

Q13. And now we would like to ask you some questions about your daily habits. On average, about how many hours of sleep do you get each day?																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Five or less	17%	16%	17%	13%	23%	18%	11%	19%	13%	16%	19%	16%	18%	8%	21%	15%	18%	16%	17%	13%	26%	12%	16%	11%	18%	19%	13%	
Six	31%	33%	29%	32%	38%	29%	24%	31%	34%	29%	38%	28%	28%	37%	32%	33%	31%	28%	37%	31%	36%	33%	34%	28%	32%	26%	38%	
Seven	27%	24%	30%	33%	25%	24%	29%	28%	29%	26%	30%	27%	30%	35%	26%	24%	23%	34%	26%	29%	20%	26%	31%	29%	22%	31%	28%	
Eight	19%	21%	17%	18%	12%	24%	24%	16%	18%	23%	11%	23%	19%	12%	16%	21%	21%	18%	15%	20%	13%	22%	15%	23%	22%	17%	18%	
More than eight	5%	5%	5%	4%	2%	4%	10%	4%	5%	5%	2%	6%	4%	5%	5%	6%	4%	4%	4%	5%	3%	7%	4%	7%	5%	7%	2%	
Don't know/Refused	1%	1%	1%	0%	2%	0%	1%	1%	0%	2%	1%	1%	1%	2%	0%	1%	0%	0%	0%	1%	2%	0%	1%	2%	1%	1%	1%	

Q14. How many days a week do you start your day with a cup of coffee?																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
None, I don't drink coffee	38%	38%	38%	52%	31%	34%	31%	43%	32%	34%	39%	37%	36%	37%	45%	36%	39%	43%	29%	34%	52%	41%	38%	38%	40%	29%	39%	
One or two	8%	7%	8%	5%	9%	9%	9%	10%	6%	6%	7%	7%	9%	10%	7%	6%	7%	9%	7%	5%	11%	8%	8%	7%	7%	5%	10%	
Three or Four	6%	6%	6%	5%	12%	3%	3%	8%	5%	5%	6%	6%	7%	6%	4%	6%	7%	4%	8%	4%	12%	7%	9%	4%	8%	2%	4%	
Five or Six	6%	7%	5%	9%	5%	5%	4%	7%	6%	5%	7%	6%	4%	3%	6%	9%	5%	7%	8%	5%	5%	13%	8%	4%	6%	4%	6%	
Seven, I have to have my coffee everyday	42%	41%	43%	30%	43%	49%	53%	32%	51%	50%	41%	44%	45%	44%	38%	43%	44%	38%	48%	51%	20%	30%	37%	47%	39%	60%	40%	
Don't know/Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	

Q15. (If drink coffee) How many cups would say you drink each day?																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
One	37%	30%	44%	44%	37%	32%	34%	44%	36%	31%	39%	37%	36%	33%	38%	41%	47%	31%	34%	30%	61%	45%	33%	33%	40%	24%	33%	
Two	35%	36%	35%	42%	33%	33%	36%	33%	35%	38%	37%	34%	34%	41%	29%	36%	28%	37%	39%	40%	20%	32%	34%	41%	41%	34%	37%	
Three	12%	14%	11%	5%	13%	17%	17%	10%	16%	12%	11%	14%	14%	20%	13%	9%	11%	16%	10%	15%	6%	13%	14%	13%	10%	16%	11%	
Four	5%	7%	4%	2%	5%	9%	6%	3%	4%	8%	6%	5%	7%	3%	4%	5%	4%	6%	7%	7%	5%	2%	5%	6%	6%	8%	3%	
Five or more	8%	11%	4%	3%	12%	8%	5%	6%	9%	9%	8%	8%	6%	2%	14%	8%	9%	7%	9%	7%	5%	9%	10%	5%	2%	18%	10%	
Don't know/Refused	2%	1%	2%	5%	0%	1%	1%	4%	0%	1%	0%	2%	3%	0%	2%	1%	1%	3%	0%	0%	3%	1%	3%	1%	1%	1%	6%	

