

**2025 PEW RESEARCH CENTER'S AMERICAN TRENDS PANEL
Wave 182: Health and Wellness Survey
October 20-26, 2025**

**TOPLINE
N=5,111**

Note: All numbers are percentages unless otherwise noted. Rows/columns may not total 100% due to rounding. The questions presented below are part of a larger survey conducted on the American Trends Panel.

"No answer" includes web respondents who do not answer the question as well as telephone respondents who refuse to answer or who say they don't know how to answer. In cases where "Not sure" was offered as an explicit option to web and telephone respondents, the "No answer" category includes only web skips and telephone refusals.

This survey was conducted primarily online, with some interviews conducted by live telephone. This topline shows the programming language for online administration. For details on how questions were slightly modified for phone administration, visit the questionnaire.

American Trends Panel surveys conducted between October 2016 and June 2024 were conducted fully online (with tablets and data plans provided to adults without home internet). American Trends Panel surveys conducted prior to October 2016 were conducted primarily online, with some respondents completing by mail. For additional details, visit the methodology.

PN = Programming note

	Sample size	Margin of error at 95% confidence level
U.S. adults	5,111	+/- 1.7 percentage points

OTHER QUESTIONS PREVIOUSLY RELEASED**DISPLAY TO ALL:** On another topic...**RATEHEALTH****ASK ALL:****[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1]**

How would you rate each of the following aspects of your health these days?

		<u>Excellent</u>	<u>Very good</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>	<u>No answer</u>
a.	Your physical health Oct 20-26, 2025	10	29	37	20	3	<1
b.	Your mental health Oct 20-26, 2025	18	30	30	17	5	<1

HLTHCHLNG**ASK ALL:****[PN: SPLIT ITEMS ACROSS TWO SCREENS; RANDOMIZE SCREEN ORDER; RANDOMIZE ITEMS WITHIN EACH SCREEN]**When it comes to taking care of your overall health, how much of a challenge is each of the following for you?

		<u>Major challenge</u>	<u>Minor challenge</u>	<u>Not a challenge</u>	<u>No answer</u>
[PN: SHOW ON SCREEN 1]					
a.	The safety of the area where you live or work Oct 20-26, 2025	9	26	64	1
b.	The price of health care Oct 20-26, 2025	44	31	24	1
c.	Seeing a health care provider Oct 20-26, 2025	18	33	48	1
d.	Pollution in the area where you live or work Oct 20-26, 2025	11	35	53	1

[PN: SHOW ON SCREEN 2]

e.	Having the motivation to take care of your health Oct 20-26, 2025	26	42	32	1
f.	Having enough time in the day to take care of your health Oct 20-26, 2025	28	38	33	<1

HLTHCHLNG CONTINUED ...

		<u>Major challenge</u>	<u>Minor challenge</u>	<u>Not a challenge</u>	<u>No answer</u>
g.	Managing stress in your life Oct 20-26, 2025	34	44	21	1

EFFORTHLTH**ASK ALL:****[PN: RANDOMIZE ITEMS IN SAME ORDER AS RATEHEALTH]**

How much effort are you putting into taking care of each of the following aspects of your health these days?

		<u>A lot</u>	<u>A little</u>	<u>No effort at all</u>	<u>No answer</u>
a.	Your physical health Oct 20-26, 2025	40	52	7	1
b.	Your mental health Oct 20-26, 2025	36	49	15	1

EFFORTWHY**ASK IF PUTTING AT LEAST A LITTLE EFFORT INTO TAKING CARE OF THEIR HEALTH****(EFFORTHLTH_a=1,2 OR EFFORTHLTH_b=1,2) [N=4,892]:****[PN: RANDOMIZE ITEMS]**

How much of a reason is each of the following for why you are trying to take care of your overall health?

		<u>Major reason</u>	<u>Minor reason</u>	<u>Not a reason</u>	<u>No answer</u>
a.	To do the things you need to do in your daily life Oct 20-26, 2025	70	24	6	<1
b.	To lower your risk of developing health problems in the future Oct 20-26, 2025	78	18	4	<1
c.	You are following advice you got from a health care provider Oct 20-26, 2025	32	34	33	1
d.	You feel people will judge you if you don't try to take care of your health Oct 20-26, 2025	11	27	62	<1
e.	To look good physically Oct 20-26, 2025	38	45	16	1

HLTHBEHAV**ASK IF FORM 1 (X_FORM=1) [N=2,546]:****[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]**

In general, how well are you doing at each of the following in your life?

