following factors is in how well a person ages?

- **Physical Activity**: 85% Very, 14% Somewhat, 1% Don't know
- **Diet and nutrition**: 85% Very, 13% Somewhat, 1% Don't know
- **Mental activity**: 85% Very, 13% Somewhat, 2% Don't know
- **Smoking and tobacco use**: 65% Very, 10% Somewhat, 22% Not, 3% Don't know
- **Alcohol consumption**: 41% Very, 30% Somewhat, 25% Not, 4% Don't know

Source: Longevity Poll, 2005
Charlton Research Company for Research!America
Great Expectations for Medical Breakthroughs

Please tell me whether you think the following medical breakthroughs will occur within the next 20 years.

- A cure for diabetes: 65%
- A cure for Parkinson's disease: 59%
- A cure for Alzheimer's disease: 54%
- A cure for heart disease: 52%
- A cure for cancer: 48%
- A cure for AIDS: 47%

Taking Our Pulse: The PARADE/Research!America Health Poll
Charlton Research Company, 2005