Q16. How long after you wake up do you check your email, texts or social media accounts?																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Immediately after waking up	22%	22%	22%	38%	24%	11%	5%	25%	23%	17%	23%	21%	17%	22%	18%	29%	29%	20%	19%	18%	24%	22%	26%	14%	21%	15%	26%	
Within the first hour of waking up	36%	38%	35%	41%	42%	35%	25%	35%	38%	37%	44%	33%	39%	32%	31%	40%	24%	40%	48%	39%	25%	50%	39%	35%	43%	39%	31%	
Some time later during the day	23%	20%	26%	15%	19%	36%	27%	20%	25%	26%	20%	25%	26%	22%	27%	19%	23%	24%	23%	23%	28%	20%	22%	23%	20%	26%	28%	
I don't check every day/not at all	18%	19%	17%	6%	14%	18%	41%	19%	13%	20%	12%	21%	17%	23%	25%	11%	24%	16%	9%	19%	22%	8%	12%	26%	15%	20%	15%	
Don't know/Refused	1%	1%	1%	0%	1%	0%	2%	1%	1%	0%	1%	1%	0%	1%	0%	1%	1%	0%	0%	1%	1%	0%	0%	1%	0%	0%	0%	

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Q17. Which best describes your usual eating habits before starting your day?																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K-\$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/Other	
I usually eat breakfast at home	57%	55%	59%	51%	51%	54%	80%	55%	64%	55%	53%	59%	57%	61%	65%	49%	55%	60%	52%	58%	52%	63%	53%	66%	59%	61%	54%	
I grab something from home and eat it when I get a chance	14%	10%	16%	16%	16%	16%	6%	15%	11%	14%	19%	11%	15%	13%	11%	16%	13%	15%	15%	12%	19%	14%	16%	10%	16%	14%	12%	
I go through a drive-thru or purchase food on-the-go	5%	6%	5%	8%	3%	6%	2%	7%	6%	3%	5%	6%	6%	2%	6%	4%	7%	5%	6%	5%	12%	4%	7%	4%	6%	3%	7%	
I do not eat food before starting my day	23%	26%	20%	24%	30%	22%	11%	22%	18%	27%	23%	22%	21%	24%	17%	29%	25%	20%	25%	25%	18%	17%	23%	17%	17%	21%	27%	
Don't know/Refused	1%	2%	0%	1%	0%	2%	1%	1%	2%	1%	0%	2%	1%	0%	1%	2%	0%	1%	2%	1%	0%	2%	1%	2%	2%	1%	1%	

  

Q18. How long is your commute to your place of employment?																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K-\$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/Other	
Less than 30 minutes	31%	31%	30%	36%	33%	37%	12%	22%	34%	40%	33%	30%	33%	27%	32%	29%	28%	33%	35%	38%	24%	20%	39%	27%	28%	23%	41%	
30 minutes to an hour	20%	19%	20%	25%	26%	18%	7%	25%	16%	15%	27%	16%	22%	16%	14%	24%	16%	25%	20%	17%	21%	29%	23%	15%	22%	14%	21%	
1 hour to 2 hours	12%	14%	9%	12%	16%	11%	2%	14%	16%	6%	15%	9%	9%	11%	11%	14%	11%	9%	15%	9%	17%	13%	12%	9%	14%	13%	7%	
More than 2 hours	1%	0%	1%	1%	1%	2%	0%	1%	0%	1%	1%	1%	0%	0%	2%	1%	1%	0%	0%	0%	3%	1%	0%	0%	0%	0%	1%	
Work from home	6%	3%	8%	4%	9%	5%	4%	6%	3%	6%	6%	5%	5%	12%	8%	3%	3%	7%	9%	7%	7%	2%	6%	5%	4%	8%	6%	
Not employed (includes retired, student, homemaker, disabled)	31%	30%	32%	22%	14%	26%	74%	31%	31%	30%	17%	38%	30%	34%	32%	28%	40%	25%	19%	28%	27%	36%	19%	44%	31%	39%	24%	
Don't know/Refused	1%	2%	0%	0%	2%	1%	1%	0%	1%	2%	1%	1%	2%	0%	1%	1%	0%	2%	1%	1%	0%	1%	1%	1%	2%	0%		

  