		Extremely <u>well</u>	Very <u>well</u>	Somewhat <u>well</u>	Not too <u>well</u>	Not at all <u>well</u>	No <u>answer</u>
a.	Exercising regularly Oct 20-26, 2025	10	19	34	26	11	1
b.	Getting enough sleep Oct 20-26, 2025	9	24	36	22	8	1
c.	Eating healthy Oct 20-26, 2025	9	24	46	15	4	1
d.	Managing your stress Oct 20-26, 2025	10	24	42	17	6	1
e.	Having good relationships with other people Oct 20-26, 2025	17	38	35	8	2	1
f.	Getting your annual physical check-up Oct 20-26, 2025	29	24	21	13	13	1

HLTHIMPORT**ASK IF FORM 2 (X_FORM=2) [N=2,565]:****[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]**

For you personally, how important is doing each of the following?

		Extremely <u>important</u>	Very <u>important</u>	Somewhat <u>important</u>	Not too <u>important</u>	Not at all <u>important</u>	No <u>answer</u>
a.	Exercising regularly Oct 20-26, 2025	22	34	32	9	2	<1
b.	Getting enough sleep Oct 20-26, 2025	33	44	19	3	1	<1
c.	Eating healthy Oct 20-26, 2025	25	42	28	4	1	<1
d.	Managing your stress Oct 20-26, 2025	30	44	20	4	2	<1
e.	Having good relationships with other people Oct 20-26, 2025	28	39	24	6	3	<1

HLTHIMPORT CONTINUED ...

		Extremely <u>important</u>	Very <u>important</u>	Somewhat <u>important</u>	Not too <u>important</u>	Not at all <u>important</u>	<u>No answer</u>
f.	Getting your annual physical check-up Oct 20-26, 2025	25	31	25	12	7	<1

HLTHINFOFREQ**ASK ALL:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1]**

How often do you get information about health topics? For example, this could be from sources like health care providers, other people you know, or online.

Oct 20-26,
2025

11	Nearly every day
21	A few times a week
34	A few times a month
23	A few times a year
11	Less than a few times a year
1	No answer

ASSESSINFO**ASK ALL:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]**

In general, how difficult is it for you to judge whether health information is accurate?

Oct 20-26,
2025

3	Extremely difficult
9	Very difficult
38	Somewhat difficult
42	Not too difficult
7	Not at all difficult
1	No answer

RESCNFLCT**ASK ALL:****[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]**

How often do you see or hear about health information that seems to conflict with other health information you have gotten?

Oct 20-26,
2025

7	Extremely often
20	Often
49	Sometimes
20	Rarely
3	Never
1	No answer

RESCNFLT2

ASK IF EVER SEES CONFLICTING HEALTH INFORMATION (RESCNFLT=1-4) [N=4,947]:
[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]

When you see or hear health information that seems to conflict with other health information you have gotten, how difficult is it for you to know which information to trust?

Oct 20-26,
2025

4	Extremely difficult
11	Very difficult
41	Somewhat difficult
38	Not too difficult
5	Not at all difficult
1	No answer

HLTHRECS

ASK ALL:

[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]

How important is it to you, personally, that the people you get health information from...

	<u>Extremely important</u>	<u>Very important</u>	<u>Somewhat important</u>	<u>Not too important</u>	<u>Not at all important</u>	<u>No answer</u>
a. Have medical training related to the topic they are giving information about Oct 20-26, 2025	43	33	19	4	1	1
b. Have personal experience with the health topic they are giving information about Oct 20-26, 2025	21	30	31	13	4	1
c. Are transparent about potential conflicts of interest Oct 20-26, 2025	37	36	19	4	2	1
d. Are easy to understand Oct 20-26, 2025	30	42	23	4	1	1
e. Are likable Oct 20-26, 2025	7	16	36	28	13	1
f. Are physically fit Oct 20-26, 2025	8	19	39	24	9	1

GETHLTHINFO**ASK ALL:**

[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]

How often do you get health information from each of the following?

		Extremely <u>often</u>	<u>Often</u>	<u>Sometimes</u>	<u>Rarely</u>	<u>Never</u>	No <u>answer</u>
a.	Health care providers Oct 20-26, 2025	15	36	35	10	4	1
b.	People who have a similar health issue as you Oct 20-26, 2025	3	16	48	21	12	1
c.	News organizations and journalists Oct 20-26, 2025	2	9	35	29	24	1
d.	Government health agencies Oct 20-26, 2025	2	9	35	31	23	1
e.	Major health information websites, such as WebMD or Mayo Clinic Oct 20-26, 2025	5	18	37	21	18	1
f.	Social media such as Facebook, X (formerly Twitter), or Instagram Oct 20-26, 2025	3	9	24	25	38	1
g.	AI chatbots like ChatGPT or Gemini Oct 20-26, 2025	2	5	15	18	59	1

[PN: RANDOMIZE ORDER OF HLTHACC AND HLTHCONV]

HLTHACC**ASK IF FORM 1 (X_FORM=1) AND GET ANY HEALTH INFORMATION (ANY GETHLTHINFO_a-g=1-4)****[PN: RANDOMIZE ITEMS IN SAME ORDER AS GETHLTHINFO_a-g; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]**

In your view, how accurate is the health information you get from each of the following?

