



**JOHNS HOPKINS**  
M E D I C I N E

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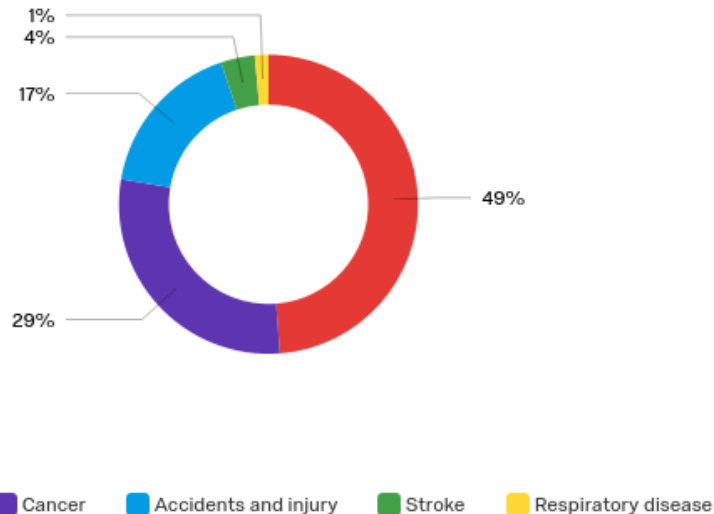
**Greater Washington Area  
Health Survey**  
January 2019



***The survey was commissioned by Sibley Memorial Hospital and Suburban Hospital, part of Johns Hopkins Medicine in the Greater Washington Area.***

***The survey was conducted from January 20-23, 2019 of n=408 in the Greater Washington Metropolitan area drawing from an online panel provided by Qualtrics Research.***

## Q: To the best of your knowledge, which of the following is the leading cause of death in the United states?



*Approximately one-half (49%) of people in the Greater Washington Area are aware that heart disease is the leading cause of death in the United States.*

*Women in the area are much more aware (60%) than men (39%).*

## Q: Do you have a heart-related condition (such as cholesterol, hypertension or high blood pressure)

*Nearly one-third of people overall and over half (52%) of baby boomers living in the Greater Washington Metro Area have heart-related condition.*

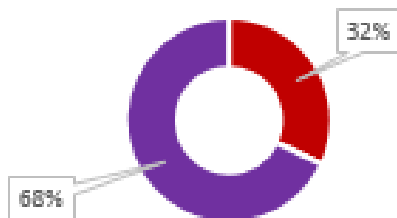
Baby Boomers



Gen X



Overall



• Yes • No

Gen Y

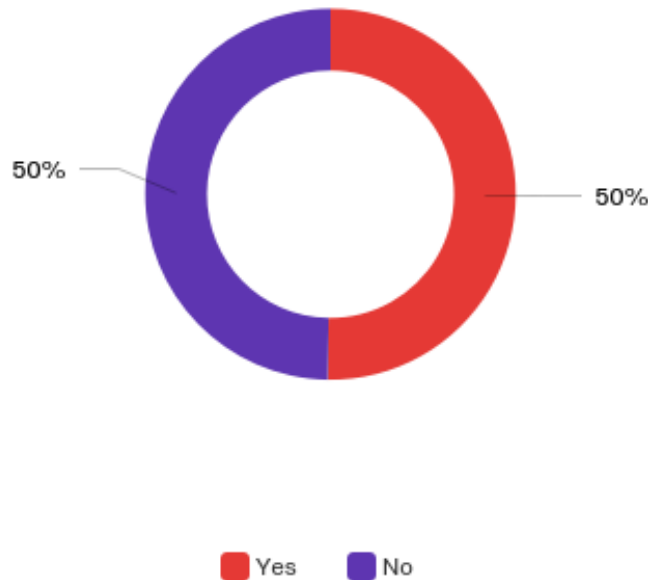


Gen Z



• Yes • No

**Q: To the best of your knowledge, do you have a history of any heart-related conditions in your family?**



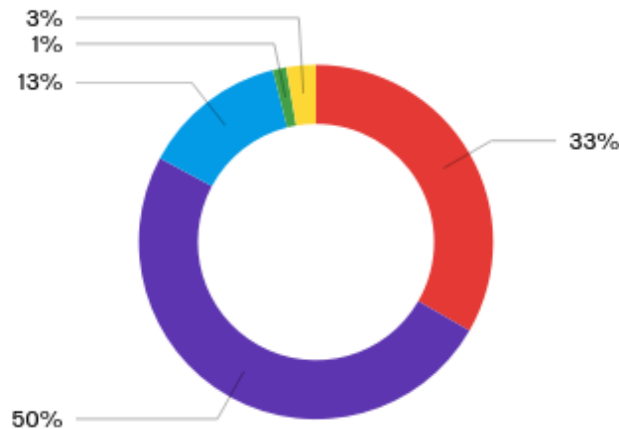
*And half (50%) of people living in the Greater Washington Metro Area say they have a history of heart-related conditions in their family.*