Q19. (If commute) What mode of transportation do you primarily use?																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K-\$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/Other	
Drive a car	62%	62%	62%	55%	65%	71%	69%	31%	79%	89%	67%	60%	68%	43%	70%	60%	49%	70%	69%	75%	43%	45%	59%	70%	54%	83%	69%	
Walk	5%	5%	4%	6%	2%	4%	6%	8%	1%	3%	3%	5%	1%	22%	2%	4%	5%	3%	5%	6%	4%	0%	3%	7%	6%	4%	4%	
Bike	1%	1%	0%	1%	0%	1%	1%	0%	2%	1%	0%	1%	0%	5%	0%	1%	1%	0%	0%	1%	0%	0%	1%	0%	1%	0%	1%	
Carpool (including park and ride)	1%	1%	1%	0%	1%	2%	2%	1%	1%	1%	1%	0%	0%	4%	2%	0%	0%	1%	1%	1%	1%	1%	0%	2%	1%	0%		
Rideshare like Uber or Lyft	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	
Train or subway	25%	23%	27%	31%	25%	15%	10%	50%	12%	2%	21%	25%	23%	18%	16%	30%	34%	22%	17%	11%	40%	40%	30%	15%	30%	11%	19%	
Bus	6%	7%	5%	6%	5%	5%	6%	8%	5%	3%	7%	5%	5%	8%	6%	5%	10%	1%	6%	4%	4%	13%	4%	7%	6%	1%	6%	
Other	2%	2%	1%	1%	2%	2%	5%	2%	0%	2%	0%	3%	2%	0%	2%	1%	1%	3%	1%	1%	6%	0%	2%	1%	1%	2%		
Don't know/Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%		

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Q20. (If commute) Of the following what things do you typically do during your commute? [CHOICES ROTATED]																												
	Total	Gender		Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
		M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Listen to talk radio	40%	41%	38%	34%	46%	43%	36%	30%	48%	46%	43%	38%	45%	28%	43%	39%	35%	43%	41%	44%	34%	40%	37%	41%	41%	47%	41%	
Listen to music	67%	64%	70%	88%	60%	58%	51%	61%	77%	68%	72%	65%	74%	57%	62%	72%	65%	68%	70%	67%	66%	72%	69%	60%	70%	63%	73%	
Listen to podcasts	14%	17%	12%	17%	18%	7%	8%	15%	21%	9%	16%	13%	12%	11%	14%	17%	15%	17%	11%	13%	16%	16%	14%	11%	22%	13%	10%	
Listen to audio books/books on tape	10%	8%	13%	12%	10%	8%	9%	9%	13%	11%	12%	10%	6%	7%	7%	17%	11%	10%	11%	10%	5%	14%	11%	13%	11%	11%	13%	
Read (including books, magazines, newspapers, or digital)	27%	28%	25%	38%	23%	18%	21%	42%	25%	10%	24%	30%	24%	28%	22%	33%	36%	23%	25%	18%	35%	42%	35%	13%	33%	22%	18%	
Make phone calls	28%	30%	25%	38%	24%	23%	14%	27%	33%	26%	32%	25%	22%	33%	26%	34%	34%	24%	28%	25%	29%	32%	31%	26%	33%	25%	16%	
Text	25%	26%	24%	39%	25%	12%	10%	38%	22%	11%	27%	24%	23%	33%	26%	25%	31%	23%	25%	16%	28%	48%	32%	11%	35%	16%	16%	
Eat or drink	30%	28%	32%	35%	31%	28%	13%	22%	39%	35%	36%	26%	27%	29%	34%	33%	33%	34%	26%	32%	23%	36%	30%	29%	34%	26%	29%	
Play games	10%	9%	10%	18%	8%	2%	4%	20%	6%	1%	10%	10%	11%	5%	6%	12%	14%	9%	7%	4%	14%	13%	11%	6%	16%	3%	1%	
Surf web or look at social media accounts	18%	20%	17%	29%	14%	11%	8%	27%	23%	6%	20%	17%	16%	22%	14%	23%	23%	15%	19%	10%	23%	39%	23%	6%	26%	10%	15%	
Sleep	11%	13%	9%	21%	6%	6%	4%	14%	17%	3%	8%	14%	15%	8%	10%	10%	12%	14%	10%	6%	12%	25%	12%	4%	16%	9%	9%	
Think about what I need to do today	65%	62%	68%	75%	64%	58%	63%	63%	62%	70%	66%	66%	72%	64%	64%	64%	56%	63%	78%	69%	58%	68%	69%	60%	68%	61%	67%	
Think about stuff going on in my life including my goals and my problems	63%	61%	66%	79%	61%	53%	44%	61%	60%	69%	68%	61%	67%	61%	56%	69%	61%	62%	69%	64%	51%	73%	63%	54%	70%	58%	61%	
Other	7%	7%	7%	9%	6%	7%	7%	8%	8%	4%	8%	6%	6%	13%	3%	10%	11%	4%	5%	6%	6%	8%	7%	9%	6%	4%	11%	
Don't know/Refused	2%	2%	2%	0%	1%	1%	4%	1%	0%	3%	0%	2%	0%	2%	2%	1%	1%	1%	0%	1%	0%	0%	1%	4%	1%	0%	3%	

