

Well-being & COVID-19

Fielded September 2021

Every month, IBM Watson Health® conducts a health poll that surveys approximately 3,000 Americans to gauge attitudes and opinions on a wide range of healthcare issues.

This health poll is powered by the IBM Watson Health PULSE® Healthcare Survey, an independently funded, multi-modal (cell phone, internet) survey that collects information from approximately 60,000 U.S. households annually.

The results depicted in this report represent responses from 3,006 participants interviewed from September 1–14, 2021, with a margin of error of +/- 1.8%.

Executive summary

This health poll asked Americans about their opinions about their well-being and COVID-19

Of all respondents:

20%

said they rate their overall mental well-being as Excellent, and 56% said Very Good or Good. 18% rated their overall mental well-being as Fair, and 7% as Poor.

67%

said they have received the COVID-19 vaccine. This compares with 56% who said they had received the vaccine in May 2021.¹

36%

said they Seldom or Never felt nervous or stressed over the last 30 days, while 30% said they Always or Frequently felt that way.

71%

of vaccinated respondents said they feel comfortable joining a vaccine credentialing system. This rate tends to increase with education level and decrease with age.

50%

said they were Seldom or Never unable to control the important things in their life, while 21% said they were Frequently or Always unable to do so.

88%

of vaccinated respondents said they have concerns about discrimination when joining a vaccine credentialing system. Other concerns given included data might be used against them (81%), security concerns (72%) and privacy concerns (60%).

33%

said they are Very Concerned about variants of COVID-19 that increase transmissibility of the disease. 25% said they are Somewhat Concerned, 22% are A Little Concerned and 17% are Not Concerned.

Source:

1. Results represent responses from 3,005 survey participants interviewed from May 1–15, 2021, with a margin of error of +/- 1.8%. See full results here: <https://www.ibm.com/downloads/cas/XMEKVPBX>

73%

still wear a mask in public and 79% are still practicing social distancing.

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Note: Bolded figures are statistically significant.

Note: Care should be taken when interpreting all questions due to small sample sizes.

Question 1: How would you rate your overall mental well-being?
Would you say it's...?

Age group (in years)	Excellent	Very good	Good	Fair	Poor
<35	17.40%	23.30%	28.50%	19.50%	10.00%
35 - 64	18.20%	27.80%	27.30%	20.00%	6.40%
65+	28.90%	33.80%	22.80%	11.90%	2.60%
Total	20.40%	27.80%	26.70%	18.00%	6.60%

Education level

HS or Less	16.40%	23.10%	26.00%	24.60%	9.50%
Some College/Associate	17.20%	26.80%	26.70%	19.90%	9.00%
College+	24.40%	30.90%	26.90%	13.50%	3.60%
Total	20.40%	27.80%	26.70%	18.00%	6.60%

Generation

Silent Generation	35.40%	34.20%	21.70%	8.60%	0.00%
Baby Boomers	25.60%	35.00%	23.60%	13.10%	2.70%
Generation X	17.30%	26.80%	27.90%	20.30%	7.30%
Millennials	18.80%	23.50%	27.80%	19.90%	9.00%
Total	20.40%	27.80%	26.70%	18.00%	6.60%

Annual income

<\$25k	15.60%	20.00%	26.60%	24.60%	12.10%
\$25k - \$49.9k	17.30%	24.20%	29.30%	21.60%	7.00%
\$50k - \$99.9k	20.50%	33.60%	26.10%	14.70%	4.90%
\$100k+	33.40%	32.90%	22.30%	8.80%	2.20%
Total	20.40%	27.80%	26.70%	18.00%	6.60%

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Question 2: In the last 30 days, how often have you felt nervous and stressed?

