

# PewResearchCenter

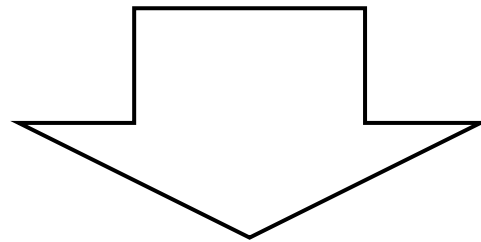
@PewResearch

@SusannahFox

60% of U.S. adults track weight, diet, or exercise routine.

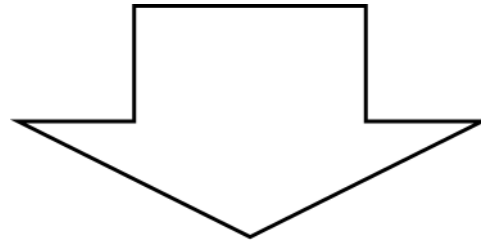
33% track health indicators or symptoms.

12% track a health indicator on behalf of someone they care for.



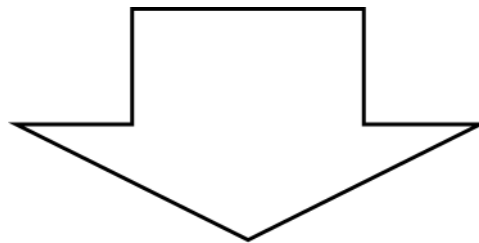
**7 in 10 U.S. adults  
track for health**

55% of U.S. adults say they have  
no chronic conditions.



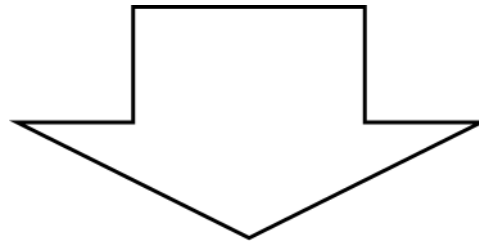
6 in 10 track for health

24% of U.S. adults live with  
one chronic condition.



**7 in 10 track for health**

20% of U.S. adults live with two or more chronic conditions.



8 in 10 track for health

The last time they had a health issue:

70% of U.S. adults got information, care, or support from a doctor or other health care professional.

60% turned to friends and family.

24% turned to others who have the same health condition.

In the U.S.:

9 in 10 own a ~~cell phone~~ tracker

7 in 10 track for health

(but few use technology to do so)

45% live with chronic conditions

(but most don't integrate their data  
with the health system)