



# On the M/A/R/C®

Bringing health into focus

The additional strain on mental health caused by COVID-19 is likely to extend past the pandemic.



3 out of every 10 Americans are currently experiencing low emotional well-being, with 1 in 10 likely depressed.

Of those with low emotional well-being, 4 in 5 do not feel their health and well-being will improve post-pandemic.



Physical health plays a role in overall health and emotional well-being. Of those experiencing a low emotional state, 72% suffer from chronic conditions.

## Isolation is a Key Factor

Fewer than 50% are proactive in improving health and well-being



54% do not spend leisure or quality time with family



58% do not interact socially in-person, online, or by phone



Results based on a nationally representative survey conducted by M/A/R/C® Research of 1,000 respondents in February, 2021. Emotional well-being modeled using the [WHO-5 Well-Being Index](#).

We'd love to share more!

Let's Connect: Follow us on [LinkedIn](#)

[marketing@marcresearch.com](mailto:marketing@marcresearch.com)

(800) 884-6272

[www.marcresearch.com](http://www.marcresearch.com)

