Thank you for sharing your health experiences

These pages recap what study participants like you help us accomplish. More information about the study is available online at:

GO.IU.EDU/PERSON-TO-PERSON

You’re helping researchers to ...

- Learn about the health concerns and attitudes of Indiana residents in their own words
- Determine how common health issues are, including obesity, substance abuse, diabetes, and cancer
- Connect genetic risk factors and social environments to disease outcomes
- Inform state officials of important public health needs

WHAT’S NEXT

- Interviews are expected to end April 2021
- We analyze and share top findings
- We work with partners to decide if the study should be ongoing

Statistics are subject to change until data collection and analysis end in 2021.

Progress since October 2018

1,680 Households
Hoosiers in our study live in 41 urban and rural counties

19% Communities of Color
Participants come from many ethnic and racial backgrounds

18–104 Years Old
Participants range in age from 18 to 104 years old
SUBSTANCE USE
- 1 in 2 has smoked at least 100 cigarettes in their lifetime
- 1 in 3 has used an e-cigarette or other "vaping" product
- 1 in 3 has a family member who experienced drug addiction
- 28% say they should cut down on drinking alcoholic beverages
- 13% say they have used prescription opiates in a way that was not prescribed
- 4% have used heroin or other illicit opioids

REPORTED ILLNESSES
Respondent—or someone in the respondent’s immediate family—has the illness now or had the illness in the past:

- 71% Arthritis
- 61% Obese/Overweight
- 60% Cancer
- 56% Diabetes
- 46% Asthma
- 43% Heart Attack
- 37% Stroke
- 34% Heart Disease

ATTITUDES & EXPERIENCES
- 3 in 4 get 15 minutes of minimal-effort exercise about six times per week
- 57% want a clean needle distribution program for those who use drugs
- 17% think they have been unfairly stopped, searched, questioned, physically threatened, or abused by the police

FINANCIAL HEALTH
- 1 in 5 missed a health-care appointment
  *Due to cost, participants say someone in their family has missed an important medical or dental appointment in the past year*
- 17% cut back on food
  *Due to cost, participants say they have cut the size of—or skipped—meals in the past six months*