Age group (in years)	Never	Seldom	Sometimes	Frequently	Always
<35	6.50%	15.40%	35.00%	28.80%	13.50%
35 - 64	11.70%	22.80%	34.00%	21.80%	9.40%
65+	26.00%	33.80%	28.60%	8.20%	2.30%
Total	13.40%	23.10%	33.10%	20.80%	9.00%

Education level

HS or Less	11.40%	19.20%	32.20%	26.70%	10.00%
Some College/Associate	12.20%	23.10%	31.80%	20.30%	12.00%
College+	15.20%	25.10%	34.40%	18.00%	6.70%
Total	13.40%	23.10%	33.10%	20.80%	9.00%

Generation

Silent Generation	31.70%	32.50%	27.50%	7.20%	0.00%
Baby Boomers	23.80%	33.10%	30.20%	9.60%	2.50%
Generation X	11.50%	23.10%	33.00%	22.50%	9.50%
Millennials	7.20%	15.80%	35.40%	27.40%	13.40%
Total	13.40%	23.10%	33.10%	20.80%	9.00%

Annual income

<\$25k	10.30%	18.30%	30.50%	26.70%	13.20%
\$25k - \$49.9k	12.60%	21.00%	32.10%	24.00%	9.80%
\$50k - \$99.9k	14.30%	25.60%	34.80%	17.70%	7.30%
\$100k+	18.20%	27.30%	33.40%	13.80%	6.40%
Total	13.40%	23.10%	33.10%	20.80%	9.00%

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Question 3: In the last 30 days, how often have you felt that you were unable to control the important things in your life?

Age group (in years)	Never	Seldom	Sometimes	Frequently	Always
<35	13.40%	19.50%	31.50%	23.00%	10.70%
35 - 64	26.50%	24.90%	26.90%	13.70%	6.90%
65+	46.30%	24.60%	22.20%	3.90%	2.60%
Total	27.10%	23.30%	27.20%	14.20%	7.10%

Education level

HS or Less	25.50%	20.00%	29.90%	14.50%	8.40%
Some College/Associate	24.40%	23.20%	27.30%	15.00%	9.40%
College+	29.60%	25.10%	25.70%	13.60%	4.90%
Total	27.10%	23.30%	27.20%	14.20%	7.10%

Generation

Silent Generation	49.50%	35.20%	15.40%	0.00%	0.00%
Baby Boomers	44.00%	24.70%	23.30%	5.30%	2.40%
Generation X	26.70%	25.40%	25.90%	13.70%	7.20%
Millennials	14.90%	19.80%	31.70%	21.50%	10.50%
Total	27.10%	23.30%	27.20%	14.20%	7.10%

Annual income

<\$25k	21.60%	17.50%	30.40%	18.00%	10.70%
\$25k - \$49.9k	24.30%	22.50%	28.80%	15.70%	8.10%
\$50k - \$99.9k	29.80%	26.10%	25.00%	13.70%	4.60%
\$100k+	34.40%	26.10%	24.20%	8.30%	5.90%
Total	27.10%	23.30%	27.20%	14.20%	7.10%

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Question 4: Have you received the COVID-19 vaccination?

Age group (in years)	Yes	No
<35	56.60%	38.80%
35 - 64	63.80%	34.50%
65+	86.20%	12.60%
Total	66.70%	30.80%

Education level

HS or Less	49.50%	48.40%
Some College/Associate	59.70%	37.20%
College+	79.90%	17.90%
Total	66.70%	30.80%

Generation

Silent Generation	96.20%	3.80%
Baby Boomers	82.50%	16.10%
Generation X	63.30%	35.00%
Millennials	57.60%	38.40%
Total	66.70%	30.80%

Annual income

<\$25k	50.30%	46.30%
\$25k - \$49.9k	61.60%	35.80%
\$50k - \$99.9k	72.80%	25.90%
\$100k+	83.40%	14.10%
Total	66.70%	30.80%

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Question 5: If vaccinated, are you comfortable joining a vaccine credentialing system that would allow you to prove your vaccinated status?