	Extremely <u>accurate</u>	Very <u>accurate</u>	Somewhat <u>accurate</u>	Not too <u>accurate</u>	Not at all <u>accurate</u>	No <u>answer</u>
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_a=1-4) [N=2,463]						
a. Health care providers Oct 20-26, 2025	19	47	30	3	1	1
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_b=1-4) [N=2,274]						
b. People who have a similar health issue as you Oct 20-26, 2025	3	19	64	12	1	1
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_c=1-4) [N=1,956]						
c. News organizations and journalists Oct 20-26, 2025	2	11	58	23	5	2
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_d=1-4) [N=1,982]						
d. Government health agencies Oct 20-26, 2025	4	21	55	15	4	2
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_e=1-4) [N=2,180]						
e. Major health information websites, such as WebMD or Mayo Clinic Oct 20-26, 2025	10	38	42	7	2	1

HLTHACC CONTINUED ...

	<u>Extremely accurate</u>	<u>Very accurate</u>	<u>Somewhat accurate</u>	<u>Not too accurate</u>	<u>Not at all accurate</u>	<u>No answer</u>
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_f=1-4) [N=1,590]						
f. Social media such as Facebook, X (formerly Twitter), or Instagram Oct 20-26, 2025	2	5	44	37	10	2
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_g=1-4) [N=1,057]						
g. AI chatbots like ChatGPT or Gemini Oct 20-26, 2025	4	13	58	18	5	1

[PN: RANDOMIZE ORDER OF HLTHACC AND HLTHCONV]

HLTHCONV

ASK IF FORM 1 (X_FORM=1) AND GET ANY HEALTH INFORMATION (ANY GETHLTHINFO_a-g=1-4):

[PN: RANDOMIZE ITEMS IN SAME ORDER AS GETHLTHINFO_a-g; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]

How convenient is it for you to get health information from each of the following?

	Extremely <u>convenient</u>	Very <u>convenient</u>	Somewhat <u>convenient</u>	Not too <u>convenient</u>	Not at all <u>convenient</u>	No <u>answer</u>
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_a=1-4) [N=2,463]						
a. Health care providers Oct 20-26, 2025	16	33	32	14	4	1
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_b=1-4) [N=2,274]						
b. People who have a similar health issue as you Oct 20-26, 2025	6	22	48	20	3	1
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_c=1-4) [N=1,956]						
c. News organizations and journalists Oct 20-26, 2025	7	21	44	21	6	1
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_d=1-4) [N=1,982]						
d. Government health agencies Oct 20-26, 2025	6	17	46	24	5	1
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_e=1-4) [N=2,180]						
e. Major health information websites, such as WebMD or Mayo Clinic Oct 20-26, 2025	23	37	30	7	3	1

HLTHCONV CONTINUED ...

	<u>Extremely convenient</u>	<u>Very convenient</u>	<u>Somewhat convenient</u>	<u>Not too convenient</u>	<u>Not at all convenient</u>	<u>No answer</u>
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_f=1-4) [N=1,590]						
f. Social media such as Facebook, X (formerly Twitter), or Instagram Oct 20-26, 2025	14	26	35	16	8	1
ASK IF FORM 1 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=1 AND GETHLTHINFO_g=1-4) [N=1,057]						
g. AI chatbots like ChatGPT or Gemini Oct 20-26, 2025	22	26	31	13	7	1

[PN: RANDOMIZE ORDER OF HLTHPERS AND HLTHUNDSTND]

HLTHPERS

ASK IF FORM 2 (X_FORM=2) AND GET ANY HEALTH INFORMATION (ANY GETHLTHINFO_a-g=1-4):

[PN: RANDOMIZE ITEMS IN SAME ORDER AS GETHLTHINFO_a-g; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]

How personalized is the health information you get from each of the following?

		<u>Extremely personalized</u>	<u>Very personalized</u>	<u>Somewhat personalized</u>	<u>Not too personalized</u>	<u>Not at all personalized</u>	<u>No answer</u>
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_a=1-4) [N=2,479]							
a.	Health care providers						
	Oct 20-26, 2025	18	34	31	11	5	1
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_b=1-4) [N=2,280]							
b.	People who have a similar health issue as you						
	Oct 20-26, 2025	6	22	45	18	7	1
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_c=1-4) [N=1,978]							
c.	News organizations and journalists						
	Oct 20-26, 2025	1	3	17	41	37	1
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_d=1-4) [N=2,037]							
d.	Government health agencies						
	Oct 20-26, 2025	2	5	21	36	35	2

HLTHPERS CONTINUED ...

