

# MOUNT SINAI SOUTH NASSAU TRUTH IN MEDICINE POLL

*December 2024  
Holidays*

Conducted by LJR Custom Strategies

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# METHODS

- Poll of 600 adults in New York City and Long Island.
- Conducted from December 11-17, 2024.
- 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%.



# KEY FINDINGS

- Financial concerns are, by far, respondents' biggest concern about the holiday season. Nearly one-half of Hispanic respondents have financial concerns about the holidays, compared to only 26% of Black respondents.
- Gaining weight and not enough time are respondents' secondary concerns. Not enough time is tied for the top concern among Black respondents. Gaining weight is tied for the top concern among women under age 50.
- The third tier of concerns are attending large gatherings, getting sick, stress and other mental health concerns, and family dynamics.
- One-quarter of respondents have altered holiday plans due to at least one of these concerns. Those most likely to alter their plans are Long Island residents, other race, those who have gotten the latest COVID vaccine, and respondents under age 50.



# KEY FINDINGS

- A closer look at health concerns around the holidays shows that majorities of respondents are concerned about getting COVID/flu (63%), stress and other mental health issues (60%), and gaining weight (55%).
- Those most concerned with getting COVID or the flu are Hispanic and women, particularly women age 50 and over. While there is somewhat higher concern among those who have gotten a flu or COVID vaccine, majorities of those who have not gotten those vaccines express concern about COVID and flu.
- Overall, 58% have gotten this year's flu vaccine. There is virtually no variation by region, race, age, or gender. Nearly everyone who got the latest COVID vaccine also got a flu shot.
- 49% have received the latest COVID vaccine. Other race respondents are the most likely to have the latest COVID vaccine and Black respondents are the least. 81% of respondents who got a flu vaccine also got the COVID vaccine.





# KEY FINDINGS

- Nearly three-in-ten respondents report they have gone to work sick in the past year. Those most likely to have gone to work sick are Hispanic, those who had a flu and COVID vaccine, and respondents under age 50, particularly women. White respondents and those who are not vaccinated are the least likely.
- The two primary reasons respondents have gone to work while sick are because they can't afford to miss work and are needed at their job.
- Overall, 60% are specifically concerned about stress or another mental health issue around the holidays. Hispanic respondents are the most likely to say they are concerned about stress or mental health, while Black and other race respondents are the least likely.
- Finances are the primary cause of stress and mental health issues around the holidays. Black people and men under 50 are far less concerned about finances than others.



# KEY FINDINGS

- Although only 8% of respondents say family and 3% say discussions about charged topics are sources of stress, 24% say they expect political divisions within their family will impact holiday gatherings. Men under 50 are the most likely to expect this, while men 50+ are the least likely.
- 55% express concern about gaining weight around the holidays. 68% of Hispanic respondents and 64% of women under 50 share this concern. Far fewer Black and other race respondents and men under 50 are concerned about gaining weight.
- A noteworthy 45% of respondents say they have been unable to buy all they need at the grocery at least sometime in the past year. 69% of Hispanic respondents are likely to have experienced this, compared to only 34% of Black respondents.
- 24% of respondents have sought help from a food pantry, with Hispanic (37%) and Black (32%) respondents and men under 50 (32%) being the most likely to utilize a food pantry.



# KEY FINDINGS

- 23% have run out of food and not had enough money to buy more. Again, Hispanic respondents and younger men are the most likely groups to have experienced this.
- Despite financial, physical health, and mental health concerns around the holidays that could impact respondents' outlook on others, 75% of respondents that most people are basically good and only 20% say people are basically selfish. 5% say they are not sure.
- Although solid majorities of all subgroups say people are basically good, it is noteworthy that the groups facing the most challenges – Hispanic respondents and men under 50 – are also the least likely to say that people are basically good.





# MESSAGING RECOMMENDATIONS

- Financial concerns are at the top of people's minds this holiday season and appear to be a reason 29% of respondents have gone to work sick in the past year.
- Financial concerns are impacting grocery buying, as 45% have not been able to buy all they need at the grocery store in the past year.
- Physical health issues, like gaining weight and getting COVID and flu, are also on respondents' minds, despite relatively low rates of getting vaccinated against either one.
- Younger women are the most likely to go to work sick and worry about gaining weights.
- One-in-four respondents has 1) changed plans due to a concern about the holidays, 2) expects to experience political divisiveness at family holiday gatherings, 3) has sought help from a food pantry, and 4) has run out of food and not had enough money for more.





# MESSAGING RECOMMENDATIONS

- Hispanic respondents are particularly strapped this holiday season and are experiencing a variety of related stressors.
- Despite a tough year for so many, however, three-in-four respondents report that people are basically good and only 20% believe people are basically selfish.



# CHART 1

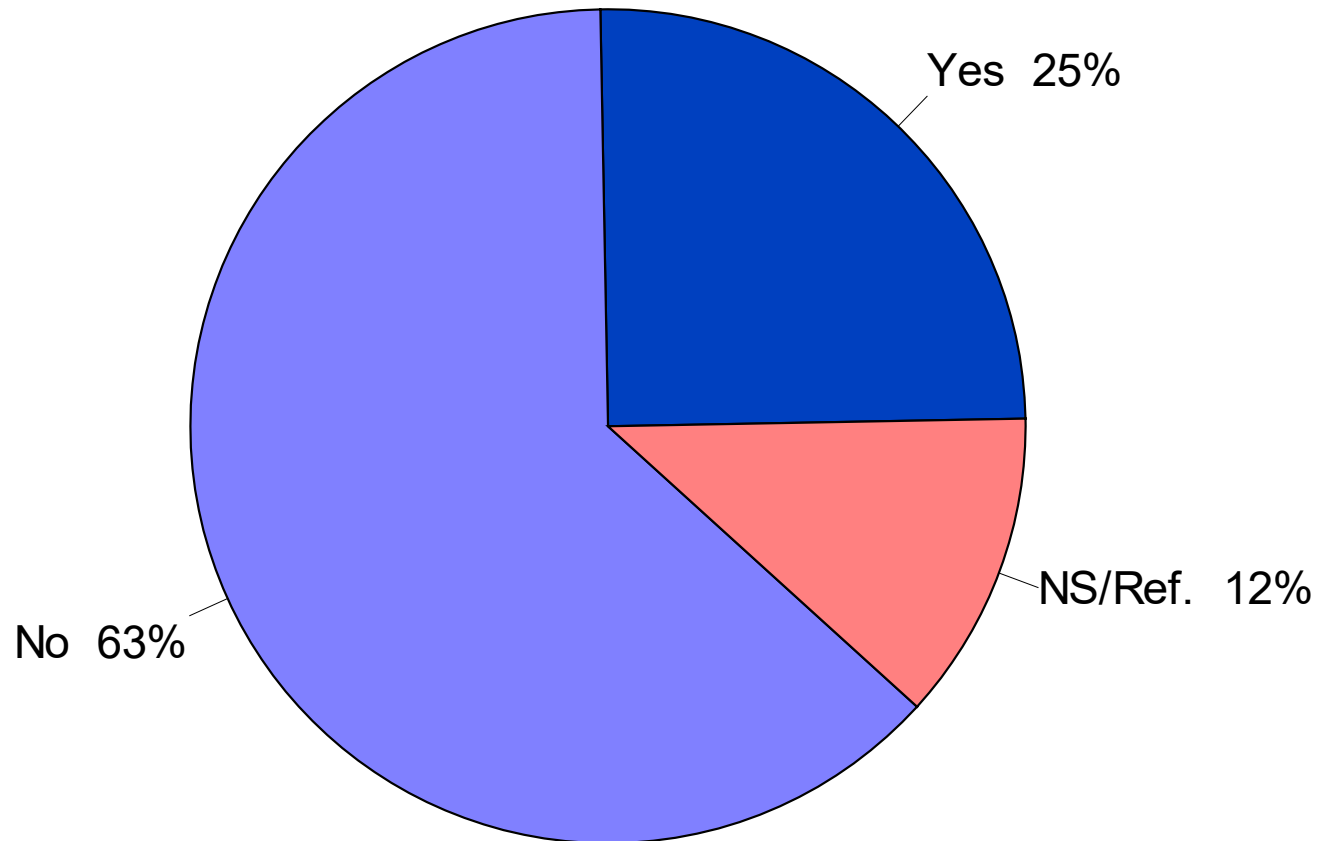
## Q.3 TOP CONCERNS DURING THE HOLIDAY SEASON\*

	All Resp.	White	Black	Hisp.	Other	Men < 50	Men 50+	Women < 50	Women 50+
Fin. concerns	38%	39%	26%	49%	40%	34%	38%	35%	41%
Gaining weight	23	26	15	33	18	17	20	33	24
Not enough time	23	24	24	19	22	18	26	17	29
Large gatherings	12	12	12	13	13	15	13	13	10
Getting sick	11	11	9	16	8	3	13	13	13
Stress/Other MH	11	9	16	6	11	20	8	7	10
Family dynamics	11	8	19	12	7	13	10	9	14
Not enough to eat	4	2	5	2	7	5	4	5	1
No housing	1	1	2	1	0	3	1	1	1
None (Vol.)	10	12	9	3	13	9	12	7	11
Other (Vol.)	1	1	0	2	4	1	2	2	1
All (Vol.)	4	4	3	4	6	8	3	5	2
DK/Refused	0	0	0	0	0	0	0	0	0

