



Mount
Sinai
South
Nassau



Mount South Nassau Truth In Medicine Poll How Stressed Are You?



Mount South Nassau Truth In Medicine Poll

METHODS

- Poll of 600 parents with at least one child under age 18 in New York City and Long Island.
- Conducted from Nov. 6-11, 2019.
- Via landline and cell phone.
- Findings applying to 600 sample are subject to sampling error of plus or minus 3.9%
- Subgroups are subject to error of up to plus or minus 10%.

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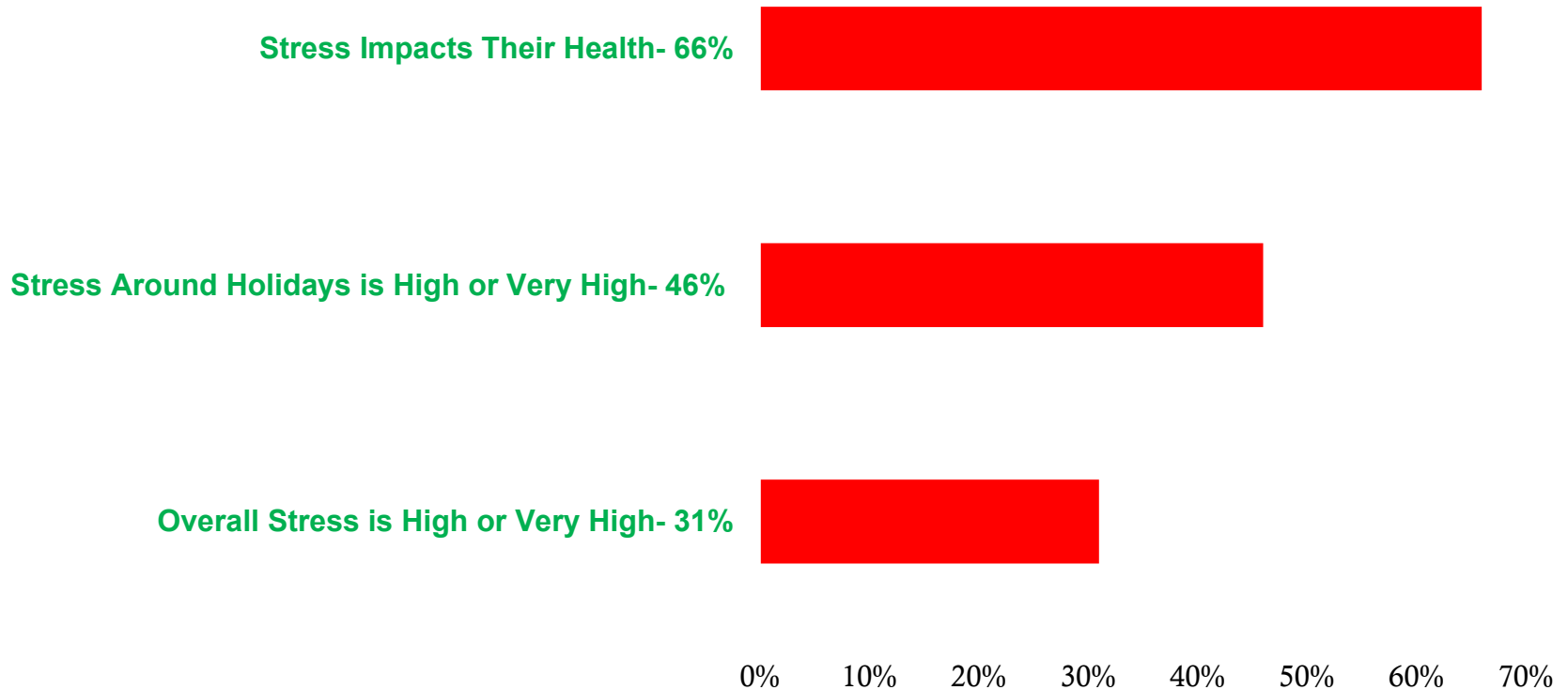
- Stress increases across the board during the holidays, with 46 percent of those polled reporting high or very high levels of holiday-induced anxiety. During non-holiday periods, 31 percent rate their stress as very high (5 percent) or high (26 percent).
- Finances (25%) and family (20%) were the most stress inducing, but a plurality said all factors—finances, family, overscheduling, shopping, and overeating—cause stress
- Black respondents reported overall stress levels that are notably higher (48 percent) than white (28 percent) or Hispanic (25 percent) respondents; NYC dwellers rated their overall stress level higher than Long Islanders.