	<u>Extremely personalized</u>	<u>Very personalized</u>	<u>Somewhat personalized</u>	<u>Not too personalized</u>	<u>Not at all personalized</u>	<u>No answer</u>
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_e=1-4) [N=2,206]						
e. Major health information websites, such as WebMD or Mayo Clinic Oct 20-26, 2025	2	7	31	34	24	1
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_f=1-4) [N=1,587]						
f. Social media such as Facebook, X (formerly Twitter), or Instagram Oct 20-26, 2025	3	8	29	32	27	1
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_g=1-4) [N=1,127]						
g. AI chatbots like ChatGPT or Gemini Oct 20-26, 2025	9	14	29	27	20	1

[PN: RANDOMIZE ORDER OF HLTHPERS AND HLTHUNDSTND]

HLTHUNDSTND

ASK IF FORM 2 (X_FORM=2) AND GET ANY HEALTH INFORMATION (ANY GETHLTHINFO_a-g=1-4):

[PN: RANDOMIZE ITEMS IN SAME ORDER AS GETHLTHINFO_a-g; ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS CHILDVAXVIEWS]

How easy is it to understand the health information you get from each of the following?

	Extremely <u>easy</u>	Very <u>easy</u>	Somewhat <u>easy</u>	Not too <u>easy</u>	Not at all <u>easy</u>	No <u>answer</u>
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_a=1-4) [N=2,479]						
a. Health care providers Oct 20-26, 2025	15	40	37	6	2	<1
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_b=1-4) [N=2,280]						
b. People who have a similar health issue as you Oct 20-26, 2025	10	34	46	7	2	1
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_c=1-4) [N=1,978]						
c. News organizations and journalists Oct 20-26, 2025	5	20	49	18	6	2
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_d=1-4) [N=2,037]						
d. Government health agencies Oct 20-26, 2025	4	18	50	20	6	2
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_e=1-4) [N=2,206]						
e. Major health information websites, such as WebMD or Mayo Clinic Oct 20-26, 2025	9	32	45	9	3	1

HLTHUNDSTND CONTINUED ...

	Extremely <u>easy</u>	Very <u>easy</u>	Somewhat <u>easy</u>	Not too <u>easy</u>	Not at all <u>easy</u>	No <u>answer</u>
ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_f=1-4) [N=1,587]						
f. Social media such as Facebook, X (formerly Twitter), or Instagram Oct 20-26, 2025	7	23	47	16	6	2

ASK IF FORM 2 AND GETS HEALTH INFORMATION FROM THIS SOURCE (X_FORM=2 AND GETHLTHINFO_g=1-4) [N=1,127]

g. AI chatbots like ChatGPT or Gemini Oct 20-26, 2025	13	28	40	12	5	1
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OTHER QUESTIONS PREVIOUSLY RELEASED OR HELD FOR FUTURE RELEASE

**SEENDOC¹
ASK ALL:**

Have you seen a doctor or other health care provider in the past 12 months – whether for routine care or for an illness or medical condition?

	<u>Yes</u>	<u>No</u>	<u>No answer</u>
Oct 20-26, 2025	84	16	<1
Nov 30-Dec 12, 2021	82	18	<1

TREND FOR COMPARISON:

BIO15 Have you seen a health care provider FOR AN ILLNESS OR MEDICAL CONDITION in the past 12 months, or not?

	<u>Yes</u>	<u>No</u>	<u>No answer</u>
Apr 23-May 6, 2018	64	36	1
May 10-Jun 6, 2016	63	36	2

**INSURANCE
ASK ALL:**

Are you, yourself, now covered by any form of health insurance or health plan or do you not have health insurance at this time?

Oct 20-26, <u>2025</u>	89	Covered by health insurance
	10	Not covered by health insurance
	1	No answer

¹ In the 2021 survey, this question label was BIO15B.

PARTY In politics today, do you consider yourself a:

ASK IF INDEP/SOMETHING ELSE (PARTY=3 or 4) OR MISSING:

PARTYLN As of today do you lean more to...²

<u>Republican</u>	<u>Democrat</u>	<u>Independent</u>	Something <u>else</u>	No <u>answer</u>	Lean <u>Rep</u>	Lean <u>Dem</u>
29	27	28	13	2	17	19

² PARTY and PARTYLN asked in a prior survey.