Q21. (If commute) Of those you selected, what activity do you do the most on a daily basis during your commute? [CHOICES ROTATED]																												
	Total	Gender		Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
		M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Listen to talk radio	15%	19%	11%	7%	19%	23%	12%	8%	18%	21%	16%	15%	19%	14%	22%	8%	7%	17%	23%	19%	10%	11%	15%	17%	11%	31%	16%	
Listen to music	37%	35%	38%	50%	30%	32%	30%	44%	40%	38%	37%	38%	19%	36%	42%	45%	34%	31%	34%	44%	39%	34%	32%	37%	29%	43%		
Listen to podcasts	4%	6%	2%	3%	6%	0%	2%	6%	1%	3%	5%	2%	2%	0%	4%	6%	0%	8%	2%	4%	0%	6%	5%	2%	5%	8%	0%	
Listen to audio books/books on tape	2%	1%	3%	1%	1%	3%	5%	0%	2%	4%	3%	1%	0%	1%	3%	2%	1%	3%	1%	3%	1%	0%	3%	1%	3%	1%	2%	
Read (including books, magazines, newspapers, or digital)	7%	6%	8%	3%	10%	7%	11%	13%	3%	2%	8%	7%	7%	15%	5%	5%	7%	6%	7%	4%	13%	7%	9%	4%	9%	3%	6%	
Make phone calls	3%	4%	3%	5%	1%	4%	3%	6%	2%	1%	5%	3%	2%	13%	2%	3%	6%	2%	4%	3%	3%	0%	2%	7%	1%	3%	1%	
Text	0%	0%	0%	0%	0%	0%	2%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	
Eat or drink	2%	1%	2%	2%	1%	2%	1%	0%	3%	2%	2%	2%	2%	2%	1%	2%	3%	0%	1%	0%	0%	6%	3%	0%	2%	1%	1%	
Play games	1%	1%	2%	3%	1%	1%	1%	3%	0%	0%	1%	2%	2%	0%	2%	1%	3%	0%	2%	1%	4%	4%	2%	2%	3%	0%	0%	
Surf web or look at social media accounts	2%	1%	2%	3%	0%	2%	1%	3%	1%	0%	2%	1%	1%	5%	3%	1%	1%	1%	2%	1%	2%	2%	2%	0%	0%	3%	0%	
Sleep	2%	4%	1%	4%	2%	2%	0%	2%	4%	2%	1%	4%	3%	0%	3%	3%	2%	2%	5%	1%	8%	4%	3%	1%	2%	3%	6%	
Think about what I need to do today	8%	6%	11%	7%	8%	8%	20%	9%	3%	12%	7%	9%	7%	15%	9%	8%	9%	10%	6%	10%	3%	4%	8%	9%	8%	8%	4%	
Think about stuff going on in my life including my goals and my problems	10%	11%	10%	11%	11%	8%	4%	12%	9%	10%	8%	11%	14%	8%	4%	10%	11%	8%	11%	11%	5%	12%	8%	14%	14%	6%	9%	
Other	4%	3%	5%	2%	7%	4%	2%	3%	7%	5%	5%	3%	2%	9%	4%	6%	4%	3%	4%	5%	6%	4%	4%	5%	3%	3%	10%	
Don't know/Refused	2%	3%	1%	0%	2%	3%	4%	3%	2%	2%	1%	3%	1%	0%	2%	4%	2%	2%	0%	2%	1%	1%	1%	6%	3%	1%	1%	

