MORNING CONSULT

National Tracking Poll #2301120
January 23-25, 2023

Crosstabulation Results

Table Index

Crosstabulation Results by Respondent Demographics

Table MCHE1: *Do you use any apps that help you track or manage your health?*

Demographic	Yes		No		Don't know		Total N
Adults	40%	(884)	58%	(1275)	2%	(42)	2201
Gender: Male	40%	(423)	59%	(634)	1%	(13)	1070
Gender: Female	41%	(461)	57%	(637)	3%	(29)	1127
Age: 18-34	47%	(297)	50%	(314)	3%	(20)	631
Age: 35-44	46%	(170)	53%	(195)	2%	(6)	372
Age: 45-64	38%	(270)	61%	(431)	1%	(10)	711
Age: 65+	30%	(147)	69%	(335)	1%	(5)	487
GenZers: 1997-2012	49%	(121)	48%	(120)	4%	(9)	249
Millennials: 1981-1996	46%	(315)	52%	(357)	2%	(15)	686
GenXers: 1965-1980	41%	(222)	57%	(315)	2%	(11)	548
Baby Boomers: 1946-1964	32%	(214)	66%	(438)	1%	(8)	660
PID: Dem (no lean)	45%	(395)	54%	(478)	2%	(14)	887
PID: Ind (no lean)	36%	(225)	61%	(383)	2%	(16)	623
PID: Rep (no lean)	38%	(264)	60%	(414)	2%	(12)	691
PID/Gender: Dem Men	46%	(192)	53%	(221)	—	(2)	414
PID/Gender: Dem Women	43%	(203)	54%	(256)	3%	(12)	472
PID/Gender: Ind Men	35%	(109)	64%	(199)	1%	(3)	311
PID/Gender: Ind Women	37%	(116)	59%	(181)	4%	(13)	310
PID/Gender: Rep Men	35%	(122)	62%	(214)	2%	(8)	345
PID/Gender: Rep Women	41%	(142)	58%	(199)	1%	(4)	346
Ideo: Liberal (1-3)	45%	(303)	53%	(354)	2%	(13)	669
Ideo: Moderate (4)	40%	(290)	59%	(428)	1%	(10)	728
Ideo: Conservative (5-7)	38%	(256)	61%	(411)	1%	(10)	677
Educ: < College	35%	(506)	62%	(892)	3%	(40)	1438
Educ: Bachelors degree	50%	(245)	49%	(238)	—	(2)	484
Educ: Post-grad	48%	(133)	52%	(145)	—	(0)	278
Income: Under 50k	32%	(383)	65%	(785)	3%	(33)	1202
Income: 50k-100k	45%	(297)	54%	(354)	1%	(7)	658
Income: 100k+	60%	(205)	40%	(135)	—	(1)	341
Ethnicity: White	40%	(688)	58%	(985)	2%	(26)	1698

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Table MCHE1: *Do you use any apps that help you track or manage your health?*

Demographic	Yes		No		Don't know		Total N
Adults	40%	(884)	58%	(1275)	2%	(42)	2201
Ethnicity: Hispanic	46%	(174)	52%	(196)	2%	(9)	379
Ethnicity: Black	36%	(103)	61%	(172)	3%	(8)	283
Ethnicity: Other	43%	(94)	54%	(118)	4%	(8)	220
All Christian	43%	(438)	55%	(554)	2%	(17)	1008
All Non-Christian	52%	(70)	48%	(64)	—	(0)	133
Atheist	36%	(37)	64%	(66)	—	(0)	104
Agnostic/Nothing in particular	36%	(218)	62%	(377)	3%	(17)	612
Something Else	35%	(122)	62%	(214)	2%	(8)	343
Religious Non-Protestant/Catholic	49%	(75)	51%	(78)	—	(0)	152
Evangelical	40%	(208)	59%	(309)	2%	(9)	525
Non-Evangelical	43%	(337)	55%	(436)	2%	(15)	788
Community: Urban	40%	(251)	57%	(360)	3%	(17)	628
Community: Suburban	40%	(408)	58%	(588)	2%	(16)	1013
Community: Rural	40%	(225)	58%	(327)	2%	(9)	561
Employ: Private Sector	51%	(376)	48%	(350)	1%	(9)	735
Employ: Government	52%	(54)	46%	(47)	2%	(2)	103
Employ: Self-Employed	35%	(70)	64%	(127)	1%	(2)	200
Employ: Homemaker	37%	(55)	58%	(86)	5%	(7)	148
Employ: Student	46%	(29)	54%	(35)	—	(0)	65
Employ: Retired	35%	(196)	64%	(362)	1%	(7)	566
Employ: Unemployed	25%	(72)	71%	(203)	4%	(11)	286
Employ: Other	31%	(31)	65%	(64)	4%	(4)	99
Military HH: Yes	43%	(113)	56%	(146)	1%	(3)	261
Military HH: No	40%	(772)	58%	(1129)	2%	(39)	1940
RD/WT: Right Direction	47%	(344)	52%	(379)	1%	(10)	733
RD/WT: Wrong Track	37%	(540)	61%	(895)	2%	(32)	1468
Biden Job Approve	44%	(427)	54%	(522)	1%	(13)	962
Biden Job Disapprove	38%	(437)	61%	(702)	2%	(19)	1157
Biden Job Strongly Approve	47%	(199)	52%	(218)	1%	(6)	423
Biden Job Somewhat Approve	42%	(228)	56%	(304)	1%	(7)	540
Biden Job Somewhat Disapprove	42%	(148)	57%	(198)	1%	(2)	348
Biden Job Strongly Disapprove	36%	(290)	62%	(504)	2%	(16)	810

Table MCHE1: *Do you use any apps that help you track or manage your health?*

Demographic	Yes		No		Don't know		Total N
Adults	40%	(884)	58%	(1275)	2%	(42)	2201
Favorable of Biden	45%	(432)	54%	(523)	1%	(11)	966
Unfavorable of Biden	37%	(409)	61%	(687)	2%	(22)	1118
Very Favorable of Biden	48%	(223)	51%	(238)	1%	(5)	466
Somewhat Favorable of Biden	42%	(209)	57%	(286)	1%	(6)	500
Somewhat Unfavorable of Biden	40%	(124)	59%	(182)	1%	(4)	310
Very Unfavorable of Biden	35%	(285)	63%	(505)	2%	(17)	808
#1 Issue: Economy	41%	(385)	57%	(529)	2%	(16)	929
#1 Issue: Security	38%	(94)	57%	(141)	4%	(11)	246
#1 Issue: Health Care	50%	(88)	50%	(88)	—	(0)	177
#1 Issue: Medicare / Social Security	31%	(91)	66%	(193)	3%	(8)	292
#1 Issue: Women's Issues	44%	(103)	56%	(131)	1%	(2)	235
#1 Issue: Education	42%	(39)	56%	(52)	2%	(2)	93
#1 Issue: Energy	41%	(50)	58%	(71)	1%	(1)	122
#1 Issue: Other	33%	(35)	65%	(70)	2%	(2)	107
2022 House Vote: Democrat	47%	(420)	52%	(473)	1%	(8)	902
2022 House Vote: Republican	40%	(262)	59%	(392)	1%	(6)	660
2022 House Vote: Someone else	42%	(24)	56%	(32)	1%	(1)	57
2022 House Vote: Didnt Vote	30%	(178)	65%	(378)	5%	(27)	583
2020 Vote: Joe Biden	46%	(439)	53%	(500)	1%	(9)	948
2020 Vote: Donald Trump	38%	(263)	61%	(421)	1%	(8)	692
2020 Vote: Other	35%	(29)	60%	(49)	4%	(4)	81
2020 Vote: Didn't Vote	32%	(153)	64%	(305)	5%	(22)	480
2018 House Vote: Democrat	47%	(366)	52%	(413)	1%	(8)	787
2018 House Vote: Republican	38%	(231)	61%	(369)	1%	(6)	606
2018 House Vote: Someone else	45%	(27)	54%	(33)	1%	(1)	61
2018 House Vote: Didnt Vote	35%	(259)	62%	(461)	4%	(27)	747
4-Region: Northeast	43%	(166)	56%	(214)	1%	(5)	386
4-Region: Midwest	42%	(189)	57%	(261)	1%	(4)	455
4-Region: South	41%	(341)	58%	(484)	2%	(15)	839
4-Region: West	36%	(188)	61%	(315)	3%	(18)	521
Uses an App to Track Health	100%	(884)	—	(0)	—	(0)	884
Uses Wearable Fitness Tech	77%	(584)	23%	(172)	1%	(7)	762

Table MCHE1: *Do you use any apps that help you track or manage your health?*

Demographic	Yes		No		Don't know		Total N
Adults	40%	(884)	58%	(1275)	2%	(42)	2201
Concerned About Privacy of Health Data	37%	(458)	61%	(751)	1%	(15)	1225

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE2: *Do you currently own and use any wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals, such as a smart watch, Garmin, or Fitbit?*

Demographic	Yes		No		Total N
Adults	35%	(762)	65%	(1439)	2201
Gender: Male	34%	(366)	66%	(704)	1070
Gender: Female	35%	(397)	65%	(731)	1127
Age: 18-34	40%	(253)	60%	(379)	631
Age: 35-44	49%	(182)	51%	(189)	372
Age: 45-64	29%	(207)	71%	(504)	711
Age: 65+	25%	(121)	75%	(366)	487
GenZers: 1997-2012	42%	(104)	58%	(145)	249
Millennials: 1981-1996	44%	(301)	56%	(385)	686
GenXers: 1965-1980	34%	(189)	66%	(360)	548
Baby Boomers: 1946-1964	24%	(160)	76%	(500)	660
PID: Dem (no lean)	37%	(331)	63%	(557)	887
PID: Ind (no lean)	31%	(195)	69%	(428)	623
PID: Rep (no lean)	34%	(236)	66%	(454)	691
PID/Gender: Dem Men	39%	(161)	61%	(254)	414
PID/Gender: Dem Women	36%	(170)	64%	(302)	472
PID/Gender: Ind Men	29%	(91)	71%	(220)	311
PID/Gender: Ind Women	34%	(105)	66%	(205)	310
PID/Gender: Rep Men	33%	(114)	67%	(231)	345
PID/Gender: Rep Women	35%	(122)	65%	(223)	346
Ideo: Liberal (1-3)	36%	(239)	64%	(430)	669
Ideo: Moderate (4)	36%	(258)	64%	(469)	728
Ideo: Conservative (5-7)	33%	(226)	67%	(451)	677
Educ: < College	29%	(417)	71%	(1022)	1438
Educ: Bachelors degree	45%	(217)	55%	(268)	484
Educ: Post-grad	46%	(129)	54%	(149)	278
Income: Under 50k	25%	(305)	75%	(896)	1202
Income: 50k-100k	42%	(277)	58%	(381)	658
Income: 100k+	53%	(180)	47%	(161)	341
Ethnicity: White	34%	(578)	66%	(1121)	1698
Ethnicity: Hispanic	36%	(135)	64%	(244)	379
Ethnicity: Black	37%	(104)	63%	(179)	283

Table MCHE2: *Do you currently own and use any wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals, such as a smart watch, Garmin, or Fitbit?*

Demographic	Yes		No		Total N
Adults	35%	(762)	65%	(1439)	2201
Ethnicity: Other	37%	(81)	63%	(139)	220
All Christian	37%	(369)	63%	(639)	1008
All Non-Christian	43%	(57)	57%	(76)	133
Atheist	32%	(33)	68%	(71)	104
Agnostic/Nothing in particular	31%	(191)	69%	(422)	612
Something Else	33%	(113)	67%	(230)	343
Religious Non-Protestant/Catholic	41%	(62)	59%	(90)	152
Evangelical	36%	(187)	64%	(338)	525
Non-Evangelical	36%	(283)	64%	(505)	788
Community: Urban	34%	(212)	66%	(415)	628
Community: Suburban	36%	(365)	64%	(648)	1013
Community: Rural	33%	(185)	67%	(375)	561
Employ: Private Sector	46%	(337)	54%	(398)	735
Employ: Government	40%	(42)	60%	(61)	103
Employ: Self-Employed	38%	(77)	62%	(123)	200
Employ: Homemaker	33%	(49)	67%	(99)	148
Employ: Student	37%	(24)	63%	(41)	65
Employ: Retired	26%	(149)	74%	(417)	566
Employ: Unemployed	20%	(56)	80%	(230)	286
Employ: Other	29%	(29)	71%	(70)	99
Military HH: Yes	37%	(97)	63%	(164)	261
Military HH: No	34%	(665)	66%	(1275)	1940
RD/WT: Right Direction	42%	(306)	58%	(427)	733
RD/WT: Wrong Track	31%	(456)	69%	(1012)	1468
Biden Job Approve	40%	(384)	60%	(578)	962
Biden Job Disapprove	31%	(358)	69%	(799)	1157
Biden Job Strongly Approve	40%	(170)	60%	(253)	423
Biden Job Somewhat Approve	40%	(214)	60%	(325)	540
Biden Job Somewhat Disapprove	36%	(124)	64%	(224)	348
Biden Job Strongly Disapprove	29%	(234)	71%	(575)	810

Table MCHE2: *Do you currently own and use any wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals, such as a smart watch, Garmin, or Fitbit?*

Demographic	Yes		No		Total N
Adults	35%	(762)	65%	(1439)	2201
Favorable of Biden	39%	(376)	61%	(590)	966
Unfavorable of Biden	31%	(344)	69%	(774)	1118
Very Favorable of Biden	37%	(175)	63%	(291)	466
Somewhat Favorable of Biden	40%	(201)	60%	(299)	500
Somewhat Unfavorable of Biden	34%	(105)	66%	(205)	310
Very Unfavorable of Biden	30%	(238)	70%	(569)	808
#1 Issue: Economy	35%	(328)	65%	(602)	929
#1 Issue: Security	30%	(73)	70%	(173)	246
#1 Issue: Health Care	39%	(70)	61%	(107)	177
#1 Issue: Medicare / Social Security	26%	(76)	74%	(217)	292
#1 Issue: Women's Issues	40%	(95)	60%	(140)	235
#1 Issue: Education	47%	(43)	53%	(49)	93
#1 Issue: Energy	43%	(52)	57%	(69)	122
#1 Issue: Other	24%	(26)	76%	(81)	107
2022 House Vote: Democrat	39%	(352)	61%	(549)	902
2022 House Vote: Republican	36%	(237)	64%	(423)	660
2022 House Vote: Someone else	52%	(30)	48%	(27)	57
2022 House Vote: Didnt Vote	25%	(144)	75%	(439)	583
2020 Vote: Joe Biden	39%	(366)	61%	(582)	948
2020 Vote: Donald Trump	33%	(227)	67%	(465)	692
2020 Vote: Other	43%	(35)	57%	(46)	81
2020 Vote: Didn't Vote	28%	(135)	72%	(345)	480
2018 House Vote: Democrat	39%	(311)	61%	(476)	787
2018 House Vote: Republican	35%	(213)	65%	(393)	606
2018 House Vote: Someone else	41%	(25)	59%	(36)	61
2018 House Vote: Didnt Vote	29%	(214)	71%	(533)	747
4-Region: Northeast	35%	(136)	65%	(250)	386
4-Region: Midwest	36%	(163)	64%	(292)	455
4-Region: South	36%	(303)	64%	(536)	839
4-Region: West	31%	(160)	69%	(361)	521
Uses an App to Track Health	66%	(584)	34%	(300)	884

Table MCHE2: *Do you currently own and use any wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals, such as a smart watch, Garmin, or Fitbit?*

Demographic	Yes		No		Total N
Adults	35%	(762)	65%	(1439)	2201
Uses Wearable Fitness Tech	100%	(762)	—	(0)	762
Concerned About Privacy of Health Data	30%	(366)	70%	(858)	1225

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_1: *Do you currently track any of the following using an app?*

Exercise, fitness, pedometer or heart rate monitoring, includes specific types of exercise like running, ab workouts, yoga, etc.

Demographic	Yes		No		Total N
Adults	75%	(660)	25%	(224)	884
Gender: Male	77%	(324)	23%	(99)	423
Gender: Female	73%	(336)	27%	(125)	461
Age: 18-34	73%	(218)	27%	(79)	297
Age: 35-44	80%	(137)	20%	(33)	170
Age: 45-64	73%	(197)	27%	(74)	270
Age: 65+	74%	(109)	26%	(38)	147
GenZers: 1997-2012	67%	(82)	33%	(39)	121
Millennials: 1981-1996	78%	(245)	22%	(69)	315
GenXers: 1965-1980	74%	(164)	26%	(58)	222
Baby Boomers: 1946-1964	73%	(157)	27%	(57)	214
PID: Dem (no lean)	75%	(297)	25%	(98)	395
PID: Ind (no lean)	72%	(161)	28%	(64)	225
PID: Rep (no lean)	77%	(202)	23%	(62)	264
PID/Gender: Dem Men	78%	(149)	22%	(43)	192
PID/Gender: Dem Women	73%	(148)	27%	(55)	203
PID/Gender: Ind Men	71%	(77)	29%	(32)	109
PID/Gender: Ind Women	72%	(84)	28%	(32)	116
PID/Gender: Rep Men	80%	(98)	20%	(24)	122
PID/Gender: Rep Women	73%	(104)	27%	(38)	142
Ideo: Liberal (1-3)	75%	(227)	25%	(76)	303
Ideo: Moderate (4)	71%	(206)	29%	(84)	290
Ideo: Conservative (5-7)	79%	(202)	21%	(54)	256
Educ: < College	70%	(354)	30%	(152)	506
Educ: Bachelors degree	77%	(187)	23%	(57)	245
Educ: Post-grad	89%	(118)	11%	(15)	133
Income: Under 50k	67%	(257)	33%	(125)	383
Income: 50k-100k	75%	(222)	25%	(74)	297
Income: 100k+	88%	(181)	12%	(24)	205
Ethnicity: White	74%	(507)	26%	(181)	688
Ethnicity: Hispanic	73%	(126)	27%	(48)	174
Ethnicity: Black	78%	(81)	22%	(22)	103

Table MCHE3_1: *Do you currently track any of the following using an app?*

Exercise, fitness, pedometer or heart rate monitoring, includes specific types of exercise like running, ab workouts, yoga, etc.

Demographic	Yes		No		Total N
Adults	75%	(660)	25%	(224)	884
Ethnicity: Other	78%	(73)	22%	(21)	94
All Christian	76%	(334)	24%	(104)	438
All Non-Christian	74%	(51)	26%	(18)	70
Agnostic/Nothing in particular	74%	(160)	26%	(58)	218
Something Else	72%	(88)	28%	(34)	122
Religious Non-Protestant/Catholic	74%	(55)	26%	(19)	75
Evangelical	73%	(152)	27%	(56)	208
Non-Evangelical	77%	(259)	23%	(78)	337
Community: Urban	69%	(174)	31%	(77)	251
Community: Suburban	81%	(329)	19%	(79)	408
Community: Rural	70%	(157)	30%	(68)	225
Employ: Private Sector	80%	(299)	20%	(77)	376
Employ: Government	81%	(44)	19%	(10)	54
Employ: Self-Employed	73%	(51)	27%	(19)	70
Employ: Homemaker	65%	(36)	35%	(20)	55
Employ: Retired	73%	(143)	27%	(53)	196
Employ: Unemployed	69%	(50)	31%	(23)	72
Military HH: Yes	82%	(92)	18%	(20)	113
Military HH: No	74%	(568)	26%	(204)	772
RD/WT: Right Direction	73%	(251)	27%	(93)	344
RD/WT: Wrong Track	76%	(409)	24%	(131)	540
Biden Job Approve	75%	(319)	25%	(108)	427
Biden Job Disapprove	75%	(329)	25%	(108)	437
Biden Job Strongly Approve	69%	(137)	31%	(61)	199
Biden Job Somewhat Approve	79%	(181)	21%	(47)	228
Biden Job Somewhat Disapprove	77%	(114)	23%	(34)	148
Biden Job Strongly Disapprove	74%	(215)	26%	(74)	290
Favorable of Biden	75%	(323)	25%	(109)	432
Unfavorable of Biden	75%	(307)	25%	(102)	409

Table MCHE3_1: *Do you currently track any of the following using an app?*

Exercise, fitness, pedometer or heart rate monitoring, includes specific types of exercise like running, ab workouts, yoga, etc.

Demographic	Yes		No		Total N
Adults	75%	(660)	25%	(224)	884
Very Favorable of Biden	70%	(157)	30%	(67)	223
Somewhat Favorable of Biden	80%	(166)	20%	(42)	209
Somewhat Unfavorable of Biden	70%	(87)	30%	(37)	124
Very Unfavorable of Biden	77%	(221)	23%	(65)	285
#1 Issue: Economy	78%	(300)	22%	(85)	385
#1 Issue: Security	77%	(73)	23%	(21)	94
#1 Issue: Health Care	78%	(69)	22%	(19)	88
#1 Issue: Medicare / Social Security	71%	(65)	29%	(26)	91
#1 Issue: Women's Issues	70%	(72)	30%	(31)	103
#1 Issue: Energy	64%	(31)	36%	(18)	50
2022 House Vote: Democrat	76%	(321)	24%	(100)	420
2022 House Vote: Republican	77%	(201)	23%	(61)	262
2022 House Vote: Didnt Vote	67%	(119)	33%	(59)	178
2020 Vote: Joe Biden	77%	(337)	23%	(102)	439
2020 Vote: Donald Trump	78%	(205)	22%	(58)	263
2020 Vote: Didn't Vote	64%	(99)	36%	(55)	153
2018 House Vote: Democrat	76%	(277)	24%	(89)	366
2018 House Vote: Republican	81%	(187)	19%	(44)	231
2018 House Vote: Didnt Vote	67%	(173)	33%	(87)	259
4-Region: Northeast	80%	(133)	20%	(33)	166
4-Region: Midwest	74%	(140)	26%	(49)	189
4-Region: South	75%	(254)	25%	(87)	341
4-Region: West	70%	(132)	30%	(56)	188
Uses an App to Track Health	75%	(660)	25%	(224)	884
Uses Wearable Fitness Tech	87%	(509)	13%	(75)	584
Concerned About Privacy of Health Data	71%	(325)	29%	(133)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_2: *Do you currently track any of the following using an app?*

Diet, food, calorie counter, etc.

Demographic	Yes		No		Total N
Adults	41%	(365)	59%	(520)	884
Gender: Male	43%	(182)	57%	(240)	423
Gender: Female	39%	(182)	61%	(279)	461
Age: 18-34	53%	(156)	47%	(141)	297
Age: 35-44	47%	(80)	53%	(90)	170
Age: 45-64	33%	(90)	67%	(180)	270
Age: 65+	26%	(38)	74%	(109)	147
GenZers: 1997-2012	52%	(63)	48%	(58)	121
Millennials: 1981-1996	49%	(154)	51%	(161)	315
GenXers: 1965-1980	40%	(89)	60%	(133)	222
Baby Boomers: 1946-1964	25%	(53)	75%	(161)	214
PID: Dem (no lean)	44%	(176)	56%	(219)	395
PID: Ind (no lean)	39%	(88)	61%	(137)	225
PID: Rep (no lean)	38%	(101)	62%	(163)	264
PID/Gender: Dem Men	48%	(92)	52%	(99)	192
PID/Gender: Dem Women	41%	(83)	59%	(120)	203
PID/Gender: Ind Men	42%	(46)	58%	(63)	109
PID/Gender: Ind Women	36%	(42)	64%	(74)	116
PID/Gender: Rep Men	36%	(44)	64%	(78)	122
PID/Gender: Rep Women	40%	(57)	60%	(85)	142
Ideo: Liberal (1-3)	47%	(144)	53%	(160)	303
Ideo: Moderate (4)	40%	(116)	60%	(173)	290
Ideo: Conservative (5-7)	37%	(95)	63%	(161)	256
Educ: < College	40%	(204)	60%	(302)	506
Educ: Bachelors degree	43%	(105)	57%	(140)	245
Educ: Post-grad	42%	(56)	58%	(77)	133
Income: Under 50k	34%	(131)	66%	(251)	383
Income: 50k-100k	47%	(139)	53%	(158)	297
Income: 100k+	46%	(95)	54%	(110)	205
Ethnicity: White	41%	(281)	59%	(406)	688
Ethnicity: Hispanic	46%	(81)	54%	(93)	174
Ethnicity: Black	45%	(46)	55%	(57)	103

Continued on next page

Table MCHE3_2: *Do you currently track any of the following using an app?*

Diet, food, calorie counter, etc.

Demographic	Yes		No		Total N
Adults	41%	(365)	59%	(520)	884
Ethnicity: Other	40%	(37)	60%	(57)	94
All Christian	43%	(187)	57%	(250)	438
All Non-Christian	45%	(32)	55%	(38)	70
Agnostic/Nothing in particular	35%	(77)	65%	(141)	218
Something Else	44%	(54)	56%	(68)	122
Religious Non-Protestant/Catholic	47%	(35)	53%	(39)	75
Evangelical	40%	(84)	60%	(124)	208
Non-Evangelical	44%	(150)	56%	(187)	337
Community: Urban	45%	(112)	55%	(139)	251
Community: Suburban	43%	(174)	57%	(234)	408
Community: Rural	35%	(78)	65%	(147)	225
Employ: Private Sector	51%	(190)	49%	(186)	376
Employ: Government	47%	(25)	53%	(29)	54
Employ: Self-Employed	41%	(29)	59%	(41)	70
Employ: Homemaker	37%	(20)	63%	(35)	55
Employ: Retired	25%	(49)	75%	(147)	196
Employ: Unemployed	35%	(26)	65%	(47)	72
Military HH: Yes	36%	(40)	64%	(72)	113
Military HH: No	42%	(324)	58%	(447)	772
RD/WT: Right Direction	42%	(146)	58%	(198)	344
RD/WT: Wrong Track	40%	(219)	60%	(322)	540
Biden Job Approve	43%	(184)	57%	(243)	427
Biden Job Disapprove	40%	(175)	60%	(262)	437
Biden Job Strongly Approve	45%	(88)	55%	(110)	199
Biden Job Somewhat Approve	42%	(96)	58%	(133)	228
Biden Job Somewhat Disapprove	45%	(66)	55%	(82)	148
Biden Job Strongly Disapprove	38%	(109)	62%	(180)	290
Favorable of Biden	44%	(192)	56%	(240)	432
Unfavorable of Biden	39%	(161)	61%	(248)	409

Table MCHE3_2: *Do you currently track any of the following using an app?*

Diet, food, calorie counter, etc.

Demographic	Yes		No		Total N
Adults	41%	(365)	59%	(520)	884
Very Favorable of Biden	43%	(97)	57%	(127)	223
Somewhat Favorable of Biden	46%	(95)	54%	(113)	209
Somewhat Unfavorable of Biden	46%	(56)	54%	(67)	124
Very Unfavorable of Biden	37%	(105)	63%	(181)	285
#1 Issue: Economy	43%	(165)	57%	(220)	385
#1 Issue: Security	37%	(34)	63%	(60)	94
#1 Issue: Health Care	45%	(40)	55%	(48)	88
#1 Issue: Medicare / Social Security	31%	(28)	69%	(63)	91
#1 Issue: Women's Issues	41%	(42)	59%	(60)	103
#1 Issue: Energy	50%	(25)	50%	(25)	50
2022 House Vote: Democrat	42%	(178)	58%	(242)	420
2022 House Vote: Republican	42%	(110)	58%	(152)	262
2022 House Vote: Didnt Vote	38%	(68)	62%	(110)	178
2020 Vote: Joe Biden	44%	(192)	56%	(248)	439
2020 Vote: Donald Trump	39%	(102)	61%	(161)	263
2020 Vote: Didn't Vote	42%	(64)	58%	(89)	153
2018 House Vote: Democrat	42%	(153)	58%	(213)	366
2018 House Vote: Republican	39%	(90)	61%	(142)	231
2018 House Vote: Didnt Vote	45%	(116)	55%	(143)	259
4-Region: Northeast	40%	(66)	60%	(100)	166
4-Region: Midwest	44%	(83)	56%	(106)	189
4-Region: South	41%	(139)	59%	(202)	341
4-Region: West	41%	(77)	59%	(112)	188
Uses an App to Track Health	41%	(365)	59%	(520)	884
Uses Wearable Fitness Tech	49%	(285)	51%	(299)	584
Concerned About Privacy of Health Data	41%	(189)	59%	(269)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_3: *Do you currently track any of the following using an app?*
Weight

Demographic	Yes		No		Total N
Adults	46%	(410)	54%	(474)	884
Gender: Male	46%	(196)	54%	(226)	423
Gender: Female	46%	(214)	54%	(247)	461
Age: 18-34	54%	(159)	46%	(138)	297
Age: 35-44	57%	(97)	43%	(73)	170
Age: 45-64	41%	(111)	59%	(159)	270
Age: 65+	29%	(43)	71%	(104)	147
GenZers: 1997-2012	55%	(66)	45%	(55)	121
Millennials: 1981-1996	53%	(167)	47%	(147)	315
GenXers: 1965-1980	50%	(112)	50%	(111)	222
Baby Boomers: 1946-1964	29%	(63)	71%	(152)	214
PID: Dem (no lean)	44%	(174)	56%	(221)	395
PID: Ind (no lean)	44%	(98)	56%	(127)	225
PID: Rep (no lean)	53%	(139)	47%	(126)	264
PID/Gender: Dem Men	48%	(91)	52%	(100)	192
PID/Gender: Dem Women	41%	(83)	59%	(121)	203
PID/Gender: Ind Men	44%	(48)	56%	(61)	109
PID/Gender: Ind Women	43%	(50)	57%	(66)	116
PID/Gender: Rep Men	47%	(57)	53%	(65)	122
PID/Gender: Rep Women	57%	(82)	43%	(60)	142
Ideo: Liberal (1-3)	50%	(150)	50%	(153)	303
Ideo: Moderate (4)	43%	(124)	57%	(166)	290
Ideo: Conservative (5-7)	48%	(124)	52%	(133)	256
Educ: < College	47%	(239)	53%	(267)	506
Educ: Bachelors degree	41%	(101)	59%	(144)	245
Educ: Post-grad	53%	(70)	47%	(63)	133
Income: Under 50k	44%	(169)	56%	(214)	383
Income: 50k-100k	46%	(136)	54%	(161)	297
Income: 100k+	52%	(106)	48%	(99)	205
Ethnicity: White	47%	(325)	53%	(363)	688
Ethnicity: Hispanic	49%	(86)	51%	(88)	174
Ethnicity: Black	53%	(55)	47%	(48)	103

Table MCHE3_3: *Do you currently track any of the following using an app?*

Weight

Demographic	Yes		No		Total N
Adults	46%	(410)	54%	(474)	884
Ethnicity: Other	33%	(31)	67%	(63)	94
All Christian	45%	(197)	55%	(241)	438
All Non-Christian	53%	(37)	47%	(33)	70
Agnostic/Nothing in particular	42%	(92)	58%	(125)	218
Something Else	55%	(67)	45%	(55)	122
Religious Non-Protestant/Catholic	51%	(38)	49%	(36)	75
Evangelical	51%	(106)	49%	(102)	208
Non-Evangelical	45%	(151)	55%	(186)	337
Community: Urban	46%	(115)	54%	(136)	251
Community: Suburban	44%	(178)	56%	(231)	408
Community: Rural	52%	(118)	48%	(107)	225
Employ: Private Sector	51%	(191)	49%	(184)	376
Employ: Government	55%	(30)	45%	(24)	54
Employ: Self-Employed	55%	(38)	45%	(32)	70
Employ: Homemaker	60%	(33)	40%	(22)	55
Employ: Retired	31%	(60)	69%	(136)	196
Employ: Unemployed	40%	(29)	60%	(43)	72
Military HH: Yes	48%	(54)	52%	(59)	113
Military HH: No	46%	(357)	54%	(415)	772
RD/WT: Right Direction	46%	(157)	54%	(187)	344
RD/WT: Wrong Track	47%	(253)	53%	(287)	540
Biden Job Approve	44%	(186)	56%	(241)	427
Biden Job Disapprove	49%	(215)	51%	(222)	437
Biden Job Strongly Approve	44%	(87)	56%	(112)	199
Biden Job Somewhat Approve	44%	(99)	56%	(129)	228
Biden Job Somewhat Disapprove	46%	(68)	54%	(79)	148
Biden Job Strongly Disapprove	51%	(147)	49%	(142)	290
Favorable of Biden	45%	(196)	55%	(236)	432
Unfavorable of Biden	49%	(198)	51%	(211)	409

Table MCHE3_3: *Do you currently track any of the following using an app?*

Weight

Demographic	Yes		No		Total N
Adults	46%	(410)	54%	(474)	884
Very Favorable of Biden	45%	(101)	55%	(123)	223
Somewhat Favorable of Biden	46%	(95)	54%	(113)	209
Somewhat Unfavorable of Biden	53%	(65)	47%	(59)	124
Very Unfavorable of Biden	47%	(133)	53%	(152)	285
#1 Issue: Economy	47%	(181)	53%	(203)	385
#1 Issue: Security	45%	(42)	55%	(52)	94
#1 Issue: Health Care	52%	(46)	48%	(43)	88
#1 Issue: Medicare / Social Security	40%	(37)	60%	(55)	91
#1 Issue: Women's Issues	39%	(40)	61%	(63)	103
#1 Issue: Energy	54%	(27)	46%	(23)	50
2022 House Vote: Democrat	42%	(175)	58%	(245)	420
2022 House Vote: Republican	52%	(138)	48%	(125)	262
2022 House Vote: Didnt Vote	48%	(86)	52%	(92)	178
2020 Vote: Joe Biden	42%	(187)	58%	(253)	439
2020 Vote: Donald Trump	52%	(136)	48%	(126)	263
2020 Vote: Didn't Vote	52%	(80)	48%	(73)	153
2018 House Vote: Democrat	43%	(157)	57%	(209)	366
2018 House Vote: Republican	52%	(120)	48%	(111)	231
2018 House Vote: Didnt Vote	49%	(126)	51%	(134)	259
4-Region: Northeast	47%	(78)	53%	(87)	166
4-Region: Midwest	46%	(86)	54%	(103)	189
4-Region: South	51%	(174)	49%	(167)	341
4-Region: West	38%	(71)	62%	(117)	188
Uses an App to Track Health	46%	(410)	54%	(474)	884
Uses Wearable Fitness Tech	55%	(323)	45%	(261)	584
Concerned About Privacy of Health Data	50%	(230)	50%	(229)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_4: *Do you currently track any of the following using an app?*