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Q.5 WHICH FACTORS INCREASE HOLIDAY STRESS THE MOST?*

	All Resp.	NYC	Long Island	Men under 50	Men 50+	Women under 50	Women 50+
Financial concerns/Debt	25%	27%	20%	23%	24%	26%	27%
Family	20	23	11	20	17	23	19
Overscheduling/Social	15	14	15	13	15	17	14
Shopping	14	15	13	15	10	15	17
Overeating/Weight gain	13	14	10	13	8	17	14
All	29	27	37	33	19	41	26
Other	3	4	1	4	3	3	2
None	19	17	26	16	34	6	21
NS/Refused	2	2	0	4	3	0	1

*Multiple responses accepted. Totals are greater than 100%.

Mount South Nassau Truth In Medicine Poll Women Under 50 Are Most Stressed Out as Holidays Approach



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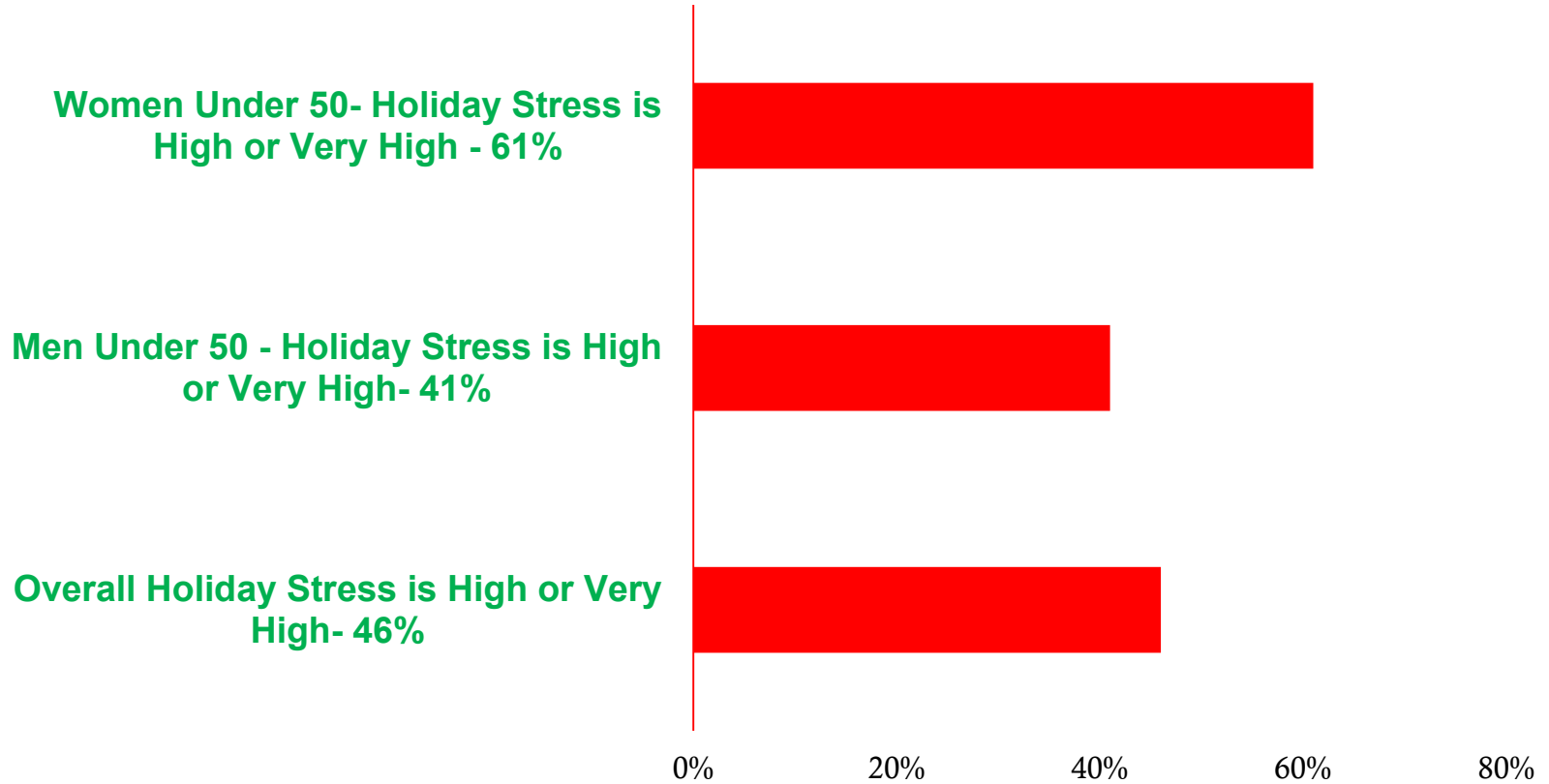
- Women under 50 bear the brunt of the holiday preparations and are feeling stressed as a result
- 61% of women under 50 say their stress level is high or very high as the holidays approach, compared to 41% of men under 50
- 1:5 women under 50 turn to alcohol or drugs to relieve stress



