# The Shift Towards Person-Centered Care

A Glimpse into Americans' Perceptions of Health and Healing



### **Doctor-Patient Conversations**



**53%** WISH THEIR DOCTOR WOULD TALK ABOUT NON-MEDICATION TREATMENTS

**45%** WISH THEY AND THEIR DOCTOR TALKED MORE ABOUT **WHY** THEY WANT TO BE HEALTY



**Health Conditions** 

WISH THEIR DOCTOR

WOULD TALK ABOUT

BY GENERATION 18 - 44yrs 45yrs - 64yrs 65yrs +

# **Health Goals**

**84%** OF AMERICANS SAY THEY HAVE HEALTH GOALS THAT ALIGN WITH THEIR LIFE GOALS

LIFE GOALS

#### CONVERSATIONS WITH DOCTORS FOCUS ON

749	6 PHYSICAL HEALTH
44%	DIET
40%	SLEEP
51%	EXERCISE
	*SELECT RESPONSES SHOWN

## **Regional Differences**



**48%** ALMOST HALF OF AMERICANS LIVE WITH A CHRONIC HEALTH CONDITION

MY DOCTOR AND I DON'T

TALK ABOUT MUCH MORE



**25%** OF AMERICANS ARE DIAGNOSED WITH ANXIETY OR DEPRESSION



**36%** OF AMERICANS WITH A PRIMARY CARE PHYSICIAN REPORT DISCUSSING THEIR MENTAL HEALTH WITH THEIR DOCTOR



RATE THEIR HEALTH



### For more information and resources on integrative healthcare for patients and physicians, please visit **www.DrWayneJonas.com**

**About the Survey:** This survey was conducted online within the United States by The Harris Poll on behalf of Samueli Integrative Health Programs from September 11-13, 2018 among 2,027 U.S. adults ages 18+, of whom, 1,865 have a primary care doctor (PCP). This online survey is representative of the U.S. adult population but is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For complete survey methodology, including weighting variables and subgroup sample sizes, please contact Kathleen Petty, KPetty@TheReisGroup.com.