Period or menstrual cycle

Demographic	Yes		No		Total N
Adults	21%	(183)	79%	(701)	884
Gender: Male	6%	(26)	94%	(397)	423
Gender: Female	34%	(157)	66%	(305)	461
Age: 18-34	40%	(119)	60%	(178)	297
Age: 35-44	24%	(41)	76%	(129)	170
Age: 45-64	8%	(22)	92%	(248)	270
Age: 65+	—	(0)	100%	(147)	147
GenZers: 1997-2012	47%	(57)	53%	(64)	121
Millennials: 1981-1996	31%	(96)	69%	(218)	315
GenXers: 1965-1980	13%	(29)	87%	(194)	222
Baby Boomers: 1946-1964	—	(1)	100%	(213)	214
PID: Dem (no lean)	21%	(84)	79%	(311)	395
PID: Ind (no lean)	23%	(53)	77%	(172)	225
PID: Rep (no lean)	17%	(46)	83%	(218)	264
PID/Gender: Dem Men	10%	(18)	90%	(173)	192
PID/Gender: Dem Women	32%	(66)	68%	(138)	203
PID/Gender: Ind Men	1%	(1)	99%	(108)	109
PID/Gender: Ind Women	45%	(52)	55%	(64)	116
PID/Gender: Rep Men	5%	(7)	95%	(116)	122
PID/Gender: Rep Women	28%	(39)	72%	(103)	142
Ideo: Liberal (1-3)	24%	(74)	76%	(229)	303
Ideo: Moderate (4)	19%	(55)	81%	(235)	290
Ideo: Conservative (5-7)	17%	(44)	83%	(213)	256
Educ: < College	21%	(108)	79%	(398)	506
Educ: Bachelors degree	20%	(48)	80%	(196)	245
Educ: Post-grad	20%	(27)	80%	(107)	133
Income: Under 50k	22%	(83)	78%	(300)	383
Income: 50k-100k	20%	(58)	80%	(238)	297
Income: 100k+	20%	(42)	80%	(163)	205
Ethnicity: White	19%	(130)	81%	(558)	688
Ethnicity: Hispanic	26%	(45)	74%	(129)	174
Ethnicity: Black	33%	(34)	67%	(69)	103

Table MCHE3_4: *Do you currently track any of the following using an app?*

Period or menstrual cycle

Demographic	Yes		No		Total N
Adults	21%	(183)	79%	(701)	884
Ethnicity: Other	20%	(19)	80%	(75)	94
All Christian	17%	(76)	83%	(362)	438
All Non-Christian	17%	(12)	83%	(58)	70
Agnostic/Nothing in particular	23%	(49)	77%	(169)	218
Something Else	35%	(42)	65%	(80)	122
Religious Non-Protestant/Catholic	17%	(13)	83%	(62)	75
Evangelical	29%	(59)	71%	(148)	208
Non-Evangelical	17%	(56)	83%	(281)	337
Community: Urban	23%	(58)	77%	(192)	251
Community: Suburban	19%	(78)	81%	(330)	408
Community: Rural	20%	(46)	80%	(179)	225
Employ: Private Sector	22%	(83)	78%	(293)	376
Employ: Government	34%	(18)	66%	(36)	54
Employ: Self-Employed	29%	(20)	71%	(50)	70
Employ: Homemaker	37%	(20)	63%	(35)	55
Employ: Retired	1%	(2)	99%	(194)	196
Employ: Unemployed	21%	(15)	79%	(57)	72
Military HH: Yes	12%	(13)	88%	(99)	113
Military HH: No	22%	(169)	78%	(602)	772
RD/WT: Right Direction	20%	(69)	80%	(275)	344
RD/WT: Wrong Track	21%	(114)	79%	(427)	540
Biden Job Approve	21%	(89)	79%	(338)	427
Biden Job Disapprove	20%	(88)	80%	(349)	437
Biden Job Strongly Approve	17%	(34)	83%	(165)	199
Biden Job Somewhat Approve	24%	(55)	76%	(174)	228
Biden Job Somewhat Disapprove	23%	(33)	77%	(114)	148
Biden Job Strongly Disapprove	19%	(55)	81%	(235)	290
Favorable of Biden	18%	(80)	82%	(352)	432
Unfavorable of Biden	22%	(91)	78%	(318)	409

Table MCHE3_4: *Do you currently track any of the following using an app?*

Period or menstrual cycle

Demographic	Yes		No		Total N
Adults	21%	(183)	79%	(701)	884
Very Favorable of Biden	16%	(36)	84%	(188)	223
Somewhat Favorable of Biden	21%	(44)	79%	(164)	209
Somewhat Unfavorable of Biden	37%	(45)	63%	(78)	124
Very Unfavorable of Biden	16%	(46)	84%	(240)	285
#1 Issue: Economy	19%	(74)	81%	(310)	385
#1 Issue: Security	21%	(20)	79%	(74)	94
#1 Issue: Health Care	21%	(19)	79%	(70)	88
#1 Issue: Medicare / Social Security	5%	(4)	95%	(87)	91
#1 Issue: Women's Issues	33%	(34)	67%	(68)	103
#1 Issue: Energy	23%	(11)	77%	(38)	50
2022 House Vote: Democrat	20%	(82)	80%	(338)	420
2022 House Vote: Republican	15%	(39)	85%	(223)	262
2022 House Vote: Didnt Vote	32%	(56)	68%	(122)	178
2020 Vote: Joe Biden	20%	(88)	80%	(351)	439
2020 Vote: Donald Trump	17%	(44)	83%	(218)	263
2020 Vote: Didn't Vote	30%	(46)	70%	(108)	153
2018 House Vote: Democrat	18%	(66)	82%	(300)	366
2018 House Vote: Republican	15%	(34)	85%	(197)	231
2018 House Vote: Didnt Vote	31%	(80)	69%	(180)	259
4-Region: Northeast	16%	(26)	84%	(139)	166
4-Region: Midwest	20%	(39)	80%	(151)	189
4-Region: South	26%	(87)	74%	(254)	341
4-Region: West	16%	(30)	84%	(158)	188
Uses an App to Track Health	21%	(183)	79%	(701)	884
Uses Wearable Fitness Tech	22%	(129)	78%	(454)	584
Concerned About Privacy of Health Data	21%	(98)	79%	(361)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_5: *Do you currently track any of the following using an app?*

Blood pressure

Demographic	Yes		No		Total N
Adults	36%	(314)	64%	(570)	884
Gender: Male	41%	(173)	59%	(250)	423
Gender: Female	31%	(141)	69%	(320)	461
Age: 18-34	33%	(99)	67%	(198)	297
Age: 35-44	39%	(67)	61%	(103)	170
Age: 45-64	36%	(96)	64%	(174)	270
Age: 65+	36%	(52)	64%	(95)	147
GenZers: 1997-2012	30%	(36)	70%	(85)	121
Millennials: 1981-1996	38%	(119)	62%	(196)	315
GenXers: 1965-1980	39%	(86)	61%	(136)	222
Baby Boomers: 1946-1964	31%	(67)	69%	(147)	214
PID: Dem (no lean)	33%	(131)	67%	(264)	395
PID: Ind (no lean)	38%	(85)	62%	(140)	225
PID: Rep (no lean)	37%	(99)	63%	(166)	264
PID/Gender: Dem Men	44%	(84)	56%	(107)	192
PID/Gender: Dem Women	23%	(47)	77%	(157)	203
PID/Gender: Ind Men	41%	(44)	59%	(65)	109
PID/Gender: Ind Women	35%	(40)	65%	(75)	116
PID/Gender: Rep Men	37%	(45)	63%	(78)	122
PID/Gender: Rep Women	38%	(54)	62%	(88)	142
Ideo: Liberal (1-3)	35%	(107)	65%	(196)	303
Ideo: Moderate (4)	35%	(101)	65%	(188)	290
Ideo: Conservative (5-7)	37%	(96)	63%	(161)	256
Educ: < College	37%	(188)	63%	(318)	506
Educ: Bachelors degree	33%	(80)	67%	(165)	245
Educ: Post-grad	35%	(47)	65%	(87)	133
Income: Under 50k	36%	(137)	64%	(245)	383
Income: 50k-100k	35%	(104)	65%	(193)	297
Income: 100k+	36%	(73)	64%	(132)	205
Ethnicity: White	35%	(238)	65%	(449)	688
Ethnicity: Hispanic	39%	(68)	61%	(106)	174
Ethnicity: Black	49%	(51)	51%	(52)	103

Table MCHE3_5: *Do you currently track any of the following using an app?*

Blood pressure

Demographic	Yes		No		Total N
Adults	36%	(314)	64%	(570)	884
Ethnicity: Other	27%	(25)	73%	(69)	94
All Christian	36%	(157)	64%	(280)	438
All Non-Christian	43%	(30)	57%	(40)	70
Agnostic/Nothing in particular	32%	(70)	68%	(148)	218
Something Else	43%	(53)	57%	(69)	122
Religious Non-Protestant/Catholic	44%	(33)	56%	(42)	75
Evangelical	43%	(90)	57%	(118)	208
Non-Evangelical	34%	(113)	66%	(223)	337
Community: Urban	39%	(97)	61%	(153)	251
Community: Suburban	34%	(139)	66%	(269)	408
Community: Rural	34%	(77)	66%	(148)	225
Employ: Private Sector	38%	(141)	62%	(235)	376
Employ: Government	39%	(21)	61%	(33)	54
Employ: Self-Employed	39%	(27)	61%	(43)	70
Employ: Homemaker	37%	(20)	63%	(35)	55
Employ: Retired	37%	(73)	63%	(123)	196
Employ: Unemployed	26%	(19)	74%	(53)	72
Military HH: Yes	45%	(50)	55%	(62)	113
Military HH: No	34%	(264)	66%	(508)	772
RD/WT: Right Direction	40%	(138)	60%	(206)	344
RD/WT: Wrong Track	33%	(176)	67%	(364)	540
Biden Job Approve	37%	(157)	63%	(270)	427
Biden Job Disapprove	34%	(151)	66%	(287)	437
Biden Job Strongly Approve	44%	(88)	56%	(111)	199
Biden Job Somewhat Approve	30%	(69)	70%	(159)	228
Biden Job Somewhat Disapprove	30%	(45)	70%	(103)	148
Biden Job Strongly Disapprove	37%	(106)	63%	(184)	290
Favorable of Biden	38%	(163)	62%	(269)	432
Unfavorable of Biden	34%	(138)	66%	(271)	409

Table MCHE3_5: *Do you currently track any of the following using an app?*

Blood pressure

Demographic	Yes		No		Total N
Adults	36%	(314)	64%	(570)	884
Very Favorable of Biden	43%	(95)	57%	(128)	223
Somewhat Favorable of Biden	33%	(68)	67%	(140)	209
Somewhat Unfavorable of Biden	34%	(42)	66%	(82)	124
Very Unfavorable of Biden	34%	(97)	66%	(189)	285
#1 Issue: Economy	34%	(130)	66%	(255)	385
#1 Issue: Security	38%	(36)	62%	(58)	94
#1 Issue: Health Care	32%	(29)	68%	(60)	88
#1 Issue: Medicare / Social Security	46%	(42)	54%	(49)	91
#1 Issue: Women's Issues	34%	(35)	66%	(68)	103
#1 Issue: Energy	31%	(15)	69%	(34)	50
2022 House Vote: Democrat	35%	(146)	65%	(274)	420
2022 House Vote: Republican	44%	(114)	56%	(148)	262
2022 House Vote: Didnt Vote	25%	(45)	75%	(133)	178
2020 Vote: Joe Biden	36%	(157)	64%	(282)	439
2020 Vote: Donald Trump	41%	(107)	59%	(156)	263
2020 Vote: Didn't Vote	30%	(46)	70%	(107)	153
2018 House Vote: Democrat	36%	(132)	64%	(234)	366
2018 House Vote: Republican	41%	(95)	59%	(136)	231
2018 House Vote: Didnt Vote	31%	(82)	69%	(178)	259
4-Region: Northeast	32%	(53)	68%	(113)	166
4-Region: Midwest	34%	(64)	66%	(125)	189
4-Region: South	38%	(130)	62%	(211)	341
4-Region: West	36%	(67)	64%	(121)	188
Uses an App to Track Health	36%	(314)	64%	(570)	884
Uses Wearable Fitness Tech	42%	(248)	58%	(336)	584
Concerned About Privacy of Health Data	38%	(173)	62%	(286)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_6: *Do you currently track any of the following using an app?*

Pregnancy

Demographic	Yes		No		Total N
Adults	7%	(64)	93%	(820)	884
Gender: Male	6%	(25)	94%	(398)	423
Gender: Female	8%	(39)	92%	(423)	461
Age: 18-34	12%	(36)	88%	(261)	297
Age: 35-44	10%	(18)	90%	(152)	170
Age: 45-64	3%	(9)	97%	(261)	270
Age: 65+	1%	(1)	99%	(146)	147
GenZers: 1997-2012	10%	(12)	90%	(109)	121
Millennials: 1981-1996	13%	(42)	87%	(273)	315
GenXers: 1965-1980	3%	(7)	97%	(216)	222
Baby Boomers: 1946-1964	2%	(3)	98%	(211)	214
PID: Dem (no lean)	9%	(34)	91%	(361)	395
PID: Ind (no lean)	5%	(12)	95%	(213)	225
PID: Rep (no lean)	7%	(18)	93%	(246)	264
PID/Gender: Dem Men	9%	(18)	91%	(174)	192
PID/Gender: Dem Women	8%	(16)	92%	(187)	203
PID/Gender: Ind Men	3%	(3)	97%	(106)	109
PID/Gender: Ind Women	7%	(8)	93%	(107)	116
PID/Gender: Rep Men	3%	(4)	97%	(118)	122
PID/Gender: Rep Women	10%	(14)	90%	(128)	142
Ideo: Liberal (1-3)	7%	(22)	93%	(282)	303
Ideo: Moderate (4)	5%	(16)	95%	(274)	290
Ideo: Conservative (5-7)	7%	(19)	93%	(237)	256
Educ: < College	6%	(28)	94%	(478)	506
Educ: Bachelors degree	8%	(19)	92%	(225)	245
Educ: Post-grad	12%	(16)	88%	(117)	133
Income: Under 50k	6%	(23)	94%	(360)	383
Income: 50k-100k	6%	(18)	94%	(279)	297
Income: 100k+	11%	(23)	89%	(182)	205
Ethnicity: White	6%	(44)	94%	(643)	688
Ethnicity: Hispanic	5%	(9)	95%	(165)	174
Ethnicity: Black	15%	(15)	85%	(88)	103

Table MCHE3_6: *Do you currently track any of the following using an app?*

Pregnancy

Demographic	Yes		No		Total N
Adults	7%	(64)	93%	(820)	884
Ethnicity: Other	5%	(5)	95%	(89)	94
All Christian	8%	(37)	92%	(401)	438
All Non-Christian	8%	(5)	92%	(64)	70
Agnostic/Nothing in particular	4%	(9)	96%	(209)	218
Something Else	10%	(12)	90%	(110)	122
Religious Non-Protestant/Catholic	7%	(6)	93%	(69)	75
Evangelical	13%	(27)	87%	(181)	208
Non-Evangelical	6%	(19)	94%	(318)	337
Community: Urban	14%	(34)	86%	(217)	251
Community: Suburban	4%	(17)	96%	(391)	408
Community: Rural	6%	(13)	94%	(213)	225
Employ: Private Sector	8%	(31)	92%	(345)	376
Employ: Government	15%	(8)	85%	(46)	54
Employ: Self-Employed	14%	(9)	86%	(61)	70
Employ: Homemaker	5%	(3)	95%	(53)	55
Employ: Retired	2%	(3)	98%	(193)	196
Employ: Unemployed	9%	(6)	91%	(66)	72
Military HH: Yes	6%	(7)	94%	(105)	113
Military HH: No	7%	(57)	93%	(715)	772
RD/WT: Right Direction	11%	(37)	89%	(307)	344
RD/WT: Wrong Track	5%	(27)	95%	(514)	540
Biden Job Approve	9%	(40)	91%	(387)	427
Biden Job Disapprove	5%	(20)	95%	(417)	437
Biden Job Strongly Approve	12%	(24)	88%	(175)	199
Biden Job Somewhat Approve	7%	(16)	93%	(212)	228
Biden Job Somewhat Disapprove	3%	(4)	97%	(144)	148
Biden Job Strongly Disapprove	6%	(17)	94%	(273)	290
Favorable of Biden	9%	(40)	91%	(391)	432
Unfavorable of Biden	5%	(19)	95%	(390)	409

Table MCHE3_6: *Do you currently track any of the following using an app?*

Pregnancy

Demographic	Yes		No		Total N
Adults	7%	(64)	93%	(820)	884
Very Favorable of Biden	10%	(23)	90%	(200)	223
Somewhat Favorable of Biden	8%	(17)	92%	(191)	209
Somewhat Unfavorable of Biden	3%	(3)	97%	(120)	124
Very Unfavorable of Biden	5%	(15)	95%	(270)	285
#1 Issue: Economy	7%	(27)	93%	(358)	385
#1 Issue: Security	2%	(2)	98%	(92)	94
#1 Issue: Health Care	11%	(10)	89%	(78)	88
#1 Issue: Medicare / Social Security	4%	(3)	96%	(88)	91
#1 Issue: Women's Issues	12%	(12)	88%	(90)	103
#1 Issue: Energy	1%	(1)	99%	(49)	50
2022 House Vote: Democrat	8%	(35)	92%	(386)	420
2022 House Vote: Republican	6%	(17)	94%	(246)	262
2022 House Vote: Didnt Vote	7%	(12)	93%	(166)	178
2020 Vote: Joe Biden	8%	(36)	92%	(403)	439
2020 Vote: Donald Trump	5%	(14)	95%	(249)	263
2020 Vote: Didn't Vote	9%	(13)	91%	(140)	153
2018 House Vote: Democrat	9%	(33)	91%	(333)	366
2018 House Vote: Republican	5%	(12)	95%	(219)	231
2018 House Vote: Didnt Vote	7%	(18)	93%	(241)	259
4-Region: Northeast	7%	(12)	93%	(154)	166
4-Region: Midwest	6%	(12)	94%	(178)	189
4-Region: South	8%	(26)	92%	(315)	341
4-Region: West	8%	(14)	92%	(174)	188
Uses an App to Track Health	7%	(64)	93%	(820)	884
Uses Wearable Fitness Tech	9%	(52)	91%	(532)	584
Concerned About Privacy of Health Data	8%	(39)	92%	(420)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_7: *Do you currently track any of the following using an app?*

Blood sugar or diabetes

Demographic	Yes		No		Total N
Adults	17%	(153)	83%	(732)	884
Gender: Male	22%	(91)	78%	(331)	423
Gender: Female	13%	(61)	87%	(400)	461
Age: 18-34	15%	(46)	85%	(251)	297
Age: 35-44	21%	(36)	79%	(134)	170
Age: 45-64	18%	(48)	82%	(222)	270
Age: 65+	15%	(22)	85%	(125)	147
GenZers: 1997-2012	11%	(13)	89%	(108)	121
Millennials: 1981-1996	19%	(59)	81%	(256)	315
GenXers: 1965-1980	23%	(51)	77%	(172)	222
Baby Boomers: 1946-1964	13%	(28)	87%	(187)	214
PID: Dem (no lean)	21%	(83)	79%	(312)	395
PID: Ind (no lean)	10%	(24)	90%	(201)	225
PID: Rep (no lean)	18%	(46)	82%	(218)	264
PID/Gender: Dem Men	29%	(56)	71%	(136)	192
PID/Gender: Dem Women	13%	(27)	87%	(177)	203
PID/Gender: Ind Men	12%	(13)	88%	(95)	109
PID/Gender: Ind Women	9%	(10)	91%	(106)	116
PID/Gender: Rep Men	18%	(22)	82%	(100)	122
PID/Gender: Rep Women	17%	(24)	83%	(118)	142
Ideo: Liberal (1-3)	22%	(67)	78%	(237)	303
Ideo: Moderate (4)	15%	(44)	85%	(246)	290
Ideo: Conservative (5-7)	16%	(42)	84%	(214)	256
Educ: < College	17%	(88)	83%	(418)	506
Educ: Bachelors degree	16%	(39)	84%	(205)	245
Educ: Post-grad	19%	(26)	81%	(108)	133
Income: Under 50k	18%	(69)	82%	(314)	383
Income: 50k-100k	15%	(44)	85%	(253)	297
Income: 100k+	19%	(39)	81%	(165)	205
Ethnicity: White	16%	(113)	84%	(575)	688
Ethnicity: Hispanic	25%	(43)	75%	(131)	174
Ethnicity: Black	29%	(30)	71%	(73)	103

Table MCHE3_7: *Do you currently track any of the following using an app?*

Blood sugar or diabetes

Demographic	Yes		No		Total N
Adults	17%	(153)	83%	(732)	884
Ethnicity: Other	11%	(10)	89%	(84)	94
All Christian	21%	(90)	79%	(347)	438
All Non-Christian	25%	(18)	75%	(52)	70
Agnostic/Nothing in particular	10%	(22)	90%	(196)	218
Something Else	16%	(19)	84%	(102)	122
Religious Non-Protestant/Catholic	25%	(19)	75%	(56)	75
Evangelical	22%	(46)	78%	(162)	208
Non-Evangelical	18%	(59)	82%	(278)	337
Community: Urban	23%	(58)	77%	(193)	251
Community: Suburban	16%	(64)	84%	(344)	408
Community: Rural	14%	(30)	86%	(195)	225
Employ: Private Sector	20%	(76)	80%	(300)	376
Employ: Government	20%	(11)	80%	(43)	54
Employ: Self-Employed	20%	(14)	80%	(56)	70
Employ: Homemaker	11%	(6)	89%	(49)	55
Employ: Retired	17%	(34)	83%	(162)	196
Employ: Unemployed	11%	(8)	89%	(64)	72
Military HH: Yes	23%	(26)	77%	(86)	113
Military HH: No	16%	(126)	84%	(645)	772
RD/WT: Right Direction	25%	(87)	75%	(257)	344
RD/WT: Wrong Track	12%	(66)	88%	(474)	540
Biden Job Approve	21%	(88)	79%	(339)	427
Biden Job Disapprove	14%	(61)	86%	(376)	437
Biden Job Strongly Approve	30%	(59)	70%	(140)	199
Biden Job Somewhat Approve	13%	(30)	87%	(199)	228
Biden Job Somewhat Disapprove	15%	(22)	85%	(125)	148
Biden Job Strongly Disapprove	14%	(39)	86%	(250)	290
Favorable of Biden	23%	(98)	77%	(334)	432
Unfavorable of Biden	12%	(49)	88%	(360)	409

Table MCHE3_7: *Do you currently track any of the following using an app?*

Blood sugar or diabetes

Demographic	Yes		No		Total N
Adults	17%	(153)	83%	(732)	884
Very Favorable of Biden	28%	(63)	72%	(160)	223
Somewhat Favorable of Biden	17%	(35)	83%	(174)	209
Somewhat Unfavorable of Biden	8%	(10)	92%	(113)	124
Very Unfavorable of Biden	14%	(39)	86%	(246)	285
#1 Issue: Economy	13%	(51)	87%	(333)	385
#1 Issue: Security	17%	(16)	83%	(77)	94
#1 Issue: Health Care	22%	(20)	78%	(69)	88
#1 Issue: Medicare / Social Security	24%	(22)	76%	(69)	91
#1 Issue: Women's Issues	20%	(20)	80%	(82)	103
#1 Issue: Energy	11%	(6)	89%	(44)	50
2022 House Vote: Democrat	21%	(87)	79%	(333)	420
2022 House Vote: Republican	17%	(44)	83%	(219)	262
2022 House Vote: Didnt Vote	11%	(20)	89%	(157)	178
2020 Vote: Joe Biden	20%	(90)	80%	(349)	439
2020 Vote: Donald Trump	14%	(37)	86%	(225)	263
2020 Vote: Didn't Vote	15%	(23)	85%	(131)	153
2018 House Vote: Democrat	22%	(81)	78%	(285)	366
2018 House Vote: Republican	19%	(45)	81%	(186)	231
2018 House Vote: Didnt Vote	10%	(26)	90%	(234)	259
4-Region: Northeast	17%	(28)	83%	(138)	166
4-Region: Midwest	15%	(29)	85%	(161)	189
4-Region: South	22%	(75)	78%	(266)	341
4-Region: West	11%	(21)	89%	(167)	188
Uses an App to Track Health	17%	(153)	83%	(732)	884
Uses Wearable Fitness Tech	19%	(112)	81%	(472)	584
Concerned About Privacy of Health Data	19%	(86)	81%	(372)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_8: *Do you currently track any of the following using an app?*

Medication management, tracking, alerts, etc.

Demographic	Yes		No		Total N
Adults	23%	(201)	77%	(683)	884
Gender: Male	25%	(106)	75%	(317)	423
Gender: Female	21%	(95)	79%	(366)	461
Age: 18-34	27%	(81)	73%	(216)	297
Age: 35-44	27%	(46)	73%	(124)	170
Age: 45-64	20%	(54)	80%	(216)	270
Age: 65+	14%	(20)	86%	(127)	147
GenZers: 1997-2012	30%	(36)	70%	(85)	121
Millennials: 1981-1996	27%	(86)	73%	(229)	315
GenXers: 1965-1980	21%	(46)	79%	(176)	222
Baby Boomers: 1946-1964	16%	(34)	84%	(181)	214
PID: Dem (no lean)	23%	(89)	77%	(306)	395
PID: Ind (no lean)	27%	(61)	73%	(164)	225
PID: Rep (no lean)	19%	(52)	81%	(213)	264
PID/Gender: Dem Men	29%	(56)	71%	(135)	192
PID/Gender: Dem Women	16%	(33)	84%	(170)	203
PID/Gender: Ind Men	28%	(30)	72%	(79)	109
PID/Gender: Ind Women	26%	(30)	74%	(85)	116
PID/Gender: Rep Men	16%	(20)	84%	(102)	122
PID/Gender: Rep Women	22%	(32)	78%	(110)	142
Ideo: Liberal (1-3)	28%	(84)	72%	(220)	303
Ideo: Moderate (4)	23%	(66)	77%	(224)	290
Ideo: Conservative (5-7)	19%	(48)	81%	(208)	256
Educ: < College	23%	(118)	77%	(389)	506
Educ: Bachelors degree	22%	(54)	78%	(190)	245
Educ: Post-grad	22%	(30)	78%	(104)	133
Income: Under 50k	23%	(88)	77%	(295)	383
Income: 50k-100k	23%	(69)	77%	(228)	297
Income: 100k+	22%	(45)	78%	(160)	205
Ethnicity: White	23%	(160)	77%	(528)	688
Ethnicity: Hispanic	30%	(51)	70%	(123)	174
Ethnicity: Black	27%	(28)	73%	(75)	103

Table MCHE3_8: *Do you currently track any of the following using an app?*

Medication management, tracking, alerts, etc.

Demographic	Yes		No		Total N
Adults	23%	(201)	77%	(683)	884
Ethnicity: Other	15%	(14)	85%	(80)	94
All Christian	21%	(93)	79%	(345)	438
All Non-Christian	31%	(22)	69%	(48)	70
Agnostic/Nothing in particular	20%	(43)	80%	(175)	218
Something Else	31%	(38)	69%	(83)	122
Religious Non-Protestant/Catholic	33%	(24)	67%	(50)	75
Evangelical	33%	(69)	67%	(139)	208
Non-Evangelical	17%	(57)	83%	(280)	337
Community: Urban	32%	(81)	68%	(169)	251
Community: Suburban	17%	(69)	83%	(339)	408
Community: Rural	23%	(51)	77%	(174)	225
Employ: Private Sector	24%	(89)	76%	(287)	376
Employ: Government	24%	(13)	76%	(41)	54
Employ: Self-Employed	28%	(20)	72%	(50)	70
Employ: Homemaker	27%	(15)	73%	(40)	55
Employ: Retired	18%	(35)	82%	(162)	196
Employ: Unemployed	21%	(15)	79%	(57)	72
Military HH: Yes	20%	(22)	80%	(90)	113
Military HH: No	23%	(179)	77%	(592)	772
RD/WT: Right Direction	30%	(103)	70%	(241)	344
RD/WT: Wrong Track	18%	(99)	82%	(442)	540
Biden Job Approve	26%	(110)	74%	(318)	427
Biden Job Disapprove	20%	(87)	80%	(350)	437
Biden Job Strongly Approve	34%	(67)	66%	(132)	199
Biden Job Somewhat Approve	19%	(43)	81%	(186)	228
Biden Job Somewhat Disapprove	20%	(29)	80%	(118)	148
Biden Job Strongly Disapprove	20%	(58)	80%	(232)	290
Favorable of Biden	25%	(107)	75%	(325)	432
Unfavorable of Biden	21%	(87)	79%	(322)	409

Table MCHE3_8: *Do you currently track any of the following using an app?*
Medication management, tracking, alerts, etc.

Demographic	Yes		No		Total N
Adults	23%	(201)	77%	(683)	884
Very Favorable of Biden	31%	(69)	69%	(154)	223
Somewhat Favorable of Biden	18%	(38)	82%	(171)	209
Somewhat Unfavorable of Biden	29%	(36)	71%	(88)	124
Very Unfavorable of Biden	18%	(51)	82%	(234)	285
#1 Issue: Economy	19%	(74)	81%	(311)	385
#1 Issue: Security	21%	(19)	79%	(74)	94
#1 Issue: Health Care	27%	(24)	73%	(64)	88
#1 Issue: Medicare / Social Security	21%	(19)	79%	(72)	91
#1 Issue: Women's Issues	21%	(22)	79%	(81)	103
#1 Issue: Energy	46%	(23)	54%	(27)	50
2022 House Vote: Democrat	22%	(92)	78%	(329)	420
2022 House Vote: Republican	22%	(59)	78%	(203)	262
2022 House Vote: Didnt Vote	27%	(48)	73%	(130)	178
2020 Vote: Joe Biden	22%	(94)	78%	(345)	439
2020 Vote: Donald Trump	20%	(51)	80%	(211)	263
2020 Vote: Didn't Vote	34%	(52)	66%	(102)	153
2018 House Vote: Democrat	22%	(80)	78%	(287)	366
2018 House Vote: Republican	19%	(45)	81%	(186)	231
2018 House Vote: Didnt Vote	29%	(75)	71%	(184)	259
4-Region: Northeast	23%	(37)	77%	(128)	166
4-Region: Midwest	23%	(44)	77%	(146)	189
4-Region: South	25%	(86)	75%	(255)	341
4-Region: West	18%	(35)	82%	(153)	188
Uses an App to Track Health	23%	(201)	77%	(683)	884
Uses Wearable Fitness Tech	24%	(142)	76%	(442)	584
Concerned About Privacy of Health Data	26%	(121)	74%	(337)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_9: *Do you currently track any of the following using an app?*

Mood

Demographic	Yes		No		Total N
Adults	22%	(198)	78%	(687)	884
Gender: Male	25%	(104)	75%	(319)	423
Gender: Female	20%	(93)	80%	(368)	461
Age: 18-34	35%	(105)	65%	(192)	297
Age: 35-44	24%	(41)	76%	(129)	170
Age: 45-64	15%	(40)	85%	(230)	270
Age: 65+	8%	(12)	92%	(135)	147
GenZers: 1997-2012	36%	(43)	64%	(78)	121
Millennials: 1981-1996	32%	(100)	68%	(215)	315
GenXers: 1965-1980	15%	(34)	85%	(189)	222
Baby Boomers: 1946-1964	9%	(20)	91%	(194)	214
PID: Dem (no lean)	23%	(89)	77%	(306)	395
PID: Ind (no lean)	26%	(59)	74%	(166)	225
PID: Rep (no lean)	19%	(49)	81%	(215)	264
PID/Gender: Dem Men	25%	(48)	75%	(143)	192
PID/Gender: Dem Women	20%	(41)	80%	(163)	203
PID/Gender: Ind Men	29%	(31)	71%	(78)	109
PID/Gender: Ind Women	24%	(28)	76%	(88)	116
PID/Gender: Rep Men	20%	(25)	80%	(98)	122
PID/Gender: Rep Women	18%	(25)	82%	(117)	142
Ideo: Liberal (1-3)	27%	(81)	73%	(222)	303
Ideo: Moderate (4)	24%	(70)	76%	(220)	290
Ideo: Conservative (5-7)	16%	(41)	84%	(215)	256
Educ: < College	23%	(118)	77%	(388)	506
Educ: Bachelors degree	24%	(60)	76%	(185)	245
Educ: Post-grad	15%	(20)	85%	(113)	133
Income: Under 50k	23%	(89)	77%	(294)	383
Income: 50k-100k	25%	(74)	75%	(223)	297
Income: 100k+	17%	(35)	83%	(170)	205
Ethnicity: White	21%	(143)	79%	(544)	688
Ethnicity: Hispanic	32%	(56)	68%	(118)	174
Ethnicity: Black	33%	(34)	67%	(68)	103

Table MCHE3_9: *Do you currently track any of the following using an app?*

Mood

Demographic	Yes		No		Total N
Adults	22%	(198)	78%	(687)	884
Ethnicity: Other	21%	(20)	79%	(74)	94
All Christian	19%	(84)	81%	(354)	438
All Non-Christian	37%	(26)	63%	(44)	70
Agnostic/Nothing in particular	22%	(47)	78%	(171)	218
Something Else	28%	(35)	72%	(87)	122
Religious Non-Protestant/Catholic	39%	(29)	61%	(46)	75
Evangelical	25%	(52)	75%	(155)	208
Non-Evangelical	18%	(59)	82%	(278)	337
Community: Urban	30%	(74)	70%	(177)	251
Community: Suburban	18%	(74)	82%	(334)	408
Community: Rural	22%	(49)	78%	(176)	225
Employ: Private Sector	24%	(92)	76%	(284)	376
Employ: Government	25%	(13)	75%	(41)	54
Employ: Self-Employed	43%	(30)	57%	(40)	70
Employ: Homemaker	29%	(16)	71%	(39)	55
Employ: Retired	9%	(18)	91%	(179)	196
Employ: Unemployed	13%	(9)	87%	(63)	72
Military HH: Yes	20%	(22)	80%	(91)	113
Military HH: No	23%	(176)	77%	(596)	772
RD/WT: Right Direction	27%	(92)	73%	(252)	344
RD/WT: Wrong Track	19%	(105)	81%	(435)	540
Biden Job Approve	25%	(105)	75%	(322)	427
Biden Job Disapprove	20%	(88)	80%	(350)	437
Biden Job Strongly Approve	31%	(61)	69%	(138)	199
Biden Job Somewhat Approve	19%	(44)	81%	(184)	228
Biden Job Somewhat Disapprove	19%	(27)	81%	(120)	148
Biden Job Strongly Disapprove	21%	(60)	79%	(229)	290
Favorable of Biden	24%	(103)	76%	(329)	432
Unfavorable of Biden	20%	(83)	80%	(326)	409

Table MCHE3_9: *Do you currently track any of the following using an app?*

Mood

Demographic	Yes		No		Total N
Adults	22%	(198)	78%	(687)	884
Very Favorable of Biden	29%	(65)	71%	(158)	223
Somewhat Favorable of Biden	18%	(38)	82%	(171)	209
Somewhat Unfavorable of Biden	28%	(34)	72%	(90)	124
Very Unfavorable of Biden	17%	(49)	83%	(236)	285
#1 Issue: Economy	21%	(81)	79%	(304)	385
#1 Issue: Security	21%	(20)	79%	(74)	94
#1 Issue: Health Care	15%	(14)	85%	(75)	88
#1 Issue: Medicare / Social Security	14%	(13)	86%	(78)	91
#1 Issue: Women's Issues	30%	(31)	70%	(71)	103
#1 Issue: Energy	44%	(22)	56%	(28)	50
2022 House Vote: Democrat	21%	(87)	79%	(334)	420
2022 House Vote: Republican	24%	(63)	76%	(199)	262
2022 House Vote: Didnt Vote	25%	(44)	75%	(133)	178
2020 Vote: Joe Biden	22%	(97)	78%	(342)	439
2020 Vote: Donald Trump	21%	(55)	79%	(208)	263
2020 Vote: Didn't Vote	28%	(43)	72%	(111)	153
2018 House Vote: Democrat	23%	(83)	77%	(283)	366
2018 House Vote: Republican	19%	(43)	81%	(188)	231
2018 House Vote: Didnt Vote	26%	(68)	74%	(191)	259
4-Region: Northeast	21%	(34)	79%	(131)	166
4-Region: Midwest	23%	(44)	77%	(146)	189
4-Region: South	22%	(75)	78%	(266)	341
4-Region: West	24%	(44)	76%	(144)	188
Uses an App to Track Health	22%	(198)	78%	(687)	884
Uses Wearable Fitness Tech	26%	(151)	74%	(433)	584
Concerned About Privacy of Health Data	24%	(109)	76%	(350)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_10: *Do you currently track any of the following using an app?*