**Q: Which of the following are your biggest health concerns?  
Please rank with the biggest concern on top**

	<b>#1 health concern</b>
<i>Accidents and injury</i>	34%
<i>Cancer</i>	33%
<i>Heart disease</i>	18%
<i>Stroke</i>	9%
<i>Respiratory disease</i>	5%

*Despite all that awareness and need, people living in the Greater Washington Metro Area rank heart disease third on their list of number one health concerns, far behind accidents and cancer.*

## Q: How aware are you of the daily steps needed to promote good heart health?



*The good news is more than four-in-five said they were aware of the daily steps needed to promote heart health. The bad news is that only one-third (33%) say they are very aware of these steps.*

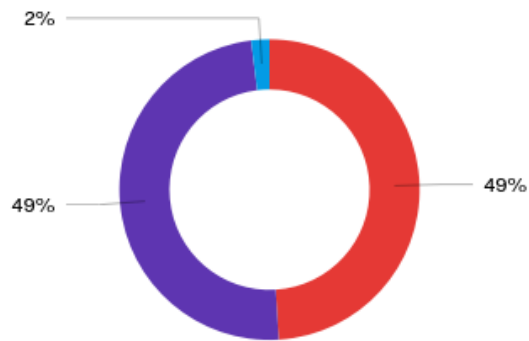
**Q: Which of the following resources would you use to learn more about heart health? Please select all that apply.**

	%
My primary care provider	68%
Websites	61%
A specialist	52%
A friend or family member who has experience with heart-related issues	35%
Social Media	18%
A local hospital	17%
A pharmacist	13%
A retail health clinic	9%
Don't know/ no opinion	5%
Other	1%

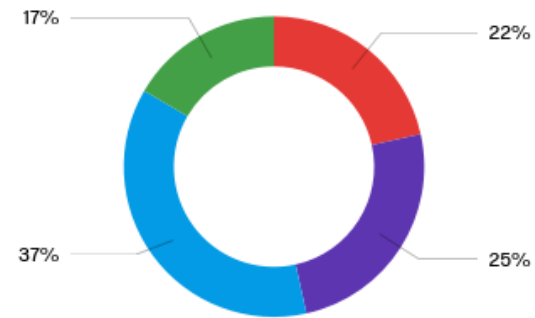
*The most popular source of information about heart health were primary care providers, but close behind was the Internet.*



# Demographics



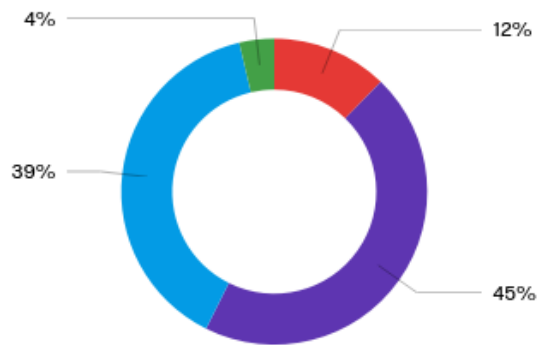
Male Female Prefer not to specify



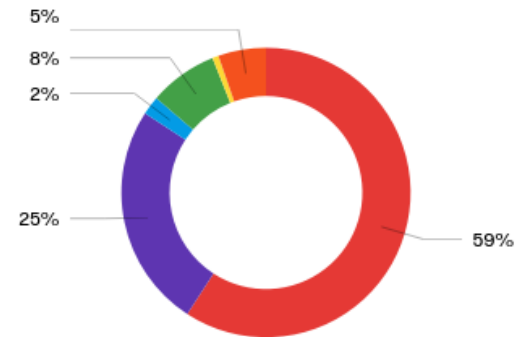
Baby Boomers Gen X Gen Y Gen Z

- *The survey was conducted from January 20-23, 2019 of n=408 in the Greater Washington Metropolitan area drawing from an online panel provided by Qualtrics Research.*

# Demographics



DC VA MD West VA



White Black or African American American Indian or Alaska Native Asian  
Native Hawaiian or Pacific Islander Other (please specify)

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