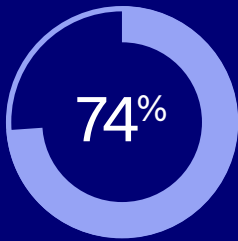


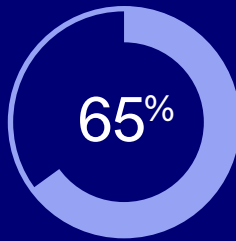


Healthy habits, chronic disease & the confidence gap

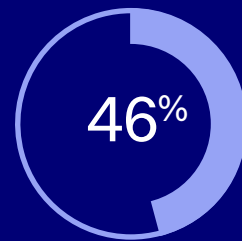
New survey shows Americans believe chronic disease can be prevented—but many feel overwhelmed about how to act



Believe most chronic diseases are preventable. **But only 1 in 4** feel *very confident* caring for their health



Have delayed healthy actions due to feeling overwhelmed or cost concerns. **61% say** they should be *doing more* for their health



Say health guidance is confusing to follow, and of those, **58% point** to conflicting advice from different sources

Millennials say they are the healthiest, and the most worried

- **65%** of Millennials consider themselves very healthy
- **50%** worry about chronic disease
- **58%** say they could be doing more for their health

Health, tech and AI

- **69%** of Gen Z respondents have used a health tracker or app in the last 12 months; of those, **93%** report a positive change in health habits, with **58%** stating a lasting change – higher than other generations
- Gen Z is turning to digital guidance: they are just as likely to seek health advice from AI tools as from family or friends (**12%**)

Nutrition: valued, but hard to manage

- **96%** say nutrition helps prevent chronic disease
- Only **30%** say they eat “very healthy”
- **42%** say healthy food costs too much

Parents feel the stakes and the pressure

- **94%** believe their children’s habits today affect long term health
- **71%** worry their child could develop a chronic disease
- **88%** feel pressure to model healthy habits
- **40%+** admit they don’t always model healthy behaviors themselves

Why Abbott is sharing this data



For more than a century, Abbott has worked to help prevent, diagnose and manage chronic disease. These findings highlight a growing gap between what Americans believe about health and how confident they feel acting on it, especially families navigating cost, complexity and information overload.

Small steps still matter



Start small – short walks, more water, one habit at a time



Add nutritious foods instead of aiming for perfection



Schedule daily self-care



Keep track of the basics



Maintain preventive care, including annual check-ups

Learn more
Abbott.com/HealthyHabits

Abbott can provide medical expert commentary on the survey findings, healthy habits and chronic disease prevention:

Dominique Williams, MD, MPH

Nutrition Medical Director, Abbott

Expertise: nutrition, weight management, family health, practical habit building

For more information, contact caitlin.hudspeath@abbott.com

Abbott's leadership in chronic disease

At Abbott, we are bringing scientific expertise to the table across our leading businesses in diabetes care, cancer diagnostics, nutrition and cardiovascular health.

In addition to our products and technologies, Abbott supports a number of community-based programs and partnerships focused on nutrition and health access including *Future Well™* Communities, *Future Well Kids*, Real Madrid Foundation, Sesame Workshop, Healthy Food Rx and more to reduce chronic disease risk and help people live better, healthier lives.