

# Men's health issues survey 2022 findings

## Men admit they don't pay enough attention to their health care needs, preventative care.

Even with improved access to virtual care, like telehealth, **more than half (57%)** only go to the doctor when they feel sick or have an accident, eliminating the opportunity for men to get preventive care that can help identify signs and symptoms of more serious illnesses.



**Fewer than half (47%)** had an annual checkup or wellness visit either virtually or in person in the past 12 months.



**A quarter (26%)** don't prioritize their dental and vision health as much as they do their other health care concerns with just **37%** having a routine dental exam in the past year and **29%** having a routine eye exam.

## Men pass on uncomfortable health discussions, sacrificing mental health and well-being.

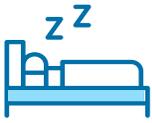
The majority of **U.S. men (72%)** experienced some sort of mental or behavioral health concern in the last 12 months, with **25%** admitting they've never talked to anybody about their mental health and well-being. Anxiety, having trouble sleeping and depression were most commonly reported.



**39%** reported anxiety (including anxiety disorders, like panic disorder, obsessive-compulsive disorder and phobias).



**33%** reported depression (including bipolar disorder and other mood disorders).



**38%** reported having trouble sleeping (including insomnia and sleep disorders).



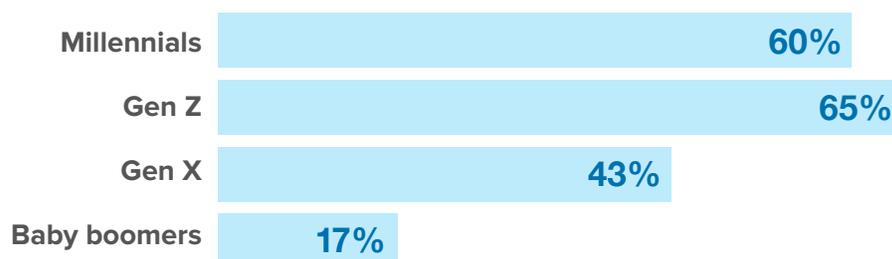
**18%** reported weight gain (sometimes a precursor to mental or behavioral health concerns).

### Gen Z and millennial men especially report mental and behavioral health concerns, as well as an effect on productivity.

While most men surveyed reported having experienced a mental or behavioral health concern in the last 12 months, it is an acute concern for Gen Z and millennials.

**79%** of Gen Z and millennials reported having experienced a mental health concern within the past year compared to **57%** of Gen X and **68%** of baby boomers.

#### Mental health affects their productivity at home/or and work:



### Concern about high costs and insufficient coverage contribute to health care avoidance:



Men who are worried about finances are more likely to experience a behavioral or mental health concern: **78%** compared to **56%** who are not that worried or not worried at all about finances.



Roughly two out of five men (**38%**) postponed or avoided going to a doctor or filling a prescription because of the medical costs — even higher among millennials (**49%**).



**Roughly a quarter (26%)** feel they do not have enough insurance to cover all of their medical needs.

**Procrastination sounds better than discussing final expenses.**

Most of the men surveyed (59%-68%) admitted they'd rather clean out their garage, mow the grass, finish a honey-do list or take out the trash than talk about final expenses with their loved ones.

While the responses are cute and certainly more pleasant than a difficult conversation, they are also alarming because:



**One-third (33%)** admitted they don't know how they'll pay for final expenses, such as funeral costs, should anything happen to them or an immediate family member.



**One-fifth (20%)** reported never discussing the topic with anyone.

Having a final expense plan, including final expense insurance, is important to help protect the legacy men leave and can help alleviate the mental, emotional and financial burden for their loved ones.

**Millennials are most likely to believe in race/gender disparities regarding access to health care.**



**38%** stated that they believe access to quality health care is often determined by one's race, compared to **28%-29%** among other age groups.



**32%** reported that access to quality health care is often determined by one's gender, compared to **8%-23%** among baby boomers and Gen X, respectively.

**Men are motivated by the female influences in their lives, interested in mental health support.**

Finding a way to have these uncomfortable, yet very important, health and financial planning conversations could make a world of difference for improved mental health care, well-being, productivity and financial security.

Men mentioned their wife/girlfriend and mother as the most notable influences getting them to see a doctor besides themselves.

Men expressed strong interest in tools or additional benefits coverage to help support their mental health and wellness: **62%** would be interested in using some form of help or coverage to support their mental health and wellness that they do not currently use or have access to, including:



**26%**  
Access to a doctor, psychologist or counselor online/through telehealth services.



**25%**  
Insurance coverage for mental health care.



**21%**  
Insurance coverage for mental health screening costs.



**21%**  
Mental health app to track mood, progress and set health reminders.



**16%**  
Insurance coverage for hospitalization costs due to mental illness.

**About the study:**

The Men's Health Study was conducted online in May 2022 by Kantar Profiles on behalf of Aflac and included a nationally representative sample of 1,001 men ages 18-65. Definitions of the age generations used in the survey: Gen Z — 18 to 24 years; millennials — 25 to 40 years; Gen X — 41 to 56 years; baby boomers — 57 to 65 years.

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