All of us have a variety of habits or activities that we have incorporated into our lives. For each of the following, tell me whether you never do it, do it more than once a day, do it once a day, not daily but often or only do it once in a while

Q22A. Exercise for 30 minutes																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	7%	9%	6%	7%	9%	8%	5%	7%	8%	8%	7%	8%	4%	10%	9%	10%	10%	7%	5%	7%	10%	12%	9%	6%	7%	7%	7%	
Do it once a day	22%	21%	22%	21%	20%	23%	25%	22%	21%	21%	17%	25%	20%	20%	25%	23%	18%	25%	25%	21%	28%	17%	25%	17%	22%	20%	25%	
Not daily but often do it	27%	22%	32%	32%	30%	22%	26%	25%	30%	27%	32%	25%	29%	32%	23%	29%	22%	27%	36%	31%	22%	27%	24%	36%	29%	27%	29%	
Do it once in a while	19%	21%	18%	17%	22%	21%	19%	17%	20%	21%	23%	18%	20%	20%	20%	18%	17%	20%	22%	21%	21%	13%	21%	14%	21%	19%	19%	
Never do it	23%	25%	21%	22%	18%	25%	25%	27%	18%	22%	21%	24%	27%	19%	24%	19%	33%	21%	13%	20%	20%	31%	19%	24%	21%	27%	20%	
Don't know/Refused	2%	3%	0%	0%	0%	0%	0%	2%	3%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	2%	3%	0%	0%	0%	

Q22B. Meditate or pray																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	20%	16%	23%	19%	21%	20%	20%	27%	15%	14%	21%	20%	15%	39%	29%	14%	22%	23%	11%	16%	34%	19%	19%	19%	21%	20%	13%	
Do it once a day	26%	22%	30%	23%	28%	26%	32%	25%	30%	25%	26%	27%	38%	18%	28%	18%	30%	28%	25%	25%	33%	28%	25%	25%	28%	31%	28%	
Not daily but often do it	11%	8%	14%	8%	12%	14%	11%	7%	15%	13%	12%	11%	14%	7%	13%	7%	6%	11%	19%	13%	12%	10%	13%	12%	13%	13%	13%	
Do it once in a while	15%	16%	13%	20%	12%	14%	13%	14%	16%	15%	12%	16%	12%	14%	11%	19%	17%	12%	15%	16%	11%	10%	12%	18%	14%	13%	14%	
Never do it	26%	35%	19%	30%	28%	26%	24%	24%	22%	32%	29%	26%	22%	21%	19%	40%	25%	26%	30%	30%	10%	34%	30%	24%	23%	23%	33%	
Don't know/Refused	2%	4%	1%	0%	0%	0%	0%	3%	3%	2%	0%	0%	0%	2%	0%	1%	0%	0%	0%	1%	0%	0%	2%	4%	0%	0%	0%	

Q22C. Laugh outloud																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	48%	48%	49%	61%	43%	50%	38%	47%	45%	52%	48%	51%	46%	47%	52%	53%	47%	58%	43%	51%	58%	42%	54%	41%	52%	49%	44%	
Do it once a day	22%	19%	25%	19%	26%	23%	20%	21%	26%	21%	27%	20%	24%	17%	25%	20%	18%	24%	30%	21%	16%	30%	21%	23%	22%	22%	22%	
Not daily but often do it	12%	9%	15%	11%	13%	10%	15%	9%	14%	13%	14%	11%	12%	15%	12%	10%	14%	10%	15%	12%	12%	10%	10%	14%	11%	11%	14%	
Do it once in a while	11%	14%	8%	5%	12%	11%	17%	12%	9%	11%	8%	13%	11%	14%	7%	13%	14%	7%	8%	11%	9%	14%	8%	14%	10%	12%	12%	
Never do it	4%	6%	3%	2%	4%	6%	8%	7%	1%	3%	4%	5%	6%	4%	4%	3%	6%	1%	4%	4%	5%	4%	5%	3%	4%	5%	6%	
Don't know/Refused	3%	4%	1%	1%	1%	0%	1%	3%	4%	1%	1%	1%	1%	2%	0%	1%	1%	0%	0%	1%	0%	0%	2%	4%	0%	0%	2%	