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

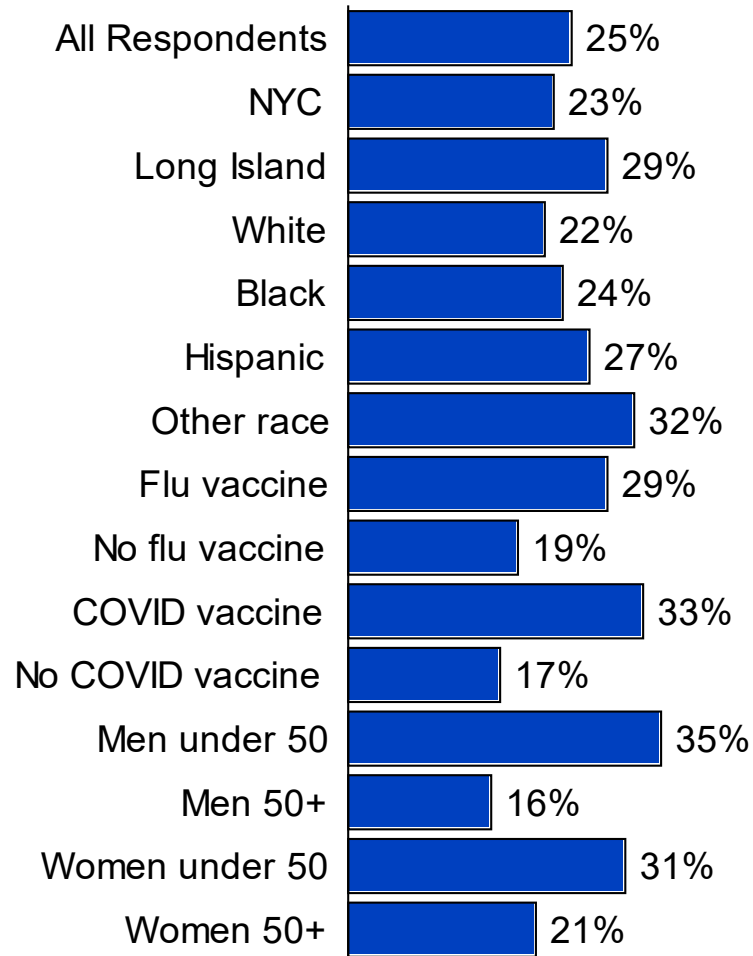
## CHART 2

Q.4 HAVE ANY OF THESE CONCERNS CAUSED YOU TO ALTER HOLIDAY PLANS?