Sleep

Demographic	Yes		No		Total N
Adults	48%	(426)	52%	(458)	884
Gender: Male	53%	(226)	47%	(197)	423
Gender: Female	43%	(201)	57%	(261)	461
Age: 18-34	55%	(164)	45%	(133)	297
Age: 35-44	57%	(97)	43%	(73)	170
Age: 45-64	39%	(105)	61%	(166)	270
Age: 65+	41%	(61)	59%	(86)	147
GenZers: 1997-2012	51%	(62)	49%	(59)	121
Millennials: 1981-1996	57%	(179)	43%	(136)	315
GenXers: 1965-1980	43%	(95)	57%	(128)	222
Baby Boomers: 1946-1964	39%	(84)	61%	(130)	214
PID: Dem (no lean)	49%	(192)	51%	(203)	395
PID: Ind (no lean)	49%	(111)	51%	(114)	225
PID: Rep (no lean)	47%	(123)	53%	(141)	264
PID/Gender: Dem Men	56%	(107)	44%	(85)	192
PID/Gender: Dem Women	42%	(85)	58%	(118)	203
PID/Gender: Ind Men	57%	(62)	43%	(47)	109
PID/Gender: Ind Women	42%	(49)	58%	(67)	116
PID/Gender: Rep Men	47%	(57)	53%	(65)	122
PID/Gender: Rep Women	47%	(66)	53%	(76)	142
Ideo: Liberal (1-3)	56%	(170)	44%	(133)	303
Ideo: Moderate (4)	43%	(125)	57%	(165)	290
Ideo: Conservative (5-7)	44%	(113)	56%	(143)	256
Educ: < College	46%	(234)	54%	(272)	506
Educ: Bachelors degree	50%	(121)	50%	(123)	245
Educ: Post-grad	53%	(71)	47%	(62)	133
Income: Under 50k	45%	(173)	55%	(210)	383
Income: 50k-100k	51%	(152)	49%	(145)	297
Income: 100k+	50%	(102)	50%	(103)	205
Ethnicity: White	48%	(328)	52%	(360)	688
Ethnicity: Hispanic	49%	(86)	51%	(88)	174
Ethnicity: Black	52%	(54)	48%	(49)	103

Table MCHE3_10: *Do you currently track any of the following using an app?*

Sleep

Demographic	Yes		No		Total N
Adults	48%	(426)	52%	(458)	884
Ethnicity: Other	48%	(45)	52%	(49)	94
All Christian	48%	(210)	52%	(228)	438
All Non-Christian	46%	(32)	54%	(38)	70
Agnostic/Nothing in particular	47%	(102)	53%	(116)	218
Something Else	51%	(62)	49%	(60)	122
Religious Non-Protestant/Catholic	45%	(34)	55%	(41)	75
Evangelical	46%	(96)	54%	(112)	208
Non-Evangelical	51%	(170)	49%	(167)	337
Community: Urban	47%	(118)	53%	(133)	251
Community: Suburban	49%	(198)	51%	(210)	408
Community: Rural	49%	(111)	51%	(115)	225
Employ: Private Sector	49%	(185)	51%	(191)	376
Employ: Government	51%	(28)	49%	(26)	54
Employ: Self-Employed	58%	(41)	42%	(29)	70
Employ: Homemaker	51%	(28)	49%	(27)	55
Employ: Retired	45%	(88)	55%	(108)	196
Employ: Unemployed	36%	(26)	64%	(46)	72
Military HH: Yes	58%	(65)	42%	(48)	113
Military HH: No	47%	(362)	53%	(410)	772
RD/WT: Right Direction	52%	(177)	48%	(166)	344
RD/WT: Wrong Track	46%	(249)	54%	(291)	540
Biden Job Approve	48%	(207)	52%	(220)	427
Biden Job Disapprove	48%	(209)	52%	(229)	437
Biden Job Strongly Approve	48%	(96)	52%	(103)	199
Biden Job Somewhat Approve	49%	(111)	51%	(117)	228
Biden Job Somewhat Disapprove	52%	(77)	48%	(71)	148
Biden Job Strongly Disapprove	45%	(132)	55%	(158)	290
Favorable of Biden	50%	(217)	50%	(215)	432
Unfavorable of Biden	46%	(188)	54%	(221)	409

Table MCHE3_10: *Do you currently track any of the following using an app?*

Sleep

Demographic	Yes		No		Total N
Adults	48%	(426)	52%	(458)	884
Very Favorable of Biden	48%	(107)	52%	(116)	223
Somewhat Favorable of Biden	53%	(110)	47%	(99)	209
Somewhat Unfavorable of Biden	46%	(57)	54%	(66)	124
Very Unfavorable of Biden	46%	(131)	54%	(155)	285
#1 Issue: Economy	44%	(168)	56%	(217)	385
#1 Issue: Security	51%	(48)	49%	(46)	94
#1 Issue: Health Care	57%	(50)	43%	(38)	88
#1 Issue: Medicare / Social Security	50%	(46)	50%	(46)	91
#1 Issue: Women's Issues	51%	(52)	49%	(50)	103
#1 Issue: Energy	53%	(26)	47%	(23)	50
2022 House Vote: Democrat	48%	(201)	52%	(219)	420
2022 House Vote: Republican	49%	(128)	51%	(134)	262
2022 House Vote: Didnt Vote	49%	(87)	51%	(91)	178
2020 Vote: Joe Biden	48%	(210)	52%	(229)	439
2020 Vote: Donald Trump	46%	(121)	54%	(142)	263
2020 Vote: Didn't Vote	53%	(82)	47%	(72)	153
2018 House Vote: Democrat	48%	(176)	52%	(190)	366
2018 House Vote: Republican	48%	(112)	52%	(119)	231
2018 House Vote: Didnt Vote	50%	(130)	50%	(130)	259
4-Region: Northeast	46%	(76)	54%	(90)	166
4-Region: Midwest	53%	(100)	47%	(90)	189
4-Region: South	51%	(175)	49%	(167)	341
4-Region: West	41%	(77)	59%	(111)	188
Uses an App to Track Health	48%	(426)	52%	(458)	884
Uses Wearable Fitness Tech	59%	(343)	41%	(241)	584
Concerned About Privacy of Health Data	46%	(209)	54%	(249)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE3_11: *Do you currently track any of the following using an app?*

Mental health

Demographic	Yes		No		Total N
Adults	23%	(199)	77%	(685)	884
Gender: Male	26%	(109)	74%	(314)	423
Gender: Female	19%	(90)	81%	(372)	461
Age: 18-34	34%	(100)	66%	(198)	297
Age: 35-44	28%	(48)	72%	(122)	170
Age: 45-64	16%	(43)	84%	(227)	270
Age: 65+	6%	(8)	94%	(139)	147
GenZers: 1997-2012	40%	(48)	60%	(73)	121
Millennials: 1981-1996	29%	(92)	71%	(222)	315
GenXers: 1965-1980	18%	(41)	82%	(181)	222
Baby Boomers: 1946-1964	8%	(16)	92%	(198)	214
PID: Dem (no lean)	24%	(94)	76%	(301)	395
PID: Ind (no lean)	26%	(58)	74%	(167)	225
PID: Rep (no lean)	18%	(47)	82%	(217)	264
PID/Gender: Dem Men	29%	(56)	71%	(136)	192
PID/Gender: Dem Women	19%	(39)	81%	(165)	203
PID/Gender: Ind Men	33%	(36)	67%	(73)	109
PID/Gender: Ind Women	19%	(22)	81%	(94)	116
PID/Gender: Rep Men	15%	(18)	85%	(104)	122
PID/Gender: Rep Women	21%	(29)	79%	(113)	142
Ideo: Liberal (1-3)	28%	(84)	72%	(219)	303
Ideo: Moderate (4)	23%	(67)	77%	(223)	290
Ideo: Conservative (5-7)	16%	(41)	84%	(215)	256
Educ: < College	23%	(118)	77%	(389)	506
Educ: Bachelors degree	21%	(52)	79%	(192)	245
Educ: Post-grad	22%	(29)	78%	(104)	133
Income: Under 50k	24%	(91)	76%	(292)	383
Income: 50k-100k	24%	(70)	76%	(226)	297
Income: 100k+	18%	(38)	82%	(167)	205
Ethnicity: White	21%	(145)	79%	(542)	688
Ethnicity: Hispanic	24%	(41)	76%	(133)	174
Ethnicity: Black	37%	(38)	63%	(65)	103

Table MCHE3_11: *Do you currently track any of the following using an app?*

Mental health

Demographic	Yes		No		Total N
Adults	23%	(199)	77%	(685)	884
Ethnicity: Other	17%	(16)	83%	(78)	94
All Christian	21%	(93)	79%	(344)	438
All Non-Christian	31%	(22)	69%	(48)	70
Agnostic/Nothing in particular	19%	(42)	81%	(176)	218
Something Else	26%	(31)	74%	(90)	122
Religious Non-Protestant/Catholic	35%	(26)	65%	(49)	75
Evangelical	27%	(57)	73%	(151)	208
Non-Evangelical	18%	(62)	82%	(275)	337
Community: Urban	28%	(70)	72%	(181)	251
Community: Suburban	19%	(76)	81%	(332)	408
Community: Rural	23%	(52)	77%	(173)	225
Employ: Private Sector	27%	(103)	73%	(273)	376
Employ: Government	24%	(13)	76%	(41)	54
Employ: Self-Employed	39%	(27)	61%	(43)	70
Employ: Homemaker	16%	(9)	84%	(46)	55
Employ: Retired	7%	(14)	93%	(182)	196
Employ: Unemployed	20%	(14)	80%	(58)	72
Military HH: Yes	18%	(20)	82%	(92)	113
Military HH: No	23%	(178)	77%	(593)	772
RD/WT: Right Direction	26%	(90)	74%	(253)	344
RD/WT: Wrong Track	20%	(109)	80%	(432)	540
Biden Job Approve	24%	(102)	76%	(325)	427
Biden Job Disapprove	21%	(91)	79%	(347)	437
Biden Job Strongly Approve	28%	(57)	72%	(142)	199
Biden Job Somewhat Approve	20%	(45)	80%	(183)	228
Biden Job Somewhat Disapprove	28%	(41)	72%	(107)	148
Biden Job Strongly Disapprove	17%	(50)	83%	(240)	290
Favorable of Biden	25%	(108)	75%	(324)	432
Unfavorable of Biden	20%	(81)	80%	(328)	409

Table MCHE3_11: *Do you currently track any of the following using an app?*
Mental health

Demographic	Yes		No		Total N
Adults	23%	(199)	77%	(685)	884
Very Favorable of Biden	28%	(62)	72%	(162)	223
Somewhat Favorable of Biden	22%	(46)	78%	(162)	209
Somewhat Unfavorable of Biden	28%	(34)	72%	(89)	124
Very Unfavorable of Biden	16%	(47)	84%	(239)	285
#1 Issue: Economy	19%	(74)	81%	(310)	385
#1 Issue: Security	22%	(21)	78%	(73)	94
#1 Issue: Health Care	18%	(16)	82%	(72)	88
#1 Issue: Medicare / Social Security	14%	(13)	86%	(78)	91
#1 Issue: Women's Issues	34%	(35)	66%	(67)	103
#1 Issue: Energy	48%	(24)	52%	(26)	50
2022 House Vote: Democrat	22%	(94)	78%	(326)	420
2022 House Vote: Republican	20%	(54)	80%	(209)	262
2022 House Vote: Didnt Vote	26%	(46)	74%	(131)	178
2020 Vote: Joe Biden	23%	(100)	77%	(340)	439
2020 Vote: Donald Trump	19%	(50)	81%	(213)	263
2020 Vote: Didn't Vote	30%	(46)	70%	(108)	153
2018 House Vote: Democrat	24%	(86)	76%	(280)	366
2018 House Vote: Republican	18%	(42)	82%	(189)	231
2018 House Vote: Didnt Vote	26%	(67)	74%	(192)	259
4-Region: Northeast	24%	(40)	76%	(126)	166
4-Region: Midwest	22%	(41)	78%	(148)	189
4-Region: South	23%	(78)	77%	(263)	341
4-Region: West	21%	(40)	79%	(148)	188
Uses an App to Track Health	23%	(199)	77%	(685)	884
Uses Wearable Fitness Tech	25%	(145)	75%	(439)	584
Concerned About Privacy of Health Data	26%	(121)	74%	(337)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE4: *Have you ever owned or used any wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals, such as a smart watch, Garmin, or Fitbit?*

Demographic	Yes		No		Total N
Adults	19%	(273)	81%	(1166)	1439
Gender: Male	18%	(129)	82%	(576)	704
Gender: Female	20%	(144)	80%	(587)	731
Age: 18-34	24%	(89)	76%	(289)	379
Age: 35-44	22%	(41)	78%	(148)	189
Age: 45-64	17%	(84)	83%	(421)	504
Age: 65+	16%	(58)	84%	(308)	366
GenZers: 1997-2012	23%	(33)	77%	(112)	145
Millennials: 1981-1996	24%	(92)	76%	(293)	385
GenXers: 1965-1980	16%	(59)	84%	(300)	360
Baby Boomers: 1946-1964	16%	(82)	84%	(418)	500
PID: Dem (no lean)	19%	(104)	81%	(453)	557
PID: Ind (no lean)	16%	(69)	84%	(358)	428
PID: Rep (no lean)	22%	(99)	78%	(355)	454
PID/Gender: Dem Men	19%	(47)	81%	(206)	254
PID/Gender: Dem Women	19%	(56)	81%	(246)	302
PID/Gender: Ind Men	16%	(34)	84%	(186)	220
PID/Gender: Ind Women	17%	(35)	83%	(170)	205
PID/Gender: Rep Men	20%	(47)	80%	(184)	231
PID/Gender: Rep Women	23%	(52)	77%	(171)	223
Ideo: Liberal (1-3)	17%	(72)	83%	(358)	430
Ideo: Moderate (4)	17%	(79)	83%	(390)	469
Ideo: Conservative (5-7)	22%	(100)	78%	(351)	451
Educ: < College	19%	(189)	81%	(833)	1022
Educ: Bachelors degree	19%	(51)	81%	(216)	268
Educ: Post-grad	22%	(32)	78%	(117)	149
Income: Under 50k	17%	(151)	83%	(745)	896
Income: 50k-100k	21%	(79)	79%	(302)	381
Income: 100k+	26%	(43)	74%	(119)	161
Ethnicity: White	20%	(222)	80%	(899)	1121
Ethnicity: Hispanic	29%	(70)	71%	(174)	244
Ethnicity: Black	17%	(30)	83%	(149)	179

Table MCHE4: *Have you ever owned or used any wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals, such as a smart watch, Garmin, or Fitbit?*

Demographic	Yes		No		Total N
Adults	19%	(273)	81%	(1166)	1439
Ethnicity: Other	15%	(20)	85%	(118)	139
All Christian	20%	(130)	80%	(510)	639
All Non-Christian	15%	(11)	85%	(65)	76
Atheist	19%	(13)	81%	(58)	71
Agnostic/Nothing in particular	17%	(71)	83%	(351)	422
Something Else	21%	(47)	79%	(183)	230
Religious Non-Protestant/Catholic	18%	(17)	82%	(73)	90
Evangelical	23%	(78)	77%	(260)	338
Non-Evangelical	18%	(90)	82%	(415)	505
Community: Urban	20%	(83)	80%	(332)	415
Community: Suburban	17%	(109)	83%	(539)	648
Community: Rural	21%	(80)	79%	(295)	375
Employ: Private Sector	21%	(84)	79%	(315)	398
Employ: Government	24%	(15)	76%	(47)	61
Employ: Self-Employed	15%	(19)	85%	(104)	123
Employ: Homemaker	29%	(28)	71%	(70)	99
Employ: Retired	16%	(65)	84%	(352)	417
Employ: Unemployed	18%	(41)	82%	(189)	230
Employ: Other	22%	(15)	78%	(55)	70
Military HH: Yes	22%	(36)	78%	(128)	164
Military HH: No	19%	(237)	81%	(1038)	1275
RD/WT: Right Direction	17%	(73)	83%	(354)	427
RD/WT: Wrong Track	20%	(200)	80%	(812)	1012
Biden Job Approve	16%	(92)	84%	(486)	578
Biden Job Disapprove	22%	(172)	78%	(627)	799
Biden Job Strongly Approve	15%	(39)	85%	(214)	253
Biden Job Somewhat Approve	16%	(54)	84%	(272)	325
Biden Job Somewhat Disapprove	24%	(54)	76%	(170)	224
Biden Job Strongly Disapprove	21%	(119)	79%	(457)	575
Favorable of Biden	17%	(98)	83%	(492)	590
Unfavorable of Biden	22%	(167)	78%	(608)	774

Table MCHE4: *Have you ever owned or used any wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals, such as a smart watch, Garmin, or Fitbit?*

Demographic	Yes		No		Total N
Adults	19%	(273)	81%	(1166)	1439
Very Favorable of Biden	15%	(43)	85%	(248)	291
Somewhat Favorable of Biden	18%	(55)	82%	(244)	299
Somewhat Unfavorable of Biden	30%	(61)	70%	(144)	205
Very Unfavorable of Biden	18%	(105)	82%	(464)	569
#1 Issue: Economy	23%	(138)	77%	(464)	602
#1 Issue: Security	17%	(30)	83%	(143)	173
#1 Issue: Health Care	10%	(11)	90%	(97)	107
#1 Issue: Medicare / Social Security	14%	(31)	86%	(185)	217
#1 Issue: Women's Issues	16%	(22)	84%	(118)	140
#1 Issue: Energy	19%	(13)	81%	(56)	69
#1 Issue: Other	14%	(12)	86%	(70)	81
2022 House Vote: Democrat	16%	(88)	84%	(461)	549
2022 House Vote: Republican	22%	(93)	78%	(330)	423
2022 House Vote: Didnt Vote	20%	(88)	80%	(351)	439
2020 Vote: Joe Biden	17%	(97)	83%	(485)	582
2020 Vote: Donald Trump	24%	(112)	76%	(353)	465
2020 Vote: Didn't Vote	15%	(51)	85%	(295)	345
2018 House Vote: Democrat	18%	(84)	82%	(392)	476
2018 House Vote: Republican	24%	(94)	76%	(299)	393
2018 House Vote: Didnt Vote	17%	(89)	83%	(445)	533
4-Region: Northeast	19%	(47)	81%	(202)	250
4-Region: Midwest	19%	(57)	81%	(235)	292
4-Region: South	17%	(90)	83%	(446)	536
4-Region: West	22%	(78)	78%	(283)	361
Uses an App to Track Health	29%	(86)	71%	(215)	300
Concerned About Privacy of Health Data	21%	(177)	79%	(681)	858

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE5_1: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Smartphone

Demographic	Yes		No		Total N
Adults	78%	(594)	22%	(168)	762
Gender: Male	81%	(297)	19%	(69)	366
Gender: Female	75%	(298)	25%	(99)	397
Age: 18-34	84%	(212)	16%	(41)	253
Age: 35-44	79%	(145)	21%	(37)	182
Age: 45-64	72%	(149)	28%	(58)	207
Age: 65+	74%	(89)	26%	(32)	121
GenZers: 1997-2012	80%	(84)	20%	(20)	104
Millennials: 1981-1996	83%	(250)	17%	(51)	301
GenXers: 1965-1980	71%	(133)	29%	(56)	189
Baby Boomers: 1946-1964	76%	(121)	24%	(39)	160
PID: Dem (no lean)	79%	(260)	21%	(71)	331
PID: Ind (no lean)	77%	(151)	23%	(44)	195
PID: Rep (no lean)	78%	(183)	22%	(53)	236
PID/Gender: Dem Men	86%	(138)	14%	(23)	161
PID/Gender: Dem Women	72%	(122)	28%	(48)	170
PID/Gender: Ind Men	76%	(69)	24%	(22)	91
PID/Gender: Ind Women	79%	(83)	21%	(22)	105
PID/Gender: Rep Men	79%	(90)	21%	(24)	114
PID/Gender: Rep Women	76%	(93)	24%	(29)	122
Ideo: Liberal (1-3)	80%	(191)	20%	(48)	239
Ideo: Moderate (4)	78%	(202)	22%	(57)	258
Ideo: Conservative (5-7)	76%	(173)	24%	(53)	226
Educ: < College	74%	(310)	26%	(107)	417
Educ: Bachelors degree	77%	(168)	23%	(49)	217
Educ: Post-grad	91%	(117)	9%	(12)	129
Income: Under 50k	72%	(220)	28%	(85)	305
Income: 50k-100k	79%	(218)	21%	(59)	277
Income: 100k+	87%	(156)	13%	(24)	180
Ethnicity: White	76%	(440)	24%	(137)	578
Ethnicity: Hispanic	76%	(103)	24%	(32)	135

Table MCHE5_1: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Smartphone

Demographic	Yes		No		Total N
Adults	78%	(594)	22%	(168)	762
Ethnicity: Black	84%	(87)	16%	(17)	104
Ethnicity: Other	83%	(67)	17%	(14)	81
All Christian	78%	(287)	22%	(82)	369
All Non-Christian	81%	(46)	19%	(11)	57
Agnostic/Nothing in particular	75%	(143)	25%	(47)	191
Something Else	82%	(92)	18%	(20)	113
Religious Non-Protestant/Catholic	79%	(49)	21%	(13)	62
Evangelical	80%	(150)	20%	(38)	187
Non-Evangelical	78%	(220)	22%	(63)	283
Community: Urban	83%	(177)	17%	(35)	212
Community: Suburban	76%	(277)	24%	(88)	365
Community: Rural	76%	(140)	24%	(45)	185
Employ: Private Sector	82%	(275)	18%	(62)	337
Employ: Self-Employed	74%	(57)	26%	(20)	77
Employ: Retired	73%	(108)	27%	(41)	149
Employ: Unemployed	52%	(29)	48%	(27)	56
Military HH: Yes	80%	(78)	20%	(19)	97
Military HH: No	78%	(516)	22%	(149)	665
RD/WT: Right Direction	80%	(244)	20%	(62)	306
RD/WT: Wrong Track	77%	(350)	23%	(106)	456
Biden Job Approve	79%	(302)	21%	(82)	384
Biden Job Disapprove	76%	(274)	24%	(84)	358
Biden Job Strongly Approve	79%	(135)	21%	(35)	170
Biden Job Somewhat Approve	78%	(167)	22%	(47)	214
Biden Job Somewhat Disapprove	75%	(93)	25%	(31)	124
Biden Job Strongly Disapprove	77%	(181)	23%	(53)	234
Favorable of Biden	78%	(293)	22%	(83)	376
Unfavorable of Biden	79%	(272)	21%	(72)	344

Table MCHE5_1: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Smartphone

Demographic	Yes		No		Total N
Adults	78%	(594)	22%	(168)	762
Very Favorable of Biden	78%	(136)	22%	(38)	175
Somewhat Favorable of Biden	78%	(156)	22%	(45)	201
Somewhat Unfavorable of Biden	74%	(78)	26%	(27)	105
Very Unfavorable of Biden	81%	(194)	19%	(45)	238
#1 Issue: Economy	77%	(251)	23%	(77)	328
#1 Issue: Security	80%	(59)	20%	(14)	73
#1 Issue: Health Care	80%	(56)	20%	(14)	70
#1 Issue: Medicare / Social Security	75%	(57)	25%	(19)	76
#1 Issue: Women's Issues	73%	(69)	27%	(26)	95
#1 Issue: Energy	88%	(46)	12%	(6)	52
2022 House Vote: Democrat	77%	(272)	23%	(81)	352
2022 House Vote: Republican	81%	(192)	19%	(44)	237
2022 House Vote: Didnt Vote	73%	(105)	27%	(39)	144
2020 Vote: Joe Biden	75%	(276)	25%	(90)	366
2020 Vote: Donald Trump	81%	(184)	19%	(43)	227
2020 Vote: Didn't Vote	77%	(103)	23%	(31)	135
2018 House Vote: Democrat	76%	(235)	24%	(76)	311
2018 House Vote: Republican	81%	(173)	19%	(41)	213
2018 House Vote: Didnt Vote	77%	(165)	23%	(48)	214
4-Region: Northeast	82%	(112)	18%	(24)	136
4-Region: Midwest	73%	(119)	27%	(44)	163
4-Region: South	81%	(247)	19%	(57)	303
4-Region: West	73%	(117)	27%	(43)	160
Uses an App to Track Health	81%	(470)	19%	(113)	584
Uses Wearable Fitness Tech	78%	(594)	22%	(168)	762
Concerned About Privacy of Health Data	80%	(292)	20%	(75)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE5_2: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Laptop

Demographic	Yes		No		Total N
Adults	38%	(290)	62%	(472)	762
Gender: Male	48%	(175)	52%	(191)	366
Gender: Female	29%	(116)	71%	(281)	397
Age: 18-34	49%	(124)	51%	(129)	253
Age: 35-44	42%	(76)	58%	(106)	182
Age: 45-64	32%	(66)	68%	(141)	207
Age: 65+	20%	(24)	80%	(97)	121
GenZers: 1997-2012	50%	(52)	50%	(52)	104
Millennials: 1981-1996	46%	(137)	54%	(164)	301
GenXers: 1965-1980	34%	(63)	66%	(125)	189
Baby Boomers: 1946-1964	23%	(36)	77%	(123)	160
PID: Dem (no lean)	41%	(136)	59%	(195)	331
PID: Ind (no lean)	35%	(68)	65%	(128)	195
PID: Rep (no lean)	37%	(87)	63%	(149)	236
PID/Gender: Dem Men	51%	(82)	49%	(78)	161
PID/Gender: Dem Women	31%	(53)	69%	(116)	170
PID/Gender: Ind Men	43%	(39)	57%	(51)	91
PID/Gender: Ind Women	27%	(28)	73%	(76)	105
PID/Gender: Rep Men	47%	(53)	53%	(61)	114
PID/Gender: Rep Women	28%	(34)	72%	(88)	122
Ideo: Liberal (1-3)	43%	(103)	57%	(136)	239
Ideo: Moderate (4)	37%	(97)	63%	(162)	258
Ideo: Conservative (5-7)	37%	(84)	63%	(142)	226
Educ: < College	35%	(144)	65%	(273)	417
Educ: Bachelors degree	38%	(82)	62%	(135)	217
Educ: Post-grad	50%	(64)	50%	(65)	129
Income: Under 50k	34%	(104)	66%	(201)	305
Income: 50k-100k	39%	(109)	61%	(168)	277
Income: 100k+	43%	(77)	57%	(103)	180
Ethnicity: White	36%	(207)	64%	(370)	578
Ethnicity: Hispanic	43%	(58)	57%	(77)	135

Table MCHE5_2: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Laptop

Demographic	Yes		No		Total N
Adults	38%	(290)	62%	(472)	762
Ethnicity: Black	52%	(54)	48%	(50)	104
Ethnicity: Other	36%	(29)	64%	(52)	81
All Christian	38%	(139)	62%	(230)	369
All Non-Christian	40%	(23)	60%	(35)	57
Agnostic/Nothing in particular	36%	(69)	64%	(122)	191
Something Else	45%	(51)	55%	(62)	113
Religious Non-Protestant/Catholic	41%	(25)	59%	(37)	62
Evangelical	48%	(89)	52%	(98)	187
Non-Evangelical	33%	(93)	67%	(190)	283
Community: Urban	48%	(101)	52%	(111)	212
Community: Suburban	35%	(129)	65%	(236)	365
Community: Rural	32%	(60)	68%	(125)	185
Employ: Private Sector	44%	(148)	56%	(188)	337
Employ: Self-Employed	45%	(35)	55%	(42)	77
Employ: Retired	24%	(35)	76%	(114)	149
Employ: Unemployed	24%	(13)	76%	(43)	56
Military HH: Yes	38%	(37)	62%	(60)	97
Military HH: No	38%	(253)	62%	(412)	665
RD/WT: Right Direction	47%	(143)	53%	(163)	306
RD/WT: Wrong Track	32%	(147)	68%	(309)	456
Biden Job Approve	42%	(160)	58%	(224)	384
Biden Job Disapprove	35%	(127)	65%	(231)	358
Biden Job Strongly Approve	49%	(83)	51%	(86)	170
Biden Job Somewhat Approve	36%	(77)	64%	(137)	214
Biden Job Somewhat Disapprove	39%	(49)	61%	(75)	124
Biden Job Strongly Disapprove	33%	(78)	67%	(156)	234
Favorable of Biden	43%	(160)	57%	(216)	376
Unfavorable of Biden	35%	(120)	65%	(223)	344

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Table MCHE5_2: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Laptop

Demographic	Yes		No		Total N
Adults	38%	(290)	62%	(472)	762
Very Favorable of Biden	46%	(81)	54%	(94)	175
Somewhat Favorable of Biden	39%	(79)	61%	(122)	201
Somewhat Unfavorable of Biden	35%	(37)	65%	(68)	105
Very Unfavorable of Biden	35%	(83)	65%	(156)	238
#1 Issue: Economy	37%	(121)	63%	(206)	328
#1 Issue: Security	38%	(28)	62%	(45)	73
#1 Issue: Health Care	38%	(26)	62%	(43)	70
#1 Issue: Medicare / Social Security	34%	(25)	66%	(50)	76
#1 Issue: Women's Issues	34%	(32)	66%	(63)	95
#1 Issue: Energy	61%	(32)	39%	(21)	52
2022 House Vote: Democrat	40%	(140)	60%	(212)	352
2022 House Vote: Republican	40%	(94)	60%	(142)	237
2022 House Vote: Didnt Vote	35%	(50)	65%	(94)	144
2020 Vote: Joe Biden	38%	(140)	62%	(226)	366
2020 Vote: Donald Trump	34%	(78)	66%	(149)	227
2020 Vote: Didn't Vote	46%	(63)	54%	(72)	135
2018 House Vote: Democrat	38%	(119)	62%	(192)	311
2018 House Vote: Republican	40%	(85)	60%	(128)	213
2018 House Vote: Didnt Vote	38%	(80)	62%	(133)	214
4-Region: Northeast	37%	(50)	63%	(86)	136
4-Region: Midwest	34%	(56)	66%	(107)	163
4-Region: South	42%	(126)	58%	(177)	303
4-Region: West	36%	(58)	64%	(102)	160
Uses an App to Track Health	37%	(217)	63%	(367)	584
Uses Wearable Fitness Tech	38%	(290)	62%	(472)	762
Concerned About Privacy of Health Data	46%	(170)	54%	(196)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE5_3: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Smartwatches

Demographic	Yes		No		Total N
Adults	70%	(533)	30%	(230)	762
Gender: Male	75%	(274)	25%	(92)	366
Gender: Female	65%	(259)	35%	(138)	397
Age: 18-34	82%	(207)	18%	(45)	253
Age: 35-44	73%	(133)	27%	(49)	182
Age: 45-64	62%	(128)	38%	(78)	207
Age: 65+	53%	(64)	47%	(57)	121
GenZers: 1997-2012	78%	(81)	22%	(23)	104
Millennials: 1981-1996	78%	(234)	22%	(67)	301
GenXers: 1965-1980	66%	(125)	34%	(63)	189
Baby Boomers: 1946-1964	54%	(86)	46%	(73)	160
PID: Dem (no lean)	73%	(242)	27%	(89)	331
PID: Ind (no lean)	65%	(127)	35%	(69)	195
PID: Rep (no lean)	70%	(164)	30%	(72)	236
PID/Gender: Dem Men	79%	(127)	21%	(34)	161
PID/Gender: Dem Women	67%	(115)	33%	(55)	170
PID/Gender: Ind Men	66%	(60)	34%	(31)	91
PID/Gender: Ind Women	64%	(67)	36%	(38)	105
PID/Gender: Rep Men	76%	(87)	24%	(27)	114
PID/Gender: Rep Women	63%	(77)	37%	(45)	122
Ideo: Liberal (1-3)	73%	(174)	27%	(65)	239
Ideo: Moderate (4)	65%	(168)	35%	(90)	258
Ideo: Conservative (5-7)	74%	(167)	26%	(60)	226
Educ: < College	66%	(274)	34%	(142)	417
Educ: Bachelors degree	76%	(164)	24%	(53)	217
Educ: Post-grad	74%	(95)	26%	(34)	129
Income: Under 50k	65%	(198)	35%	(107)	305
Income: 50k-100k	68%	(188)	32%	(90)	277
Income: 100k+	82%	(147)	18%	(33)	180
Ethnicity: White	68%	(394)	32%	(183)	578
Ethnicity: Hispanic	70%	(94)	30%	(41)	135

Table MCHE5_3: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Smartwatches

Demographic	Yes		No		Total N
Adults	70%	(533)	30%	(230)	762
Ethnicity: Black	78%	(81)	22%	(23)	104
Ethnicity: Other	71%	(58)	29%	(23)	81
All Christian	70%	(259)	30%	(110)	369
All Non-Christian	75%	(43)	25%	(15)	57
Agnostic/Nothing in particular	69%	(131)	31%	(60)	191
Something Else	70%	(79)	30%	(34)	113
Religious Non-Protestant/Catholic	74%	(46)	26%	(16)	62
Evangelical	69%	(130)	31%	(57)	187
Non-Evangelical	70%	(198)	30%	(85)	283
Community: Urban	71%	(151)	29%	(61)	212
Community: Suburban	72%	(264)	28%	(101)	365
Community: Rural	63%	(117)	37%	(68)	185
Employ: Private Sector	78%	(262)	22%	(74)	337
Employ: Self-Employed	65%	(50)	35%	(27)	77
Employ: Retired	57%	(85)	43%	(64)	149
Employ: Unemployed	59%	(33)	41%	(23)	56
Military HH: Yes	72%	(70)	28%	(27)	97
Military HH: No	70%	(463)	30%	(202)	665
RD/WT: Right Direction	70%	(214)	30%	(92)	306
RD/WT: Wrong Track	70%	(319)	30%	(137)	456
Biden Job Approve	70%	(268)	30%	(116)	384
Biden Job Disapprove	70%	(250)	30%	(108)	358
Biden Job Strongly Approve	72%	(122)	28%	(48)	170
Biden Job Somewhat Approve	68%	(145)	32%	(69)	214
Biden Job Somewhat Disapprove	79%	(98)	21%	(26)	124
Biden Job Strongly Disapprove	65%	(152)	35%	(82)	234
Favorable of Biden	70%	(262)	30%	(114)	376
Unfavorable of Biden	70%	(239)	30%	(104)	344

