

Mobile Health App Use Among Older Adults

February 2022



These questions are about mobile health apps, which are programs that run on smartphones or tablets that can:

- Keep track of your health information (e.g., such as, diet, exercise, weight loss, or sleep)
- Give you information about health
- Help you share information with your healthcare professional

Q1. Do you use any health apps?

1. Yes, currently use
2. No, but have used in the past
3. No, have never used

If Q1 = 2 or 3

Q2. Why don't you currently use health apps?

Please select all that apply.

1. Not sure they could help
2. Don't know how to get/use them
3. Not interested
4. Cost
5. Never thought about using them
6. Not comfortable with technology
7. Don't have a smartphone/tablet
8. Other



If Q1 = 1 or 2

Q3. Do you or have you ever used health app(s) for...

	Currently use	Stopped using	Have never used
Nutrition/diet			
Exercise/physical activity			
Weight loss			
Sleep			
Mental health/stress management			
Blood pressure			
Meditation			
Other			

If Q1 = 1 or 2

Q4. How do you/did you use health apps?

Please select all that apply.

1. Keep track of your health (such as diet, exercise, weight loss, or sleep)
2. Share or compete with family/friends
3. Get information about health
4. Share information with your healthcare provider(s)
5. Other

If Q1 = 1 or 2

Q5. How confident are you that your personal data on health apps will be kept private and secure?

1. Very confident
2. Somewhat confident
3. Not confident

Q6. Do you have diabetes?

1. Yes, type 1
2. Yes, type 2
3. Yes, other (not type 1 or type 2)
4. Yes, don't know which type
5. No

If Q6 = 1 or 2, and Q1 = 1 or 2

Q7. Do you currently use a health app to track your blood sugar?

1. Yes
2. No, but I may be interested in using one
3. No, and I am not interested in using one

If Q6 = 1 or 2 and Q1 = 1 or 2

Q8. Do you currently use a health app to track your diabetes medication?

1. Yes
2. No, but I may be interested in using one
3. No, and I am not interested in using one

If Q6 = 1 or 2

Q9. Continuous glucose monitors (CGMs) repeatedly check your blood sugar for 10–14 days using a small patch worn on your skin. They do not require any finger sticks.

What statement best represents your experience with CGMs?

1. Never heard of CGMs
2. Heard of CGMs, but have never used one
3. Used a CGM in the past, but do not use one now
4. Currently use a CGM

If Q9 = 1, 2, or 3

Q10. How interested are you in using a CGM now?

1. Very interested
2. Somewhat interested
3. Not interested

Data Source and Methods

This National Poll on Healthy Aging report presents findings from a nationally representative household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan's Institute for Healthcare Policy and Innovation. National Poll on Healthy Aging surveys are conducted using NORC's AmeriSpeak probability-based panel. This survey module was administered online and via phone in August 2021 to a randomly selected, stratified group of U.S. adults age 50–80 (n=2,110). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau. The completion rate was 64% among panel members contacted to participate. The margin of error is ± 2 to 3 percentage points for questions asked of the full sample and higher among subgroups.

Findings from the National Poll on Healthy Aging do not represent the opinions of the University of Michigan. The University of Michigan reserves all rights over this material.

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