# CHART 3

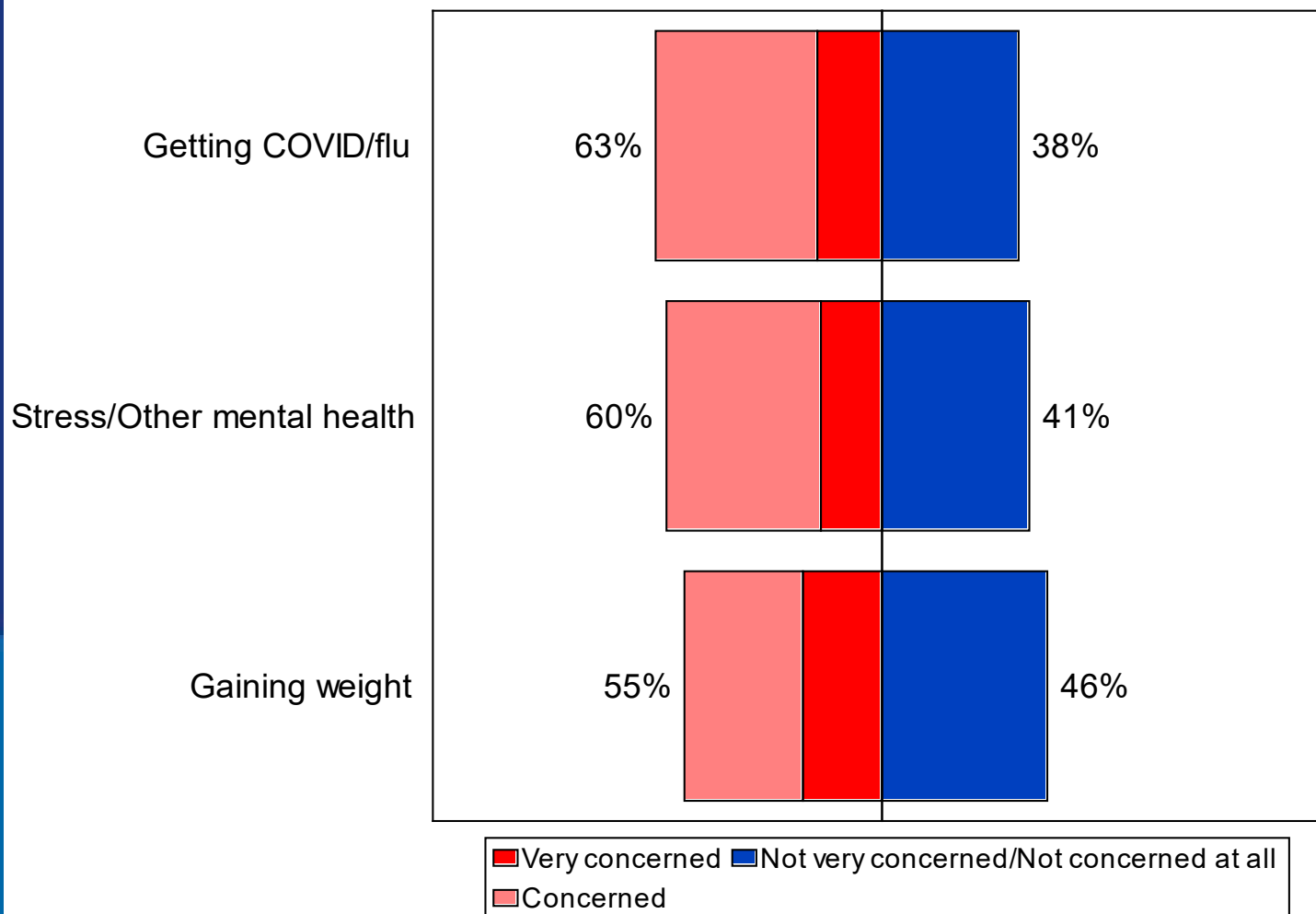
## Q.4 PERCENTAGES WHO HAVE ALTERED HOLIDAY PLANS DUES TO SEASONAL CONCERNS





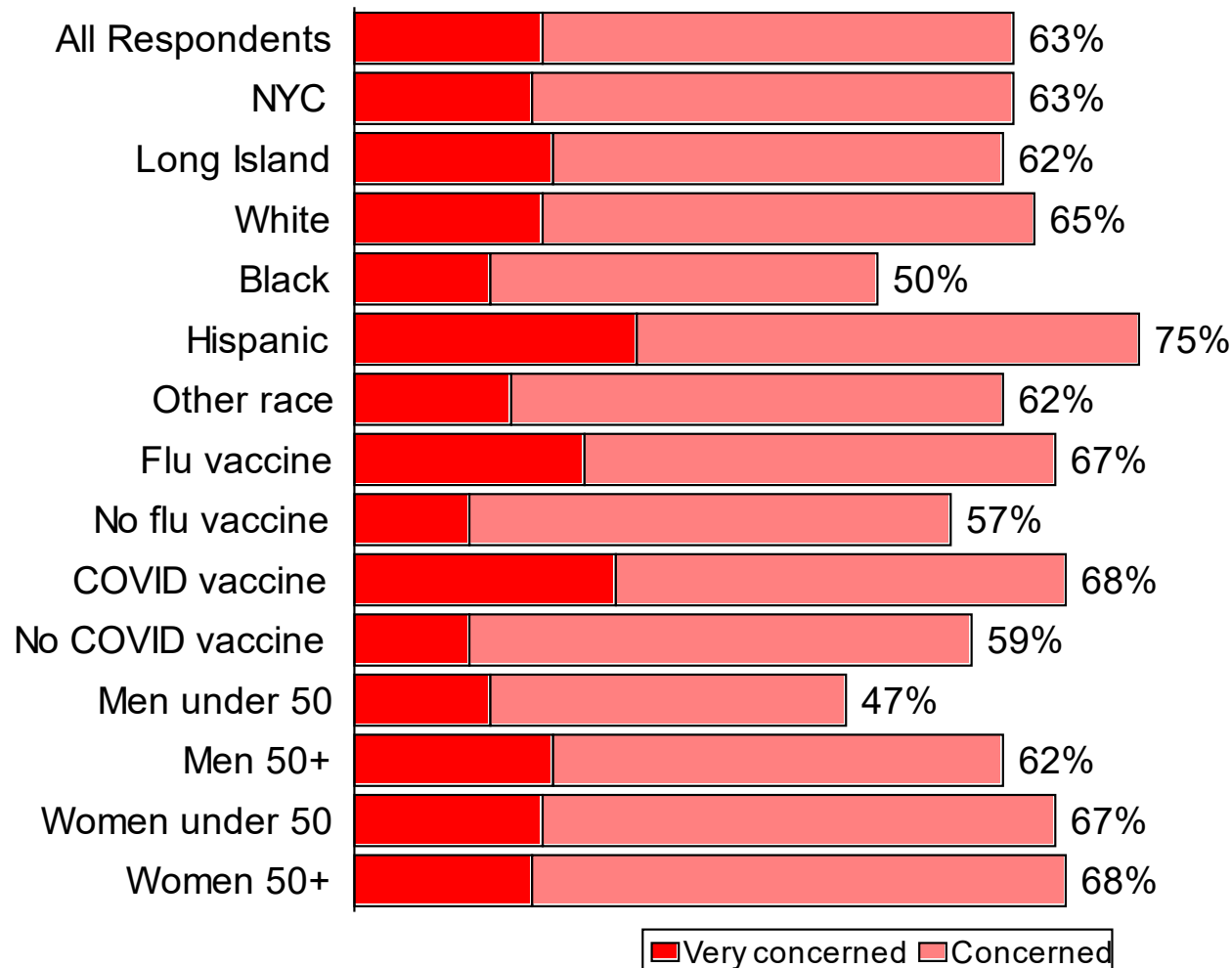
# CHART 4

## Q.5-7 SPECIFIC HEALTH CONCERNS



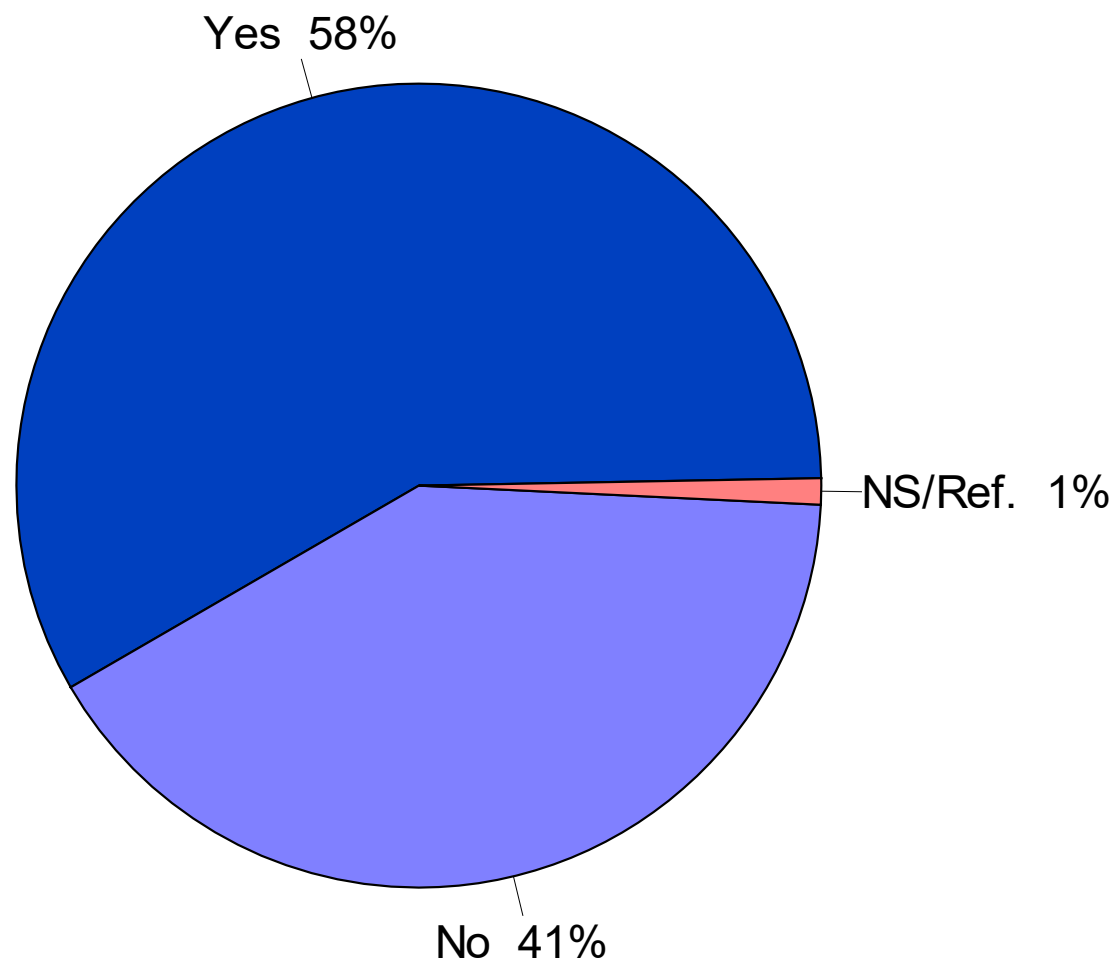
# CHART 5

## Q.5 PERCENTAGES WHO ARE SPECIFICALLY CONCERNED ABOUT GETTING SICK WITH COVID/FLU



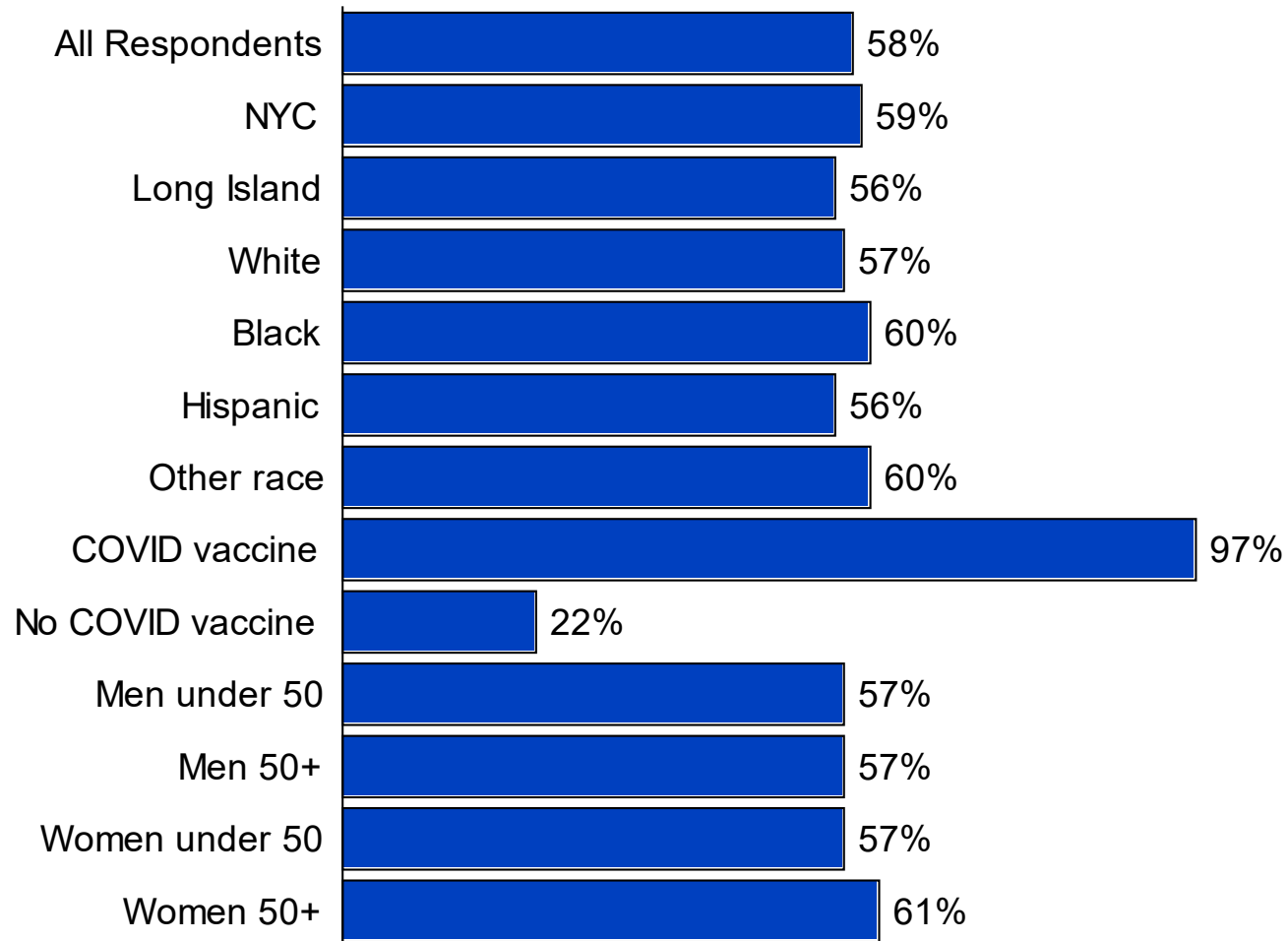
## CHART 6

Q.11 HAVE YOU RECEIVED YOUR 2024 FLU VACCINE?