Table MCHE5_3: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Smartwatches

Demographic	Yes		No		Total N
Adults	70%	(533)	30%	(230)	762
Very Favorable of Biden	73%	(128)	27%	(47)	175
Somewhat Favorable of Biden	67%	(135)	33%	(67)	201
Somewhat Unfavorable of Biden	78%	(82)	22%	(23)	105
Very Unfavorable of Biden	66%	(157)	34%	(81)	238
#1 Issue: Economy	71%	(231)	29%	(96)	328
#1 Issue: Security	71%	(52)	29%	(21)	73
#1 Issue: Health Care	79%	(55)	21%	(15)	70
#1 Issue: Medicare / Social Security	58%	(44)	42%	(32)	76
#1 Issue: Women's Issues	68%	(64)	32%	(31)	95
#1 Issue: Energy	67%	(35)	33%	(17)	52
2022 House Vote: Democrat	70%	(248)	30%	(104)	352
2022 House Vote: Republican	72%	(170)	28%	(66)	237
2022 House Vote: Didnt Vote	65%	(94)	35%	(50)	144
2020 Vote: Joe Biden	71%	(260)	29%	(106)	366
2020 Vote: Donald Trump	73%	(165)	27%	(62)	227
2020 Vote: Didn't Vote	64%	(86)	36%	(48)	135
2018 House Vote: Democrat	68%	(212)	32%	(99)	311
2018 House Vote: Republican	73%	(156)	27%	(57)	213
2018 House Vote: Didnt Vote	69%	(148)	31%	(65)	214
4-Region: Northeast	71%	(97)	29%	(39)	136
4-Region: Midwest	69%	(112)	31%	(51)	163
4-Region: South	73%	(220)	27%	(83)	303
4-Region: West	65%	(104)	35%	(56)	160
Uses an App to Track Health	73%	(427)	27%	(156)	584
Uses Wearable Fitness Tech	70%	(533)	30%	(230)	762
Concerned About Privacy of Health Data	70%	(257)	30%	(110)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE5_4: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Continuous glucose monitor

Demographic	Yes		No		Total N
Adults	8%	(65)	92%	(698)	762
Gender: Male	9%	(34)	91%	(332)	366
Gender: Female	8%	(31)	92%	(366)	397
Age: 18-34	10%	(26)	90%	(227)	253
Age: 35-44	8%	(15)	92%	(167)	182
Age: 45-64	9%	(19)	91%	(188)	207
Age: 65+	4%	(5)	96%	(116)	121
GenZers: 1997-2012	6%	(6)	94%	(98)	104
Millennials: 1981-1996	10%	(31)	90%	(270)	301
GenXers: 1965-1980	8%	(15)	92%	(174)	189
Baby Boomers: 1946-1964	8%	(12)	92%	(147)	160
PID: Dem (no lean)	11%	(36)	89%	(295)	331
PID: Ind (no lean)	4%	(9)	96%	(187)	195
PID: Rep (no lean)	9%	(21)	91%	(216)	236
PID/Gender: Dem Men	14%	(22)	86%	(139)	161
PID/Gender: Dem Women	8%	(14)	92%	(156)	170
PID/Gender: Ind Men	3%	(3)	97%	(88)	91
PID/Gender: Ind Women	6%	(6)	94%	(99)	105
PID/Gender: Rep Men	8%	(9)	92%	(105)	114
PID/Gender: Rep Women	9%	(12)	91%	(111)	122
Ideo: Liberal (1-3)	8%	(19)	92%	(220)	239
Ideo: Moderate (4)	7%	(19)	93%	(239)	258
Ideo: Conservative (5-7)	9%	(20)	91%	(206)	226
Educ: < College	8%	(34)	92%	(382)	417
Educ: Bachelors degree	8%	(17)	92%	(200)	217
Educ: Post-grad	10%	(13)	90%	(116)	129
Income: Under 50k	8%	(25)	92%	(280)	305
Income: 50k-100k	8%	(21)	92%	(257)	277
Income: 100k+	10%	(19)	90%	(161)	180
Ethnicity: White	7%	(43)	93%	(535)	578
Ethnicity: Hispanic	9%	(12)	91%	(123)	135

Table MCHE5_4: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Continuous glucose monitor

Demographic	Yes		No		Total N
Adults	8%	(65)	92%	(698)	762
Ethnicity: Black	10%	(11)	90%	(93)	104
Ethnicity: Other	14%	(11)	86%	(70)	81
All Christian	11%	(39)	89%	(330)	369
All Non-Christian	9%	(5)	91%	(52)	57
Agnostic/Nothing in particular	5%	(9)	95%	(181)	191
Something Else	9%	(10)	91%	(103)	113
Religious Non-Protestant/Catholic	9%	(5)	91%	(57)	62
Evangelical	14%	(27)	86%	(161)	187
Non-Evangelical	7%	(19)	93%	(264)	283
Community: Urban	14%	(31)	86%	(181)	212
Community: Suburban	5%	(20)	95%	(345)	365
Community: Rural	8%	(14)	92%	(171)	185
Employ: Private Sector	9%	(31)	91%	(306)	337
Employ: Self-Employed	13%	(10)	87%	(67)	77
Employ: Retired	6%	(8)	94%	(141)	149
Employ: Unemployed	7%	(4)	93%	(52)	56
Military HH: Yes	7%	(7)	93%	(90)	97
Military HH: No	9%	(58)	91%	(607)	665
RD/WT: Right Direction	12%	(37)	88%	(269)	306
RD/WT: Wrong Track	6%	(27)	94%	(429)	456
Biden Job Approve	10%	(39)	90%	(345)	384
Biden Job Disapprove	7%	(26)	93%	(332)	358
Biden Job Strongly Approve	17%	(29)	83%	(141)	170
Biden Job Somewhat Approve	5%	(10)	95%	(204)	214
Biden Job Somewhat Disapprove	9%	(11)	91%	(113)	124
Biden Job Strongly Disapprove	6%	(15)	94%	(219)	234
Favorable of Biden	11%	(40)	89%	(336)	376
Unfavorable of Biden	6%	(19)	94%	(324)	344

Table MCHE5_4: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Continuous glucose monitor

Demographic	Yes		No		Total N
Adults	8%	(65)	92%	(698)	762
Very Favorable of Biden	17%	(30)	83%	(145)	175
Somewhat Favorable of Biden	5%	(11)	95%	(191)	201
Somewhat Unfavorable of Biden	6%	(6)	94%	(99)	105
Very Unfavorable of Biden	5%	(13)	95%	(225)	238
#1 Issue: Economy	9%	(29)	91%	(299)	328
#1 Issue: Security	8%	(5)	92%	(67)	73
#1 Issue: Health Care	10%	(7)	90%	(62)	70
#1 Issue: Medicare / Social Security	9%	(7)	91%	(69)	76
#1 Issue: Women's Issues	8%	(7)	92%	(88)	95
#1 Issue: Energy	7%	(4)	93%	(49)	52
2022 House Vote: Democrat	9%	(32)	91%	(321)	352
2022 House Vote: Republican	8%	(20)	92%	(217)	237
2022 House Vote: Didnt Vote	8%	(12)	92%	(132)	144
2020 Vote: Joe Biden	9%	(34)	91%	(332)	366
2020 Vote: Donald Trump	8%	(17)	92%	(210)	227
2020 Vote: Didn't Vote	8%	(10)	92%	(125)	135
2018 House Vote: Democrat	9%	(28)	91%	(283)	311
2018 House Vote: Republican	8%	(17)	92%	(197)	213
2018 House Vote: Didnt Vote	9%	(20)	91%	(194)	214
4-Region: Northeast	6%	(8)	94%	(128)	136
4-Region: Midwest	6%	(10)	94%	(153)	163
4-Region: South	11%	(33)	89%	(270)	303
4-Region: West	8%	(13)	92%	(146)	160
Uses an App to Track Health	9%	(54)	91%	(530)	584
Uses Wearable Fitness Tech	8%	(65)	92%	(698)	762
Concerned About Privacy of Health Data	13%	(48)	87%	(318)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE5_5: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*

Insulin pump

Demographic	Yes		No		Total N
Adults	6%	(43)	94%	(719)	762
Gender: Male	9%	(32)	91%	(333)	366
Gender: Female	3%	(11)	97%	(386)	397
Age: 18-34	9%	(22)	91%	(231)	253
Age: 35-44	6%	(11)	94%	(171)	182
Age: 45-64	3%	(6)	97%	(201)	207
Age: 65+	4%	(4)	96%	(116)	121
GenZers: 1997-2012	7%	(7)	93%	(97)	104
Millennials: 1981-1996	8%	(25)	92%	(276)	301
GenXers: 1965-1980	2%	(4)	98%	(184)	189
Baby Boomers: 1946-1964	4%	(6)	96%	(153)	160
PID: Dem (no lean)	7%	(24)	93%	(307)	331
PID: Ind (no lean)	4%	(7)	96%	(188)	195
PID: Rep (no lean)	5%	(13)	95%	(224)	236
PID/Gender: Dem Men	11%	(17)	89%	(143)	161
PID/Gender: Dem Women	4%	(6)	96%	(164)	170
PID/Gender: Ind Men	7%	(6)	93%	(84)	91
PID/Gender: Ind Women	1%	(1)	99%	(104)	105
PID/Gender: Rep Men	8%	(9)	92%	(106)	114
PID/Gender: Rep Women	3%	(4)	97%	(118)	122
Ideo: Liberal (1-3)	7%	(18)	93%	(222)	239
Ideo: Moderate (4)	4%	(10)	96%	(248)	258
Ideo: Conservative (5-7)	7%	(16)	93%	(211)	226
Educ: < College	4%	(15)	96%	(402)	417
Educ: Bachelors degree	8%	(17)	92%	(200)	217
Educ: Post-grad	9%	(12)	91%	(117)	129
Income: Under 50k	4%	(12)	96%	(293)	305
Income: 50k-100k	5%	(14)	95%	(263)	277
Income: 100k+	10%	(17)	90%	(163)	180
Ethnicity: White	5%	(29)	95%	(548)	578
Ethnicity: Hispanic	4%	(6)	96%	(129)	135

Table MCHE5_5: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Insulin pump

Demographic	Yes		No		Total N
Adults	6%	(43)	94%	(719)	762
Ethnicity: Black	7%	(7)	93%	(96)	104
Ethnicity: Other	8%	(7)	92%	(74)	81
All Christian	8%	(31)	92%	(338)	369
All Non-Christian	8%	(4)	92%	(53)	57
Agnostic/Nothing in particular	2%	(4)	98%	(187)	191
Something Else	2%	(2)	98%	(110)	113
Religious Non-Protestant/Catholic	11%	(7)	89%	(55)	62
Evangelical	8%	(15)	92%	(172)	187
Non-Evangelical	5%	(14)	95%	(269)	283
Community: Urban	12%	(26)	88%	(186)	212
Community: Suburban	2%	(9)	98%	(356)	365
Community: Rural	5%	(9)	95%	(176)	185
Employ: Private Sector	8%	(26)	92%	(311)	337
Employ: Self-Employed	7%	(6)	93%	(71)	77
Employ: Retired	4%	(6)	96%	(143)	149
Employ: Unemployed	—	(0)	100%	(56)	56
Military HH: Yes	7%	(7)	93%	(90)	97
Military HH: No	5%	(36)	95%	(629)	665
RD/WT: Right Direction	11%	(35)	89%	(272)	306
RD/WT: Wrong Track	2%	(9)	98%	(447)	456
Biden Job Approve	9%	(34)	91%	(351)	384
Biden Job Disapprove	2%	(9)	98%	(349)	358
Biden Job Strongly Approve	12%	(21)	88%	(149)	170
Biden Job Somewhat Approve	6%	(13)	94%	(202)	214
Biden Job Somewhat Disapprove	3%	(4)	97%	(120)	124
Biden Job Strongly Disapprove	2%	(5)	98%	(229)	234
Favorable of Biden	8%	(31)	92%	(345)	376
Unfavorable of Biden	3%	(10)	97%	(333)	344

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Table MCHE5_5: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Insulin pump

Demographic	Yes		No		Total N
Adults	6%	(43)	94%	(719)	762
Very Favorable of Biden	13%	(22)	87%	(152)	175
Somewhat Favorable of Biden	5%	(9)	95%	(192)	201
Somewhat Unfavorable of Biden	5%	(5)	95%	(100)	105
Very Unfavorable of Biden	2%	(5)	98%	(234)	238
#1 Issue: Economy	6%	(19)	94%	(309)	328
#1 Issue: Security	4%	(3)	96%	(70)	73
#1 Issue: Health Care	4%	(3)	96%	(67)	70
#1 Issue: Medicare / Social Security	7%	(6)	93%	(70)	76
#1 Issue: Women's Issues	5%	(5)	95%	(90)	95
#1 Issue: Energy	7%	(4)	93%	(49)	52
2022 House Vote: Democrat	7%	(24)	93%	(328)	352
2022 House Vote: Republican	7%	(17)	93%	(220)	237
2022 House Vote: Didnt Vote	1%	(1)	99%	(143)	144
2020 Vote: Joe Biden	6%	(24)	94%	(342)	366
2020 Vote: Donald Trump	7%	(15)	93%	(211)	227
2020 Vote: Didn't Vote	3%	(4)	97%	(131)	135
2018 House Vote: Democrat	7%	(23)	93%	(288)	311
2018 House Vote: Republican	7%	(14)	93%	(199)	213
2018 House Vote: Didnt Vote	3%	(6)	97%	(207)	214
4-Region: Northeast	6%	(8)	94%	(128)	136
4-Region: Midwest	4%	(7)	96%	(156)	163
4-Region: South	5%	(14)	95%	(289)	303
4-Region: West	9%	(14)	91%	(146)	160
Uses an App to Track Health	6%	(35)	94%	(548)	584
Uses Wearable Fitness Tech	6%	(43)	94%	(719)	762
Concerned About Privacy of Health Data	9%	(33)	91%	(333)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE5_6: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Cardiac monitor

Demographic	Yes		No		Total N
Adults	11%	(88)	89%	(675)	762
Gender: Male	15%	(54)	85%	(312)	366
Gender: Female	8%	(34)	92%	(363)	397
Age: 18-34	12%	(31)	88%	(222)	253
Age: 35-44	11%	(20)	89%	(162)	182
Age: 45-64	11%	(23)	89%	(184)	207
Age: 65+	11%	(14)	89%	(107)	121
GenZers: 1997-2012	9%	(10)	91%	(94)	104
Millennials: 1981-1996	12%	(36)	88%	(265)	301
GenXers: 1965-1980	13%	(24)	87%	(164)	189
Baby Boomers: 1946-1964	9%	(15)	91%	(144)	160
PID: Dem (no lean)	14%	(46)	86%	(285)	331
PID: Ind (no lean)	9%	(17)	91%	(179)	195
PID: Rep (no lean)	11%	(25)	89%	(211)	236
PID/Gender: Dem Men	18%	(30)	82%	(131)	161
PID/Gender: Dem Women	10%	(16)	90%	(154)	170
PID/Gender: Ind Men	9%	(8)	91%	(82)	91
PID/Gender: Ind Women	8%	(8)	92%	(96)	105
PID/Gender: Rep Men	14%	(16)	86%	(98)	114
PID/Gender: Rep Women	7%	(9)	93%	(113)	122
Ideo: Liberal (1-3)	18%	(42)	82%	(197)	239
Ideo: Moderate (4)	9%	(24)	91%	(234)	258
Ideo: Conservative (5-7)	9%	(19)	91%	(207)	226
Educ: < College	9%	(39)	91%	(377)	417
Educ: Bachelors degree	11%	(23)	89%	(193)	217
Educ: Post-grad	19%	(25)	81%	(104)	129
Income: Under 50k	9%	(29)	91%	(276)	305
Income: 50k-100k	11%	(30)	89%	(247)	277
Income: 100k+	16%	(28)	84%	(151)	180
Ethnicity: White	11%	(66)	89%	(511)	578
Ethnicity: Hispanic	5%	(7)	95%	(128)	135

National Tracking Poll #2301120, January, 2023
Table MCHE5_6

Table MCHE5_6: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Cardiac monitor

Demographic	Yes		No		Total N
Adults	11%	(88)	89%	(675)	762
Ethnicity: Black	14%	(14)	86%	(90)	104
Ethnicity: Other	9%	(7)	91%	(74)	81
All Christian	13%	(50)	87%	(319)	369
All Non-Christian	16%	(9)	84%	(48)	57
Agnostic/Nothing in particular	7%	(13)	93%	(177)	191
Something Else	13%	(14)	87%	(99)	113
Religious Non-Protestant/Catholic	15%	(9)	85%	(53)	62
Evangelical	13%	(24)	87%	(163)	187
Non-Evangelical	13%	(37)	87%	(245)	283
Community: Urban	15%	(32)	85%	(180)	212
Community: Suburban	10%	(36)	90%	(329)	365
Community: Rural	11%	(20)	89%	(165)	185
Employ: Private Sector	13%	(43)	87%	(293)	337
Employ: Self-Employed	10%	(8)	90%	(69)	77
Employ: Retired	11%	(17)	89%	(132)	149
Employ: Unemployed	9%	(5)	91%	(51)	56
Military HH: Yes	8%	(8)	92%	(89)	97
Military HH: No	12%	(80)	88%	(585)	665
RD/WT: Right Direction	16%	(48)	84%	(258)	306
RD/WT: Wrong Track	9%	(39)	91%	(417)	456
Biden Job Approve	15%	(57)	85%	(328)	384
Biden Job Disapprove	8%	(30)	92%	(328)	358
Biden Job Strongly Approve	21%	(35)	79%	(135)	170
Biden Job Somewhat Approve	10%	(21)	90%	(193)	214
Biden Job Somewhat Disapprove	6%	(7)	94%	(117)	124
Biden Job Strongly Disapprove	10%	(23)	90%	(211)	234
Favorable of Biden	14%	(53)	86%	(324)	376
Unfavorable of Biden	9%	(32)	91%	(312)	344

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65

Table MCHE5_6: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Cardiac monitor

Demographic	Yes		No		Total N
Adults	11%	(88)	89%	(675)	762
Very Favorable of Biden	16%	(28)	84%	(147)	175
Somewhat Favorable of Biden	12%	(25)	88%	(177)	201
Somewhat Unfavorable of Biden	11%	(11)	89%	(94)	105
Very Unfavorable of Biden	9%	(21)	91%	(218)	238
#1 Issue: Economy	12%	(39)	88%	(289)	328
#1 Issue: Security	9%	(7)	91%	(66)	73
#1 Issue: Health Care	18%	(13)	82%	(57)	70
#1 Issue: Medicare / Social Security	7%	(6)	93%	(70)	76
#1 Issue: Women's Issues	16%	(15)	84%	(80)	95
#1 Issue: Energy	10%	(5)	90%	(47)	52
2022 House Vote: Democrat	14%	(49)	86%	(303)	352
2022 House Vote: Republican	12%	(27)	88%	(209)	237
2022 House Vote: Didnt Vote	7%	(11)	93%	(133)	144
2020 Vote: Joe Biden	14%	(52)	86%	(314)	366
2020 Vote: Donald Trump	11%	(25)	89%	(202)	227
2020 Vote: Didn't Vote	8%	(11)	92%	(124)	135
2018 House Vote: Democrat	14%	(43)	86%	(268)	311
2018 House Vote: Republican	11%	(24)	89%	(189)	213
2018 House Vote: Didnt Vote	9%	(20)	91%	(194)	214
4-Region: Northeast	17%	(23)	83%	(113)	136
4-Region: Midwest	9%	(15)	91%	(148)	163
4-Region: South	11%	(35)	89%	(268)	303
4-Region: West	9%	(15)	91%	(145)	160
Uses an App to Track Health	12%	(70)	88%	(513)	584
Uses Wearable Fitness Tech	11%	(88)	89%	(675)	762
Concerned About Privacy of Health Data	14%	(50)	86%	(316)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE5_7: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Fitness/activity trackers

Demographic	Yes		No		Total N
Adults	68%	(517)	32%	(245)	762
Gender: Male	66%	(240)	34%	(126)	366
Gender: Female	70%	(277)	30%	(119)	397
Age: 18-34	67%	(170)	33%	(83)	253
Age: 35-44	76%	(138)	24%	(44)	182
Age: 45-64	59%	(122)	41%	(84)	207
Age: 65+	71%	(86)	29%	(35)	121
GenZers: 1997-2012	64%	(67)	36%	(37)	104
Millennials: 1981-1996	72%	(216)	28%	(85)	301
GenXers: 1965-1980	62%	(118)	38%	(71)	189
Baby Boomers: 1946-1964	69%	(109)	31%	(50)	160
PID: Dem (no lean)	68%	(224)	32%	(107)	331
PID: Ind (no lean)	66%	(128)	34%	(67)	195
PID: Rep (no lean)	70%	(164)	30%	(72)	236
PID/Gender: Dem Men	68%	(109)	32%	(51)	161
PID/Gender: Dem Women	67%	(115)	33%	(55)	170
PID/Gender: Ind Men	63%	(57)	37%	(34)	91
PID/Gender: Ind Women	68%	(72)	32%	(33)	105
PID/Gender: Rep Men	64%	(73)	36%	(41)	114
PID/Gender: Rep Women	75%	(91)	25%	(31)	122
Ideo: Liberal (1-3)	73%	(175)	27%	(64)	239
Ideo: Moderate (4)	64%	(165)	36%	(93)	258
Ideo: Conservative (5-7)	66%	(149)	34%	(77)	226
Educ: < College	64%	(268)	36%	(149)	417
Educ: Bachelors degree	67%	(146)	33%	(71)	217
Educ: Post-grad	80%	(104)	20%	(25)	129
Income: Under 50k	65%	(197)	35%	(108)	305
Income: 50k-100k	68%	(190)	32%	(87)	277
Income: 100k+	72%	(130)	28%	(50)	180
Ethnicity: White	69%	(397)	31%	(181)	578
Ethnicity: Hispanic	72%	(97)	28%	(38)	135

Table MCHE5_7: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Fitness/activity trackers

Demographic	Yes		No		Total N
Adults	68%	(517)	32%	(245)	762
Ethnicity: Black	62%	(65)	38%	(39)	104
Ethnicity: Other	69%	(56)	31%	(25)	81
All Christian	66%	(245)	34%	(124)	369
All Non-Christian	73%	(42)	27%	(16)	57
Agnostic/Nothing in particular	70%	(134)	30%	(57)	191
Something Else	68%	(77)	32%	(36)	113
Religious Non-Protestant/Catholic	70%	(43)	30%	(19)	62
Evangelical	67%	(126)	33%	(61)	187
Non-Evangelical	67%	(191)	33%	(92)	283
Community: Urban	71%	(150)	29%	(62)	212
Community: Suburban	68%	(248)	32%	(117)	365
Community: Rural	64%	(119)	36%	(66)	185
Employ: Private Sector	69%	(233)	31%	(104)	337
Employ: Self-Employed	68%	(52)	32%	(24)	77
Employ: Retired	71%	(106)	29%	(43)	149
Employ: Unemployed	55%	(31)	45%	(25)	56
Military HH: Yes	70%	(69)	30%	(29)	97
Military HH: No	67%	(448)	33%	(217)	665
RD/WT: Right Direction	68%	(210)	32%	(97)	306
RD/WT: Wrong Track	67%	(307)	33%	(149)	456
Biden Job Approve	66%	(255)	34%	(129)	384
Biden Job Disapprove	69%	(245)	31%	(113)	358
Biden Job Strongly Approve	68%	(115)	32%	(55)	170
Biden Job Somewhat Approve	66%	(140)	34%	(74)	214
Biden Job Somewhat Disapprove	68%	(84)	32%	(39)	124
Biden Job Strongly Disapprove	69%	(161)	31%	(73)	234
Favorable of Biden	67%	(253)	33%	(123)	376
Unfavorable of Biden	68%	(232)	32%	(112)	344

Table MCHE5_7: *Specifically, do you use any of the following as wearable fitness or wellness technology meant to monitor things such as your heart rate, sleep, blood pressure, physical activity or other vitals?*
Fitness/activity trackers

Demographic	Yes		No		Total N
Adults	68%	(517)	32%	(245)	762
Very Favorable of Biden	66%	(115)	34%	(60)	175
Somewhat Favorable of Biden	69%	(138)	31%	(63)	201
Somewhat Unfavorable of Biden	66%	(69)	34%	(36)	105
Very Unfavorable of Biden	68%	(163)	32%	(76)	238
#1 Issue: Economy	67%	(219)	33%	(109)	328
#1 Issue: Security	69%	(50)	31%	(23)	73
#1 Issue: Health Care	78%	(54)	22%	(15)	70
#1 Issue: Medicare / Social Security	67%	(51)	33%	(25)	76
#1 Issue: Women's Issues	64%	(61)	36%	(34)	95
#1 Issue: Energy	68%	(35)	32%	(17)	52
2022 House Vote: Democrat	67%	(238)	33%	(115)	352
2022 House Vote: Republican	72%	(170)	28%	(67)	237
2022 House Vote: Didnt Vote	61%	(88)	39%	(56)	144
2020 Vote: Joe Biden	67%	(244)	33%	(122)	366
2020 Vote: Donald Trump	69%	(157)	31%	(70)	227
2020 Vote: Didn't Vote	67%	(91)	33%	(44)	135
2018 House Vote: Democrat	67%	(209)	33%	(102)	311
2018 House Vote: Republican	70%	(149)	30%	(64)	213
2018 House Vote: Didnt Vote	66%	(141)	34%	(72)	214
4-Region: Northeast	73%	(99)	27%	(37)	136
4-Region: Midwest	67%	(109)	33%	(54)	163
4-Region: South	70%	(211)	30%	(92)	303
4-Region: West	61%	(98)	39%	(62)	160
Uses an App to Track Health	72%	(419)	28%	(165)	584
Uses Wearable Fitness Tech	68%	(517)	32%	(245)	762
Concerned About Privacy of Health Data	69%	(252)	31%	(115)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE6_1: *How frequently did you use the following during the past month?*
Apps that help you track or manage your health

Demographic	Multiple times a day	Once daily	A few times per week	Once per week	A few times	Once	Never	Total N
Adults	27% (241)	23% (200)	18% (159)	5% (43)	14% (125)	5% (41)	9% (76)	884
Gender: Male	27% (114)	27% (116)	16% (67)	5% (22)	12% (52)	4% (15)	9% (37)	423
Gender: Female	28% (127)	18% (85)	20% (91)	5% (21)	16% (73)	6% (25)	8% (39)	461
Age: 18-34	22% (64)	25% (73)	25% (75)	6% (19)	12% (34)	5% (14)	6% (17)	297
Age: 35-44	33% (57)	22% (38)	18% (30)	6% (9)	9% (15)	2% (4)	10% (17)	170
Age: 45-64	30% (82)	21% (56)	11% (31)	4% (11)	18% (50)	7% (18)	8% (23)	270
Age: 65+	26% (38)	23% (34)	15% (22)	2% (3)	18% (26)	4% (5)	12% (18)	147
GenZers: 1997-2012	17% (21)	21% (26)	23% (28)	6% (8)	18% (22)	5% (6)	9% (11)	121
Millennials: 1981-1996	29% (91)	23% (74)	22% (70)	6% (20)	8% (24)	4% (12)	7% (23)	315
GenXers: 1965-1980	32% (72)	25% (55)	13% (29)	4% (9)	17% (38)	3% (8)	6% (13)	222
Baby Boomers: 1946-1964	26% (55)	19% (41)	13% (28)	3% (5)	19% (41)	7% (15)	14% (29)	214
PID: Dem (no lean)	27% (107)	26% (104)	14% (55)	4% (15)	14% (55)	5% (21)	10% (38)	395
PID: Ind (no lean)	27% (60)	20% (46)	25% (55)	6% (13)	12% (27)	3% (8)	7% (16)	225
PID: Rep (no lean)	28% (75)	19% (51)	18% (48)	6% (15)	16% (43)	5% (12)	8% (22)	264
PID/Gender: Dem Men	26% (50)	34% (65)	15% (29)	3% (6)	10% (19)	2% (4)	10% (20)	192
PID/Gender: Dem Women	28% (57)	19% (39)	13% (27)	4% (9)	18% (36)	9% (18)	9% (18)	203
PID/Gender: Ind Men	31% (34)	23% (25)	16% (17)	5% (5)	13% (14)	5% (5)	8% (8)	109
PID/Gender: Ind Women	23% (26)	18% (21)	33% (38)	7% (8)	11% (13)	2% (2)	7% (8)	116
PID/Gender: Rep Men	25% (30)	21% (26)	17% (21)	9% (11)	15% (19)	5% (6)	7% (9)	122
PID/Gender: Rep Women	31% (44)	17% (25)	19% (27)	3% (4)	17% (24)	4% (6)	9% (13)	142
Ideo: Liberal (1-3)	27% (82)	29% (88)	18% (54)	3% (10)	12% (36)	3% (9)	8% (24)	303
Ideo: Moderate (4)	24% (70)	19% (56)	21% (59)	7% (20)	15% (44)	5% (15)	9% (26)	290
Ideo: Conservative (5-7)	30% (78)	19% (50)	15% (39)	4% (9)	17% (43)	6% (15)	9% (22)	256
Educ: < College	27% (136)	19% (98)	19% (95)	5% (25)	15% (77)	5% (26)	10% (51)	506
Educ: Bachelors degree	26% (64)	27% (65)	15% (38)	4% (10)	14% (34)	4% (10)	9% (23)	245
Educ: Post-grad	31% (41)	28% (37)	20% (26)	5% (7)	11% (14)	4% (5)	2% (2)	133
Income: Under 50k	22% (85)	20% (77)	20% (75)	5% (19)	17% (67)	5% (20)	10% (40)	383
Income: 50k-100k	31% (92)	24% (70)	17% (50)	5% (14)	12% (36)	3% (10)	8% (23)	297
Income: 100k+	31% (64)	26% (53)	16% (33)	5% (9)	11% (22)	5% (10)	6% (13)	205
Ethnicity: White	28% (190)	22% (153)	18% (121)	5% (32)	15% (102)	5% (32)	8% (58)	688
Ethnicity: Hispanic	22% (38)	20% (34)	20% (35)	4% (7)	16% (28)	7% (12)	11% (19)	174

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Table MCHE6_1: *How frequently did you use the following during the past month?*
Apps that help you track or manage your health

Demographic	Multiple times a day	Once daily	A few times per week	Once per week	A few times	Once	Never	Total N
Adults	27% (241)	23% (200)	18% (159)	5% (43)	14% (125)	5% (41)	9% (76)	884
Ethnicity: Black	28% (29)	25% (26)	21% (21)	5% (6)	6% (7)	4% (4)	10% (10)	103
Ethnicity: Other	23% (22)	23% (22)	18% (17)	5% (5)	17% (16)	5% (5)	8% (7)	94
All Christian	29% (125)	26% (113)	16% (70)	4% (19)	14% (63)	3% (14)	8% (34)	438
All Non-Christian	21% (14)	29% (20)	18% (13)	2% (2)	13% (9)	8% (5)	9% (6)	70
Agnostic/Nothing in particular	24% (52)	16% (34)	22% (48)	7% (16)	16% (36)	7% (14)	8% (18)	218
Something Else	27% (33)	22% (27)	20% (24)	4% (5)	13% (15)	5% (6)	9% (11)	122
Religious Non-Protestant/Catholic	22% (16)	27% (20)	20% (15)	2% (2)	12% (9)	7% (5)	10% (7)	75
Evangelical	28% (59)	21% (44)	21% (43)	5% (9)	11% (22)	4% (8)	11% (22)	208
Non-Evangelical	28% (94)	28% (93)	14% (46)	4% (14)	17% (56)	3% (11)	7% (22)	337
Community: Urban	19% (47)	29% (72)	18% (44)	5% (12)	13% (32)	5% (13)	12% (31)	251
Community: Suburban	30% (124)	23% (94)	18% (72)	6% (23)	14% (55)	3% (14)	7% (27)	408
Community: Rural	31% (70)	16% (35)	19% (42)	3% (8)	17% (38)	6% (14)	8% (18)	225
Employ: Private Sector	26% (97)	26% (99)	19% (72)	5% (20)	10% (39)	5% (18)	8% (30)	376
Employ: Government	27% (14)	22% (12)	19% (10)	6% (3)	14% (7)	9% (5)	3% (2)	54
Employ: Self-Employed	40% (28)	18% (13)	10% (7)	7% (5)	12% (8)	5% (4)	7% (5)	70
Employ: Homemaker	32% (17)	7% (4)	29% (16)	4% (2)	18% (10)	2% (1)	9% (5)	55
Employ: Retired	25% (48)	22% (43)	14% (27)	4% (7)	19% (37)	5% (10)	12% (24)	196
Employ: Unemployed	34% (24)	14% (10)	18% (13)	4% (3)	21% (15)	1% (0)	8% (6)	72
Military HH: Yes	28% (31)	29% (33)	17% (19)	6% (7)	8% (9)	7% (8)	4% (4)	113
Military HH: No	27% (210)	22% (168)	18% (139)	5% (35)	15% (116)	4% (33)	9% (71)	772
RD/WT: Right Direction	27% (91)	22% (77)	17% (60)	5% (18)	14% (47)	6% (20)	9% (31)	344
RD/WT: Wrong Track	28% (150)	23% (123)	18% (99)	5% (24)	14% (78)	4% (21)	8% (45)	540
Biden Job Approve	26% (110)	23% (98)	17% (73)	4% (18)	14% (61)	5% (23)	10% (43)	427
Biden Job Disapprove	29% (126)	23% (100)	19% (82)	5% (21)	14% (62)	4% (18)	7% (29)	437
Biden Job Strongly Approve	28% (56)	25% (49)	15% (29)	4% (8)	15% (31)	4% (7)	9% (19)	199
Biden Job Somewhat Approve	24% (54)	22% (50)	19% (44)	4% (10)	13% (31)	7% (16)	11% (24)	228
Biden Job Somewhat Disapprove	24% (36)	20% (29)	21% (32)	9% (13)	15% (21)	4% (6)	7% (10)	148
Biden Job Strongly Disapprove	31% (90)	24% (70)	17% (50)	3% (8)	14% (41)	4% (11)	7% (19)	290
Favorable of Biden	26% (112)	25% (108)	17% (73)	4% (17)	14% (59)	5% (22)	9% (40)	432
Unfavorable of Biden	28% (115)	22% (89)	19% (78)	5% (21)	15% (60)	4% (16)	7% (30)	409

Table MCHE6_1: *How frequently did you use the following during the past month?*
Apps that help you track or manage your health

