



On the M/A/R/C®
Bringing health into focus

MALE GEN XERS ARE EXPERIENCING ANXIETY AND APATHY AT HIGHER LEVELS THAN OTHER GENERATIONS



Men's Health Awareness Month

M/A/R/C's research indicates that Gen X men are weighed down by anxiety for themselves and others, a potentially troubling sign for their long-term health outlook.

Consistent with M/A/R/C's findings, a study from The Ohio State University concluded that measures of physical health have worsened for Gen Xers.

"...without effective policy interventions, these disturbing trends won't be temporary, but a battle we'll have to continue to fight.*"

- Hui Zheng, author of the OSU study

	Generation X	Other Generations	Difference
Has At Least One Condition (Net)	86%	73%	+13
Feelings of anxiety or fear	35%	20%	+14
Disinterest/apathy/lack of motivation	32%	17%	+15
Change in sleeping habits	31%	21%	+10
Worried about safety for self or others	28%	17%	+11
Changes in eating habits	28%	13%	+14
Inability to relax	28%	12%	+16

Source: M/A/R/C Research survey, February 2022

Gen X men trail other generations in PCP visitation, reducing their opportunity to tap into needed resources to address the impact of anxiety and apathy issues..

Visit Their Primary Care Provider Two or More Times/Year



Source: M/A/R/C Research survey, February 2022



Gen Xers' needs can be lost, sandwiched between society's more overt focus on millennials and boomers. Visibility and prioritization need to better address issues specific to male Gen Xers.

Resources focused on managing anxiety and increasing preventative healthcare practices should be targeted to Gen X men as well.

Contact us to learn more about our men's health research

*Source: Ohio State University study published March 2021 in the American Journal of Epidemiology

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

healthcare@marcresearch.com

(800) 884-6272

www.marcresearch.com