# CHART 7

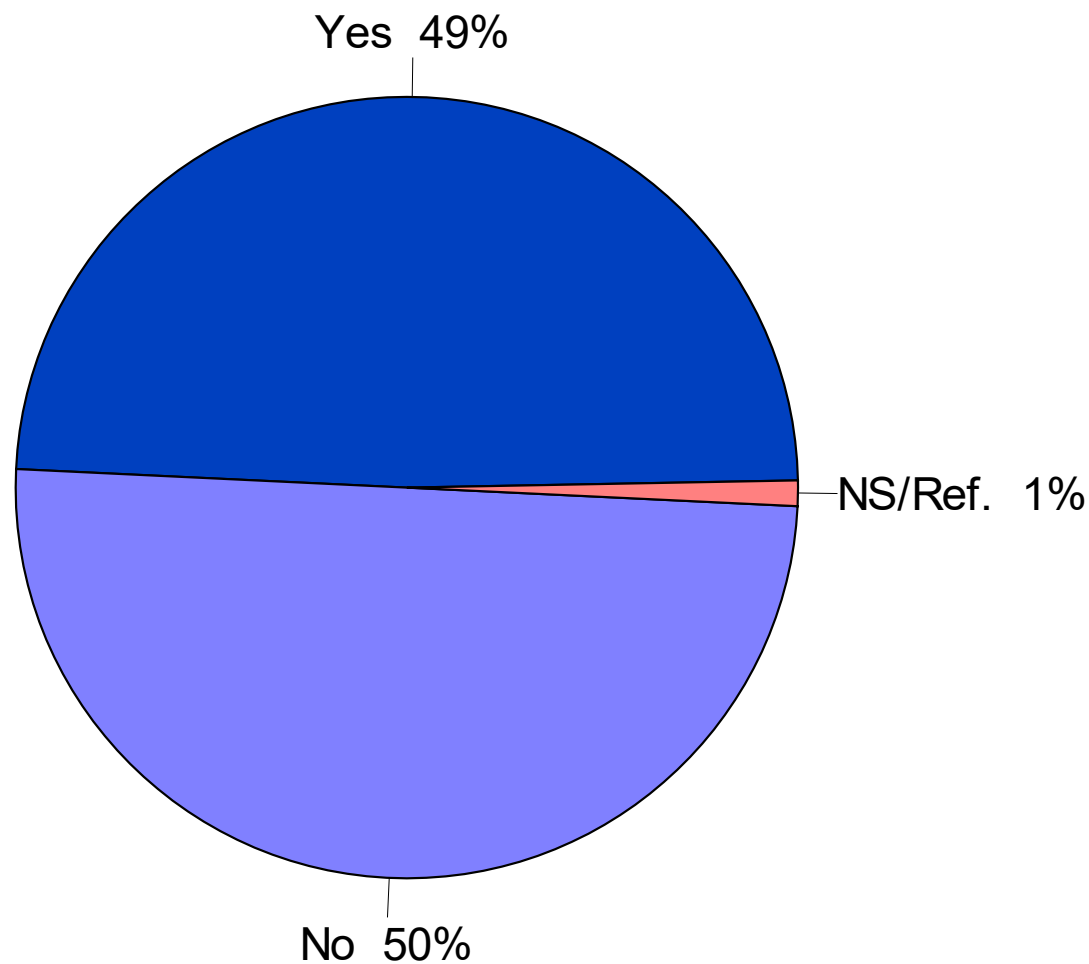
## Q.11 PERCENTAGES WHO HAVE RECEIVED 2024 FLU VACCINE





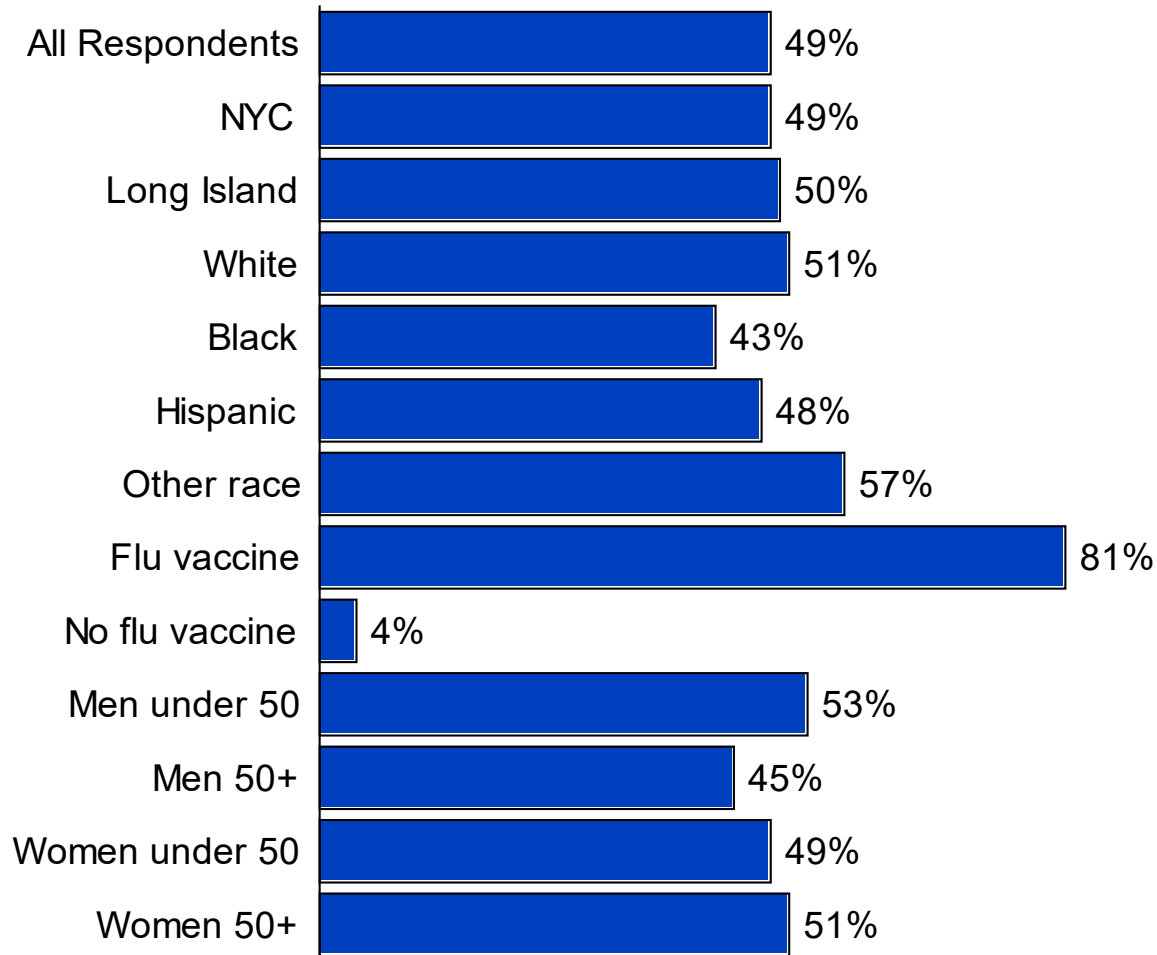
## CHART 8

Q.12 HAVE YOU RECEIVED THE LATEST COVID VACCINE?



