

# 2022 Holiday Health Issues Survey

The 2022 Aflac Holiday Health Issues Survey is an online survey conducted among a nationally representative sample of 1,000 salaried, hourly and self-employed workers to understand America's holiday health attitudes and concerns.



## Holiday habits adjusted for inflation

Almost half (44%) of Americans do not believe that their incomes are keeping up with inflation, but 63% of respondents admitted they usually spend more money than they plan to during the holidays.



## This holiday season, quality time with loved ones could be overshadowed by financial stress.

### My holiday wish this season is ...

1. Spend more quality time with loved ones (55%).
2. Money to help pay the bills (51%).
3. Relief from anxiety/depression (39%).
4. A year without sickness (34%).
5. Help padding emergency fund (23%).



### Top stressors during the holiday season are ...

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 1. Finances (65%).                  | 4. Work Responsibilities (46%). |
| 2. Family (50%).                    | 5. Physical Health (36%).       |
| 3. Mental & Emotional Health (47%). | 6. Travel (19%).                |

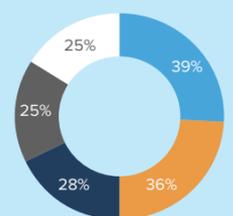
Specifically, Americans expect to spend less this holiday season, compared to last year, on: hosting parties (36%), presents (33%), attending parties (33%), sending cards (26%), alcohol or other intoxicants (24%), and work holiday events (23%).

More than two-thirds (70%) saw an increase in spending this year on necessary expenditures compared to last year due to:

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| <b>56%</b><br>LIVING EXPENSES | <b>31%</b><br>MORTGAGE OR RENT | <b>31%</b><br>OUT-OF-POCKET HEALTH CARE | <b>28%</b><br>HEALTH CARE PREMIUMS | <b>26%</b><br>TRANSPORTATION |
|-------------------------------|--------------------------------|---|------------------------------------|------------------------------|

## Methods used to cut holiday costs:

- CUT BACK ON GIFTS
- REDUCE HOLIDAY SPENDING
- STAY HOME / FORGO TRAVEL TO VISIT FAMILY OR FRIENDS
- TAKE ON ADDITIONAL JOBS
- CARRY A CREDIT CARD BALANCE FOR GIFTS



**78%** will choose at least one cost-cutting measure this holiday season.

**63%** will do so because of health care or related out-of-pocket costs.

## Holiday mishaps happen, adding to the stress of the season. Nearly half (46%) of respondents have experienced a holiday related accident, including:

1. Slipping and falling on ice (25%).
2. Tripping over new toys and cords (17%).
3. Lifting heavy gifts (14%).
4. Auto accident from holiday frenzy (9%).
5. Falling off a ladder (8%).
6. Cutting down or injured by a Christmas tree (8%).
7. Shopping injury or mishap (7%).



Quality health care is important throughout the year, but studying up on health plan details and adding supplemental insurance options can help protect workers from the unexpected.

**60%** admitted they go to the emergency room for routine health care.

**43%** of people use telehealth to save on costs.



## Americans need more than a mental health day. Many need to recharge throughout the year to alleviate holiday stress.

**70%** of people admitted they'll do work even when "off the clock."

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| <b>42%</b><br>CHECKING EMAILS | <b>30%</b><br>COMPLETING ASSIGNMENTS | <b>26%</b><br>TAKING ON MORE CONTRACT WORK | <b>15%</b><br>ATTENDING MEETINGS |
|-------------------------------|--------------------------------------|--|----------------------------------|

**55%** of people said they feel more anxious during the holidays.

**43%** of people feel more depressed during the holiday season.

**56%** said working over the holidays is expected by their employers.

## Holiday coping strategies:

**37%** of people admitted that they turn to alcohol or other intoxicants.

**42%** of people turn to retail therapy during the holiday season.

**48%** of people use meditation, yoga or exercise.

**42%** rely on counseling to protect themselves over the holidays.

## Healthy ways respondents get through the holidays:

1. Exercising regularly (51%).
2. Getting sunlight or using a UV light (34%).
3. Taking prescribed medications (28%).
4. Keeping wellness visits (28%).
5. Taking a mental health day from work (27%).
6. Keeping mental or behavioral health visits (28%).

Workers unwittingly make the holidays more stressful by not taking time to recharge even throughout the year.

**64%** admitted they "power through" rather than take a sick day.

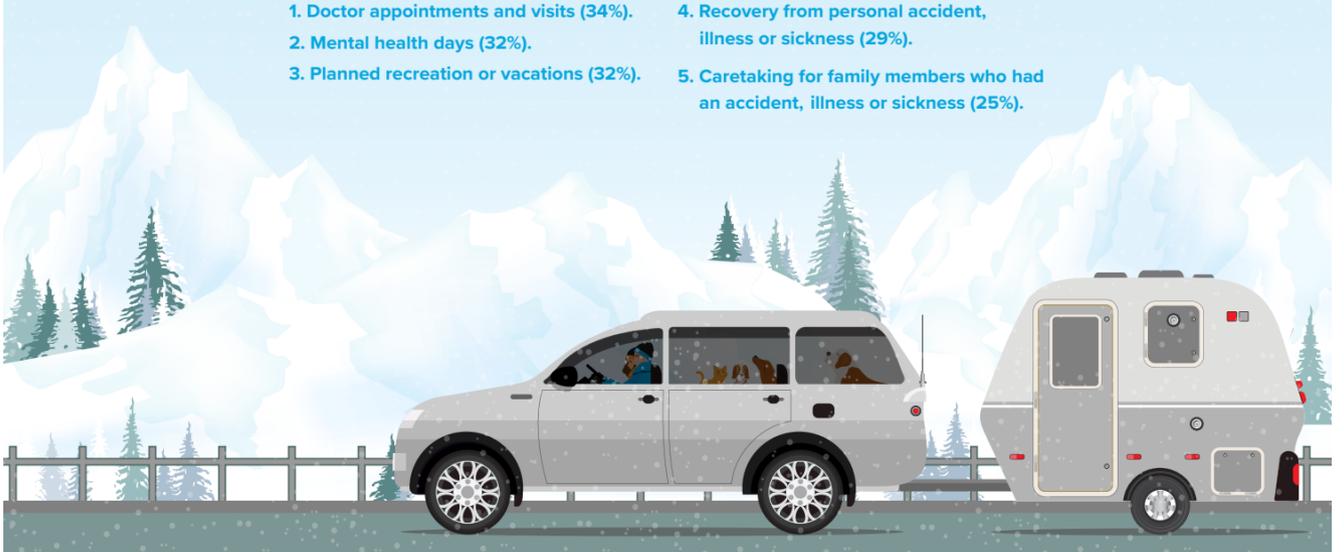
This was true regardless of whether on-site (66%), remote (59%) or hybrid (61%).

**31%** took less time off in 2022 compared to last year.

## It's okay to take time away.

### Of those who took more time off, the top reasons included:

1. Doctor appointments and visits (34%).
2. Mental health days (32%).
3. Planned recreation or vacations (32%).
4. Recovery from personal accident, illness or sickness (29%).
5. Caretaking for family members who had an accident, illness or sickness (25%).



### Methodology

The 2022 Holiday Health Issues Survey was an online survey among a nationally representative sample of N=1,000 salaried, hourly and self-employed workers across the U.S. and was fielded between Oct. 24 and Oct. 27, 2022, by Kantar Profiles on behalf of Aflac.