Demographic	Multiple times a day	Once daily	A few times per week	Once per week	A few times	Once	Never	Total N
Adults	27% (241)	23% (200)	18% (159)	5% (43)	14% (125)	5% (41)	9% (76)	884
Very Favorable of Biden	26% (58)	26% (58)	14% (32)	4% (9)	13% (29)	7% (16)	10% (22)	223
Somewhat Favorable of Biden	26% (54)	24% (51)	20% (41)	4% (8)	15% (30)	3% (6)	9% (18)	209
Somewhat Unfavorable of Biden	22% (27)	21% (26)	25% (31)	8% (10)	14% (17)	1% (1)	9% (11)	124
Very Unfavorable of Biden	31% (87)	22% (63)	16% (46)	4% (11)	15% (43)	5% (15)	7% (19)	285
#1 Issue: Economy	27% (105)	22% (84)	19% (74)	5% (19)	13% (48)	5% (18)	9% (37)	385
#1 Issue: Security	23% (21)	23% (22)	16% (15)	5% (4)	18% (17)	2% (2)	12% (12)	94
#1 Issue: Health Care	27% (24)	24% (21)	20% (18)	7% (6)	12% (10)	2% (2)	8% (7)	88
#1 Issue: Medicare / Social Security	28% (26)	22% (20)	18% (16)	2% (2)	16% (14)	3% (3)	11% (10)	91
#1 Issue: Women's Issues	28% (29)	18% (19)	14% (15)	4% (5)	20% (21)	9% (10)	5% (5)	103
#1 Issue: Energy	30% (15)	29% (14)	12% (6)	7% (3)	11% (5)	7% (3)	4% (2)	50
2022 House Vote: Democrat	27% (112)	25% (107)	15% (64)	3% (14)	17% (70)	5% (21)	8% (32)	420
2022 House Vote: Republican	32% (83)	23% (59)	16% (42)	5% (13)	13% (34)	5% (12)	7% (19)	262
2022 House Vote: Didnt Vote	21% (37)	17% (31)	28% (50)	8% (13)	10% (18)	4% (7)	12% (22)	178
2020 Vote: Joe Biden	26% (115)	25% (110)	16% (71)	4% (17)	15% (66)	5% (22)	9% (38)	439
2020 Vote: Donald Trump	32% (83)	21% (55)	16% (43)	5% (12)	14% (36)	5% (14)	8% (21)	263
2020 Vote: Didn't Vote	22% (34)	21% (32)	24% (36)	9% (13)	14% (22)	3% (5)	8% (12)	153
2018 House Vote: Democrat	29% (107)	25% (92)	14% (50)	4% (13)	16% (59)	4% (14)	8% (31)	366
2018 House Vote: Republican	32% (74)	22% (51)	17% (40)	5% (11)	11% (26)	5% (13)	8% (17)	231
2018 House Vote: Didnt Vote	21% (53)	21% (54)	25% (64)	6% (16)	15% (40)	2% (6)	10% (26)	259
4-Region: Northeast	28% (47)	25% (41)	19% (32)	4% (7)	10% (16)	5% (9)	8% (13)	166
4-Region: Midwest	29% (55)	20% (38)	17% (31)	9% (17)	14% (27)	2% (5)	9% (16)	189
4-Region: South	29% (100)	23% (78)	18% (62)	3% (12)	14% (47)	3% (11)	9% (32)	341
4-Region: West	21% (39)	23% (44)	18% (33)	4% (7)	18% (35)	9% (16)	8% (14)	188
Uses an App to Track Health	27% (241)	23% (200)	18% (159)	5% (43)	14% (125)	5% (41)	9% (76)	884
Uses Wearable Fitness Tech	36% (210)	25% (147)	17% (98)	4% (26)	11% (66)	2% (12)	4% (25)	584
Concerned About Privacy of Health Data	25% (113)	24% (108)	20% (93)	6% (25)	15% (69)	4% (18)	7% (32)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE6_2: *How frequently did you use the following during the past month?*

Wearable fitness or wellness technology

Demographic	Multiple times a day	Once daily	A few times per week	Once per week	A few times	Once	Never	Total N
Adults	40% (304)	21% (161)	15% (116)	5% (36)	9% (70)	3% (22)	7% (53)	762
Gender: Male	40% (145)	24% (87)	14% (51)	4% (16)	10% (37)	3% (10)	5% (20)	366
Gender: Female	40% (160)	19% (74)	16% (64)	5% (20)	8% (33)	3% (12)	8% (34)	397
Age: 18-34	36% (90)	20% (49)	15% (37)	11% (27)	11% (27)	5% (12)	4% (9)	253
Age: 35-44	41% (75)	23% (42)	20% (36)	2% (5)	11% (19)	— (1)	3% (5)	182
Age: 45-64	40% (84)	21% (43)	14% (28)	1% (3)	7% (15)	4% (9)	12% (25)	207
Age: 65+	46% (56)	22% (27)	11% (14)	1% (1)	7% (9)	— (0)	12% (15)	121
GenZers: 1997-2012	28% (29)	16% (17)	14% (14)	12% (13)	17% (18)	9% (9)	4% (4)	104
Millennials: 1981-1996	40% (120)	22% (67)	18% (53)	6% (19)	9% (28)	1% (4)	3% (10)	301
GenXers: 1965-1980	43% (81)	20% (37)	15% (28)	1% (2)	6% (12)	5% (9)	10% (20)	189
Baby Boomers: 1946-1964	42% (67)	24% (39)	13% (20)	1% (2)	8% (12)	— (0)	12% (19)	160
PID: Dem (no lean)	41% (136)	21% (70)	19% (62)	3% (10)	7% (23)	1% (3)	8% (27)	331
PID: Ind (no lean)	40% (78)	16% (32)	10% (20)	9% (18)	11% (21)	5% (11)	8% (16)	195
PID: Rep (no lean)	38% (90)	25% (58)	14% (33)	3% (7)	12% (27)	4% (9)	5% (11)	236
PID/Gender: Dem Men	47% (75)	23% (37)	16% (26)	2% (4)	5% (8)	— (0)	7% (11)	161
PID/Gender: Dem Women	36% (61)	20% (33)	21% (36)	4% (7)	9% (15)	2% (3)	9% (15)	170
PID/Gender: Ind Men	38% (34)	20% (18)	9% (8)	8% (8)	12% (11)	10% (9)	3% (3)	91
PID/Gender: Ind Women	42% (44)	13% (14)	12% (12)	10% (11)	9% (10)	1% (1)	12% (13)	105
PID/Gender: Rep Men	31% (35)	28% (32)	15% (18)	4% (4)	16% (19)	— (1)	5% (6)	114
PID/Gender: Rep Women	45% (55)	22% (27)	13% (16)	2% (3)	7% (9)	7% (8)	4% (5)	122
Ideo: Liberal (1-3)	41% (98)	22% (53)	15% (37)	5% (11)	10% (25)	1% (2)	6% (13)	239
Ideo: Moderate (4)	37% (94)	17% (45)	16% (42)	6% (15)	10% (25)	7% (18)	7% (19)	258
Ideo: Conservative (5-7)	42% (95)	26% (59)	14% (32)	2% (6)	8% (18)	— (1)	7% (15)	226
Educ: < College	37% (154)	18% (77)	15% (64)	5% (19)	11% (46)	5% (21)	8% (35)	417
Educ: Bachelors degree	41% (89)	23% (51)	15% (33)	6% (13)	7% (15)	— (1)	7% (15)	217
Educ: Post-grad	47% (60)	26% (34)	15% (19)	3% (4)	7% (10)	— (0)	2% (3)	129
Income: Under 50k	32% (96)	21% (66)	14% (42)	7% (20)	10% (30)	6% (17)	11% (34)	305
Income: 50k-100k	41% (114)	20% (55)	18% (49)	3% (10)	11% (31)	2% (5)	5% (14)	277
Income: 100k+	52% (94)	22% (40)	14% (25)	3% (6)	5% (10)	— (0)	3% (5)	180
Ethnicity: White	42% (242)	21% (120)	14% (82)	5% (29)	9% (50)	3% (20)	6% (35)	578
Ethnicity: Hispanic	29% (39)	18% (24)	20% (27)	9% (12)	13% (17)	10% (14)	2% (2)	135

Continued on next page

Table MCHE6_2: *How frequently did you use the following during the past month?*
Wearable fitness or wellness technology

Demographic	Multiple times a day	Once daily	A few times per week	Once per week	A few times	Once	Never	Total N
Adults	40% (304)	21% (161)	15% (116)	5% (36)	9% (70)	3% (22)	7% (53)	762
Ethnicity: Black	38% (39)	20% (21)	16% (17)	3% (3)	11% (12)	1% (1)	10% (11)	104
Ethnicity: Other	29% (23)	24% (20)	20% (17)	5% (4)	11% (9)	2% (1)	9% (7)	81
All Christian	46% (169)	21% (77)	11% (40)	4% (14)	11% (40)	2% (9)	5% (20)	369
All Non-Christian	32% (19)	24% (14)	16% (9)	10% (6)	9% (5)	2% (1)	6% (4)	57
Agnostic/Nothing in particular	34% (64)	21% (40)	20% (38)	4% (9)	7% (14)	5% (9)	8% (16)	191
Something Else	32% (36)	19% (22)	22% (25)	5% (6)	7% (8)	2% (2)	12% (14)	113
Religious Non-Protestant/Catholic	33% (20)	22% (14)	15% (9)	13% (8)	8% (5)	2% (1)	7% (5)	62
Evangelical	35% (65)	23% (42)	17% (31)	5% (10)	9% (17)	1% (2)	11% (20)	187
Non-Evangelical	48% (136)	19% (55)	11% (32)	3% (7)	11% (31)	3% (9)	5% (13)	283
Community: Urban	34% (72)	24% (51)	15% (33)	4% (8)	12% (26)	4% (8)	7% (14)	212
Community: Suburban	44% (162)	21% (76)	15% (54)	5% (18)	8% (29)	1% (3)	6% (23)	365
Community: Rural	38% (70)	18% (33)	16% (29)	5% (10)	9% (16)	6% (11)	9% (16)	185
Employ: Private Sector	41% (138)	22% (74)	16% (53)	6% (21)	10% (33)	1% (4)	4% (13)	337
Employ: Self-Employed	41% (31)	20% (15)	11% (8)	4% (3)	8% (6)	9% (7)	7% (6)	77
Employ: Retired	47% (70)	22% (33)	8% (12)	4% (5)	7% (11)	— (0)	12% (17)	149
Employ: Unemployed	25% (14)	18% (10)	25% (14)	3% (1)	4% (2)	13% (7)	13% (7)	56
Military HH: Yes	46% (45)	15% (15)	19% (18)	10% (10)	1% (1)	1% (1)	7% (7)	97
Military HH: No	39% (259)	22% (146)	15% (97)	4% (26)	10% (69)	3% (21)	7% (46)	665
RD/WT: Right Direction	35% (106)	21% (63)	17% (51)	7% (21)	11% (35)	5% (15)	5% (16)	306
RD/WT: Wrong Track	44% (198)	21% (97)	14% (65)	3% (15)	8% (36)	2% (7)	8% (37)	456
Biden Job Approve	35% (133)	21% (79)	17% (66)	6% (22)	10% (40)	4% (16)	7% (27)	384
Biden Job Disapprove	45% (161)	23% (81)	14% (50)	3% (10)	8% (30)	2% (6)	6% (21)	358
Biden Job Strongly Approve	37% (63)	20% (34)	16% (27)	6% (11)	10% (17)	4% (7)	7% (12)	170
Biden Job Somewhat Approve	33% (71)	21% (45)	18% (39)	5% (11)	11% (23)	4% (9)	7% (16)	214
Biden Job Somewhat Disapprove	44% (55)	17% (21)	19% (23)	6% (7)	7% (9)	2% (2)	6% (7)	124
Biden Job Strongly Disapprove	45% (106)	26% (60)	11% (26)	1% (3)	9% (21)	1% (3)	6% (15)	234
Favorable of Biden	38% (142)	21% (77)	17% (65)	4% (14)	8% (30)	4% (16)	8% (31)	376
Unfavorable of Biden	44% (152)	22% (75)	12% (42)	5% (19)	9% (30)	2% (6)	6% (19)	344

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Table MCHE6_2: *How frequently did you use the following during the past month?*

Wearable fitness or wellness technology

Demographic	Multiple times a day	Once daily	A few times per week	Once per week	A few times	Once	Never	Total N
Adults	40% (304)	21% (161)	15% (116)	5% (36)	9% (70)	3% (22)	7% (53)	762
Very Favorable of Biden	40% (71)	21% (37)	14% (25)	5% (8)	7% (12)	4% (7)	8% (14)	175
Somewhat Favorable of Biden	36% (72)	20% (40)	20% (40)	3% (6)	9% (18)	5% (9)	8% (17)	201
Somewhat Unfavorable of Biden	44% (46)	16% (17)	13% (14)	13% (14)	8% (8)	1% (1)	5% (5)	105
Very Unfavorable of Biden	44% (106)	25% (58)	12% (28)	2% (5)	9% (22)	2% (5)	6% (14)	238
#1 Issue: Economy	41% (136)	21% (70)	19% (61)	4% (12)	9% (29)	3% (11)	3% (10)	328
#1 Issue: Security	49% (36)	16% (11)	10% (7)	7% (5)	6% (4)	1% (0)	12% (9)	73
#1 Issue: Health Care	33% (23)	18% (13)	21% (15)	10% (7)	8% (6)	— (0)	9% (6)	70
#1 Issue: Medicare / Social Security	48% (36)	19% (14)	9% (7)	2% (2)	5% (4)	— (0)	17% (13)	76
#1 Issue: Women's Issues	36% (34)	22% (21)	7% (6)	6% (5)	11% (10)	11% (10)	8% (8)	95
#1 Issue: Energy	27% (14)	23% (12)	17% (9)	3% (1)	15% (8)	2% (1)	14% (7)	52
2022 House Vote: Democrat	41% (144)	21% (74)	17% (59)	4% (14)	8% (29)	2% (9)	7% (23)	352
2022 House Vote: Republican	45% (108)	23% (54)	13% (31)	4% (9)	10% (24)	1% (2)	4% (10)	237
2022 House Vote: Didnt Vote	23% (33)	21% (30)	16% (23)	9% (13)	11% (16)	8% (12)	12% (17)	144
2020 Vote: Joe Biden	41% (152)	22% (79)	17% (61)	3% (12)	7% (24)	2% (9)	8% (29)	366
2020 Vote: Donald Trump	46% (104)	23% (51)	13% (29)	3% (7)	9% (21)	1% (2)	6% (13)	227
2020 Vote: Didn't Vote	24% (33)	18% (24)	16% (22)	12% (16)	16% (21)	8% (11)	6% (8)	135
2018 House Vote: Democrat	45% (140)	20% (61)	15% (46)	4% (11)	8% (24)	3% (9)	6% (20)	311
2018 House Vote: Republican	44% (93)	24% (50)	12% (27)	5% (10)	8% (17)	1% (2)	7% (14)	213
2018 House Vote: Didnt Vote	25% (54)	22% (46)	20% (42)	7% (15)	13% (29)	5% (11)	8% (17)	214
4-Region: Northeast	40% (54)	24% (33)	16% (22)	3% (4)	13% (17)	— (1)	4% (5)	136
4-Region: Midwest	45% (73)	19% (30)	10% (17)	6% (10)	9% (14)	1% (2)	10% (17)	163
4-Region: South	39% (117)	22% (66)	17% (52)	4% (13)	10% (29)	2% (6)	7% (21)	303
4-Region: West	37% (59)	20% (32)	16% (25)	6% (9)	6% (10)	9% (14)	7% (11)	160
Uses an App to Track Health	44% (256)	23% (133)	15% (85)	5% (28)	7% (42)	2% (11)	5% (29)	584
Uses Wearable Fitness Tech	40% (304)	21% (161)	15% (116)	5% (36)	9% (70)	3% (22)	7% (53)	762
Concerned About Privacy of Health Data	35% (126)	23% (84)	16% (58)	5% (18)	12% (42)	3% (11)	7% (27)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE7_1: *Specifically, would you say you used the following more or less often during the COVID-19 pandemic than you did before the pandemic, or about the same amount?*
Apps that help you track or manage your health

Demographic	Much more often during the pandemic	Somewhat more often during the pandemic	About the same amount	Somewhat less often during the pandemic	Much less often during the pandemic	Don't know	Not applicable	Total N
Adults	17% (154)	15% (129)	45% (397)	6% (50)	7% (62)	3% (25)	8% (69)	884
Gender: Male	19% (79)	19% (81)	45% (189)	4% (16)	4% (18)	2% (7)	8% (33)	423
Gender: Female	16% (75)	10% (48)	45% (208)	7% (34)	9% (43)	4% (17)	8% (36)	461
Age: 18-34	16% (47)	18% (53)	42% (125)	7% (22)	10% (29)	2% (6)	5% (15)	297
Age: 35-44	20% (35)	18% (30)	43% (73)	7% (11)	4% (7)	3% (5)	5% (9)	170
Age: 45-64	20% (55)	12% (32)	42% (113)	4% (12)	7% (19)	3% (8)	11% (30)	270
Age: 65+	11% (16)	9% (14)	59% (86)	3% (5)	4% (6)	4% (6)	10% (15)	147
GenZers: 1997-2012	11% (13)	15% (18)	42% (51)	10% (12)	11% (13)	3% (3)	8% (10)	121
Millennials: 1981-1996	20% (63)	18% (55)	42% (134)	7% (21)	7% (21)	2% (6)	4% (14)	315
GenXers: 1965-1980	25% (55)	16% (36)	39% (86)	3% (7)	8% (18)	4% (8)	5% (12)	222
Baby Boomers: 1946-1964	10% (22)	8% (17)	56% (119)	4% (9)	4% (10)	3% (6)	15% (32)	214
PID: Dem (no lean)	19% (75)	14% (56)	41% (161)	7% (28)	5% (21)	4% (17)	10% (38)	395
PID: Ind (no lean)	15% (35)	16% (35)	48% (107)	4% (8)	8% (18)	1% (3)	8% (19)	225
PID: Rep (no lean)	17% (44)	14% (38)	49% (129)	5% (14)	9% (23)	2% (5)	5% (12)	264
PID/Gender: Dem Men	21% (41)	18% (35)	43% (82)	5% (9)	3% (6)	2% (4)	8% (15)	192
PID/Gender: Dem Women	17% (34)	10% (21)	39% (79)	10% (19)	7% (15)	6% (13)	11% (22)	203
PID/Gender: Ind Men	16% (17)	19% (20)	44% (48)	4% (4)	5% (6)	2% (3)	11% (12)	109
PID/Gender: Ind Women	15% (18)	13% (15)	51% (59)	4% (4)	11% (13)	— (0)	6% (7)	116
PID/Gender: Rep Men	17% (21)	21% (26)	49% (60)	3% (4)	5% (7)	1% (1)	4% (5)	122
PID/Gender: Rep Women	16% (23)	9% (12)	49% (70)	7% (10)	11% (16)	3% (4)	5% (7)	142
Ideo: Liberal (1-3)	23% (69)	18% (54)	39% (118)	7% (21)	5% (15)	2% (7)	6% (20)	303
Ideo: Moderate (4)	15% (42)	14% (41)	44% (129)	5% (15)	9% (27)	2% (6)	10% (29)	290
Ideo: Conservative (5-7)	15% (39)	12% (31)	52% (133)	4% (11)	6% (15)	4% (11)	6% (17)	256
Educ: < College	16% (79)	10% (52)	47% (236)	5% (24)	9% (48)	3% (15)	10% (53)	506
Educ: Bachelors degree	17% (42)	22% (53)	43% (104)	8% (19)	3% (8)	2% (6)	5% (12)	245
Educ: Post-grad	24% (32)	18% (24)	43% (57)	5% (7)	4% (5)	3% (4)	3% (4)	133

Table MCHE7_1: *Specifically, would you say you used the following more or less often during the COVID-19 pandemic than you did before the pandemic, or about the same amount?*
Apps that help you track or manage your health

Demographic	Much more often during the pandemic	Somewhat more often during the pandemic	About the same amount	Somewhat less often during the pandemic	Much less often during the pandemic	Don't know	Not applicable	Total N
Adults	17% (154)	15% (129)	45% (397)	6% (50)	7% (62)	3% (25)	8% (69)	884
Income: Under 50k	17% (64)	13% (51)	44% (169)	5% (19)	7% (27)	3% (12)	11% (41)	383
Income: 50k-100k	19% (57)	16% (47)	40% (118)	7% (20)	10% (30)	2% (6)	6% (19)	297
Income: 100k+	16% (33)	15% (31)	54% (110)	5% (11)	2% (5)	3% (7)	4% (9)	205
Ethnicity: White	17% (116)	14% (96)	46% (313)	5% (37)	7% (50)	3% (19)	8% (56)	688
Ethnicity: Hispanic	13% (23)	15% (25)	38% (67)	5% (8)	14% (25)	3% (5)	12% (20)	174
Ethnicity: Black	18% (19)	18% (19)	35% (36)	8% (8)	9% (9)	3% (3)	8% (8)	103
Ethnicity: Other	19% (18)	15% (14)	51% (48)	5% (4)	3% (2)	2% (2)	5% (5)	94
All Christian	18% (79)	17% (74)	48% (210)	6% (24)	5% (23)	1% (5)	5% (23)	438
All Non-Christian	21% (14)	17% (12)	40% (28)	5% (4)	4% (3)	8% (5)	6% (4)	70
Agnostic/Nothing in particular	14% (30)	11% (23)	42% (91)	7% (15)	11% (23)	4% (9)	12% (27)	218
Something Else	20% (24)	13% (16)	42% (52)	3% (4)	10% (12)	3% (4)	8% (9)	122
Religious Non-Protestant/Catholic	20% (15)	19% (14)	38% (28)	7% (5)	4% (3)	7% (5)	6% (4)	75
Evangelical	20% (41)	15% (32)	44% (91)	6% (13)	6% (12)	2% (5)	7% (15)	208
Non-Evangelical	18% (59)	16% (54)	49% (166)	4% (15)	7% (23)	1% (4)	5% (17)	337
Community: Urban	22% (55)	14% (34)	37% (93)	5% (13)	10% (26)	1% (3)	11% (27)	251
Community: Suburban	15% (62)	18% (72)	49% (201)	7% (27)	3% (12)	3% (10)	6% (25)	408
Community: Rural	16% (37)	10% (23)	46% (103)	5% (10)	11% (24)	5% (11)	7% (17)	225
Employ: Private Sector	19% (73)	20% (75)	43% (161)	6% (22)	3% (11)	2% (7)	7% (26)	376
Employ: Government	10% (5)	11% (6)	52% (28)	17% (9)	8% (4)	2% (1)	— (0)	54
Employ: Self-Employed	31% (22)	16% (11)	33% (23)	5% (4)	11% (8)	2% (1)	2% (2)	70
Employ: Homemaker	22% (12)	17% (10)	25% (14)	4% (2)	17% (9)	3% (2)	11% (6)	55
Employ: Retired	10% (19)	9% (17)	61% (119)	3% (5)	4% (8)	3% (6)	11% (22)	196
Employ: Unemployed	16% (12)	9% (6)	43% (31)	5% (4)	12% (9)	8% (6)	6% (4)	72
Military HH: Yes	18% (21)	15% (17)	51% (57)	7% (8)	3% (4)	3% (3)	4% (4)	113
Military HH: No	17% (133)	15% (112)	44% (340)	5% (42)	8% (58)	3% (22)	8% (65)	772
RD/WT: Right Direction	21% (72)	17% (58)	37% (129)	7% (23)	6% (21)	3% (9)	9% (32)	344
RD/WT: Wrong Track	15% (82)	13% (70)	50% (268)	5% (27)	7% (40)	3% (15)	7% (37)	540

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Table MCHE7_1: *Specifically, would you say you used the following more or less often during the COVID-19 pandemic than you did before the pandemic, or about the same amount?*
Apps that help you track or manage your health

Demographic	Much more often during the pandemic	Somewhat more often during the pandemic	About the same amount	Somewhat less often during the pandemic	Much less often during the pandemic	Don't know	Not applicable	Total N
Adults	17% (154)	15% (129)	45% (397)	6% (50)	7% (62)	3% (25)	8% (69)	884
Biden Job Approve	19% (83)	16% (68)	40% (170)	6% (26)	7% (29)	2% (10)	10% (42)	427
Biden Job Disapprove	15% (67)	14% (60)	50% (220)	5% (22)	7% (31)	3% (11)	6% (25)	437
Biden Job Strongly Approve	23% (46)	14% (29)	40% (79)	5% (11)	8% (15)	3% (6)	6% (13)	199
Biden Job Somewhat Approve	16% (37)	17% (39)	40% (91)	7% (15)	6% (14)	2% (4)	13% (29)	228
Biden Job Somewhat Disapprove	16% (23)	19% (29)	43% (64)	8% (11)	4% (6)	4% (5)	6% (8)	148
Biden Job Strongly Disapprove	15% (43)	11% (31)	54% (156)	4% (11)	9% (25)	2% (6)	6% (17)	290
Favorable of Biden	20% (86)	17% (75)	38% (165)	6% (24)	6% (28)	2% (11)	10% (43)	432
Unfavorable of Biden	14% (56)	12% (51)	53% (218)	6% (23)	8% (31)	2% (7)	5% (22)	409
Very Favorable of Biden	23% (52)	16% (37)	34% (76)	6% (13)	7% (16)	3% (7)	10% (23)	223
Somewhat Favorable of Biden	16% (34)	18% (38)	43% (90)	5% (11)	6% (12)	2% (4)	10% (20)	209
Somewhat Unfavorable of Biden	14% (18)	14% (17)	50% (62)	8% (10)	8% (9)	1% (1)	5% (7)	124
Very Unfavorable of Biden	14% (39)	12% (34)	55% (156)	5% (14)	7% (21)	2% (6)	5% (15)	285
#1 Issue: Economy	14% (52)	16% (60)	45% (174)	6% (23)	6% (25)	3% (12)	10% (38)	385
#1 Issue: Security	17% (16)	14% (13)	49% (46)	8% (8)	4% (4)	3% (2)	6% (6)	94
#1 Issue: Health Care	18% (16)	18% (16)	43% (38)	4% (3)	10% (9)	3% (3)	4% (4)	88
#1 Issue: Medicare / Social Security	22% (20)	10% (9)	52% (48)	1% (1)	4% (4)	1% (1)	10% (9)	91
#1 Issue: Women's Issues	19% (19)	15% (15)	41% (42)	6% (6)	9% (9)	6% (6)	5% (5)	103
#1 Issue: Energy	19% (10)	10% (5)	44% (22)	4% (2)	13% (7)	3% (1)	7% (3)	50
2022 House Vote: Democrat	19% (82)	15% (64)	40% (170)	6% (25)	6% (25)	3% (13)	10% (41)	420
2022 House Vote: Republican	16% (42)	14% (35)	54% (142)	3% (9)	7% (17)	2% (5)	4% (11)	262
2022 House Vote: Didnt Vote	14% (26)	15% (26)	42% (75)	8% (13)	10% (17)	3% (5)	9% (16)	178
2020 Vote: Joe Biden	21% (90)	15% (64)	40% (175)	7% (30)	6% (26)	3% (12)	10% (42)	439
2020 Vote: Donald Trump	15% (39)	14% (36)	53% (138)	4% (10)	7% (18)	2% (6)	6% (16)	263
2020 Vote: Didn't Vote	15% (22)	16% (25)	45% (70)	4% (6)	9% (14)	3% (5)	7% (11)	153
2018 House Vote: Democrat	19% (71)	15% (56)	43% (159)	6% (23)	7% (25)	3% (11)	6% (21)	366
2018 House Vote: Republican	16% (36)	15% (34)	57% (133)	2% (6)	3% (8)	2% (5)	4% (10)	231
2018 House Vote: Didnt Vote	16% (42)	14% (35)	37% (95)	8% (20)	11% (28)	3% (8)	12% (31)	259

Table MCHE7_1: *Specifically, would you say you used the following more or less often during the COVID-19 pandemic than you did before the pandemic, or about the same amount?*
Apps that help you track or manage your health

Demographic	Much more often during the pandemic	Somewhat more often during the pandemic	About the same amount	Somewhat less often during the pandemic	Much less often during the pandemic	Don't know	Not applicable	Total N
Adults	17% (154)	15% (129)	45% (397)	6% (50)	7% (62)	3% (25)	8% (69)	884
4-Region: Northeast	22% (36)	15% (24)	45% (74)	6% (11)	4% (6)	2% (3)	7% (11)	166
4-Region: Midwest	15% (29)	12% (22)	48% (90)	7% (13)	8% (15)	5% (9)	5% (10)	189
4-Region: South	18% (61)	14% (47)	48% (163)	4% (12)	6% (20)	3% (11)	8% (28)	341
4-Region: West	15% (28)	18% (35)	37% (70)	8% (14)	11% (21)	1% (1)	10% (19)	188
Uses an App to Track Health	17% (154)	15% (129)	45% (397)	6% (50)	7% (62)	3% (25)	8% (69)	884
Uses Wearable Fitness Tech	20% (119)	16% (91)	47% (272)	5% (32)	6% (35)	2% (13)	4% (22)	584
Concerned About Privacy of Health Data	19% (86)	17% (78)	42% (194)	5% (23)	9% (43)	3% (12)	5% (22)	458

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE7_2: *Specifically, would you say you used the following more or less often during the COVID-19 pandemic than you did before the pandemic, or about the same amount?*
Wearable fitness or wellness technology

Demographic	Much more often during the pandemic	Somewhat more often during the pandemic	About the same amount	Somewhat less often during the pandemic	Much less often during the pandemic	Don't know	Not applicable	Total N
Adults	20% (152)	17% (132)	44% (335)	4% (31)	6% (42)	4% (27)	6% (43)	762
Gender: Male	21% (79)	21% (77)	41% (149)	3% (12)	5% (17)	4% (14)	5% (18)	366
Gender: Female	18% (73)	14% (55)	47% (186)	5% (19)	6% (25)	3% (13)	6% (25)	397
Age: 18-34	17% (44)	20% (51)	41% (103)	7% (19)	8% (19)	4% (10)	3% (7)	253
Age: 35-44	25% (46)	19% (35)	44% (79)	4% (7)	4% (8)	2% (3)	2% (4)	182
Age: 45-64	22% (46)	16% (34)	40% (83)	2% (5)	5% (10)	6% (13)	8% (17)	207
Age: 65+	13% (16)	9% (11)	58% (70)	1% (1)	4% (5)	1% (1)	13% (16)	121
GenZers: 1997-2012	9% (10)	22% (23)	40% (42)	9% (9)	9% (9)	7% (7)	4% (4)	104
Millennials: 1981-1996	24% (71)	19% (56)	43% (130)	5% (16)	6% (17)	2% (6)	2% (5)	301
GenXers: 1965-1980	28% (54)	16% (31)	36% (67)	2% (5)	4% (7)	6% (12)	7% (13)	189
Baby Boomers: 1946-1964	10% (16)	13% (21)	57% (91)	— (1)	5% (9)	1% (2)	13% (20)	160
PID: Dem (no lean)	26% (85)	19% (61)	40% (131)	3% (9)	4% (14)	4% (13)	5% (18)	331
PID: Ind (no lean)	15% (29)	16% (31)	43% (84)	7% (14)	6% (12)	5% (10)	8% (16)	195
PID: Rep (no lean)	16% (39)	17% (39)	51% (121)	3% (8)	7% (16)	2% (4)	4% (10)	236
PID/Gender: Dem Men	29% (46)	21% (34)	36% (58)	3% (5)	4% (6)	3% (5)	4% (7)	161
PID/Gender: Dem Women	23% (39)	16% (28)	43% (72)	3% (5)	5% (8)	4% (7)	6% (10)	170
PID/Gender: Ind Men	17% (16)	20% (18)	37% (33)	5% (5)	5% (5)	8% (8)	6% (6)	91
PID/Gender: Ind Women	12% (13)	12% (13)	48% (50)	8% (9)	7% (7)	3% (3)	10% (10)	105
PID/Gender: Rep Men	15% (17)	22% (25)	51% (58)	2% (2)	6% (6)	1% (1)	5% (6)	114
PID/Gender: Rep Women	18% (22)	12% (14)	52% (63)	4% (5)	8% (10)	3% (3)	4% (4)	122
Ideo: Liberal (1-3)	28% (66)	21% (51)	38% (91)	4% (10)	3% (8)	2% (4)	4% (9)	239
Ideo: Moderate (4)	19% (48)	16% (42)	43% (111)	5% (13)	6% (16)	5% (13)	5% (14)	258
Ideo: Conservative (5-7)	15% (34)	16% (36)	51% (116)	2% (4)	6% (13)	4% (8)	7% (15)	226
Educ: < College	19% (79)	15% (63)	43% (180)	3% (13)	7% (29)	5% (21)	8% (32)	417
Educ: Bachelors degree	20% (43)	20% (43)	45% (97)	6% (13)	5% (11)	2% (5)	2% (5)	217
Educ: Post-grad	24% (30)	20% (26)	45% (58)	3% (4)	2% (3)	1% (1)	5% (7)	129

Continued on next page

Table MCHE7_2: *Specifically, would you say you used the following more or less often during the COVID-19 pandemic than you did before the pandemic, or about the same amount?*
Wearable fitness or wellness technology

Demographic	Much more often during the pandemic	Somewhat more often during the pandemic	About the same amount	Somewhat less often during the pandemic	Much less often during the pandemic	Don't know	Not applicable	Total N
Adults	20% (152)	17% (132)	44% (335)	4% (31)	6% (42)	4% (27)	6% (43)	762
Income: Under 50k	19% (59)	17% (53)	40% (121)	5% (15)	5% (16)	5% (16)	8% (25)	305
Income: 50k-100k	21% (58)	18% (51)	42% (117)	4% (11)	8% (21)	3% (8)	4% (11)	277
Income: 100k+	19% (35)	15% (27)	54% (97)	3% (5)	3% (5)	2% (3)	4% (8)	180
Ethnicity: White	19% (110)	16% (95)	47% (270)	4% (22)	5% (30)	4% (21)	5% (31)	578
Ethnicity: Hispanic	23% (31)	21% (28)	34% (46)	4% (6)	7% (9)	9% (12)	2% (3)	135
Ethnicity: Black	26% (27)	17% (18)	33% (35)	4% (4)	10% (10)	4% (4)	6% (7)	104
Ethnicity: Other	19% (15)	23% (19)	38% (31)	6% (5)	3% (3)	2% (2)	8% (6)	81
All Christian	21% (78)	19% (69)	47% (174)	3% (11)	5% (18)	1% (5)	4% (15)	369
All Non-Christian	22% (13)	15% (8)	37% (21)	6% (4)	5% (3)	6% (3)	9% (5)	57
Agnostic/Nothing in particular	16% (30)	16% (31)	42% (80)	3% (6)	7% (13)	8% (16)	7% (14)	191
Something Else	23% (25)	13% (15)	38% (43)	8% (9)	8% (9)	2% (3)	8% (10)	113
Religious Non-Protestant/Catholic	22% (13)	19% (12)	35% (22)	6% (4)	4% (3)	5% (3)	8% (5)	62
Evangelical	22% (42)	16% (30)	42% (80)	7% (12)	5% (10)	2% (4)	5% (10)	187
Non-Evangelical	21% (60)	17% (48)	47% (134)	3% (8)	5% (15)	2% (4)	5% (14)	283
Community: Urban	24% (52)	16% (33)	40% (85)	1% (3)	9% (19)	4% (8)	6% (12)	212
Community: Suburban	18% (66)	20% (74)	48% (173)	5% (17)	3% (11)	2% (6)	5% (18)	365
Community: Rural	18% (34)	13% (24)	41% (77)	6% (11)	7% (13)	7% (13)	7% (13)	185
Employ: Private Sector	21% (72)	22% (75)	44% (147)	5% (18)	4% (12)	1% (4)	3% (9)	337
Employ: Self-Employed	25% (19)	16% (12)	32% (25)	4% (3)	7% (6)	10% (8)	6% (4)	77
Employ: Retired	13% (19)	12% (18)	58% (87)	1% (2)	4% (6)	2% (2)	10% (16)	149
Employ: Unemployed	23% (13)	12% (7)	38% (22)	4% (2)	5% (3)	9% (5)	8% (4)	56
Military HH: Yes	21% (20)	17% (16)	47% (46)	4% (4)	5% (5)	4% (3)	3% (3)	97
Military HH: No	20% (131)	17% (115)	44% (290)	4% (27)	6% (38)	4% (24)	6% (41)	665
RD/WT: Right Direction	25% (78)	23% (71)	33% (100)	6% (19)	5% (15)	4% (14)	3% (10)	306
RD/WT: Wrong Track	16% (74)	13% (61)	52% (235)	3% (11)	6% (27)	3% (13)	7% (34)	456
Biden Job Approve	25% (95)	21% (82)	37% (142)	5% (20)	4% (15)	3% (12)	5% (19)	384
Biden Job Disapprove	15% (54)	14% (50)	51% (184)	3% (10)	7% (26)	3% (11)	6% (22)	358