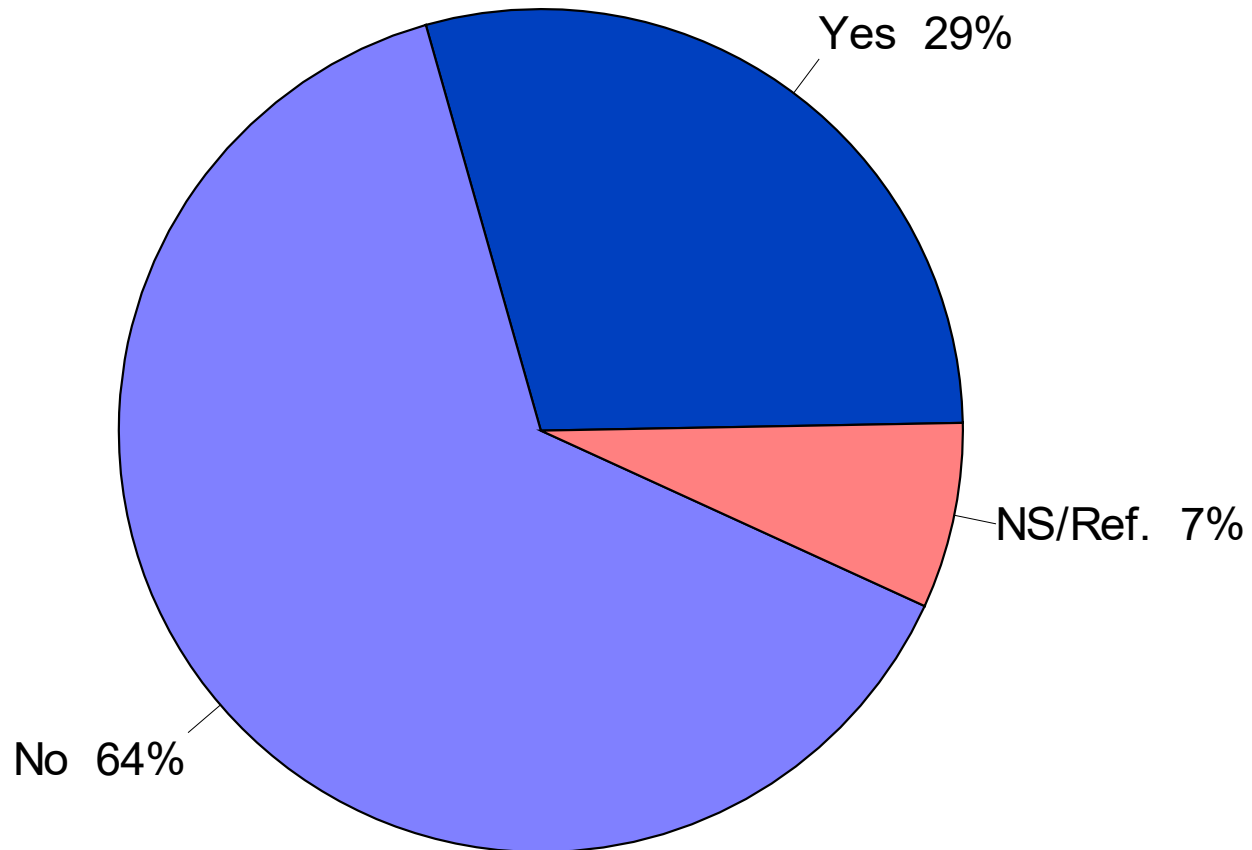
# CHART 9

## Q.12 PERCENTAGES WHO HAVE RECEIVED THE LATEST COVID VACCINE

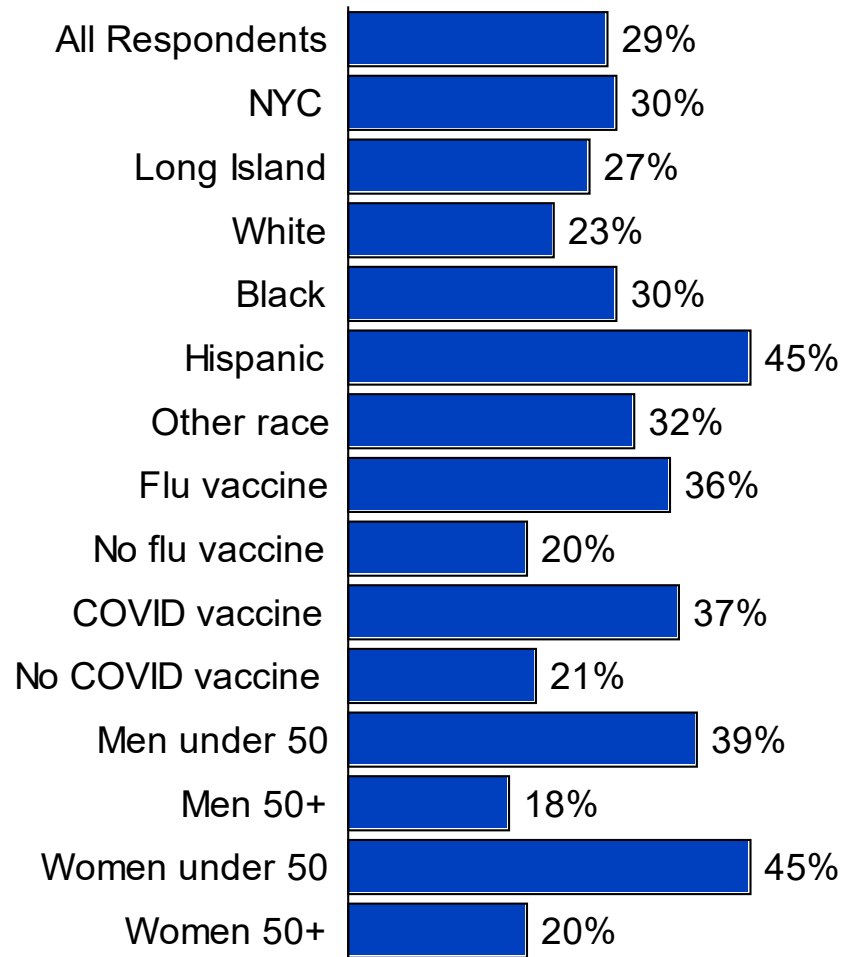


## CHART 10

Q.13 HAVE YOU GONE TO WORK SICK IN THE PAST YEAR?



## Q.13 PERCENTAGES WHO HAVE GONE TO WORK SICK IN THE PAST YEAR



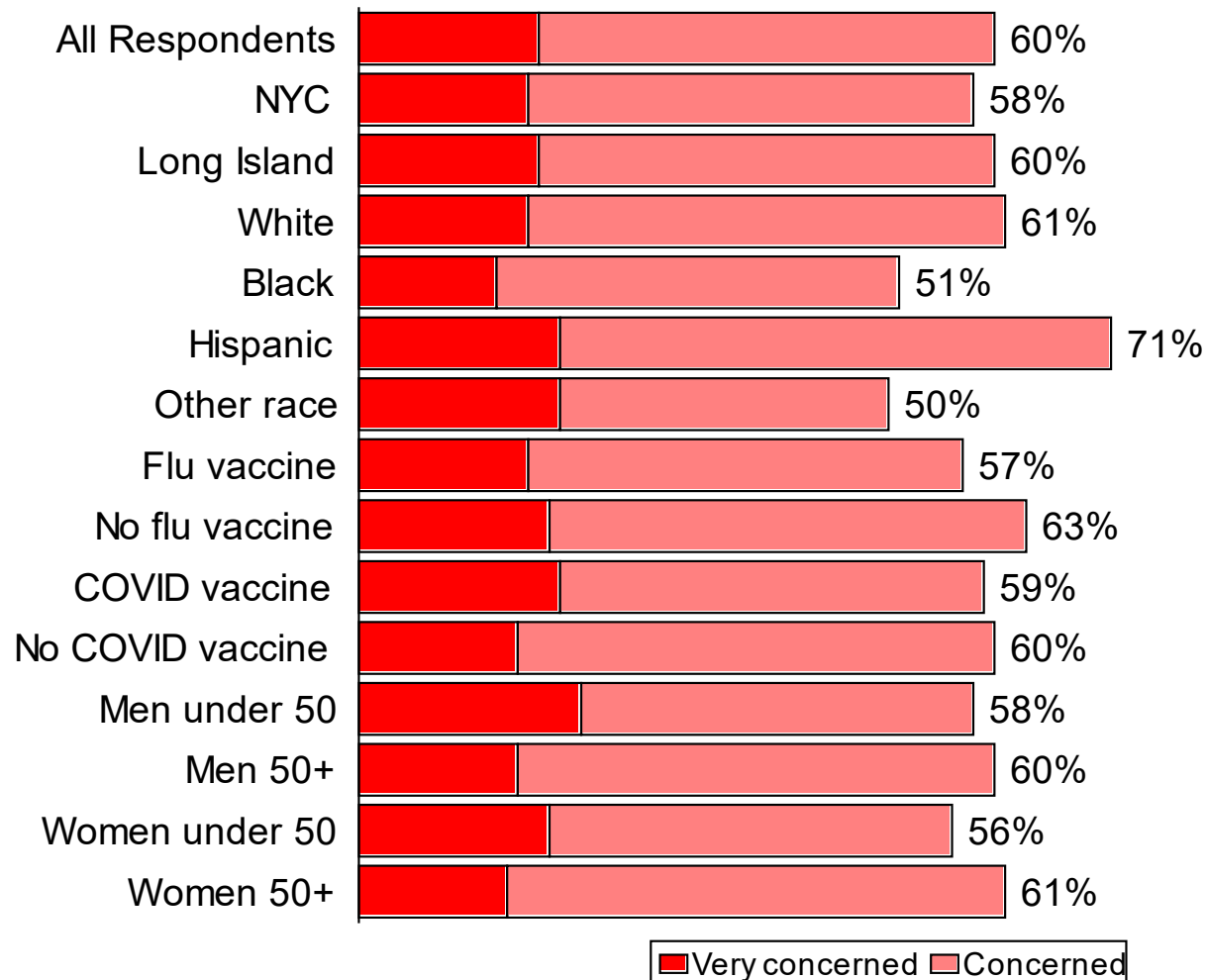


## Q.14 MAIN REASON RESPONDENTS WENT TO WORK SICK

	All Respondents
Can't afford to miss	8%
Needed at my job	6
Don't have sick days	3
Don't have sick days left	3
Have access to things	0
None (Vol.)	1
Other (Vol.)	2
All (Vol.)	6
DK/Refused	0
Did not go to work sick	71

