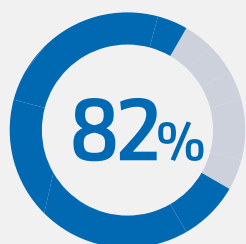


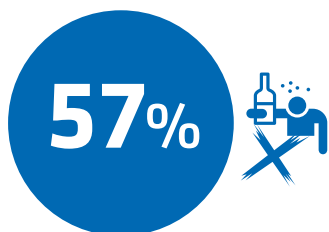
# Health concerns not taken seriously



82% of people say that health in older age is a concern. However, few are doing as much as they can

## Health-related attitudes and behaviors

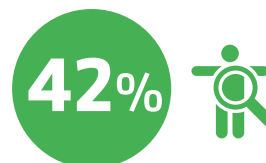
**I avoid harmful behaviors**  
(e.g. drinking too much alcohol or smoking)



**I exercise regularly**



**I take my health seriously**  
(e.g. have routine medical check-ups and do regular self-checks)



**I practice mindfulness regularly**  
(e.g. meditation and relaxation exercises)



**I eat healthily**  
(e.g. five-a-day portions of fruit and vegetables)



**I think about my long-term health when making lifestyle choices**  
For example, I try to avoid stress