Table MCHE7_2: *Specifically, would you say you used the following more or less often during the COVID-19 pandemic than you did before the pandemic, or about the same amount?*

Wearable fitness or wellness technology

Demographic	Much more often during the pandemic	Somewhat more often during the pandemic	About the same amount	Somewhat less often during the pandemic	Much less often during the pandemic	Don't know	Not applicable	Total N
Adults	20% (152)	17% (132)	44% (335)	4% (31)	6% (42)	4% (27)	6% (43)	762
Biden Job Strongly Approve	30% (51)	20% (34)	31% (53)	7% (12)	4% (7)	2% (3)	5% (9)	170
Biden Job Somewhat Approve	21% (44)	22% (47)	41% (88)	4% (8)	4% (9)	4% (9)	4% (9)	214
Biden Job Somewhat Disapprove	18% (22)	20% (25)	42% (52)	4% (5)	7% (8)	4% (5)	6% (7)	124
Biden Job Strongly Disapprove	13% (32)	11% (25)	56% (132)	2% (6)	7% (18)	3% (6)	7% (16)	234
Favorable of Biden	27% (102)	20% (74)	36% (135)	4% (15)	4% (16)	4% (13)	5% (20)	376
Unfavorable of Biden	13% (46)	12% (42)	55% (188)	4% (15)	7% (23)	2% (7)	6% (22)	344
Very Favorable of Biden	32% (57)	23% (40)	28% (48)	5% (9)	4% (7)	3% (5)	5% (9)	175
Somewhat Favorable of Biden	23% (46)	17% (34)	43% (87)	3% (6)	4% (8)	4% (9)	6% (11)	201
Somewhat Unfavorable of Biden	12% (13)	18% (19)	49% (51)	9% (9)	5% (6)	1% (1)	6% (6)	105
Very Unfavorable of Biden	14% (33)	10% (23)	57% (137)	3% (6)	7% (18)	3% (6)	6% (15)	238
#1 Issue: Economy	16% (52)	18% (59)	48% (159)	3% (10)	5% (16)	6% (19)	4% (13)	328
#1 Issue: Security	22% (16)	7% (5)	47% (34)	11% (8)	4% (3)	2% (1)	7% (5)	73
#1 Issue: Health Care	24% (16)	11% (8)	47% (32)	— (0)	10% (7)	4% (3)	6% (4)	70
#1 Issue: Medicare / Social Security	27% (21)	12% (9)	37% (28)	1% (0)	7% (5)	2% (1)	15% (11)	76
#1 Issue: Women's Issues	25% (24)	22% (21)	41% (39)	4% (4)	2% (2)	2% (1)	4% (4)	95
#1 Issue: Energy	16% (8)	20% (10)	37% (19)	4% (2)	14% (7)	— (0)	9% (5)	52
2022 House Vote: Democrat	27% (94)	19% (68)	39% (137)	4% (13)	4% (13)	3% (10)	5% (16)	352
2022 House Vote: Republican	16% (37)	14% (33)	55% (130)	2% (6)	6% (14)	2% (4)	5% (13)	237
2022 House Vote: Didnt Vote	11% (16)	17% (25)	36% (52)	8% (11)	10% (14)	9% (12)	10% (14)	144
2020 Vote: Joe Biden	27% (97)	18% (66)	40% (146)	4% (16)	4% (15)	3% (9)	5% (17)	366
2020 Vote: Donald Trump	13% (30)	17% (39)	54% (122)	2% (4)	5% (11)	3% (7)	6% (14)	227
2020 Vote: Didn't Vote	17% (23)	17% (23)	35% (47)	8% (11)	10% (13)	8% (10)	6% (8)	135
2018 House Vote: Democrat	28% (89)	18% (57)	39% (122)	3% (11)	4% (11)	3% (10)	4% (12)	311
2018 House Vote: Republican	13% (27)	15% (32)	55% (116)	5% (10)	4% (8)	2% (5)	7% (15)	213
2018 House Vote: Didnt Vote	16% (34)	18% (39)	39% (84)	4% (9)	10% (21)	5% (11)	7% (16)	214

Table MCHE7_2: *Specifically, would you say you used the following more or less often during the COVID-19 pandemic than you did before the pandemic, or about the same amount?*
Wearable fitness or wellness technology

Demographic	Much more often during the pandemic	Somewhat more often during the pandemic	About the same amount	Somewhat less often during the pandemic	Much less often during the pandemic	Don't know	Not applicable	Total N
Adults	20% (152)	17% (132)	44% (335)	4% (31)	6% (42)	4% (27)	6% (43)	762
4-Region: Northeast	22% (30)	23% (31)	42% (58)	2% (3)	6% (8)	2% (3)	3% (4)	136
4-Region: Midwest	18% (29)	16% (27)	45% (74)	5% (9)	6% (9)	3% (4)	7% (11)	163
4-Region: South	22% (67)	14% (41)	44% (135)	4% (11)	5% (17)	4% (13)	7% (20)	303
4-Region: West	16% (26)	21% (33)	43% (69)	5% (8)	5% (8)	5% (7)	5% (8)	160
Uses an App to Track Health	22% (131)	16% (94)	46% (271)	4% (21)	5% (27)	2% (14)	4% (25)	584
Uses Wearable Fitness Tech	20% (152)	17% (132)	44% (335)	4% (31)	6% (42)	4% (27)	6% (43)	762
Concerned About Privacy of Health Data	23% (83)	23% (84)	37% (137)	4% (13)	6% (22)	3% (9)	5% (19)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE8: *What is your primary motivation for owning and using wearable fitness or wellness technology?*

Demographic	It encourages me achieve my fitness goals	It encourages me lose / control my weight	It encourages me to eat better	It encourages me to sleep better	I use it as part of my employer-sponsored wellness program	I am interested in tracking my health data	My doctor encouraged me to buy and use it	To track my mental health	Other, please specify:	Don't know / No opinion	Total N
Adults	31% (237)	13% (98)	4% (33)	5% (41)	3% (21)	24% (184)	6% (45)	5% (41)	4% (28)	5% (35)	762
Gender: Male	27% (99)	9% (33)	5% (19)	6% (23)	3% (12)	28% (103)	7% (26)	5% (20)	4% (13)	5% (17)	366
Gender: Female	35% (137)	16% (65)	3% (14)	5% (18)	2% (9)	21% (81)	5% (19)	5% (21)	4% (15)	5% (18)	397
Age: 18-34	27% (67)	13% (33)	7% (17)	5% (12)	2% (4)	28% (71)	5% (14)	10% (25)	2% (4)	2% (5)	253
Age: 35-44	34% (61)	16% (29)	3% (5)	6% (11)	6% (11)	20% (37)	6% (12)	3% (6)	2% (4)	4% (7)	182
Age: 45-64	32% (65)	16% (33)	4% (7)	5% (9)	3% (5)	20% (41)	7% (14)	4% (9)	3% (7)	7% (15)	207
Age: 65+	36% (43)	3% (4)	3% (3)	7% (9)	— (0)	29% (35)	4% (5)	1% (1)	10% (13)	7% (8)	121
GenZers: 1997-2012	26% (27)	15% (15)	6% (6)	3% (3)	2% (2)	27% (28)	3% (3)	15% (16)	1% (1)	4% (4)	104
Millennials: 1981-1996	29% (89)	14% (42)	5% (16)	5% (15)	4% (13)	26% (79)	7% (21)	5% (15)	2% (6)	2% (6)	301
GenXers: 1965-1980	31% (59)	18% (33)	3% (5)	4% (8)	1% (3)	20% (37)	7% (13)	5% (9)	4% (8)	7% (14)	189
Baby Boomers: 1946-1964	38% (60)	5% (8)	4% (6)	8% (13)	2% (3)	23% (37)	5% (8)	1% (1)	8% (12)	7% (11)	160
PID: Dem (no lean)	31% (102)	12% (41)	5% (16)	6% (21)	2% (7)	21% (71)	8% (26)	6% (19)	4% (12)	5% (16)	331
PID: Ind (no lean)	28% (54)	12% (24)	5% (9)	5% (10)	1% (2)	29% (57)	2% (4)	8% (16)	4% (7)	6% (11)	195
PID: Rep (no lean)	34% (81)	14% (34)	3% (8)	4% (10)	5% (11)	24% (56)	6% (14)	2% (5)	4% (9)	4% (8)	236
PID/Gender: Dem Men	25% (39)	10% (17)	4% (7)	7% (12)	2% (4)	26% (42)	10% (15)	7% (11)	4% (6)	5% (8)	161
PID/Gender: Dem Women	37% (62)	14% (24)	5% (9)	6% (10)	2% (3)	17% (29)	6% (11)	5% (8)	3% (6)	4% (8)	170
PID/Gender: Ind Men	23% (21)	11% (10)	7% (6)	8% (7)	1% (1)	34% (30)	1% (1)	7% (7)	3% (3)	5% (4)	91
PID/Gender: Ind Women	32% (33)	13% (14)	3% (3)	2% (2)	1% (1)	26% (27)	3% (3)	9% (10)	4% (4)	7% (7)	105
PID/Gender: Rep Men	34% (39)	6% (7)	5% (6)	4% (4)	6% (7)	27% (31)	9% (10)	2% (2)	4% (4)	4% (5)	114
PID/Gender: Rep Women	34% (42)	22% (27)	2% (2)	5% (6)	4% (4)	21% (25)	4% (4)	2% (3)	4% (5)	3% (3)	122
Ideo: Liberal (1-3)	27% (64)	13% (31)	6% (15)	7% (17)	3% (8)	20% (48)	8% (20)	8% (19)	4% (9)	3% (8)	239
Ideo: Moderate (4)	31% (81)	14% (36)	4% (11)	5% (12)	2% (6)	24% (63)	4% (11)	7% (17)	3% (6)	5% (14)	258
Ideo: Conservative (5-7)	36% (82)	12% (27)	3% (7)	4% (10)	1% (3)	27% (60)	6% (13)	2% (4)	6% (12)	4% (8)	226
Educ: < College	31% (128)	13% (53)	4% (15)	5% (20)	4% (16)	26% (109)	5% (19)	5% (21)	3% (14)	5% (21)	417
Educ: Bachelors degree	33% (72)	13% (28)	4% (9)	6% (14)	1% (3)	22% (47)	7% (15)	6% (12)	3% (7)	4% (10)	217
Educ: Post-grad	29% (37)	13% (16)	6% (8)	6% (8)	1% (2)	22% (28)	8% (11)	6% (8)	5% (7)	4% (5)	129
Income: Under 50k	25% (77)	14% (43)	5% (15)	7% (21)	3% (11)	24% (75)	5% (14)	7% (20)	4% (11)	6% (20)	305
Income: 50k-100k	34% (95)	11% (31)	3% (9)	4% (11)	3% (8)	23% (63)	8% (23)	4% (12)	4% (10)	5% (15)	277
Income: 100k+	36% (64)	13% (24)	5% (9)	5% (9)	1% (2)	26% (47)	5% (9)	4% (8)	4% (7)	— (1)	180
Ethnicity: White	33% (189)	13% (78)	4% (23)	5% (31)	3% (16)	24% (136)	6% (32)	4% (24)	4% (25)	4% (23)	578
Ethnicity: Hispanic	32% (43)	20% (27)	3% (3)	6% (8)	5% (6)	20% (27)	5% (7)	5% (7)	2% (3)	3% (4)	135
Ethnicity: Black	28% (29)	9% (10)	6% (6)	4% (4)	2% (2)	27% (28)	11% (11)	8% (8)	2% (2)	4% (4)	104
Ethnicity: Other	22% (18)	13% (11)	5% (4)	8% (7)	3% (2)	25% (20)	2% (1)	11% (9)	2% (2)	9% (8)	81
All Christian	31% (116)	14% (52)	4% (16)	6% (21)	3% (13)	25% (93)	7% (24)	3% (9)	3% (10)	4% (15)	369
All Non-Christian	19% (11)	10% (6)	8% (5)	9% (5)	3% (1)	23% (13)	7% (4)	15% (9)	3% (1)	2% (1)	57
Agnostic/Nothing in particular	36% (69)	12% (22)	4% (7)	5% (10)	2% (4)	23% (44)	4% (7)	4% (8)	5% (9)	5% (10)	191
Something Else	26% (29)	15% (17)	3% (3)	3% (4)	2% (2)	22% (25)	9% (10)	9% (10)	4% (4)	8% (9)	113
Religious Non-Protestant/Catholic	19% (12)	11% (7)	11% (7)	8% (5)	4% (2)	21% (13)	7% (4)	14% (9)	2% (1)	2% (1)	62
Evangelical	28% (52)	11% (21)	4% (8)	3% (6)	1% (2)	25% (47)	11% (21)	7% (13)	4% (8)	6% (10)	187
Non-Evangelical	32% (91)	17% (47)	3% (9)	6% (17)	4% (12)	25% (71)	4% (12)	3% (9)	2% (4)	4% (12)	283
Community: Urban	21% (44)	11% (23)	6% (13)	8% (17)	3% (6)	31% (66)	9% (20)	4% (9)	2% (4)	5% (10)	212
Community: Suburban	37% (134)	12% (42)	3% (12)	4% (15)	3% (11)	22% (79)	4% (16)	6% (22)	5% (18)	5% (16)	365
Community: Rural	32% (59)	18% (33)	4% (8)	5% (9)	2% (5)	21% (39)	5% (9)	5% (9)	3% (6)	5% (9)	185

Continued on next page

Table MCHE8: *What is your primary motivation for owning and using wearable fitness or wellness technology?*

Demographic	It encourages me achieve my fitness goals	It encourages me lose / control my weight	It encourages me to eat better	It encourages me to sleep better	I use it as part of my employer-sponsored wellness program	I am interested in tracking my health data	My doctor encouraged me to buy and use it	To track my mental health	Other, please specify:	Don't know / No opinion	Total N
Adults	31% (237)	13% (98)	4% (33)	5% (41)	3% (21)	24% (184)	6% (45)	5% (41)	4% (28)	5% (35)	762
Employ: Private Sector	30% (102)	13% (44)	6% (19)	4% (14)	5% (18)	25% (85)	5% (16)	8% (25)	1% (3)	3% (11)	337
Employ: Self-Employed	29% (22)	11% (8)	4% (3)	2% (2)	2% (1)	32% (25)	12% (9)	6% (5)	2% (1)	1% (1)	77
Employ: Retired	35% (53)	7% (11)	4% (6)	7% (11)	1% (2)	24% (36)	5% (7)	1% (1)	8% (13)	7% (11)	149
Employ: Unemployed	24% (14)	19% (10)	2% (1)	2% (1)	— (0)	24% (13)	6% (4)	5% (3)	9% (5)	10% (5)	56
Military HH: Yes	34% (33)	22% (21)	3% (3)	8% (8)	3% (3)	14% (13)	5% (5)	3% (3)	2% (2)	7% (7)	97
Military HH: No	31% (204)	12% (77)	5% (30)	5% (33)	3% (18)	26% (171)	6% (40)	6% (37)	4% (26)	4% (29)	665
RD/WT: Right Direction	26% (80)	15% (46)	7% (22)	5% (17)	3% (10)	23% (71)	8% (26)	7% (22)	1% (4)	3% (9)	306
RD/WT: Wrong Track	34% (157)	11% (52)	2% (11)	5% (24)	2% (11)	25% (113)	4% (19)	4% (18)	5% (24)	6% (27)	456
Biden Job Approve	27% (102)	13% (49)	6% (24)	6% (23)	3% (12)	24% (92)	7% (25)	7% (27)	3% (12)	5% (18)	384
Biden Job Disapprove	36% (130)	13% (47)	3% (9)	5% (18)	3% (9)	23% (83)	6% (20)	3% (12)	4% (16)	4% (15)	358
Biden Job Strongly Approve	22% (37)	16% (27)	8% (13)	7% (12)	2% (3)	24% (40)	10% (16)	7% (11)	1% (2)	5% (8)	170
Biden Job Somewhat Approve	30% (65)	11% (23)	5% (10)	5% (11)	4% (9)	24% (52)	4% (9)	7% (16)	5% (10)	4% (10)	214
Biden Job Somewhat Disapprove	36% (45)	9% (11)	3% (4)	4% (5)	7% (8)	24% (30)	3% (4)	6% (8)	1% (1)	6% (8)	124
Biden Job Strongly Disapprove	36% (85)	15% (36)	2% (5)	6% (13)	— (1)	23% (53)	7% (16)	2% (5)	6% (14)	3% (7)	234
Favorable of Biden	28% (106)	12% (47)	6% (23)	6% (22)	1% (6)	24% (91)	6% (24)	7% (25)	3% (13)	6% (21)	376
Unfavorable of Biden	33% (113)	14% (47)	3% (10)	5% (16)	2% (6)	26% (88)	5% (18)	4% (15)	4% (15)	4% (15)	344
Very Favorable of Biden	19% (34)	14% (25)	8% (14)	7% (11)	3% (5)	24% (41)	10% (17)	7% (12)	3% (4)	6% (10)	175
Somewhat Favorable of Biden	36% (72)	11% (22)	4% (9)	5% (10)	— (0)	25% (50)	3% (7)	6% (13)	4% (8)	5% (10)	201
Somewhat Unfavorable of Biden	26% (28)	11% (12)	5% (6)	2% (2)	4% (4)	30% (31)	5% (6)	11% (11)	— (0)	5% (5)	105
Very Unfavorable of Biden	36% (85)	15% (35)	2% (4)	6% (14)	1% (1)	24% (57)	5% (12)	2% (4)	6% (15)	4% (10)	238
#1 Issue: Economy	37% (120)	9% (30)	4% (13)	5% (16)	2% (7)	26% (86)	5% (17)	4% (13)	4% (14)	4% (12)	328
#1 Issue: Security	38% (27)	7% (5)	— (0)	1% (1)	1% (1)	25% (18)	10% (7)	10% (7)	5% (4)	4% (3)	73
#1 Issue: Health Care	29% (20)	17% (12)	6% (4)	12% (8)	1% (0)	17% (12)	6% (4)	7% (5)	2% (1)	4% (3)	70
#1 Issue: Medicare / Social Security	27% (21)	11% (8)	4% (3)	5% (4)	2% (1)	30% (23)	6% (5)	1% (1)	4% (3)	10% (7)	76
#1 Issue: Women's Issues	24% (23)	23% (22)	4% (4)	7% (6)	1% (1)	19% (18)	7% (6)	11% (11)	3% (2)	2% (2)	95
#1 Issue: Energy	28% (15)	17% (9)	11% (6)	6% (3)	3% (2)	14% (7)	6% (3)	1% (1)	2% (1)	12% (6)	52
2022 House Vote: Democrat	31% (108)	12% (42)	6% (21)	6% (23)	2% (6)	22% (77)	8% (27)	7% (25)	3% (12)	4% (13)	352
2022 House Vote: Republican	36% (85)	14% (32)	4% (9)	4% (10)	4% (9)	21% (50)	7% (16)	3% (6)	5% (12)	3% (7)	237
2022 House Vote: Didnt Vote	23% (34)	16% (23)	2% (3)	5% (8)	4% (6)	30% (43)	2% (2)	6% (8)	2% (4)	10% (14)	144
2020 Vote: Joe Biden	29% (105)	14% (50)	5% (18)	6% (21)	2% (6)	23% (83)	8% (28)	7% (26)	4% (15)	4% (14)	366
2020 Vote: Donald Trump	37% (84)	11% (26)	4% (9)	5% (10)	4% (8)	23% (51)	6% (13)	3% (7)	4% (9)	4% (8)	227
2020 Vote: Didn't Vote	28% (38)	14% (19)	4% (5)	7% (9)	3% (4)	30% (40)	3% (4)	5% (7)	— (0)	6% (9)	135
2018 House Vote: Democrat	31% (96)	12% (39)	6% (18)	6% (19)	2% (5)	21% (64)	8% (25)	7% (21)	4% (13)	3% (10)	311
2018 House Vote: Republican	37% (78)	10% (21)	3% (6)	4% (8)	4% (7)	20% (42)	6% (13)	5% (10)	6% (13)	6% (13)	213
2018 House Vote: Didnt Vote	26% (56)	17% (36)	4% (8)	6% (13)	4% (7)	31% (66)	3% (6)	3% (7)	1% (1)	5% (11)	214
4-Region: Northeast	34% (46)	10% (13)	7% (9)	7% (10)	7% (9)	25% (34)	4% (6)	3% (4)	2% (2)	2% (3)	136
4-Region: Midwest	30% (48)	9% (14)	2% (3)	5% (8)	3% (5)	22% (36)	5% (9)	9% (15)	8% (12)	8% (13)	163
4-Region: South	33% (101)	15% (44)	4% (12)	6% (18)	1% (5)	24% (74)	7% (20)	3% (9)	3% (8)	4% (12)	303
4-Region: West	26% (42)	16% (26)	5% (9)	3% (5)	1% (2)	25% (40)	6% (10)	8% (13)	3% (5)	5% (8)	160
Uses an App to Track Health	33% (192)	14% (82)	4% (26)	6% (32)	1% (9)	24% (142)	6% (32)	6% (34)	3% (17)	3% (17)	584
Uses Wearable Fitness Tech	31% (237)	13% (98)	4% (33)	5% (41)	3% (21)	24% (184)	6% (45)	5% (41)	4% (28)	5% (35)	762
Concerned About Privacy of Health Data	24% (88)	15% (54)	6% (23)	6% (22)	4% (14)	22% (79)	9% (34)	6% (24)	3% (12)	4% (16)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE9: *To what extent is the device(s) you use to track or manage your health effective at helping you reach your goals?*

Demographic	Very effective		Somewhat effective		Somewhat ineffective		Very ineffective		Don't know / No opinion		Total N
Adults	38%	(289)	48%	(365)	7%	(53)	3%	(22)	4%	(34)	762
Gender: Male	41%	(148)	44%	(162)	8%	(28)	4%	(14)	4%	(13)	366
Gender: Female	35%	(140)	51%	(203)	6%	(24)	2%	(8)	5%	(21)	397
Age: 18-34	40%	(101)	47%	(118)	8%	(21)	2%	(6)	3%	(7)	253
Age: 35-44	37%	(68)	48%	(87)	6%	(10)	5%	(9)	5%	(8)	182
Age: 45-64	38%	(79)	46%	(96)	8%	(16)	2%	(4)	6%	(12)	207
Age: 65+	33%	(40)	53%	(65)	5%	(6)	3%	(4)	5%	(6)	121
GenZers: 1997-2012	33%	(35)	50%	(52)	14%	(15)	—	(0)	2%	(2)	104
Millennials: 1981-1996	40%	(121)	47%	(143)	5%	(15)	4%	(11)	4%	(11)	301
GenXers: 1965-1980	40%	(75)	46%	(86)	6%	(11)	3%	(5)	6%	(12)	189
Baby Boomers: 1946-1964	35%	(56)	48%	(77)	7%	(12)	3%	(6)	5%	(9)	160
PID: Dem (no lean)	42%	(138)	44%	(147)	6%	(20)	5%	(16)	3%	(9)	331
PID: Ind (no lean)	34%	(67)	52%	(101)	8%	(16)	1%	(2)	5%	(10)	195
PID: Rep (no lean)	35%	(83)	49%	(117)	7%	(17)	2%	(4)	6%	(15)	236
PID/Gender: Dem Men	48%	(77)	38%	(61)	6%	(10)	8%	(12)	—	(0)	161
PID/Gender: Dem Women	36%	(61)	51%	(86)	6%	(11)	2%	(4)	5%	(9)	170
PID/Gender: Ind Men	31%	(28)	52%	(47)	12%	(11)	1%	(1)	4%	(3)	91
PID/Gender: Ind Women	37%	(39)	52%	(54)	4%	(4)	1%	(1)	6%	(6)	105
PID/Gender: Rep Men	38%	(43)	47%	(54)	7%	(8)	1%	(1)	8%	(9)	114
PID/Gender: Rep Women	33%	(40)	52%	(63)	7%	(9)	3%	(4)	5%	(6)	122
Ideo: Liberal (1-3)	43%	(102)	46%	(110)	5%	(13)	5%	(12)	1%	(3)	239
Ideo: Moderate (4)	36%	(93)	49%	(127)	9%	(23)	2%	(4)	4%	(10)	258
Ideo: Conservative (5-7)	35%	(78)	50%	(114)	6%	(14)	3%	(6)	6%	(15)	226
Educ: < College	38%	(156)	46%	(190)	8%	(34)	3%	(12)	6%	(24)	417
Educ: Bachelors degree	38%	(82)	50%	(107)	6%	(13)	2%	(5)	4%	(9)	217
Educ: Post-grad	39%	(50)	52%	(67)	4%	(6)	4%	(5)	1%	(1)	129
Income: Under 50k	35%	(107)	51%	(155)	7%	(21)	1%	(3)	7%	(20)	305
Income: 50k-100k	36%	(100)	46%	(127)	9%	(26)	5%	(13)	4%	(12)	277
Income: 100k+	46%	(82)	46%	(83)	3%	(5)	4%	(7)	1%	(3)	180
Ethnicity: White	36%	(209)	50%	(287)	6%	(36)	3%	(17)	5%	(29)	578
Ethnicity: Hispanic	49%	(66)	40%	(55)	6%	(8)	3%	(4)	1%	(2)	135
Ethnicity: Black	47%	(49)	35%	(36)	10%	(10)	5%	(5)	4%	(4)	104

Table MCHE9: *To what extent is the device(s) you use to track or manage your health effective at helping you reach your goals?*

Demographic	Very effective		Somewhat effective		Somewhat ineffective		Very ineffective		Don't know / No opinion		Total N
Adults	38%	(289)	48%	(365)	7%	(53)	3%	(22)	4%	(34)	762
Ethnicity: Other	38%	(31)	52%	(42)	8%	(7)	—	(0)	2%	(1)	81
All Christian	38%	(140)	48%	(176)	8%	(29)	3%	(11)	3%	(12)	369
All Non-Christian	50%	(28)	35%	(20)	2%	(1)	8%	(4)	5%	(3)	57
Agnostic/Nothing in particular	32%	(61)	53%	(102)	6%	(11)	2%	(5)	6%	(12)	191
Something Else	40%	(45)	46%	(52)	6%	(7)	2%	(2)	6%	(7)	113
Religious Non-Protestant/Catholic	52%	(32)	34%	(21)	2%	(1)	7%	(4)	5%	(3)	62
Evangelical	40%	(74)	45%	(83)	7%	(14)	4%	(8)	4%	(8)	187
Non-Evangelical	37%	(104)	50%	(141)	8%	(23)	2%	(5)	3%	(9)	283
Community: Urban	41%	(87)	43%	(90)	10%	(21)	4%	(9)	3%	(6)	212
Community: Suburban	37%	(135)	51%	(188)	5%	(19)	2%	(8)	4%	(15)	365
Community: Rural	36%	(67)	47%	(87)	7%	(13)	3%	(5)	7%	(14)	185
Employ: Private Sector	40%	(136)	45%	(153)	7%	(22)	3%	(10)	5%	(16)	337
Employ: Self-Employed	50%	(38)	36%	(27)	8%	(6)	4%	(3)	3%	(2)	77
Employ: Retired	38%	(56)	49%	(73)	4%	(6)	4%	(6)	6%	(8)	149
Employ: Unemployed	41%	(23)	53%	(30)	5%	(3)	—	(0)	1%	(1)	56
Military HH: Yes	34%	(33)	52%	(50)	7%	(7)	7%	(6)	—	(0)	97
Military HH: No	38%	(255)	47%	(315)	7%	(46)	2%	(16)	5%	(34)	665
RD/WT: Right Direction	45%	(138)	43%	(133)	6%	(17)	4%	(12)	2%	(7)	306
RD/WT: Wrong Track	33%	(151)	51%	(232)	8%	(36)	2%	(11)	6%	(27)	456
Biden Job Approve	41%	(158)	46%	(177)	7%	(27)	3%	(11)	3%	(12)	384
Biden Job Disapprove	33%	(118)	52%	(185)	7%	(25)	3%	(11)	5%	(18)	358
Biden Job Strongly Approve	56%	(95)	31%	(52)	4%	(7)	5%	(9)	4%	(6)	170
Biden Job Somewhat Approve	29%	(63)	58%	(125)	9%	(19)	1%	(2)	3%	(6)	214
Biden Job Somewhat Disapprove	26%	(32)	63%	(78)	5%	(7)	4%	(4)	2%	(3)	124
Biden Job Strongly Disapprove	37%	(86)	46%	(107)	8%	(19)	3%	(7)	7%	(16)	234
Favorable of Biden	42%	(157)	46%	(171)	6%	(21)	4%	(15)	3%	(13)	376
Unfavorable of Biden	35%	(119)	51%	(174)	8%	(27)	2%	(6)	5%	(19)	344
Very Favorable of Biden	56%	(97)	31%	(53)	5%	(8)	5%	(9)	4%	(7)	175
Somewhat Favorable of Biden	29%	(59)	59%	(118)	7%	(13)	3%	(6)	3%	(5)	201
Somewhat Unfavorable of Biden	37%	(39)	54%	(56)	7%	(8)	—	(0)	2%	(2)	105
Very Unfavorable of Biden	33%	(80)	49%	(117)	8%	(19)	2%	(6)	7%	(16)	238

Table MCHE9: *To what extent is the device(s) you use to track or manage your health effective at helping you reach your goals?*

Demographic	Very effective		Somewhat effective		Somewhat ineffective		Very ineffective		Don't know / No opinion		Total N
Adults	38%	(289)	48%	(365)	7%	(53)	3%	(22)	4%	(34)	762
#1 Issue: Economy	39%	(129)	49%	(160)	6%	(20)	2%	(5)	4%	(14)	328
#1 Issue: Security	43%	(32)	38%	(28)	8%	(6)	5%	(3)	6%	(4)	73
#1 Issue: Health Care	39%	(27)	53%	(37)	4%	(3)	1%	(1)	2%	(2)	70
#1 Issue: Medicare / Social Security	29%	(22)	50%	(38)	8%	(6)	7%	(5)	6%	(5)	76
#1 Issue: Women's Issues	43%	(41)	47%	(45)	2%	(2)	2%	(2)	6%	(5)	95
#1 Issue: Energy	31%	(16)	44%	(23)	18%	(10)	3%	(2)	4%	(2)	52
2022 House Vote: Democrat	45%	(157)	44%	(155)	6%	(20)	4%	(15)	2%	(6)	352
2022 House Vote: Republican	36%	(86)	47%	(112)	8%	(20)	3%	(7)	5%	(12)	237
2022 House Vote: Didnt Vote	26%	(38)	55%	(79)	8%	(12)	—	(0)	11%	(15)	144
2020 Vote: Joe Biden	42%	(155)	46%	(167)	6%	(20)	4%	(14)	3%	(10)	366
2020 Vote: Donald Trump	37%	(84)	47%	(108)	7%	(15)	3%	(6)	6%	(14)	227
2020 Vote: Didn't Vote	28%	(38)	54%	(73)	11%	(15)	2%	(3)	5%	(7)	135
2018 House Vote: Democrat	44%	(137)	44%	(136)	6%	(19)	4%	(14)	2%	(5)	311
2018 House Vote: Republican	37%	(79)	48%	(102)	6%	(12)	3%	(6)	7%	(14)	213
2018 House Vote: Didnt Vote	30%	(65)	53%	(113)	10%	(21)	1%	(2)	6%	(13)	214
4-Region: Northeast	39%	(53)	53%	(72)	5%	(7)	2%	(2)	2%	(2)	136
4-Region: Midwest	36%	(60)	50%	(82)	4%	(7)	2%	(3)	7%	(11)	163
4-Region: South	35%	(106)	47%	(143)	10%	(29)	3%	(8)	6%	(17)	303
4-Region: West	44%	(70)	42%	(68)	6%	(10)	5%	(8)	2%	(4)	160
Uses an App to Track Health	42%	(246)	46%	(269)	6%	(32)	3%	(20)	3%	(17)	584
Uses Wearable Fitness Tech	38%	(289)	48%	(365)	7%	(53)	3%	(22)	4%	(34)	762
Concerned About Privacy of Health Data	41%	(149)	45%	(166)	8%	(28)	3%	(12)	3%	(12)	366

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE10_1: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Overwhelming

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	11%	(115)	25%	(265)	31%	(326)	33%	(356)	1063
Gender: Male	11%	(57)	25%	(123)	34%	(168)	30%	(150)	498
Gender: Female	10%	(59)	25%	(142)	28%	(159)	36%	(206)	565
Age: 18-34	15%	(52)	30%	(105)	30%	(104)	26%	(91)	351
Age: 35-44	10%	(22)	20%	(44)	36%	(79)	34%	(73)	218
Age: 45-64	9%	(27)	26%	(81)	30%	(93)	36%	(112)	313
Age: 65+	8%	(15)	20%	(36)	28%	(51)	44%	(79)	181
GenZers: 1997-2012	16%	(24)	38%	(57)	23%	(34)	23%	(34)	149
Millennials: 1981-1996	11%	(44)	21%	(81)	35%	(135)	32%	(123)	383
GenXers: 1965-1980	9%	(24)	24%	(63)	31%	(81)	36%	(93)	260
Baby Boomers: 1946-1964	9%	(23)	24%	(61)	29%	(76)	38%	(98)	257
PID: Dem (no lean)	13%	(59)	25%	(119)	27%	(128)	35%	(162)	468
PID: Ind (no lean)	8%	(21)	27%	(75)	30%	(84)	35%	(95)	275
PID: Rep (no lean)	11%	(35)	22%	(72)	36%	(114)	31%	(99)	320
PID/Gender: Dem Men	15%	(34)	26%	(56)	27%	(60)	32%	(69)	219
PID/Gender: Dem Women	10%	(25)	25%	(63)	28%	(69)	37%	(92)	249
PID/Gender: Ind Men	9%	(11)	29%	(36)	31%	(38)	32%	(40)	125
PID/Gender: Ind Women	7%	(10)	26%	(39)	30%	(45)	37%	(55)	149
PID/Gender: Rep Men	8%	(12)	20%	(32)	45%	(70)	27%	(41)	154
PID/Gender: Rep Women	14%	(23)	24%	(40)	27%	(44)	35%	(58)	166
Ideo: Liberal (1-3)	12%	(43)	27%	(96)	29%	(102)	32%	(114)	354
Ideo: Moderate (4)	8%	(30)	27%	(94)	32%	(115)	33%	(116)	355
Ideo: Conservative (5-7)	11%	(34)	21%	(64)	32%	(97)	36%	(108)	303
Educ: < College	11%	(66)	29%	(180)	28%	(173)	33%	(206)	625
Educ: Bachelors degree	11%	(30)	20%	(54)	35%	(97)	35%	(97)	278
Educ: Post-grad	12%	(19)	20%	(31)	35%	(57)	33%	(53)	160
Income: Under 50k	12%	(55)	31%	(148)	25%	(117)	33%	(154)	474
Income: 50k-100k	9%	(32)	20%	(72)	37%	(134)	34%	(124)	361
Income: 100k+	13%	(29)	20%	(46)	33%	(76)	34%	(78)	228
Ethnicity: White	10%	(81)	24%	(199)	32%	(257)	34%	(279)	816
Ethnicity: Hispanic	13%	(27)	35%	(72)	27%	(55)	25%	(50)	203