# CHART 13

## Q.7 PERCENTAGES WHO ARE SPECIFICALLY CONCERNED ABOUT STRESS/OTHER MENTAL HEALTH CONCERNS

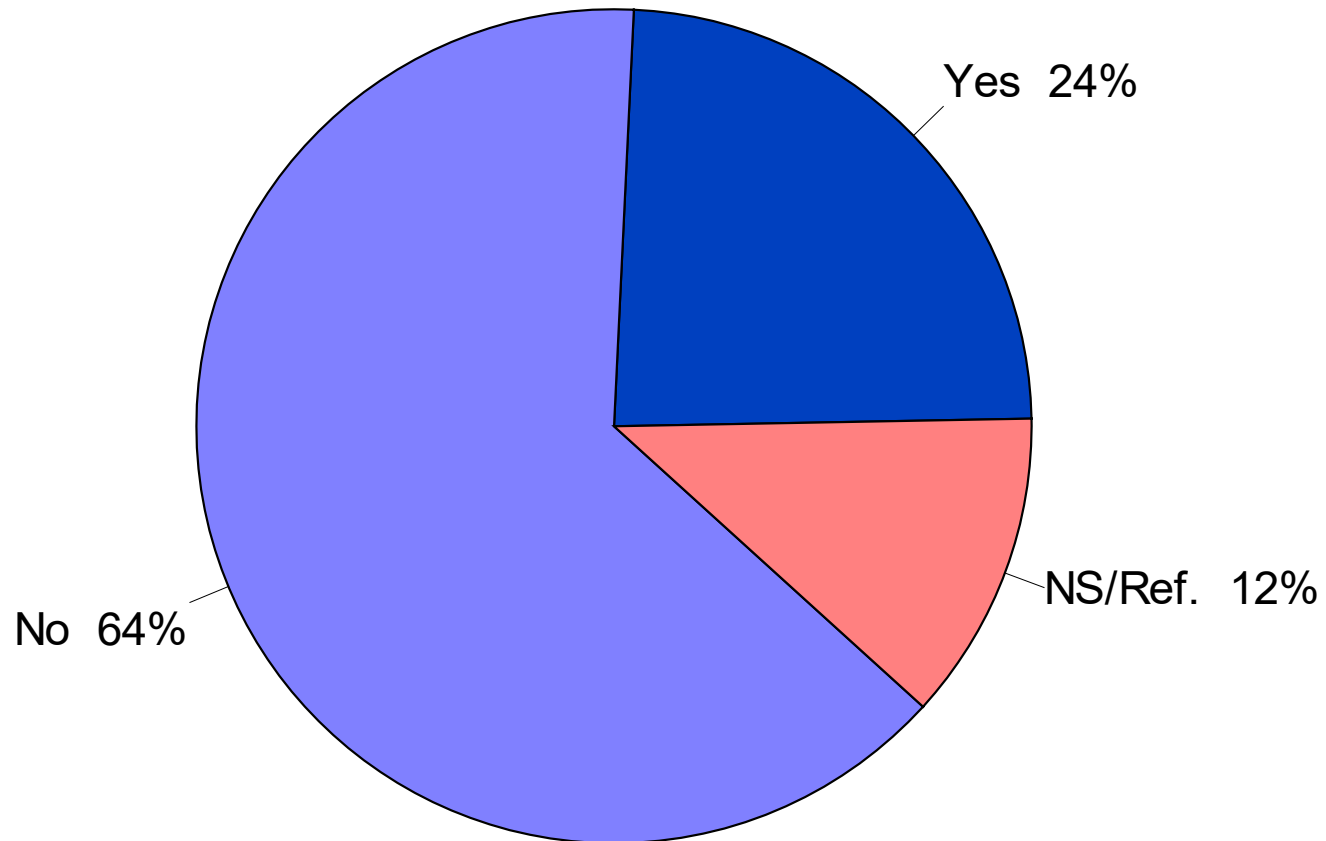


## CHART 14

Q.8 WHICH CAUSES THE MOST STRESS/MENTAL HEALTH IMPACT AROUND THE HOLIDAYS?

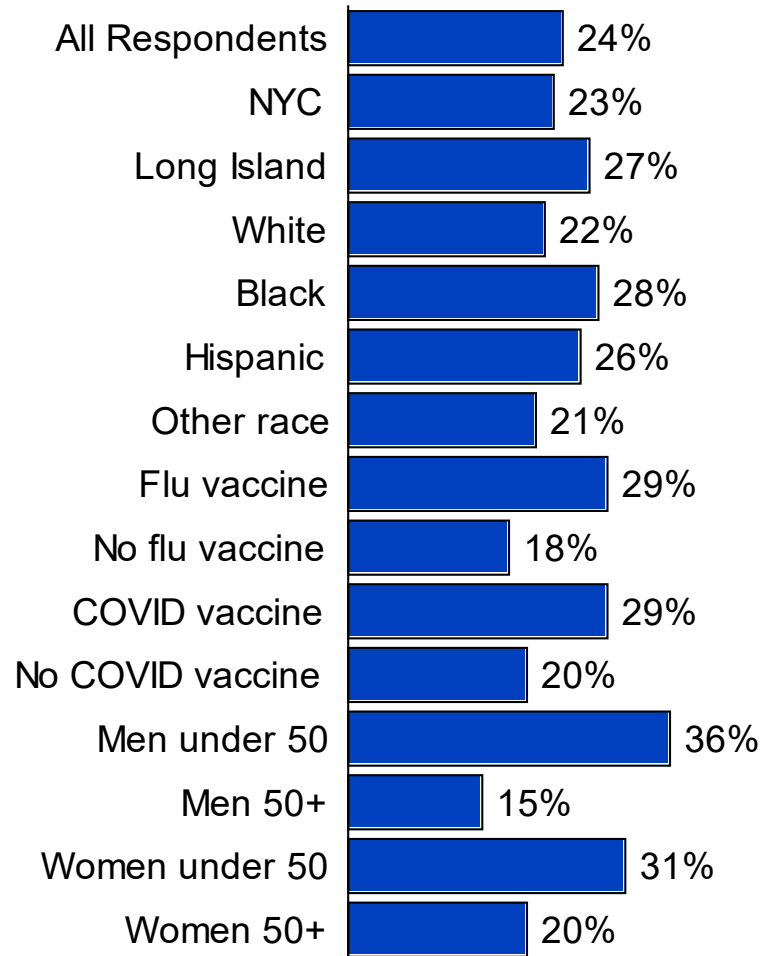
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Q.9 DO YOU EXPECT POLITICAL DIVISIONS WITHIN YOUR FAMILY WILL IMPACT HOLIDAY GATHERINGS?