Age group (in years)	Yes	No
<35	74.00%	19.60%
35 - 64	72.50%	17.00%
65+	67.00%	17.90%
Total	71.30%	17.90%

Education level

HS or Less	63.90%	23.60%
Some College/Associate	70.50%	16.30%
College+	74.00%	16.80%
Total	71.30%	17.90%

Generation

Silent Generation	63.10%	9.50%
Baby Boomers	67.40%	19.10%
Generation X	70.60%	17.80%
Millennials	76.60%	17.60%
Total	71.30%	17.90%

Annual income

<\$25k	69.50%	18.40%
\$25k - \$49.9k	67.30%	20.90%
\$50k - \$99.9k	72.90%	16.70%
\$100k+	79.70%	13.30%
Total	71.30%	17.90%

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Question 6: If vaccinated, what — if any — concerns do you have about joining a vaccine credentialing system?

Age group (in years)	Privacy concerns	Security concerns	Concerns about discrimination	Concern data might be used against me
<35	57.50%	74.10%	85.80%	76.20%
35 - 64	61.90%	70.80%	86.00%	79.40%
65+	59.70%	71.10%	92.80%	87.40%
Total	60.20%	71.70%	87.90%	80.90%

Education level

HS or Less	68.50%	78.00%	91.20%	83.50%
Some College/Associate	61.70%	74.10%	87.70%	78.20%
College+	56.80%	68.60%	87.00%	81.40%
Total	60.20%	71.70%	87.90%	80.90%

Generation

Silent Generation	70.70%	82.30%	100.00%	91.80%
Baby Boomers	59.10%	69.30%	91.80%	85.70%
Generation X	62.40%	72.50%	87.60%	79.90%
Millennials	57.90%	72.20%	83.30%	76.40%
Total	60.20%	71.70%	87.90%	80.90%

Annual income

<\$25k	66.60%	76.10%	88.10%	79.90%
\$25k - \$49.9k	56.10%	72.50%	88.40%	82.50%
\$50k - \$99.9k	61.40%	70.50%	87.70%	79.00%
\$100k+	61.00%	69.10%	87.00%	81.30%
Total	60.20%	71.70%	87.90%	80.90%

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Question 7: If vaccinated, how concerned are you about breakthrough infections of COVID-19?

Age group (in years)	Very concerned	Somewhat concerned	A little concerned	Not at all concerned
<35	29.80%	28.80%	28.40%	10.90%
35 - 64	30.90%	30.90%	24.00%	12.60%
65+	20.40%	28.30%	36.10%	14.60%
Total	27.60%	29.60%	28.60%	12.80%

Education level

HS or Less	34.70%	23.60%	25.20%	14.10%
Some College/Associate	25.70%	32.20%	27.50%	12.50%
College+	26.20%	30.40%	30.20%	12.40%
Total	27.60%	29.60%	28.60%	12.80%

Generation

Silent Generation	5.90%	41.00%	40.70%	12.40%
Baby Boomers	22.50%	28.40%	33.70%	14.80%
Generation X	31.30%	30.30%	24.90%	12.00%
Millennials	30.90%	29.00%	26.30%	11.60%
Total	27.60%	29.60%	28.60%	12.80%

Annual income

<\$25k	30.70%	29.00%	29.60%	8.30%
\$25k - \$49.9k	31.70%	27.00%	27.80%	12.30%
\$50k - \$99.9k	25.20%	29.10%	29.70%	15.00%
\$100k+	25.60%	35.10%	24.80%	13.20%
Total	27.60%	29.60%	28.60%	12.80%

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Question 8: How concerned are you about catching COVID-19 in 2021?