Table MCHE10_1: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Overwhelming

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	11%	(115)	25%	(265)	31%	(326)	33%	(356)	1063
Ethnicity: Black	16%	(21)	28%	(37)	21%	(28)	34%	(45)	132
Ethnicity: Other	11%	(13)	25%	(29)	36%	(41)	28%	(32)	115
All Christian	12%	(59)	24%	(120)	34%	(174)	31%	(156)	508
All Non-Christian	16%	(12)	31%	(23)	24%	(18)	30%	(22)	76
Agnostic/Nothing in particular	8%	(22)	28%	(77)	27%	(76)	37%	(103)	278
Something Else	13%	(20)	25%	(39)	28%	(44)	34%	(54)	156
Religious Non-Protestant/Catholic	15%	(12)	33%	(27)	24%	(19)	28%	(23)	81
Evangelical	14%	(35)	27%	(69)	27%	(67)	32%	(82)	253
Non-Evangelical	11%	(42)	21%	(83)	37%	(146)	31%	(124)	396
Community: Urban	17%	(51)	30%	(91)	22%	(68)	31%	(92)	302
Community: Suburban	9%	(45)	21%	(102)	36%	(175)	35%	(170)	491
Community: Rural	7%	(20)	27%	(73)	31%	(84)	34%	(93)	270
Employ: Private Sector	10%	(45)	25%	(112)	33%	(145)	32%	(142)	444
Employ: Government	15%	(9)	21%	(13)	33%	(20)	30%	(19)	61
Employ: Self-Employed	15%	(15)	27%	(28)	25%	(26)	32%	(33)	101
Employ: Homemaker	10%	(7)	32%	(22)	30%	(21)	28%	(19)	69
Employ: Retired	10%	(24)	22%	(51)	27%	(64)	41%	(97)	235
Employ: Unemployed	9%	(7)	28%	(22)	32%	(25)	31%	(25)	79
Military HH: Yes	6%	(8)	21%	(28)	39%	(52)	33%	(43)	131
Military HH: No	12%	(107)	25%	(237)	30%	(275)	34%	(312)	932
RD/WT: Right Direction	12%	(50)	29%	(122)	28%	(115)	31%	(131)	418
RD/WT: Wrong Track	10%	(66)	22%	(143)	33%	(211)	35%	(225)	645
Biden Job Approve	11%	(60)	28%	(148)	26%	(137)	34%	(178)	524
Biden Job Disapprove	10%	(52)	22%	(111)	36%	(185)	32%	(163)	511
Biden Job Strongly Approve	16%	(37)	28%	(64)	21%	(47)	35%	(80)	228
Biden Job Somewhat Approve	8%	(23)	28%	(84)	31%	(90)	33%	(98)	295
Biden Job Somewhat Disapprove	11%	(20)	23%	(41)	38%	(67)	28%	(49)	177
Biden Job Strongly Disapprove	10%	(32)	21%	(71)	35%	(117)	34%	(114)	335
Favorable of Biden	12%	(60)	27%	(141)	27%	(140)	34%	(179)	521
Unfavorable of Biden	9%	(45)	23%	(110)	35%	(171)	33%	(161)	487

Table MCHE10_1: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Overwhelming

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	11%	(115)	25%	(265)	31%	(326)	33%	(356)	1063
Very Favorable of Biden	16%	(41)	26%	(67)	22%	(57)	36%	(92)	256
Somewhat Favorable of Biden	7%	(20)	28%	(74)	31%	(83)	33%	(88)	265
Somewhat Unfavorable of Biden	7%	(11)	31%	(47)	32%	(50)	30%	(46)	154
Very Unfavorable of Biden	10%	(34)	19%	(63)	37%	(122)	34%	(114)	333
#1 Issue: Economy	8%	(36)	26%	(120)	34%	(157)	31%	(143)	456
#1 Issue: Security	13%	(14)	23%	(25)	29%	(31)	34%	(37)	106
#1 Issue: Health Care	12%	(11)	22%	(21)	30%	(29)	37%	(35)	96
#1 Issue: Medicare / Social Security	10%	(11)	31%	(37)	22%	(27)	37%	(44)	120
#1 Issue: Women's Issues	14%	(17)	25%	(30)	30%	(37)	32%	(39)	124
#1 Issue: Education	22%	(11)	17%	(9)	28%	(14)	32%	(16)	51
#1 Issue: Energy	19%	(13)	23%	(16)	30%	(20)	27%	(18)	67
2022 House Vote: Democrat	11%	(55)	26%	(126)	28%	(137)	36%	(176)	494
2022 House Vote: Republican	10%	(32)	22%	(69)	35%	(109)	32%	(100)	310
2022 House Vote: Didnt Vote	12%	(26)	28%	(62)	31%	(69)	30%	(66)	222
2020 Vote: Joe Biden	12%	(62)	26%	(133)	28%	(141)	34%	(177)	513
2020 Vote: Donald Trump	8%	(25)	20%	(63)	35%	(110)	36%	(113)	312
2020 Vote: Didn't Vote	13%	(25)	30%	(60)	31%	(62)	25%	(50)	197
2018 House Vote: Democrat	13%	(56)	23%	(98)	29%	(123)	36%	(155)	431
2018 House Vote: Republican	9%	(25)	20%	(57)	36%	(100)	35%	(100)	282
2018 House Vote: Didnt Vote	10%	(31)	31%	(97)	30%	(95)	28%	(89)	311
4-Region: Northeast	9%	(17)	15%	(30)	39%	(76)	37%	(72)	195
4-Region: Midwest	8%	(19)	23%	(52)	36%	(80)	33%	(74)	225
4-Region: South	13%	(53)	24%	(100)	29%	(119)	35%	(144)	416
4-Region: West	12%	(27)	37%	(83)	23%	(52)	29%	(65)	227
Uses an App to Track Health	12%	(104)	24%	(212)	30%	(264)	34%	(304)	884
Uses Wearable Fitness Tech	12%	(92)	23%	(179)	30%	(231)	34%	(261)	762
Concerned About Privacy of Health Data	14%	(77)	30%	(165)	29%	(160)	26%	(143)	545

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE10_2: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Useful

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	46%	(493)	42%	(441)	8%	(84)	4%	(44)	1063
Gender: Male	46%	(230)	42%	(207)	8%	(42)	4%	(18)	498
Gender: Female	47%	(263)	41%	(234)	7%	(42)	5%	(26)	565
Age: 18-34	49%	(171)	39%	(139)	9%	(32)	3%	(9)	351
Age: 35-44	43%	(93)	48%	(105)	4%	(9)	5%	(11)	218
Age: 45-64	47%	(146)	38%	(119)	12%	(37)	4%	(11)	313
Age: 65+	46%	(83)	44%	(79)	4%	(7)	7%	(13)	181
GenZers: 1997-2012	41%	(61)	42%	(63)	13%	(19)	4%	(7)	149
Millennials: 1981-1996	48%	(184)	43%	(165)	5%	(20)	4%	(14)	383
GenXers: 1965-1980	49%	(127)	40%	(104)	9%	(23)	2%	(6)	260
Baby Boomers: 1946-1964	45%	(116)	40%	(102)	8%	(21)	7%	(18)	257
PID: Dem (no lean)	50%	(236)	40%	(189)	6%	(30)	3%	(13)	468
PID: Ind (no lean)	40%	(109)	45%	(124)	10%	(27)	5%	(14)	275
PID: Rep (no lean)	46%	(149)	40%	(128)	8%	(27)	5%	(16)	320
PID/Gender: Dem Men	50%	(110)	43%	(93)	4%	(9)	3%	(6)	219
PID/Gender: Dem Women	50%	(126)	38%	(95)	8%	(21)	3%	(7)	249
PID/Gender: Ind Men	38%	(48)	45%	(56)	15%	(19)	2%	(3)	125
PID/Gender: Ind Women	41%	(61)	46%	(68)	6%	(8)	8%	(12)	149
PID/Gender: Rep Men	47%	(73)	37%	(58)	9%	(14)	6%	(10)	154
PID/Gender: Rep Women	46%	(76)	42%	(70)	8%	(13)	4%	(6)	166
Ideo: Liberal (1-3)	47%	(168)	42%	(148)	6%	(20)	5%	(18)	354
Ideo: Moderate (4)	42%	(151)	42%	(151)	13%	(45)	3%	(9)	355
Ideo: Conservative (5-7)	52%	(156)	39%	(119)	5%	(16)	4%	(11)	303
Educ: < College	45%	(279)	41%	(254)	10%	(61)	5%	(31)	625
Educ: Bachelors degree	49%	(137)	42%	(116)	6%	(16)	3%	(10)	278
Educ: Post-grad	48%	(77)	45%	(71)	5%	(7)	2%	(4)	160
Income: Under 50k	41%	(194)	41%	(194)	12%	(57)	6%	(29)	474
Income: 50k-100k	50%	(181)	42%	(151)	5%	(19)	3%	(11)	361
Income: 100k+	52%	(119)	42%	(97)	4%	(8)	2%	(5)	228
Ethnicity: White	45%	(367)	42%	(346)	8%	(64)	5%	(39)	816
Ethnicity: Hispanic	40%	(80)	37%	(76)	17%	(35)	6%	(13)	203

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Table MCHE10_2: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Useful

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	46%	(493)	42%	(441)	8%	(84)	4%	(44)	1063
Ethnicity: Black	56%	(73)	32%	(42)	10%	(13)	3%	(4)	132
Ethnicity: Other	46%	(52)	47%	(54)	6%	(7)	2%	(2)	115
All Christian	46%	(236)	42%	(212)	8%	(41)	4%	(19)	508
All Non-Christian	54%	(41)	39%	(29)	1%	(1)	7%	(5)	76
Agnostic/Nothing in particular	47%	(131)	39%	(108)	10%	(29)	3%	(10)	278
Something Else	43%	(67)	46%	(72)	6%	(9)	5%	(8)	156
Religious Non-Protestant/Catholic	51%	(41)	41%	(33)	1%	(1)	6%	(5)	81
Evangelical	50%	(125)	39%	(100)	7%	(17)	4%	(10)	253
Non-Evangelical	43%	(169)	45%	(177)	8%	(33)	4%	(17)	396
Community: Urban	47%	(142)	40%	(119)	11%	(33)	2%	(7)	302
Community: Suburban	48%	(233)	43%	(209)	6%	(28)	4%	(21)	491
Community: Rural	43%	(117)	42%	(113)	9%	(24)	6%	(16)	270
Employ: Private Sector	46%	(204)	42%	(188)	7%	(31)	5%	(21)	444
Employ: Government	47%	(29)	47%	(29)	5%	(3)	1%	(1)	61
Employ: Self-Employed	58%	(58)	29%	(29)	12%	(12)	2%	(2)	101
Employ: Homemaker	45%	(31)	41%	(29)	11%	(8)	3%	(2)	69
Employ: Retired	48%	(113)	41%	(96)	4%	(10)	7%	(16)	235
Employ: Unemployed	38%	(30)	46%	(37)	13%	(11)	2%	(2)	79
Military HH: Yes	47%	(62)	45%	(59)	7%	(9)	1%	(1)	131
Military HH: No	46%	(431)	41%	(383)	8%	(75)	5%	(43)	932
RD/WT: Right Direction	49%	(204)	35%	(146)	11%	(44)	6%	(23)	418
RD/WT: Wrong Track	45%	(289)	46%	(295)	6%	(40)	3%	(21)	645
Biden Job Approve	47%	(249)	39%	(206)	8%	(44)	5%	(25)	524
Biden Job Disapprove	46%	(235)	44%	(224)	7%	(38)	3%	(14)	511
Biden Job Strongly Approve	57%	(129)	32%	(74)	6%	(14)	5%	(11)	228
Biden Job Somewhat Approve	40%	(119)	45%	(133)	10%	(29)	5%	(14)	295
Biden Job Somewhat Disapprove	45%	(79)	43%	(75)	12%	(22)	1%	(1)	177
Biden Job Strongly Disapprove	47%	(156)	45%	(149)	5%	(17)	4%	(13)	335
Favorable of Biden	49%	(255)	39%	(201)	9%	(48)	3%	(17)	521
Unfavorable of Biden	43%	(210)	46%	(224)	7%	(34)	4%	(18)	487

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Table MCHE10_2: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Useful

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	46%	(493)	42%	(441)	8%	(84)	4%	(44)	1063
Very Favorable of Biden	55%	(140)	32%	(81)	11%	(28)	3%	(7)	256
Somewhat Favorable of Biden	43%	(115)	45%	(120)	8%	(20)	4%	(10)	265
Somewhat Unfavorable of Biden	39%	(60)	49%	(75)	8%	(12)	4%	(7)	154
Very Unfavorable of Biden	45%	(150)	45%	(150)	7%	(22)	3%	(12)	333
#1 Issue: Economy	45%	(205)	44%	(202)	8%	(37)	3%	(12)	456
#1 Issue: Security	49%	(52)	36%	(38)	6%	(7)	9%	(9)	106
#1 Issue: Health Care	52%	(50)	36%	(34)	10%	(9)	3%	(3)	96
#1 Issue: Medicare / Social Security	45%	(54)	43%	(51)	6%	(7)	6%	(7)	120
#1 Issue: Women's Issues	50%	(62)	37%	(46)	11%	(14)	2%	(2)	124
#1 Issue: Education	48%	(24)	31%	(16)	10%	(5)	12%	(6)	51
#1 Issue: Energy	46%	(31)	44%	(30)	5%	(3)	5%	(3)	67
2022 House Vote: Democrat	50%	(247)	41%	(201)	8%	(38)	2%	(9)	494
2022 House Vote: Republican	48%	(150)	42%	(131)	5%	(17)	4%	(12)	310
2022 House Vote: Didnt Vote	38%	(84)	39%	(87)	13%	(28)	10%	(23)	222
2020 Vote: Joe Biden	47%	(241)	43%	(220)	7%	(38)	3%	(13)	513
2020 Vote: Donald Trump	50%	(156)	39%	(122)	5%	(17)	6%	(17)	312
2020 Vote: Didn't Vote	41%	(80)	39%	(76)	13%	(26)	7%	(14)	197
2018 House Vote: Democrat	51%	(221)	40%	(173)	6%	(25)	3%	(11)	431
2018 House Vote: Republican	48%	(137)	37%	(105)	8%	(24)	6%	(17)	282
2018 House Vote: Didnt Vote	41%	(128)	45%	(142)	8%	(26)	5%	(16)	311
4-Region: Northeast	51%	(99)	39%	(75)	4%	(8)	7%	(13)	195
4-Region: Midwest	42%	(94)	48%	(108)	5%	(11)	5%	(12)	225
4-Region: South	48%	(201)	41%	(169)	8%	(33)	3%	(13)	416
4-Region: West	44%	(100)	39%	(89)	14%	(32)	3%	(6)	227
Uses an App to Track Health	49%	(431)	41%	(361)	7%	(58)	4%	(34)	884
Uses Wearable Fitness Tech	51%	(389)	38%	(290)	7%	(57)	3%	(26)	762
Concerned About Privacy of Health Data	45%	(245)	43%	(233)	7%	(40)	5%	(27)	545

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE10_3: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Confusing

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	7%	(74)	20%	(213)	33%	(347)	40%	(428)	1063
Gender: Male	7%	(33)	23%	(116)	33%	(166)	37%	(183)	498
Gender: Female	7%	(41)	17%	(98)	32%	(181)	43%	(245)	565
Age: 18-34	8%	(30)	24%	(85)	33%	(115)	35%	(121)	351
Age: 35-44	6%	(13)	19%	(42)	36%	(78)	39%	(85)	218
Age: 45-64	6%	(18)	19%	(61)	30%	(92)	45%	(141)	313
Age: 65+	7%	(13)	14%	(26)	34%	(61)	45%	(81)	181
GenZers: 1997-2012	7%	(11)	26%	(39)	38%	(56)	29%	(44)	149
Millennials: 1981-1996	8%	(29)	22%	(83)	32%	(122)	39%	(149)	383
GenXers: 1965-1980	6%	(15)	20%	(52)	29%	(75)	45%	(118)	260
Baby Boomers: 1946-1964	7%	(19)	15%	(38)	35%	(90)	43%	(110)	257
PID: Dem (no lean)	8%	(35)	19%	(88)	30%	(139)	44%	(206)	468
PID: Ind (no lean)	6%	(16)	22%	(61)	35%	(95)	37%	(102)	275
PID: Rep (no lean)	7%	(23)	20%	(65)	35%	(113)	37%	(119)	320
PID/Gender: Dem Men	7%	(15)	25%	(55)	26%	(57)	42%	(93)	219
PID/Gender: Dem Women	8%	(20)	13%	(33)	33%	(82)	46%	(114)	249
PID/Gender: Ind Men	5%	(6)	24%	(30)	38%	(48)	34%	(42)	125
PID/Gender: Ind Women	7%	(10)	21%	(31)	32%	(48)	40%	(60)	149
PID/Gender: Rep Men	8%	(13)	20%	(31)	40%	(62)	31%	(48)	154
PID/Gender: Rep Women	6%	(10)	20%	(34)	31%	(51)	43%	(71)	166
Ideo: Liberal (1-3)	6%	(23)	23%	(82)	27%	(96)	43%	(154)	354
Ideo: Moderate (4)	4%	(15)	22%	(80)	36%	(129)	37%	(131)	355
Ideo: Conservative (5-7)	8%	(24)	14%	(43)	36%	(110)	41%	(126)	303
Educ: < College	8%	(50)	22%	(137)	31%	(193)	39%	(245)	625
Educ: Bachelors degree	5%	(13)	18%	(50)	36%	(99)	42%	(116)	278
Educ: Post-grad	7%	(11)	17%	(27)	35%	(55)	42%	(66)	160
Income: Under 50k	8%	(37)	23%	(108)	30%	(144)	39%	(185)	474
Income: 50k-100k	6%	(21)	20%	(74)	32%	(117)	41%	(149)	361
Income: 100k+	7%	(16)	14%	(32)	38%	(87)	41%	(94)	228
Ethnicity: White	6%	(51)	21%	(169)	33%	(273)	40%	(323)	816
Ethnicity: Hispanic	7%	(14)	29%	(59)	31%	(62)	33%	(68)	203

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Table MCHE10_3: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Confusing

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	7%	(74)	20%	(213)	33%	(347)	40%	(428)	1063
Ethnicity: Black	11%	(15)	19%	(25)	25%	(33)	45%	(59)	132
Ethnicity: Other	7%	(8)	17%	(20)	36%	(41)	40%	(46)	115
All Christian	7%	(37)	21%	(107)	33%	(165)	39%	(199)	508
All Non-Christian	9%	(7)	22%	(17)	30%	(23)	38%	(29)	76
Agnostic/Nothing in particular	7%	(21)	17%	(47)	35%	(97)	41%	(113)	278
Something Else	6%	(10)	23%	(35)	31%	(49)	40%	(62)	156
Religious Non-Protestant/Catholic	9%	(7)	23%	(19)	32%	(26)	36%	(29)	81
Evangelical	11%	(29)	20%	(50)	32%	(80)	37%	(94)	253
Non-Evangelical	4%	(17)	23%	(89)	32%	(127)	41%	(162)	396
Community: Urban	8%	(25)	28%	(84)	25%	(76)	38%	(116)	302
Community: Suburban	6%	(29)	15%	(76)	36%	(179)	42%	(207)	491
Community: Rural	7%	(20)	20%	(53)	34%	(92)	39%	(105)	270
Employ: Private Sector	7%	(29)	21%	(95)	33%	(144)	39%	(175)	444
Employ: Government	12%	(7)	17%	(10)	33%	(20)	38%	(23)	61
Employ: Self-Employed	8%	(8)	14%	(14)	37%	(38)	41%	(41)	101
Employ: Homemaker	5%	(3)	24%	(17)	36%	(25)	35%	(24)	69
Employ: Retired	7%	(15)	17%	(39)	31%	(72)	46%	(108)	235
Employ: Unemployed	8%	(7)	27%	(22)	27%	(21)	38%	(30)	79
Military HH: Yes	7%	(10)	21%	(28)	33%	(43)	39%	(51)	131
Military HH: No	7%	(65)	20%	(186)	33%	(304)	40%	(377)	932
RD/WT: Right Direction	7%	(31)	24%	(98)	29%	(119)	41%	(170)	418
RD/WT: Wrong Track	7%	(43)	18%	(115)	35%	(228)	40%	(258)	645
Biden Job Approve	8%	(40)	23%	(118)	29%	(152)	41%	(214)	524
Biden Job Disapprove	6%	(31)	18%	(91)	37%	(192)	39%	(198)	511
Biden Job Strongly Approve	11%	(26)	25%	(57)	16%	(37)	48%	(109)	228
Biden Job Somewhat Approve	5%	(14)	21%	(62)	39%	(115)	35%	(105)	295
Biden Job Somewhat Disapprove	6%	(10)	15%	(27)	40%	(71)	38%	(68)	177
Biden Job Strongly Disapprove	6%	(20)	19%	(64)	36%	(120)	39%	(130)	335
Favorable of Biden	7%	(38)	19%	(100)	30%	(158)	43%	(225)	521
Unfavorable of Biden	6%	(27)	20%	(96)	37%	(179)	38%	(184)	487

Table MCHE10_3: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Confusing

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	7%	(74)	20%	(213)	33%	(347)	40%	(428)	1063
Very Favorable of Biden	9%	(23)	20%	(51)	25%	(64)	46%	(118)	256
Somewhat Favorable of Biden	6%	(15)	18%	(49)	36%	(94)	40%	(106)	265
Somewhat Unfavorable of Biden	4%	(7)	24%	(37)	35%	(54)	36%	(56)	154
Very Unfavorable of Biden	6%	(21)	18%	(59)	38%	(125)	38%	(128)	333
#1 Issue: Economy	6%	(28)	18%	(84)	36%	(163)	40%	(180)	456
#1 Issue: Security	6%	(7)	27%	(28)	25%	(26)	42%	(45)	106
#1 Issue: Health Care	8%	(8)	18%	(17)	26%	(25)	48%	(46)	96
#1 Issue: Medicare / Social Security	6%	(7)	24%	(29)	33%	(40)	37%	(44)	120
#1 Issue: Women's Issues	13%	(16)	16%	(20)	32%	(39)	39%	(48)	124
#1 Issue: Education	7%	(4)	30%	(15)	27%	(14)	37%	(19)	51
#1 Issue: Energy	7%	(5)	17%	(12)	42%	(28)	33%	(22)	67
2022 House Vote: Democrat	6%	(31)	19%	(92)	31%	(154)	44%	(217)	494
2022 House Vote: Republican	7%	(21)	20%	(62)	34%	(105)	39%	(122)	310
2022 House Vote: Didnt Vote	9%	(20)	23%	(50)	35%	(77)	33%	(74)	222
2020 Vote: Joe Biden	6%	(33)	19%	(99)	31%	(159)	43%	(222)	513
2020 Vote: Donald Trump	7%	(21)	15%	(47)	37%	(115)	41%	(129)	312
2020 Vote: Didn't Vote	8%	(15)	28%	(56)	32%	(62)	33%	(64)	197
2018 House Vote: Democrat	6%	(26)	20%	(85)	30%	(131)	44%	(188)	431
2018 House Vote: Republican	7%	(19)	16%	(46)	35%	(98)	42%	(119)	282
2018 House Vote: Didnt Vote	8%	(26)	25%	(77)	33%	(101)	34%	(107)	311
4-Region: Northeast	9%	(17)	19%	(37)	29%	(56)	44%	(86)	195
4-Region: Midwest	4%	(8)	20%	(45)	36%	(81)	40%	(90)	225
4-Region: South	7%	(27)	20%	(82)	31%	(128)	43%	(179)	416
4-Region: West	10%	(22)	22%	(49)	36%	(83)	32%	(73)	227
Uses an App to Track Health	6%	(57)	21%	(182)	30%	(266)	43%	(379)	884
Uses Wearable Fitness Tech	8%	(57)	18%	(136)	33%	(253)	42%	(317)	762
Concerned About Privacy of Health Data	7%	(39)	26%	(142)	32%	(173)	35%	(191)	545

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE10_4: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Clear

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	42%	(446)	47%	(497)	8%	(84)	3%	(36)	1063
Gender: Male	41%	(205)	49%	(245)	7%	(35)	3%	(13)	498
Gender: Female	43%	(241)	44%	(251)	9%	(49)	4%	(23)	565
Age: 18-34	42%	(147)	49%	(172)	8%	(27)	2%	(6)	351
Age: 35-44	40%	(87)	55%	(120)	3%	(7)	2%	(5)	218
Age: 45-64	44%	(137)	41%	(127)	12%	(38)	3%	(10)	313
Age: 65+	42%	(76)	43%	(78)	7%	(13)	8%	(15)	181
GenZers: 1997-2012	34%	(51)	56%	(84)	8%	(11)	2%	(4)	149
Millennials: 1981-1996	43%	(163)	50%	(193)	5%	(20)	2%	(7)	383
GenXers: 1965-1980	45%	(117)	44%	(115)	8%	(21)	2%	(6)	260
Baby Boomers: 1946-1964	42%	(107)	39%	(100)	12%	(31)	7%	(19)	257
PID: Dem (no lean)	44%	(207)	46%	(213)	7%	(35)	3%	(13)	468
PID: Ind (no lean)	36%	(100)	49%	(135)	10%	(26)	5%	(13)	275
PID: Rep (no lean)	44%	(140)	46%	(148)	7%	(23)	3%	(10)	320
PID/Gender: Dem Men	48%	(104)	45%	(98)	5%	(11)	3%	(6)	219
PID/Gender: Dem Women	41%	(103)	46%	(116)	10%	(24)	3%	(7)	249
PID/Gender: Ind Men	32%	(41)	55%	(69)	9%	(12)	4%	(4)	125
PID/Gender: Ind Women	40%	(59)	45%	(67)	10%	(15)	6%	(9)	149
PID/Gender: Rep Men	39%	(60)	51%	(79)	8%	(13)	2%	(2)	154
PID/Gender: Rep Women	48%	(80)	41%	(69)	6%	(10)	5%	(8)	166
Ideo: Liberal (1-3)	43%	(151)	50%	(177)	5%	(17)	3%	(9)	354
Ideo: Moderate (4)	40%	(144)	45%	(159)	12%	(44)	2%	(9)	355
Ideo: Conservative (5-7)	44%	(132)	46%	(138)	7%	(20)	4%	(12)	303
Educ: < College	41%	(258)	47%	(291)	8%	(52)	4%	(24)	625
Educ: Bachelors degree	44%	(123)	43%	(119)	10%	(28)	3%	(8)	278
Educ: Post-grad	41%	(65)	54%	(87)	2%	(4)	2%	(4)	160
Income: Under 50k	38%	(180)	49%	(231)	9%	(44)	4%	(19)	474
Income: 50k-100k	44%	(160)	45%	(164)	7%	(25)	3%	(12)	361
Income: 100k+	46%	(106)	44%	(101)	7%	(15)	2%	(6)	228
Ethnicity: White	41%	(338)	47%	(386)	8%	(63)	4%	(30)	816
Ethnicity: Hispanic	39%	(80)	50%	(102)	9%	(17)	2%	(4)	203

Continued on next page

Table MCHE10_4: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Clear

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	42%	(446)	47%	(497)	8%	(84)	3%	(36)	1063
Ethnicity: Black	49%	(65)	38%	(51)	8%	(11)	4%	(6)	132
Ethnicity: Other	38%	(44)	52%	(60)	9%	(10)	1%	(1)	115
All Christian	42%	(211)	48%	(244)	8%	(41)	2%	(12)	508
All Non-Christian	45%	(34)	47%	(36)	4%	(3)	4%	(3)	76
Agnostic/Nothing in particular	42%	(118)	42%	(118)	11%	(29)	5%	(13)	278
Something Else	44%	(69)	47%	(73)	5%	(8)	4%	(6)	156
Religious Non-Protestant/Catholic	44%	(35)	49%	(39)	4%	(3)	4%	(3)	81
Evangelical	45%	(113)	45%	(115)	7%	(18)	3%	(7)	253
Non-Evangelical	41%	(161)	49%	(194)	8%	(31)	3%	(10)	396
Community: Urban	41%	(123)	45%	(134)	11%	(35)	3%	(9)	302
Community: Suburban	44%	(218)	46%	(227)	6%	(30)	3%	(17)	491
Community: Rural	39%	(105)	50%	(135)	7%	(19)	4%	(10)	270
Employ: Private Sector	44%	(194)	47%	(209)	7%	(30)	3%	(12)	444
Employ: Government	38%	(23)	53%	(32)	9%	(6)	—	(0)	61
Employ: Self-Employed	46%	(46)	49%	(49)	3%	(4)	2%	(2)	101
Employ: Homemaker	34%	(23)	44%	(30)	20%	(14)	2%	(2)	69
Employ: Retired	43%	(101)	42%	(98)	8%	(19)	7%	(17)	235
Employ: Unemployed	46%	(36)	43%	(34)	9%	(7)	2%	(2)	79
Military HH: Yes	42%	(56)	51%	(67)	6%	(7)	1%	(1)	131
Military HH: No	42%	(390)	46%	(430)	8%	(77)	4%	(35)	932
RD/WT: Right Direction	47%	(196)	43%	(180)	8%	(34)	2%	(9)	418
RD/WT: Wrong Track	39%	(250)	49%	(317)	8%	(50)	4%	(27)	645
Biden Job Approve	45%	(236)	44%	(229)	8%	(40)	4%	(20)	524
Biden Job Disapprove	39%	(201)	50%	(257)	8%	(41)	3%	(13)	511
Biden Job Strongly Approve	56%	(127)	36%	(83)	4%	(10)	4%	(8)	228
Biden Job Somewhat Approve	37%	(108)	49%	(146)	10%	(30)	4%	(11)	295
Biden Job Somewhat Disapprove	37%	(65)	56%	(99)	6%	(10)	1%	(2)	177
Biden Job Strongly Disapprove	40%	(135)	47%	(157)	9%	(31)	3%	(11)	335
Favorable of Biden	47%	(242)	43%	(224)	7%	(37)	3%	(18)	521
Unfavorable of Biden	36%	(177)	51%	(249)	9%	(45)	3%	(15)	487

Continued on next page

Table MCHE10_4: *How well do the following describe the health data collected by your wearable fitness or wellness technology and/or apps you use to track or manage your health?*
Clear

Demographic	Very well		Somewhat well		Not too well		Not well at all		Total N
Adults	42%	(446)	47%	(497)	8%	(84)	3%	(36)	1063
Very Favorable of Biden	56%	(143)	34%	(88)	8%	(19)	2%	(6)	256
Somewhat Favorable of Biden	38%	(100)	52%	(137)	7%	(18)	4%	(11)	265
Somewhat Unfavorable of Biden	28%	(43)	56%	(87)	13%	(20)	3%	(4)	154
Very Unfavorable of Biden	40%	(134)	49%	(162)	8%	(26)	3%	(11)	333
#1 Issue: Economy	39%	(177)	48%	(221)	9%	(42)	3%	(16)	456
#1 Issue: Security	42%	(45)	47%	(50)	8%	(8)	3%	(3)	106
#1 Issue: Health Care	45%	(43)	44%	(42)	10%	(9)	1%	(1)	96
#1 Issue: Medicare / Social Security	42%	(50)	43%	(51)	8%	(9)	8%	(9)	120
#1 Issue: Women's Issues	50%	(61)	43%	(53)	6%	(7)	2%	(2)	124
#1 Issue: Education	51%	(26)	44%	(23)	5%	(2)	—	(0)	51
#1 Issue: Energy	42%	(28)	49%	(32)	6%	(4)	4%	(3)	67
2022 House Vote: Democrat	45%	(223)	45%	(224)	7%	(36)	2%	(11)	494
2022 House Vote: Republican	42%	(132)	46%	(143)	9%	(29)	2%	(7)	310
2022 House Vote: Didnt Vote	37%	(82)	47%	(105)	8%	(17)	8%	(18)	222
2020 Vote: Joe Biden	44%	(227)	46%	(234)	7%	(37)	3%	(14)	513
2020 Vote: Donald Trump	42%	(133)	44%	(138)	9%	(30)	4%	(12)	312
2020 Vote: Didn't Vote	37%	(73)	51%	(100)	8%	(15)	5%	(9)	197
2018 House Vote: Democrat	45%	(195)	46%	(198)	6%	(26)	3%	(12)	431
2018 House Vote: Republican	43%	(121)	46%	(129)	8%	(22)	3%	(10)	282
2018 House Vote: Didnt Vote	39%	(121)	48%	(149)	9%	(28)	4%	(14)	311
4-Region: Northeast	39%	(76)	51%	(99)	7%	(14)	3%	(7)	195
4-Region: Midwest	40%	(89)	51%	(115)	5%	(10)	5%	(11)	225
4-Region: South	45%	(187)	43%	(179)	9%	(36)	3%	(14)	416
4-Region: West	42%	(95)	46%	(104)	10%	(23)	2%	(5)	227
Uses an App to Track Health	44%	(393)	45%	(394)	8%	(70)	3%	(27)	884
Uses Wearable Fitness Tech	48%	(364)	44%	(339)	6%	(42)	2%	(17)	762
Concerned About Privacy of Health Data	39%	(214)	49%	(268)	8%	(42)	4%	(20)	545

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE11: *What is your primary reason for not purchasing or no longer using fitness or wellness wearable technology?*