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- Work-related stress rated as “high” or “very high” among 48 percent of residents
- Women, regardless of age, are more stressed at work than men
- Overall, 36% say workload is the biggest source of stress with work/life balance as the second biggest source of stress
- The lowest levels of stress were reported at home with 30% saying their home life stress is high or very high



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Q.8 WHICH FACTORS INCREASE STRESS AT WORK THE MOST?*

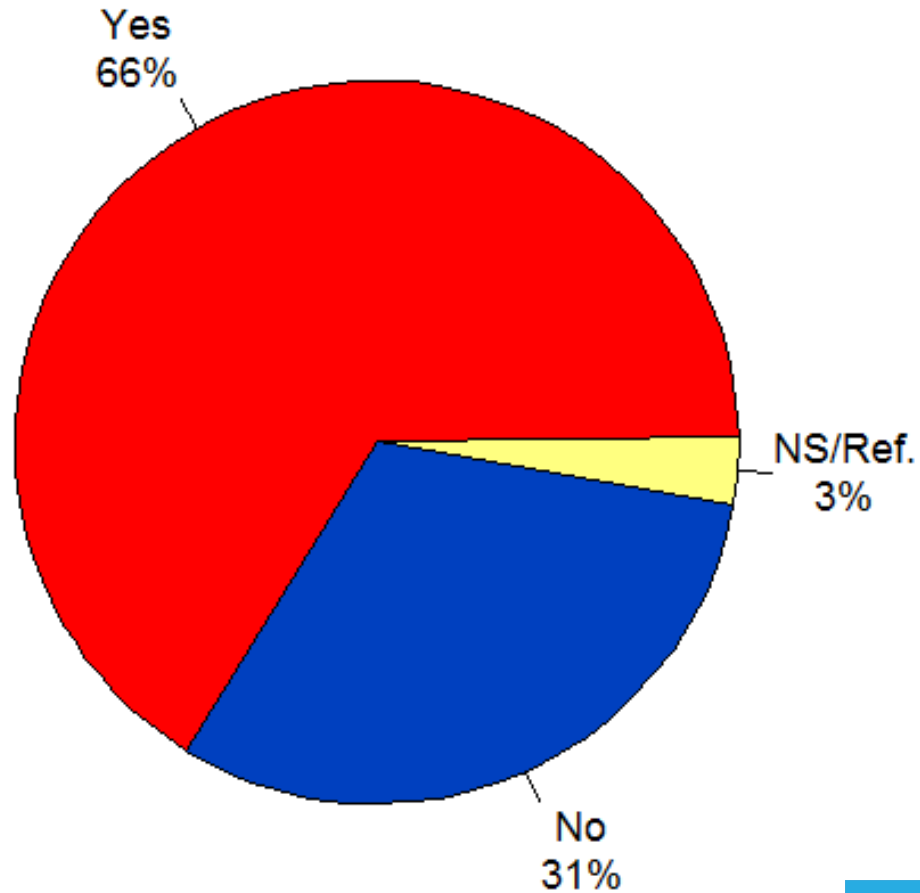
	All Resp.	NYC	Long Island	Men under 50	Men 50+	Women under 50	Women 50+
Workload	36%	40%	26%	34%	42%	32%	41%
Work/Life balance	22	24	16	22	18	20	30
Finances/Salary	16	20	5	14	12	16	23
Lack of recognition	14	16	9	15	15	14	11
Colleagues	11	12	9	9	15	11	11
Harassment	6	7	3	3	4	7	10
Unreasonable boss	6	6	6	6	3	5	11
All	26	20	41	26	16	34	23
Other	2	3	1	2	1	2	3
None	12	11	15	15	19	7	7
NS/Refused	1	1	1	2	3	1	0

*Multiple responses accepted. Totals are greater than 100%.

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Q.11 DO YOU FEEL STRESS IMPACTS YOUR HEALTH?



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When asked if they considered counseling to reduce stress, 84% said no.

Please, don't wait. If you need help, see a physician. Call (516) 632-3936 to schedule an appointment.

If you would like to make an appointment with at one of Mount Sinai South Nassau's integrated programs, please call (516) 377-5400.