Age group (in years)	Very concerned	Somewhat concerned	A little concerned	Not at all concerned
<35	23.50%	24.30%	25.40%	24.50%
35 - 64	24.60%	23.00%	26.70%	24.10%
65+	13.60%	21.10%	39.10%	25.30%
Total	21.90%	23.00%	29.10%	24.40%

Education level

HS or Less	23.10%	22.10%	26.20%	26.10%
Some College/Associate	19.30%	20.00%	30.60%	28.30%
College+	22.80%	25.30%	29.70%	21.20%
Total	21.90%	23.00%	29.10%	24.40%

Generation

Silent Generation	4.90%	19.50%	52.40%	23.20%
Baby Boomers	15.30%	21.60%	36.80%	25.30%
Generation X	24.60%	22.50%	26.20%	24.90%
Millennials	24.70%	24.50%	25.30%	23.60%
Total	21.90%	23.00%	29.10%	24.40%

Annual income

<\$25k	23.90%	19.20%	28.80%	26.10%
\$25k - \$49.9k	23.70%	21.80%	27.50%	25.20%
\$50k - \$99.9k	18.90%	24.60%	30.90%	24.60%
\$100k+	24.80%	25.60%	27.20%	20.90%
Total	21.90%	23.00%	29.10%	24.40%

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Question 9: How concerned are you about variants of COVID-19 that increase transmissibility of the disease such as the Delta variant?

Age group (in years)	Very concerned	Somewhat concerned	A little concerned	Not at all concerned
<35	31.50%	24.20%	24.10%	17.40%
35 - 64	35.00%	24.60%	19.60%	18.40%
65+	31.00%	28.40%	26.00%	13.30%
Total	33.10%	25.30%	22.30%	17.00%

Education level

HS or Less	34.30%	22.40%	19.30%	20.40%
Some College/Associate	28.20%	26.00%	23.20%	19.90%
College+	35.40%	26.50%	23.40%	13.50%
Total	33.10%	25.30%	22.30%	17.00%

Generation

Silent Generation	19.50%	48.70%	26.50%	5.30%
Baby Boomers	32.20%	27.00%	24.50%	14.80%
Generation X	35.40%	22.80%	19.80%	19.70%
Millennials	32.40%	25.20%	23.00%	16.60%
Total	33.10%	25.30%	22.30%	17.00%

Annual income

<\$25k	35.10%	21.90%	21.10%	18.10%
\$25k - \$49.9k	34.20%	24.40%	21.20%	17.70%
\$50k - \$99.9k	30.90%	27.10%	23.20%	17.50%
\$100k+	34.90%	26.40%	22.70%	14.50%
Total	33.10%	25.30%	22.30%	17.00%

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Question 10: Are you still wearing a mask in public?

Age group (in years)	Yes	No
<35	75.10%	22.10%
35 - 64	71.80%	26.80%
65+	70.50%	28.10%
Total	72.50%	25.70%

Education level

HS or Less	71.40%	26.70%
Some College/Associate	67.80%	29.60%
College+	75.90%	22.90%
Total	72.50%	25.70%

Generation

Silent Generation	76.40%	21.60%
Baby Boomers	69.80%	28.90%
Generation X	71.50%	27.00%
Millennials	74.90%	22.70%
Total	72.50%	25.70%

Annual income

<\$25k	74.50%	22.80%
\$25k - \$49.9k	70.90%	27.10%
\$50k - \$99.9k	71.10%	27.30%
\$100k+	75.60%	24.40%
Total	72.50%	25.70%

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Question 11: Are you still practicing social distancing?

Age group (in years)	Yes	No
<35	75.30%	21.30%
35 - 64	79.90%	19.00%
65+	79.80%	19.20%
Total	78.50%	19.70%

Education level

HS or Less	81.60%	16.30%
Some College/Associate	74.50%	24.00%
College+	79.40%	18.90%
Total	78.50%	19.70%

Generation

Silent Generation	88.30%	11.70%
Baby Boomers	78.50%	20.10%
Generation X	79.60%	19.50%
Millennials	77.00%	20.20%
Total	78.50%	19.70%

Annual income

<\$25k	82.60%	14.80%
\$25k - \$49.9k	77.00%	21.40%
\$50k - \$99.9k	77.30%	20.90%
\$100k+	78.50%	20.90%
Total	78.50%	19.70%

Learn More

Explore other PULSE Health Polls here:
<https://www.ibm.com/watson-health/learn/pulse-health-polls>

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