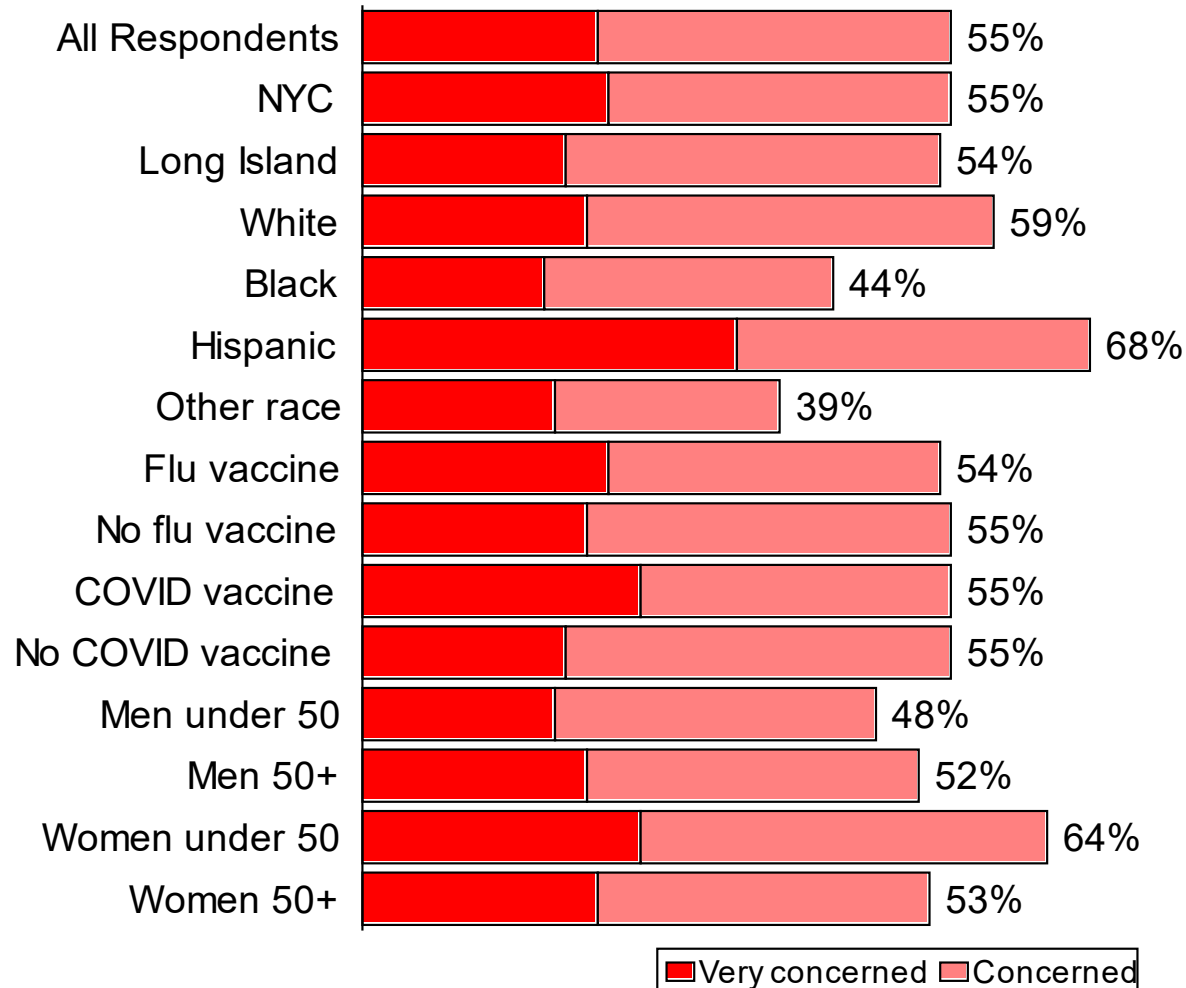




## Q.9 PERCENTAGES WHO EXPECT POLITICAL DIVISIONS WITHIN FAMILY WILL IMPACT HOLIDAY GATHERINGS

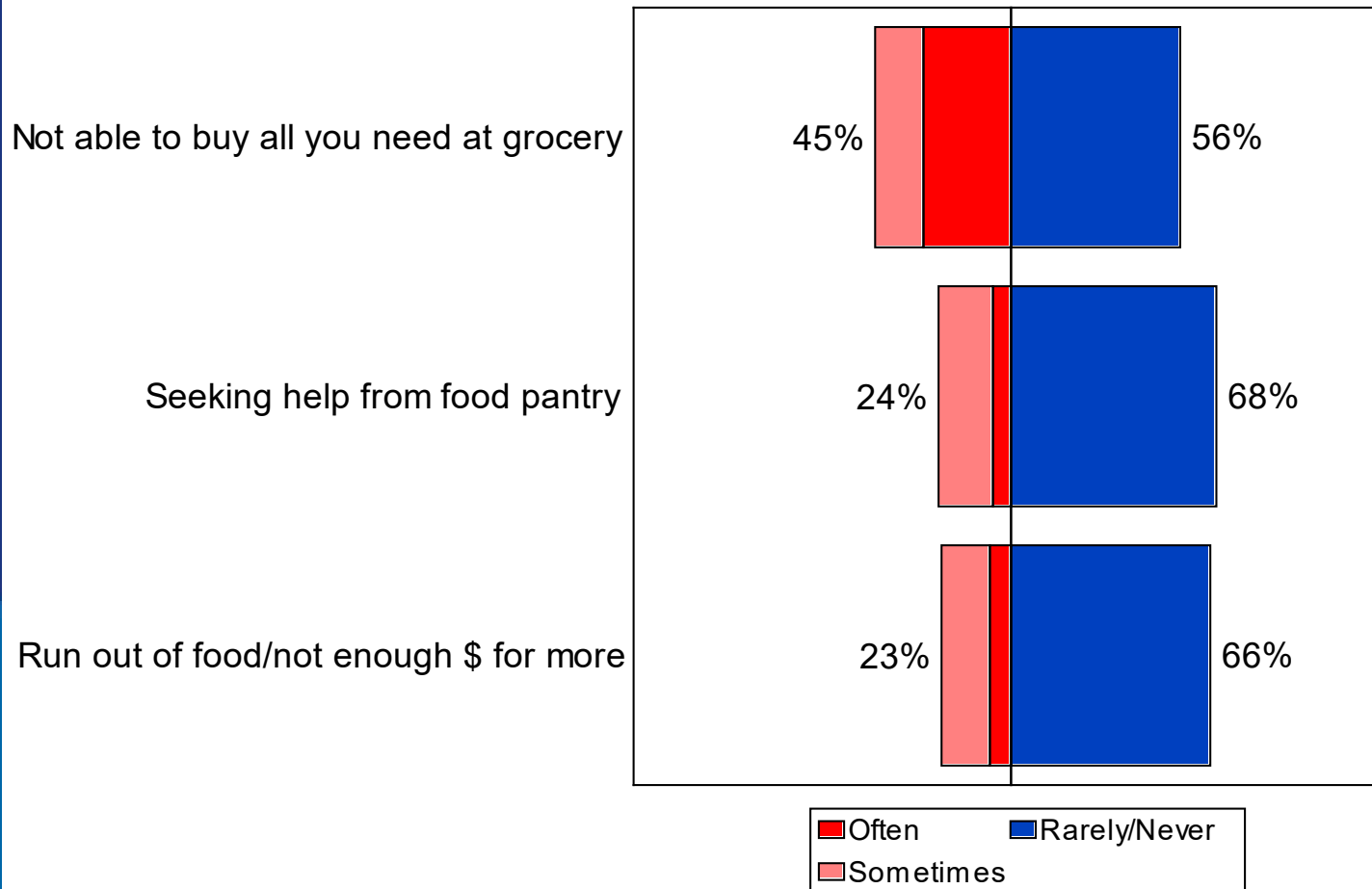


## Q.6 PERCENTAGES WHO ARE SPECIFICALLY CONCERNED ABOUT GAINING WEIGHT

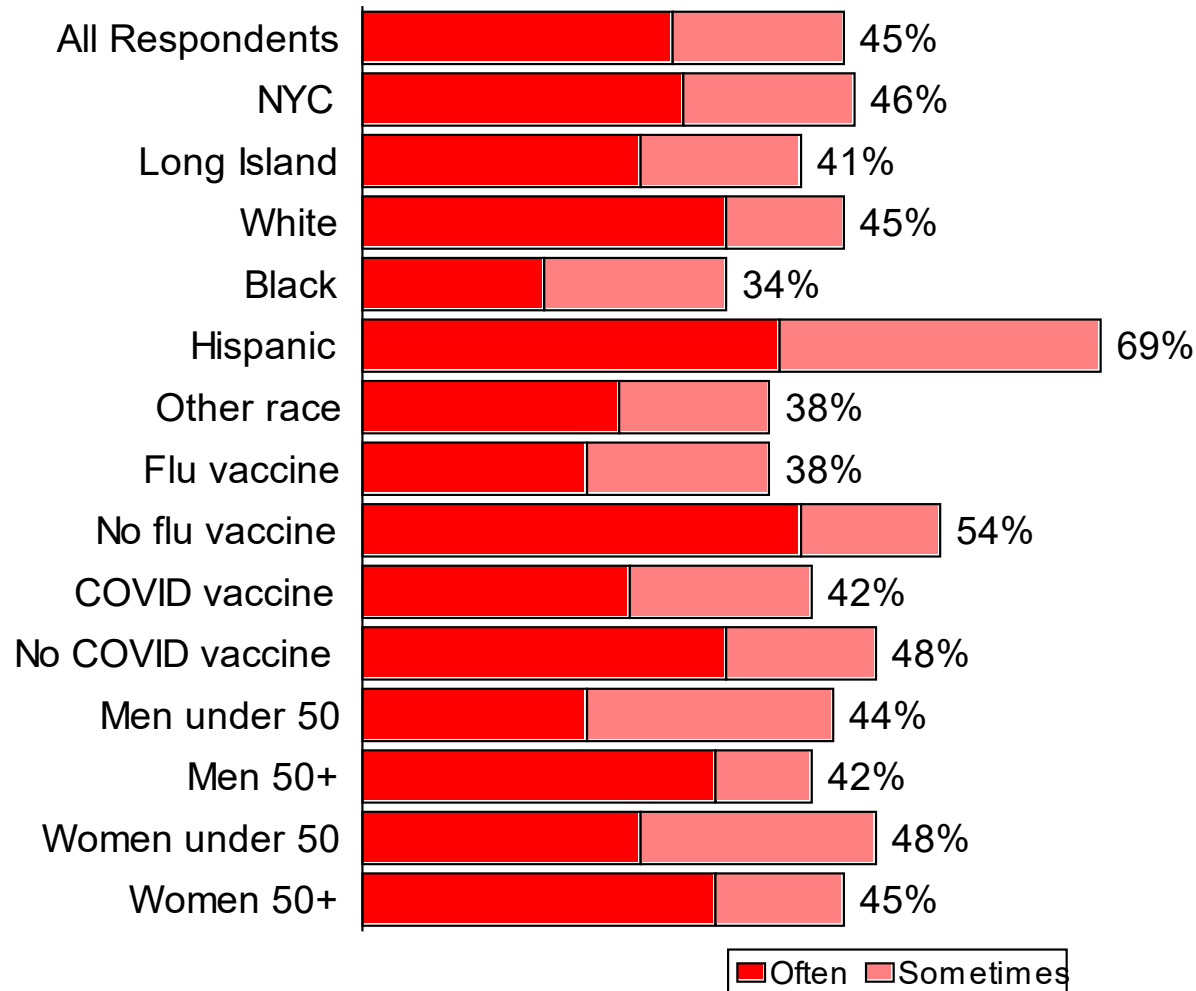


# CHART 18

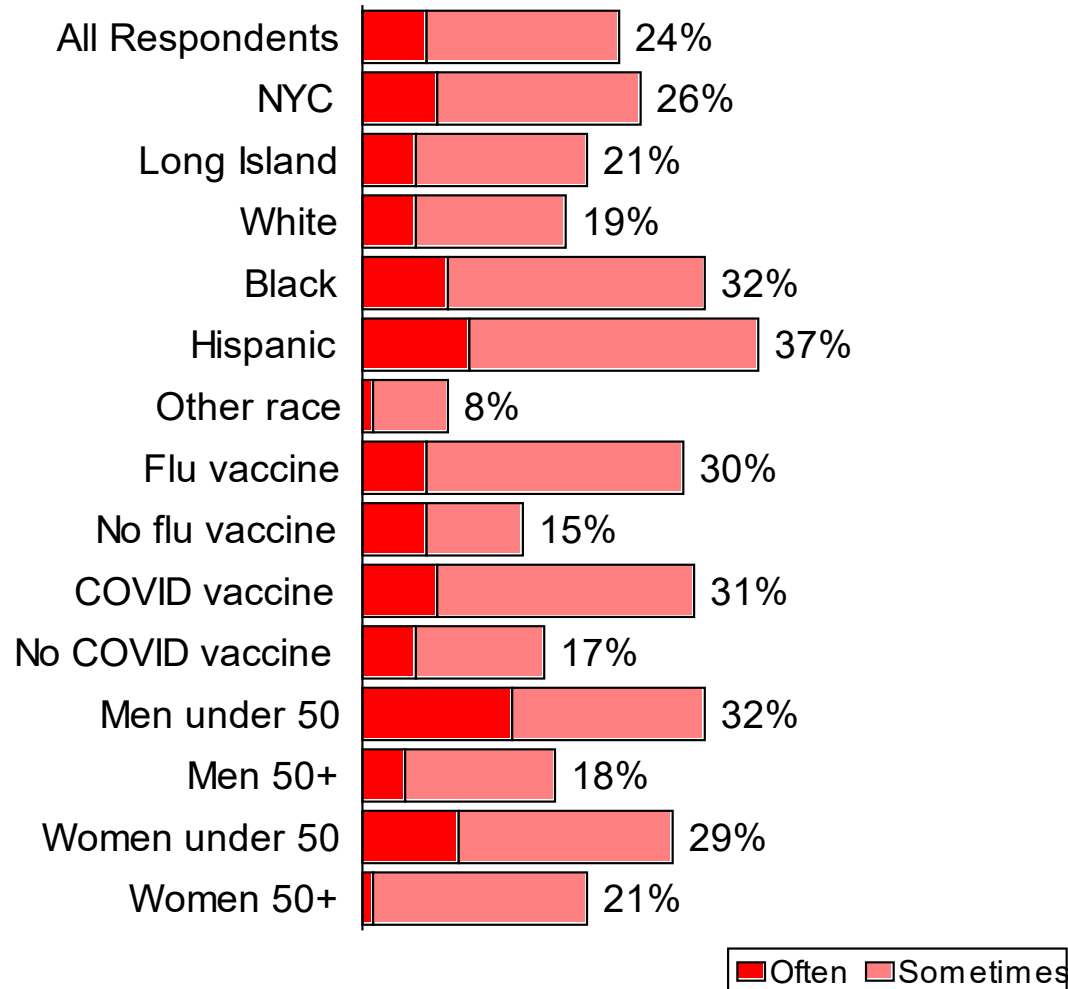
Q.15-17 HOW OFTEN HAS YOUR FAMILY EXPERIENCED THESE THINGS IN THE PAST YEAR?