Q22D. Weigh yourself																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	3%	3%	2%	3%	3%	2%	3%	4%	2%	2%	2%	3%	3%	3%	3%	1%	2%	4%	2%	3%	1%	2%	3%	3%	3%	3%	0%	
Do it once a day	11%	10%	13%	8%	6%	16%	18%	10%	11%	14%	9%	13%	14%	22%	11%	6%	7%	13%	16%	16%	7%	4%	11%	13%	11%	14%	10%	
Not daily but often do it	18%	15%	20%	23%	20%	11%	18%	16%	20%	18%	21%	16%	14%	16%	18%	23%	18%	19%	16%	17%	14%	16%	20%	17%	22%	16%	18%	
Do it once in a while	36%	38%	35%	34%	37%	40%	40%	36%	41%	35%	40%	36%	34%	36%	44%	35%	40%	34%	39%	35%	50%	45%	36%	39%	40%	43%	28%	
Never do it	30%	31%	29%	32%	33%	31%	21%	32%	26%	30%	28%	32%	34%	23%	23%	34%	33%	29%	28%	29%	27%	34%	28%	25%	25%	24%	43%	
Don't know/Refused	2%	3%	1%	0%	1%	0%	0%	3%	2%	2%	1%	0%	0%	0%	0%	0%	1%	0%	0%	1%	0%	0%	2%	3%	1%	0%	0%	

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Q22E. Floss																												
	Total	Gender		Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
		M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	15%	12%	18%	13%	13%	16%	19%	20%	8%	12%	9%	18%	17%	16%	17%	12%	14%	15%	13%	13%	17%	17%	15%	13%	15%	14%	16%	
Do it once a day	36%	31%	40%	35%	38%	37%	34%	32%	40%	38%	43%	33%	35%	35%	34%	39%	37%	40%	34%	38%	32%	28%	32%	39%	37%	30%	40%	
Not daily but often do it	15%	14%	16%	17%	21%	14%	7%	14%	16%	16%	18%	14%	16%	19%	13%	15%	11%	19%	18%	16%	17%	16%	17%	17%	14%	14%		
Do it once in a while	17%	20%	14%	21%	20%	15%	12%	15%	21%	16%	19%	17%	16%	12%	20%	19%	17%	13%	24%	16%	21%	25%	24%	11%	17%	23%	14%	
Never do it	15%	18%	12%	11%	8%	18%	26%	15%	9%	17%	11%	17%	16%	15%	14%	19%	13%	9%	16%	12%	14%	10%	17%	12%	19%	15%		
Don't know/Refused	3%	5%	1%	2%	1%	0%	1%	3%	6%	2%	0%	2%	0%	2%	1%	2%	0%	1%	1%	1%	0%	2%	3%	2%	0%	1%		

  

Q22F. Think about money																												
	Total	Gender		Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
		M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	39%	43%	35%	44%	41%	39%	26%	44%	37%	33%	45%	36%	40%	48%	31%	44%	43%	39%	38%	37%	43%	40%	38%	28%	45%	38%	33%	
Do it once a day	23%	19%	26%	25%	28%	21%	20%	22%	23%	24%	26%	22%	29%	19%	28%	16%	18%	29%	27%	24%	23%	23%	25%	23%	22%	22%	30%	
Not daily but often do it	16%	16%	16%	19%	14%	15%	18%	13%	18%	19%	17%	16%	14%	17%	14%	18%	18%	15%	15%	17%	8%	21%	14%	20%	13%	15%	19%	
Do it once in a while	16%	15%	18%	12%	14%	21%	24%	13%	17%	20%	10%	21%	14%	12%	22%	17%	17%	15%	18%	18%	17%	14%	18%	21%	16%	19%	13%	
Never do it	4%	4%	4%	1%	3%	4%	11%	5%	2%	3%	1%	5%	3%	3%	5%	4%	3%	2%	2%	4%	7%	2%	3%	7%	3%	6%	5%	
Don't know/Refused	2%	3%	1%	0%	0%	0%	1%	3%	2%	1%	0%	0%	0%	1%	1%	0%	0%	0%	0%	0%	1%	0%	1%	3%	0%	0%	0%	