Demographic	The cost of purchasing a wearable device	I am concerned about my privacy	I am not interested in tracking my health data	I don't believe wearable technology is accurate	I don't like the look of wearable technology	I am worried about losing it	I already track my health in other ways	I am anxious about tracking my health	I am concerned about the lack of regulation	Other, please specify:	Don't know / No opinion	Total N
Adults	23% (338)	8% (118)	18% (255)	5% (65)	4% (61)	4% (51)	14% (208)	3% (43)	2% (23)	3% (44)	16% (231)	1439
Gender: Male	20% (140)	9% (63)	21% (146)	5% (35)	4% (28)	4% (25)	17% (118)	4% (27)	1% (9)	3% (18)	14% (95)	704
Gender: Female	27% (197)	8% (55)	15% (109)	4% (30)	5% (34)	3% (25)	12% (90)	2% (16)	2% (14)	3% (26)	18% (134)	731
Age: 18-34	18% (67)	6% (24)	21% (78)	4% (15)	4% (14)	6% (21)	13% (49)	3% (11)	2% (9)	3% (11)	21% (80)	379
Age: 35-44	25% (47)	7% (14)	21% (40)	5% (9)	5% (10)	5% (10)	9% (17)	4% (7)	1% (2)	2% (3)	16% (30)	189
Age: 45-64	24% (123)	12% (61)	14% (70)	5% (23)	6% (29)	3% (16)	15% (75)	3% (16)	2% (8)	2% (9)	15% (74)	504
Age: 65+	27% (100)	5% (20)	18% (68)	5% (18)	2% (9)	1% (3)	18% (67)	2% (9)	1% (5)	6% (21)	13% (47)	366
GenZers: 1997-2012	16% (23)	3% (5)	22% (32)	6% (8)	4% (5)	7% (10)	14% (20)	4% (6)	1% (2)	2% (3)	21% (31)	145
Millennials: 1981-1996	22% (83)	8% (30)	19% (75)	4% (15)	4% (17)	5% (18)	12% (45)	3% (10)	2% (8)	3% (11)	19% (72)	385
GenXers: 1965-1980	23% (82)	10% (38)	16% (56)	4% (14)	7% (24)	5% (19)	12% (43)	5% (16)	2% (6)	1% (4)	16% (57)	360
Baby Boomers: 1946-1964	27% (135)	9% (44)	17% (85)	6% (28)	3% (13)	1% (5)	17% (85)	2% (11)	1% (6)	5% (23)	13% (65)	500
PID: Dem (no lean)	29% (163)	8% (46)	15% (82)	5% (28)	4% (21)	3% (18)	15% (84)	2% (13)	1% (8)	3% (17)	14% (76)	557
PID: Ind (no lean)	19% (80)	6% (27)	22% (95)	4% (18)	4% (16)	4% (16)	15% (64)	3% (13)	— (1)	2% (10)	20% (87)	428
PID: Rep (no lean)	21% (95)	10% (45)	17% (78)	4% (19)	5% (24)	4% (18)	13% (60)	4% (17)	3% (14)	4% (17)	15% (69)	454
PID/Gender: Dem Men	26% (67)	9% (23)	15% (38)	7% (17)	4% (11)	2% (5)	18% (46)	4% (9)	2% (5)	3% (8)	10% (27)	254
PID/Gender: Dem Women	32% (97)	8% (24)	14% (43)	4% (11)	3% (10)	4% (13)	13% (38)	1% (4)	1% (3)	3% (9)	16% (49)	302
PID/Gender: Ind Men	17% (37)	6% (14)	27% (60)	3% (6)	3% (6)	5% (10)	16% (36)	3% (7)	— (1)	2% (4)	18% (40)	220
PID/Gender: Ind Women	21% (43)	7% (14)	17% (35)	6% (13)	5% (10)	2% (5)	14% (28)	3% (6)	— (0)	3% (6)	22% (45)	205
PID/Gender: Rep Men	16% (36)	12% (27)	20% (47)	6% (13)	5% (11)	5% (11)	16% (36)	5% (11)	1% (3)	3% (7)	13% (29)	231
PID/Gender: Rep Women	26% (58)	8% (18)	14% (31)	3% (6)	6% (13)	3% (7)	11% (24)	3% (6)	5% (10)	5% (10)	18% (40)	223
Ideo: Liberal (1-3)	26% (113)	9% (37)	15% (66)	5% (20)	4% (17)	2% (10)	15% (63)	4% (16)	2% (7)	4% (18)	15% (63)	430
Ideo: Moderate (4)	24% (114)	7% (34)	21% (97)	5% (23)	4% (20)	2% (10)	13% (63)	3% (12)	1% (4)	2% (7)	18% (85)	469
Ideo: Conservative (5-7)	21% (96)	10% (44)	19% (85)	4% (18)	5% (21)	6% (25)	15% (67)	3% (12)	3% (12)	4% (18)	12% (52)	451
Educ: < College	24% (247)	8% (81)	17% (178)	4% (43)	4% (38)	4% (40)	13% (135)	3% (29)	2% (19)	2% (23)	19% (189)	1022
Educ: Bachelors degree	25% (66)	8% (21)	22% (58)	7% (18)	7% (18)	3% (7)	15% (40)	3% (9)	1% (3)	4% (10)	7% (19)	268
Educ: Post-grad	17% (25)	11% (16)	13% (19)	3% (5)	4% (6)	3% (5)	22% (33)	3% (5)	1% (1)	7% (11)	15% (23)	149
Income: Under 50k	26% (232)	7% (66)	18% (159)	4% (40)	4% (36)	4% (33)	13% (116)	3% (27)	2% (14)	2% (21)	17% (154)	896
Income: 50k-100k	22% (82)	10% (39)	17% (66)	4% (16)	5% (20)	4% (15)	15% (57)	3% (11)	1% (5)	4% (17)	14% (54)	381
Income: 100k+	15% (24)	9% (14)	19% (30)	6% (10)	4% (6)	2% (4)	22% (35)	3% (5)	2% (4)	4% (6)	15% (24)	161
Ethnicity: White	24% (268)	8% (95)	18% (204)	4% (41)	5% (52)	3% (38)	15% (163)	3% (34)	2% (18)	3% (36)	15% (173)	1121
Ethnicity: Hispanic	17% (40)	9% (21)	18% (44)	1% (1)	3% (8)	6% (14)	18% (43)	4% (9)	3% (6)	2% (6)	21% (50)	244
Ethnicity: Black	20% (36)	10% (19)	15% (27)	8% (15)	3% (6)	6% (10)	12% (21)	3% (6)	2% (3)	3% (5)	17% (31)	179
Ethnicity: Other	24% (34)	4% (5)	17% (24)	7% (10)	2% (3)	2% (3)	17% (24)	3% (4)	2% (2)	2% (3)	20% (27)	139
All Christian	24% (151)	11% (70)	16% (103)	3% (21)	5% (34)	3% (18)	15% (97)	4% (23)	2% (13)	4% (24)	13% (85)	639
All Non-Christian	18% (14)	6% (4)	22% (17)	12% (9)	8% (6)	9% (7)	14% (11)	3% (2)	2% (1)	2% (1)	6% (4)	76
Atheist	23% (16)	8% (5)	21% (15)	4% (3)	7% (5)	2% (2)	9% (7)	2% (2)	2% (1)	10% (7)	11% (8)	71
Agnostic/Nothing in particular	25% (107)	5% (22)	21% (88)	6% (23)	2% (8)	5% (20)	12% (49)	3% (12)	1% (5)	1% (6)	20% (83)	422
Something Else	22% (50)	7% (16)	14% (33)	4% (9)	3% (8)	2% (5)	19% (45)	2% (5)	1% (3)	2% (5)	23% (52)	230
Religious Non-Protestant/Catholic	17% (15)	6% (6)	22% (20)	12% (11)	7% (6)	7% (7)	14% (13)	6% (5)	1% (1)	3% (3)	5% (4)	90
Evangelical	22% (75)	13% (43)	15% (50)	4% (13)	5% (16)	4% (14)	16% (54)	2% (8)	2% (6)	3% (10)	14% (49)	338
Non-Evangelical	24% (122)	8% (40)	16% (83)	3% (14)	5% (25)	2% (9)	17% (86)	3% (16)	2% (11)	3% (17)	16% (83)	505

Table MCHE11: *What is your primary reason for not purchasing or no longer using fitness or wellness wearable technology?*

Demographic	The cost of purchasing a wearable device	I am concerned about my privacy	I am not interested in tracking my health data	I don't believe wearable technology is accurate	I don't like the look of wearable technology	I am worried about losing it	I already track my health in other ways	I am anxious about tracking my health	I am concerned about the lack of regulation	Other, please specify:	Don't know / No opinion	Total N
Adults	23% (338)	8% (118)	18% (255)	5% (65)	4% (61)	4% (51)	14% (208)	3% (43)	2% (23)	3% (44)	16% (231)	1439
Community: Urban	24% (100)	9% (38)	18% (73)	5% (19)	4% (15)	5% (20)	14% (56)	2% (8)	3% (10)	1% (5)	17% (71)	415
Community: Suburban	23% (151)	10% (62)	17% (108)	4% (25)	6% (37)	3% (21)	15% (97)	4% (24)	1% (8)	3% (22)	15% (94)	648
Community: Rural	23% (86)	5% (18)	20% (74)	6% (22)	2% (9)	3% (11)	15% (55)	3% (11)	1% (4)	5% (18)	18% (66)	375
Employ: Private Sector	19% (74)	11% (44)	17% (67)	5% (21)	6% (24)	4% (15)	14% (57)	5% (19)	3% (10)	3% (11)	14% (56)	398
Employ: Government	22% (13)	9% (5)	14% (9)	3% (2)	6% (4)	1% (1)	15% (9)	— (0)	2% (1)	7% (4)	21% (13)	61
Employ: Self-Employed	25% (31)	9% (11)	17% (21)	11% (14)	1% (1)	5% (6)	15% (18)	1% (2)	4% (4)	1% (1)	12% (14)	123
Employ: Homemaker	29% (29)	11% (11)	14% (14)	3% (3)	4% (4)	4% (4)	10% (10)	2% (2)	1% (1)	3% (3)	18% (18)	99
Employ: Retired	28% (115)	7% (28)	17% (71)	5% (20)	3% (13)	2% (8)	18% (73)	2% (10)	1% (4)	5% (21)	13% (53)	417
Employ: Unemployed	21% (49)	6% (13)	24% (55)	1% (3)	5% (11)	2% (5)	14% (31)	4% (9)	— (0)	1% (3)	22% (50)	230
Employ: Other	28% (20)	6% (4)	14% (10)	2% (2)	3% (2)	15% (10)	8% (6)	— (0)	2% (1)	1% (1)	20% (14)	70
Military HH: Yes	26% (42)	7% (11)	15% (24)	3% (5)	3% (5)	2% (4)	24% (39)	2% (4)	1% (2)	7% (12)	10% (16)	164
Military HH: No	23% (296)	8% (107)	18% (231)	5% (61)	4% (56)	4% (48)	13% (168)	3% (39)	2% (21)	3% (32)	17% (215)	1275
RD/WT: Right Direction	27% (114)	8% (35)	16% (69)	4% (18)	4% (18)	4% (15)	15% (63)	1% (6)	1% (6)	3% (13)	16% (70)	427
RD/WT: Wrong Track	22% (223)	8% (84)	18% (187)	5% (48)	4% (43)	4% (36)	14% (145)	4% (37)	2% (17)	3% (31)	16% (161)	1012
Biden Job Approve	28% (162)	8% (49)	16% (91)	4% (26)	4% (23)	3% (17)	14% (81)	3% (18)	1% (8)	3% (19)	15% (84)	578
Biden Job Disapprove	21% (171)	9% (69)	19% (155)	5% (38)	5% (38)	4% (31)	15% (118)	3% (25)	2% (15)	3% (21)	15% (119)	799
Biden Job Strongly Approve	26% (67)	10% (25)	15% (38)	6% (14)	5% (14)	3% (9)	13% (33)	2% (6)	3% (7)	2% (5)	15% (37)	253
Biden Job Somewhat Approve	29% (95)	7% (24)	17% (54)	4% (12)	3% (9)	3% (9)	15% (48)	4% (12)	— (1)	4% (14)	15% (47)	325
Biden Job Somewhat Disapprove	23% (52)	11% (24)	20% (45)	5% (10)	2% (5)	2% (5)	15% (33)	4% (9)	2% (4)	2% (4)	14% (32)	224
Biden Job Strongly Disapprove	21% (119)	8% (44)	19% (110)	5% (28)	6% (33)	4% (26)	15% (85)	3% (16)	2% (11)	3% (16)	15% (87)	575
Favorable of Biden	28% (166)	8% (46)	16% (92)	5% (31)	4% (25)	3% (19)	13% (77)	4% (21)	1% (8)	3% (20)	14% (84)	590
Unfavorable of Biden	21% (164)	9% (69)	18% (141)	4% (32)	5% (36)	4% (31)	16% (121)	3% (21)	2% (15)	3% (22)	16% (122)	774
Very Favorable of Biden	29% (86)	8% (24)	13% (38)	5% (16)	5% (13)	3% (9)	14% (41)	2% (6)	2% (7)	2% (6)	16% (46)	291
Somewhat Favorable of Biden	27% (80)	7% (22)	18% (55)	5% (15)	4% (12)	3% (10)	12% (36)	5% (16)	— (1)	5% (14)	13% (38)	299
Somewhat Unfavorable of Biden	23% (46)	10% (20)	18% (37)	2% (4)	2% (4)	2% (4)	20% (40)	4% (9)	1% (2)	2% (3)	18% (36)	205
Very Unfavorable of Biden	21% (118)	9% (50)	18% (104)	5% (27)	6% (32)	5% (28)	14% (80)	2% (12)	2% (13)	3% (19)	15% (86)	569
#1 Issue: Economy	23% (141)	7% (40)	20% (121)	4% (25)	6% (36)	4% (27)	15% (91)	2% (14)	— (3)	3% (18)	14% (85)	602
#1 Issue: Security	21% (37)	9% (15)	20% (35)	8% (14)	3% (6)	3% (5)	14% (24)	3% (5)	2% (3)	3% (6)	13% (23)	173
#1 Issue: Health Care	20% (21)	9% (9)	15% (16)	6% (6)	9% (10)	4% (5)	9% (10)	4% (4)	1% (1)	— (0)	24% (26)	107
#1 Issue: Medicare / Social Security	25% (55)	7% (16)	17% (36)	4% (9)	3% (6)	2% (4)	15% (32)	3% (6)	4% (8)	4% (9)	17% (36)	217
#1 Issue: Women's Issues	23% (32)	9% (12)	12% (17)	4% (6)	1% (2)	3% (4)	15% (21)	5% (7)	4% (6)	3% (5)	21% (29)	140
#1 Issue: Energy	27% (18)	14% (10)	17% (12)	1% (1)	— (0)	5% (3)	17% (12)	3% (2)	4% (3)	2% (2)	11% (7)	69
#1 Issue: Other	29% (24)	8% (6)	12% (10)	2% (2)	2% (2)	4% (3)	13% (10)	1% (1)	— (0)	6% (5)	23% (19)	81
2022 House Vote: Democrat	28% (153)	9% (48)	16% (86)	5% (29)	4% (20)	4% (21)	15% (82)	3% (18)	2% (8)	4% (19)	12% (65)	549
2022 House Vote: Republican	22% (92)	11% (46)	20% (86)	5% (22)	5% (19)	3% (13)	16% (66)	4% (15)	2% (10)	3% (14)	10% (41)	423
2022 House Vote: Didnt Vote	20% (88)	5% (23)	18% (77)	3% (13)	5% (22)	4% (17)	13% (59)	2% (9)	1% (4)	2% (10)	26% (116)	439
2020 Vote: Joe Biden	28% (163)	9% (52)	16% (94)	5% (29)	4% (22)	3% (19)	15% (88)	3% (18)	1% (8)	3% (17)	12% (72)	582
2020 Vote: Donald Trump	21% (97)	9% (42)	20% (94)	5% (22)	5% (24)	4% (21)	15% (68)	3% (16)	2% (11)	4% (17)	11% (53)	465
2020 Vote: Didn't Vote	19% (67)	6% (22)	17% (60)	4% (13)	4% (13)	3% (12)	14% (47)	3% (9)	1% (3)	3% (10)	26% (89)	345
2018 House Vote: Democrat	27% (127)	9% (42)	17% (79)	5% (23)	4% (17)	3% (16)	16% (78)	3% (14)	2% (9)	4% (17)	11% (55)	476
2018 House Vote: Republican	20% (80)	12% (46)	19% (76)	5% (20)	4% (17)	3% (12)	14% (57)	3% (12)	2% (8)	3% (13)	13% (50)	393
2018 House Vote: Didnt Vote	22% (120)	5% (29)	17% (92)	4% (22)	5% (26)	4% (23)	13% (68)	3% (16)	1% (5)	2% (13)	22% (119)	533

Continued on next page

Table MCHE11: *What is your primary reason for not purchasing or no longer using fitness or wellness wearable technology?*

Demographic	The cost of purchas-ing a wearable device	I am concerned about my privacy	I am not interested in tracking my health data	I don't believe wearable technol-ogy is accurate	I don't like the look of wearable technol-ogy	I am worried about losing it	I already track my health in other ways	I am anxious about tracking my health	I am concerned about the lack of regulation	Other, please specify:	Don't know / No opinion	Total N
Adults	23% (338)	8% (118)	18% (255)	5% (65)	4% (61)	4% (51)	14% (208)	3% (43)	2% (23)	3% (44)	16% (231)	1439
4-Region: Northeast	23% (56)	9% (24)	20% (49)	5% (13)	5% (11)	4% (10)	10% (26)	3% (7)	3% (7)	4% (11)	14% (36)	250
4-Region: Midwest	29% (83)	8% (24)	16% (46)	4% (12)	3% (10)	5% (16)	15% (43)	2% (5)	2% (5)	4% (11)	13% (37)	292
4-Region: South	23% (121)	9% (46)	18% (95)	5% (25)	6% (30)	4% (19)	17% (90)	3% (18)	1% (3)	2% (13)	14% (78)	536
4-Region: West	21% (78)	7% (25)	18% (65)	4% (15)	3% (11)	2% (7)	13% (49)	4% (13)	2% (9)	3% (9)	23% (82)	361
Uses an App to Track Health	34% (102)	7% (21)	8% (25)	4% (12)	7% (22)	5% (14)	18% (54)	3% (9)	2% (6)	2% (6)	9% (28)	300
Concerned About Privacy of Health Data	23% (199)	13% (113)	14% (124)	6% (48)	4% (37)	4% (32)	15% (129)	4% (30)	2% (21)	3% (24)	12% (101)	858

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Table MCHE12: *How concerned are you about the privacy of your health information on an app?*

Demographic	Very concerned		Somewhat concerned		Not too concerned		Not at all concerned		Don't know / No opinion		Total N
Adults	24%	(530)	32%	(694)	25%	(545)	13%	(293)	6%	(138)	2201
Gender: Male	24%	(256)	35%	(370)	23%	(243)	14%	(147)	5%	(54)	1070
Gender: Female	24%	(273)	29%	(323)	27%	(302)	13%	(146)	7%	(84)	1127
Age: 18-34	21%	(134)	31%	(193)	26%	(161)	15%	(98)	7%	(45)	631
Age: 35-44	20%	(74)	31%	(116)	25%	(92)	16%	(58)	9%	(32)	372
Age: 45-64	26%	(184)	33%	(233)	23%	(161)	13%	(96)	5%	(38)	711
Age: 65+	28%	(138)	31%	(153)	27%	(130)	9%	(42)	5%	(24)	487
GenZers: 1997-2012	18%	(44)	33%	(83)	29%	(72)	11%	(28)	9%	(22)	249
Millennials: 1981-1996	22%	(151)	30%	(202)	24%	(162)	18%	(120)	7%	(51)	686
GenXers: 1965-1980	26%	(141)	30%	(164)	23%	(128)	15%	(80)	7%	(36)	548
Baby Boomers: 1946-1964	27%	(180)	35%	(228)	25%	(167)	9%	(57)	4%	(28)	660
PID: Dem (no lean)	26%	(234)	32%	(284)	25%	(220)	13%	(118)	4%	(32)	887
PID: Ind (no lean)	20%	(123)	30%	(187)	27%	(166)	13%	(84)	10%	(63)	623
PID: Rep (no lean)	25%	(174)	32%	(223)	23%	(160)	13%	(91)	6%	(43)	691
PID/Gender: Dem Men	27%	(112)	35%	(147)	21%	(88)	13%	(56)	3%	(12)	414
PID/Gender: Dem Women	26%	(121)	29%	(137)	28%	(131)	13%	(62)	4%	(21)	472
PID/Gender: Ind Men	19%	(59)	32%	(99)	28%	(86)	15%	(46)	7%	(21)	311
PID/Gender: Ind Women	20%	(63)	28%	(87)	26%	(80)	12%	(38)	14%	(42)	310
PID/Gender: Rep Men	25%	(85)	36%	(124)	20%	(69)	13%	(45)	6%	(21)	345
PID/Gender: Rep Women	26%	(89)	29%	(99)	26%	(91)	13%	(46)	6%	(21)	346
Ideo: Liberal (1-3)	25%	(166)	32%	(216)	24%	(164)	14%	(94)	4%	(29)	669
Ideo: Moderate (4)	21%	(154)	34%	(244)	25%	(179)	14%	(104)	6%	(47)	728
Ideo: Conservative (5-7)	27%	(184)	31%	(213)	25%	(170)	11%	(77)	5%	(32)	677
Educ: < College	25%	(353)	31%	(444)	23%	(328)	14%	(196)	8%	(117)	1438
Educ: Bachelors degree	21%	(100)	36%	(173)	28%	(135)	13%	(63)	3%	(13)	484
Educ: Post-grad	28%	(77)	28%	(77)	29%	(82)	12%	(34)	3%	(9)	278
Income: Under 50k	24%	(294)	30%	(360)	23%	(278)	14%	(172)	8%	(97)	1202
Income: 50k-100k	25%	(166)	34%	(225)	24%	(156)	12%	(76)	5%	(34)	658
Income: 100k+	20%	(70)	32%	(109)	32%	(110)	13%	(44)	2%	(8)	341
Ethnicity: White	22%	(377)	32%	(552)	25%	(432)	14%	(232)	6%	(107)	1698
Ethnicity: Hispanic	24%	(91)	34%	(131)	23%	(86)	14%	(55)	4%	(17)	379
Ethnicity: Black	37%	(106)	26%	(74)	17%	(47)	13%	(36)	7%	(20)	283

Continued on next page

Table MCHE12: *How concerned are you about the privacy of your health information on an app?*

Demographic	Very concerned		Somewhat concerned		Not too concerned		Not at all concerned		Don't know / No opinion		Total N
Adults	24%	(530)	32%	(694)	25%	(545)	13%	(293)	6%	(138)	2201
Ethnicity: Other	22%	(48)	31%	(68)	30%	(67)	11%	(25)	5%	(12)	220
All Christian	25%	(256)	34%	(345)	25%	(251)	10%	(105)	5%	(50)	1008
All Non-Christian	30%	(41)	33%	(43)	20%	(26)	14%	(18)	4%	(5)	133
Atheist	21%	(22)	29%	(30)	25%	(26)	16%	(17)	8%	(9)	104
Agnostic/Nothing in particular	19%	(116)	28%	(172)	26%	(161)	18%	(111)	8%	(52)	612
Something Else	28%	(96)	30%	(103)	23%	(80)	12%	(41)	7%	(23)	343
Religious Non-Protestant/Catholic	29%	(45)	35%	(53)	21%	(32)	12%	(18)	3%	(5)	152
Evangelical	31%	(165)	31%	(163)	23%	(119)	10%	(55)	4%	(23)	525
Non-Evangelical	22%	(176)	34%	(271)	26%	(204)	11%	(89)	6%	(48)	788
Community: Urban	27%	(172)	30%	(188)	24%	(149)	13%	(79)	6%	(38)	628
Community: Suburban	23%	(232)	34%	(348)	26%	(260)	12%	(126)	5%	(48)	1013
Community: Rural	23%	(127)	28%	(158)	24%	(136)	16%	(88)	9%	(53)	561
Employ: Private Sector	24%	(175)	34%	(251)	25%	(186)	12%	(89)	5%	(34)	735
Employ: Government	17%	(18)	31%	(32)	26%	(27)	18%	(19)	8%	(8)	103
Employ: Self-Employed	32%	(63)	29%	(57)	25%	(50)	12%	(24)	3%	(6)	200
Employ: Homemaker	20%	(30)	34%	(50)	20%	(29)	12%	(18)	14%	(21)	148
Employ: Student	20%	(13)	33%	(21)	31%	(20)	11%	(7)	5%	(3)	65
Employ: Retired	26%	(149)	31%	(174)	27%	(151)	11%	(63)	5%	(28)	566
Employ: Unemployed	20%	(57)	28%	(81)	21%	(59)	21%	(60)	10%	(29)	286
Employ: Other	25%	(25)	29%	(29)	24%	(23)	14%	(14)	8%	(8)	99
Military HH: Yes	21%	(54)	28%	(72)	30%	(78)	18%	(46)	4%	(11)	261
Military HH: No	25%	(477)	32%	(622)	24%	(467)	13%	(246)	7%	(128)	1940
RD/WT: Right Direction	28%	(204)	30%	(219)	21%	(157)	15%	(111)	6%	(42)	733
RD/WT: Wrong Track	22%	(326)	32%	(475)	26%	(389)	12%	(181)	7%	(96)	1468
Biden Job Approve	27%	(262)	29%	(282)	26%	(251)	12%	(119)	5%	(48)	962
Biden Job Disapprove	23%	(261)	34%	(395)	24%	(279)	14%	(159)	5%	(63)	1157
Biden Job Strongly Approve	38%	(160)	23%	(97)	18%	(77)	16%	(69)	4%	(19)	423
Biden Job Somewhat Approve	19%	(102)	34%	(185)	32%	(174)	9%	(50)	5%	(29)	540
Biden Job Somewhat Disapprove	15%	(51)	42%	(146)	27%	(94)	14%	(48)	2%	(8)	348
Biden Job Strongly Disapprove	26%	(211)	31%	(248)	23%	(185)	14%	(111)	7%	(55)	810

Continued on next page

Table MCHE12: *How concerned are you about the privacy of your health information on an app?*

Demographic	Very concerned		Somewhat concerned		Not too concerned		Not at all concerned		Don't know / No opinion		Total N
Adults	24%	(530)	32%	(694)	25%	(545)	13%	(293)	6%	(138)	2201
Favorable of Biden	27%	(261)	28%	(271)	27%	(257)	13%	(127)	5%	(51)	966
Unfavorable of Biden	22%	(250)	35%	(392)	24%	(269)	12%	(139)	6%	(67)	1118
Very Favorable of Biden	34%	(156)	24%	(110)	21%	(97)	17%	(81)	5%	(21)	466
Somewhat Favorable of Biden	21%	(104)	32%	(161)	32%	(159)	9%	(46)	6%	(30)	500
Somewhat Unfavorable of Biden	16%	(51)	45%	(140)	26%	(79)	9%	(29)	4%	(11)	310
Very Unfavorable of Biden	25%	(199)	31%	(253)	23%	(190)	14%	(110)	7%	(56)	808
#1 Issue: Economy	19%	(179)	34%	(320)	27%	(250)	14%	(128)	6%	(53)	929
#1 Issue: Security	33%	(80)	32%	(78)	16%	(40)	9%	(23)	10%	(25)	246
#1 Issue: Health Care	28%	(49)	30%	(52)	22%	(39)	14%	(25)	6%	(10)	177
#1 Issue: Medicare / Social Security	30%	(88)	28%	(82)	27%	(78)	9%	(27)	6%	(17)	292
#1 Issue: Women's Issues	27%	(63)	25%	(58)	26%	(61)	16%	(37)	7%	(16)	235
#1 Issue: Education	17%	(15)	41%	(38)	22%	(20)	15%	(14)	6%	(5)	93
#1 Issue: Energy	27%	(33)	34%	(41)	17%	(21)	18%	(22)	4%	(5)	122
#1 Issue: Other	21%	(22)	24%	(25)	33%	(36)	16%	(17)	6%	(7)	107
2022 House Vote: Democrat	27%	(241)	31%	(278)	25%	(228)	14%	(125)	3%	(29)	902
2022 House Vote: Republican	24%	(156)	36%	(235)	24%	(159)	12%	(81)	4%	(29)	660
2022 House Vote: Someone else	17%	(9)	24%	(14)	36%	(20)	11%	(6)	12%	(7)	57
2022 House Vote: Didnt Vote	21%	(124)	29%	(167)	24%	(138)	14%	(81)	13%	(74)	583
2020 Vote: Joe Biden	26%	(251)	30%	(289)	25%	(238)	13%	(127)	5%	(43)	948
2020 Vote: Donald Trump	24%	(168)	34%	(236)	24%	(168)	12%	(85)	5%	(35)	692
2020 Vote: Other	14%	(12)	33%	(27)	28%	(23)	22%	(18)	3%	(2)	81
2020 Vote: Didn't Vote	21%	(100)	30%	(143)	24%	(117)	13%	(63)	12%	(58)	480
2018 House Vote: Democrat	27%	(216)	31%	(244)	25%	(199)	13%	(105)	3%	(23)	787
2018 House Vote: Republican	26%	(159)	34%	(203)	23%	(137)	13%	(79)	5%	(28)	606
2018 House Vote: Someone else	15%	(9)	21%	(13)	43%	(26)	9%	(6)	12%	(7)	61
2018 House Vote: Didnt Vote	20%	(147)	31%	(234)	24%	(183)	14%	(104)	11%	(80)	747
4-Region: Northeast	24%	(92)	29%	(113)	28%	(109)	13%	(49)	6%	(22)	386
4-Region: Midwest	22%	(99)	37%	(169)	23%	(107)	11%	(52)	6%	(28)	455
4-Region: South	25%	(210)	31%	(259)	24%	(198)	14%	(122)	6%	(51)	839
4-Region: West	25%	(129)	29%	(153)	25%	(132)	13%	(70)	7%	(37)	521
Uses an App to Track Health	21%	(185)	31%	(273)	31%	(275)	14%	(128)	3%	(22)	884

Continued on next page

Table MCHE12: *How concerned are you about the privacy of your health information on an app?*

Demographic	Very concerned		Somewhat concerned		Not too concerned		Not at all concerned		Don't know / No opinion		Total N
Adults	24%	(530)	32%	(694)	25%	(545)	13%	(293)	6%	(138)	2201
Uses Wearable Fitness Tech	20%	(154)	28%	(212)	33%	(254)	16%	(126)	2%	(16)	762
Concerned About Privacy of Health Data	43%	(530)	57%	(694)	—	(0)	—	(0)	—	(0)	1225

Note: Row proportions may total to larger than one-hundred percent due to rounding. For more information visit MorningConsultIntelligence.com.

Respondent Demographics Summary

Summary Statistics of Survey Respondent Demographics

Demographic	Group	Frequency	Percentage
xdemAll	Adults	2201	100%
xdemGender	Gender: Male	1070	49%
	Gender: Female	1127	51%
	N	2198	
age	Age: 18-34	631	29%
	Age: 35-44	372	17%
	Age: 45-64	711	32%
	Age: 65+	487	22%
	N	2201	
demAgeGeneration	GenZers: 1997-2012	249	11%
	Millennials: 1981-1996	686	31%
	GenXers: 1965-1980	548	25%
	Baby Boomers: 1946-1964	660	30%
	N	2144	
xpid3	PID: Dem (no lean)	887	40%
	PID: Ind (no lean)	623	28%
	PID: Rep (no lean)	691	31%
	N	2201	
xpidGender	PID/Gender: Dem Men	414	19%
	PID/Gender: Dem Women	472	21%
	PID/Gender: Ind Men	311	14%
	PID/Gender: Ind Women	310	14%
	PID/Gender: Rep Men	345	16%
	PID/Gender: Rep Women	346	16%
	N	2198	
xdemIdeo3	Ideo: Liberal (1-3)	669	30%
	Ideo: Moderate (4)	728	33%
	Ideo: Conservative (5-7)	677	31%
	N	2074	
xeduc3	Educ: < College	1438	65%
	Educ: Bachelors degree	484	22%
	Educ: Post-grad	278	13%
	N	2201	

Summary Statistics of Survey Respondent Demographics

Demographic	Group	Frequency	Percentage
xdemInc3	Income: Under 50k	1202	55%
	Income: 50k-100k	658	30%
	Income: 100k+	341	16%
	N	2201	
xdemWhite	Ethnicity: White	1698	77%
xdemHispBin	Ethnicity: Hispanic	379	17%
demBlackBin	Ethnicity: Black	283	13%
demRaceOther	Ethnicity: Other	220	10%
xdemReligion	All Christian	1008	46%
	All Non-Christian	133	6%
	Atheist	104	5%
	Agnostic/Nothing in particular	612	28%
	Something Else	343	16%
	N	2201	
xdemReligOther	Religious Non-Protestant/Catholic	152	7%
xdemEvang	Evangelical	525	24%
	Non-Evangelical	788	36%
	N	1313	
xdemUsr	Community: Urban	628	29%
	Community: Suburban	1013	46%
	Community: Rural	561	25%
	N	2201	
xdemEmploy	Employ: Private Sector	735	33%
	Employ: Government	103	5%
	Employ: Self-Employed	200	9%
	Employ: Homemaker	148	7%
	Employ: Student	65	3%
	Employ: Retired	566	26%
	Employ: Unemployed	286	13%
	Employ: Other	99	4%
	N	2201	
xdemMilHH1	Military HH: Yes	261	12%
	Military HH: No	1940	88%
	N	2201	

Summary Statistics of Survey Respondent Demographics

Demographic	Group	Frequency	Percentage
xnr1	RD/WT: Right Direction	733	33%
	RD/WT: Wrong Track	1468	67%
	N	2201	
xdemBidenApprove	Biden Job Approve	962	44%
	Biden Job Disapprove	1157	53%
	N	2120	
xdemBidenApprove2	Biden Job Strongly Approve	423	19%
	Biden Job Somewhat Approve	540	25%
	Biden Job Somewhat Disapprove	348	16%
	Biden Job Strongly Disapprove	810	37%
	N	2120	
xdemBidenFav	Favorable of Biden	966	44%
	Unfavorable of Biden	1118	51%
	N	2084	
xdemBidenFavFull	Very Favorable of Biden	466	21%
	Somewhat Favorable of Biden	500	23%
	Somewhat Unfavorable of Biden	310	14%
	Very Unfavorable of Biden	808	37%
	N	2084	
xnr3	#1 Issue: Economy	929	42%
	#1 Issue: Security	246	11%
	#1 Issue: Health Care	177	8%
	#1 Issue: Medicare / Social Security	292	13%
	#1 Issue: Women's Issues	235	11%
	#1 Issue: Education	93	4%
	#1 Issue: Energy	122	6%
	#1 Issue: Other	107	5%
	N	2201	
xsubVote22O	2022 House Vote: Democrat	902	41%
	2022 House Vote: Republican	660	30%
	2022 House Vote: Someone else	57	3%
	2022 House Vote: Didnt Vote	583	26%
	N	2201	
xsubVote20O	2020 Vote: Joe Biden	948	43%
	2020 Vote: Donald Trump	692	31%
	2020 Vote: Other	81	4%
	2020 Vote: Didn't Vote	480	22%
	N	2201	

Summary Statistics of Survey Respondent Demographics

Demographic	Group	Frequency	Percentage
xsubVote18O	2018 House Vote: Democrat	787	36%
	2018 House Vote: Republican	606	28%
	2018 House Vote: Someone else	61	3%
	2018 House Vote: Didnt Vote	747	34%
	N	2201	
xreg4	4-Region: Northeast	386	18%
	4-Region: Midwest	455	21%
	4-Region: South	839	38%
	4-Region: West	521	24%
	N	2201	
MCHExdem1	Uses an App to Track Health	884	40%
MCHExdem2	Uses Wearable Fitness Tech	762	35%
MCHExdem3	Concerned About Privacy of Health Data	1225	56%

Note: Group proportions may total to larger than one-hundred percent due to rounding. All statistics are calculated with demographic post-stratification weights applied.