## Q.16 PERCENTAGES WHO WERE NOT ABLE TO BUY ALL THEY NEED AT THE GROCERY

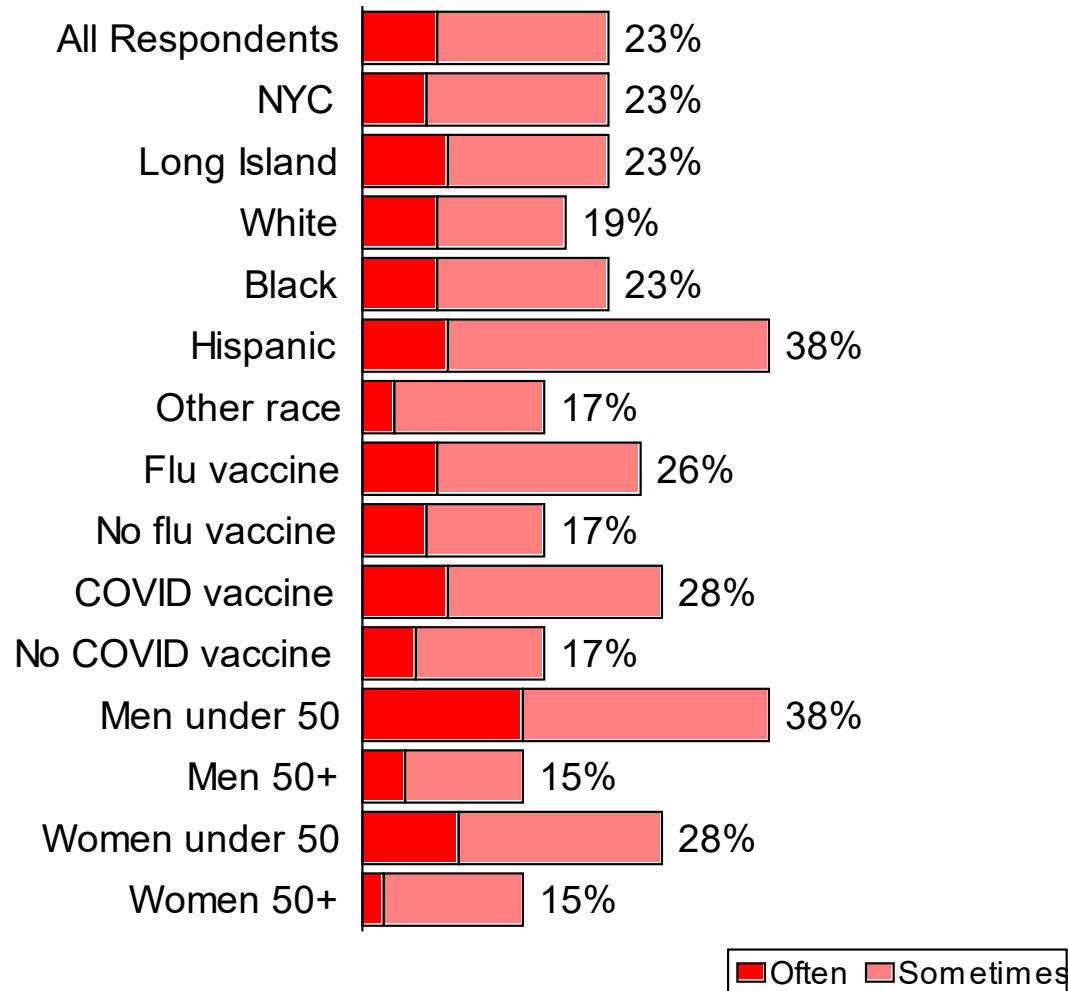


## Q.17 PERCENTAGES WHO HAVE SOUGHT HELP FROM A FOOD PANTRY



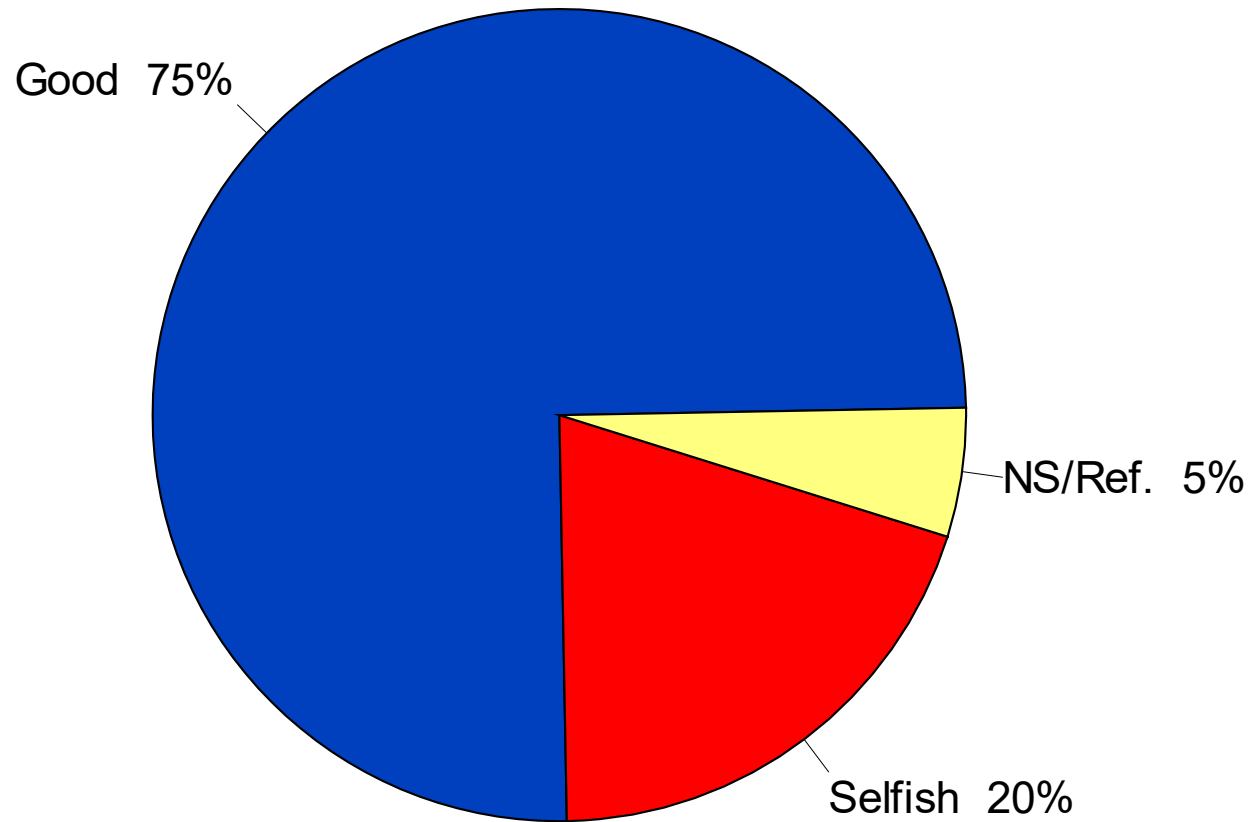
# CHART 21

## Q.15 PERCENTAGES WHO HAVE RUN OUT OF FOOD AND NOT HAD ENOUGH MONEY TO BUY MORE



## CHART 22

Q.10 DO YOU BELIEVE MOST PEOPLE ARE BASICALLY GOOD OR BASICALLY SELFISH?





# CHART 23

## Q.10 DO YOU BELIEVE MOST PEOPLE ARE BASICALLY GOOD OR BASICALLY SELFISH?