  

Q22G. Check your email, texts or social media																												
	Total	Gender		Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
		M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	57%	60%	55%	76%	64%	54%	31%	59%	59%	55%	68%	54%	56%	54%	51%	69%	53%	59%	67%	60%	50%	66%	67%	45%	63%	58%	60%	
Do it once a day	18%	15%	20%	13%	21%	21%	19%	15%	21%	19%	17%	19%	21%	22%	16%	15%	18%	20%	18%	16%	20%	23%	16%	21%	15%	16%	20%	
Not daily but often do it	6%	4%	8%	7%	2%	6%	9%	6%	6%	6%	8%	5%	5%	12%	8%	5%	6%	7%	6%	6%	10%	0%	5%	9%	5%	5%	5%	
Do it once in a while	7%	7%	8%	3%	7%	8%	12%	7%	8%	7%	3%	9%	7%	4%	11%	5%	9%	7%	4%	7%	7%	6%	5%	8%	7%	7%	7%	
Never do it	10%	10%	9%	1%	6%	10%	28%	11%	5%	11%	4%	13%	11%	8%	13%	5%	15%	7%	4%	11%	13%	5%	6%	15%	9%	14%	8%	
Don't know/Refused	2%	3%	0%	0%	0%	0%	1%	2%	2%	1%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	1%	2%	0%	0%	0%	0%	

  

Q22H. Take the time to have a relaxed meal with family or friends																												
	Total	Gender		Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
		M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	9%	9%	9%	11%	6%	8%	10%	10%	12%	6%	9%	9%	9%	7%	9%	11%	9%	10%	8%	7%	12%	10%	11%	9%	11%	10%	6%	
Do it once a day	41%	39%	42%	41%	45%	45%	33%	35%	48%	43%	49%	37%	39%	53%	41%	41%	34%	45%	45%	44%	28%	38%	40%	41%	38%	47%	36%	
Not daily but often do it	23%	21%	24%	23%	22%	22%	23%	21%	22%	25%	21%	24%	25%	17%	27%	21%	18%	24%	28%	25%	30%	24%	25%	26%	26%	23%	24%	
Do it once in a while	19%	18%	19%	19%	18%	17%	26%	23%	14%	17%	16%	21%	21%	15%	17%	20%	28%	15%	14%	17%	22%	24%	19%	18%	13%	26%		
Never do it	7%	9%	6%	6%	8%	6%	8%	10%	2%	7%	6%	8%	7%	8%	6%	8%	10%	6%	6%	6%	8%	4%	5%	4%	6%	7%	9%	
Don't know/Refused	2%	3%	0%	0%	0%	0%	2%	2%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	2%	0%	0%	0%		

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Q22I. Do something nice for another person																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	29%	29%	28%	34%	27%	35%	18%	27%	29%	30%	34%	27%	24%	43%	33%	29%	29%	36%	21%	28%	38%	19%	34%	20%	31%	25%	28%	
Do it once a day	31%	27%	35%	31%	38%	31%	28%	28%	35%	33%	33%	32%	38%	28%	29%	30%	27%	30%	45%	34%	22%	37%	30%	34%	33%	38%	32%	
Not daily but often do it	22%	21%	24%	22%	20%	20%	31%	21%	24%	23%	17%	26%	23%	18%	24%	22%	22%	21%	23%	26%	21%	22%	19%	25%	23%	23%	25%	
Do it once in a while	14%	15%	12%	10%	13%	14%	20%	18%	8%	12%	13%	14%	15%	8%	13%	15%	18%	12%	11%	11%	16%	20%	14%	17%	11%	10%	15%	
Never do it	2%	3%	0%	2%	1%	0%	2%	3%	1%	0%	3%	1%	1%	1%	0%	4%	3%	1%	0%	1%	2%	2%	1%	1%	1%	3%	1%	
Don't know/Refused	2%	4%	1%	0%	1%	0%	1%	3%	3%	1%	0%	1%	0%	2%	0%	0%	1%	0%	0%	0%	1%	0%	2%	3%	0%	1%	0%	

  

Q22J. Take vitamins																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	7%	7%	7%	5%	7%	8%	10%	7%	11%	5%	5%	9%	7%	11%	9%	6%	7%	6%	7%	8%	7%	11%	8%	6%	7%	11%	9%	
Do it once a day	43%	38%	48%	31%	46%	47%	59%	35%	50%	49%	39%	47%	48%	45%	56%	31%	38%	47%	47%	48%	46%	40%	40%	53%	40%	56%	53%	
Not daily but often do it	4%	3%	6%	7%	4%	4%	2%	5%	5%	3%	6%	4%	5%	3%	5%	4%	6%	6%	1%	3%	13%	3%	4%	5%	6%	1%	4%	
Do it once in a while	11%	8%	14%	18%	10%	10%	4%	15%	8%	9%	17%	8%	10%	15%	5%	16%	12%	13%	9%	9%	10%	17%	11%	8%	11%	5%	8%	
Never do it	32%	41%	25%	40%	32%	32%	24%	35%	23%	34%	33%	33%	31%	26%	24%	44%	37%	27%	36%	32%	24%	29%	36%	24%	36%	27%	26%	
Don't know/Refused	2%	3%	1%	0%	0%	0%	0%	2%	3%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	2%	3%	0%	0%	0%	

  

Q22K. Make a to-do list																												
	Gender			Age				Region			Children		Religion				Income			Ethnicity			Financially			Party		
	Total	M	F	18-34	35-49	50-64	65+	NYC	Subs	Upst	Yes	No	Cath	Jewish	Prot	Other	<\$50K	\$50K- \$100K	\$100K+	White	Afr Amer /Black	Latino	Better	Same	Dem	Rep	Ind/ Other	
Do it more than once a day	7%	8%	5%	11%	6%	6%	4%	6%	9%	6%	5%	8%	5%	4%	6%	9%	7%	5%	9%	7%	6%	8%	11%	4%	10%	9%	3%	
Do it once a day	20%	12%	27%	18%	28%	20%	13%	18%	19%	23%	22%	19%	24%	26%	19%	17%	18%	20%	25%	22%	20%	13%	18%	20%	19%	20%	27%	
Not daily but often do it	20%	14%	26%	25%	21%	20%	16%	22%	17%	21%	25%	19%	19%	17%	27%	20%	20%	29%	17%	20%	20%	19%	23%	22%	20%	23%		
Do it once in a while	21%	23%	19%	18%	22%	21%	29%	21%	25%	20%	21%	22%	24%	26%	20%	20%	19%	18%	28%	21%	25%	20%	22%	23%	20%	20%	17%	
Never do it	29%	38%	21%	30%	23%	33%	36%	30%	27%	30%	26%	32%	27%	27%	28%	34%	37%	27%	21%	29%	29%	26%	27%	29%	30%	30%		
Don't know/Refused	2%	3%	1%	0%	0%	0%	2%	2%	3%	1%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	2%	3%	0%	0%	0%	

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<b>Nature of the Sample</b>	
<b>New York State Residents</b>	
<b>Gender</b>	
Male	48%
Female	52%
<b>Age</b>	
18 to 34	29%
35 to 49	25%
50 to 64	23%
65 and older	16%
<b>Region</b>	
NYC	43%
Suburbs	21%
Upstate	36%
<b>Children in Household</b>	
Yes	34%
No	63%
<b>Religion</b>	
Catholic	31%
Jewish	9%
Protestant	23%
Other	31%
<b>Race/Ethnicity</b>	
White	57%
African American/Black	13%
Latino	15%
<b>Income</b>	
Less than \$50,000	31%
\$50,000 to \$100,000	29%
\$100,000 or more	25%
<b>Party (Among Registered Voters)</b>	
Democrat	46%
Republican	23%
Independent/Other	23%