



GREENBERG QUINLAN ROSNER RESEARCH

Medication Adherence

A survey of adults nationwide

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Methodology and Scope of Work

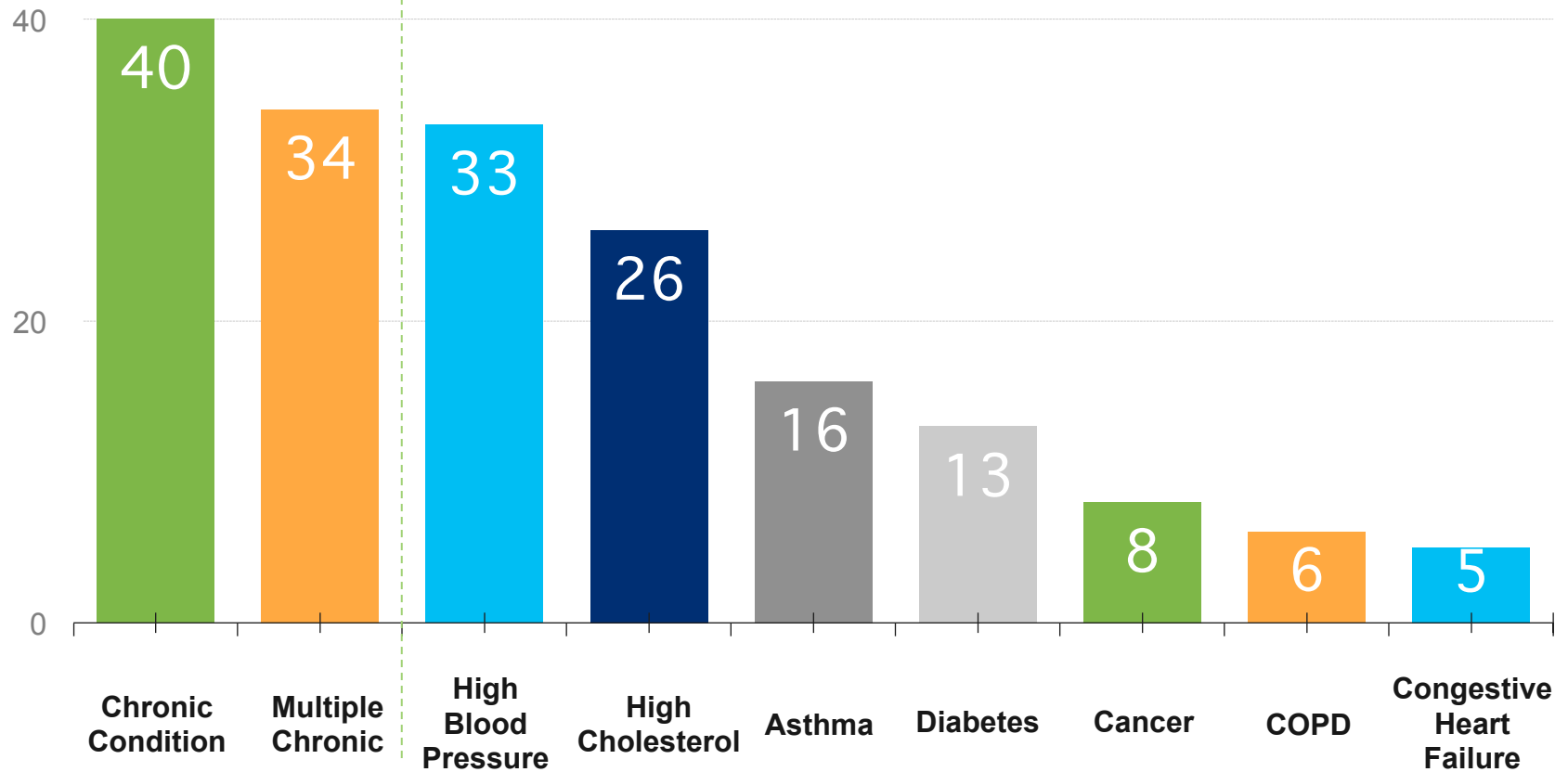
- On behalf of the Council for Affordable Health Coverage, Greenberg Quinlan Rosner Research and Public Opinion Strategies conducted a survey among 800 adults nationwide conducted April 3-9, 2013.
- Interviews were conducted by live telephone interviewers; 33 percent of all respondents were on a cell phone. Upon completion of all interviewing, the results were weighted to reflect the total population of adults, balancing on regional and demographic characteristics according to known census estimates.
- The data are subject to a margin of error of +/- 3.5 percentage points at the 95 percent confidence level.

Key Findings

- Americans with chronic conditions face challenges in adhering to prescription medication regimens; many are dealing with multiple chronic conditions and managing several different prescriptions.
- Nearly two-thirds of Americans taking medications are not adherent to their medication regimen.
- Lack of adherence to prescription medications has a real impact on health and quality of life; those who are less adherent on medications feel less healthy than those who are most adherent.

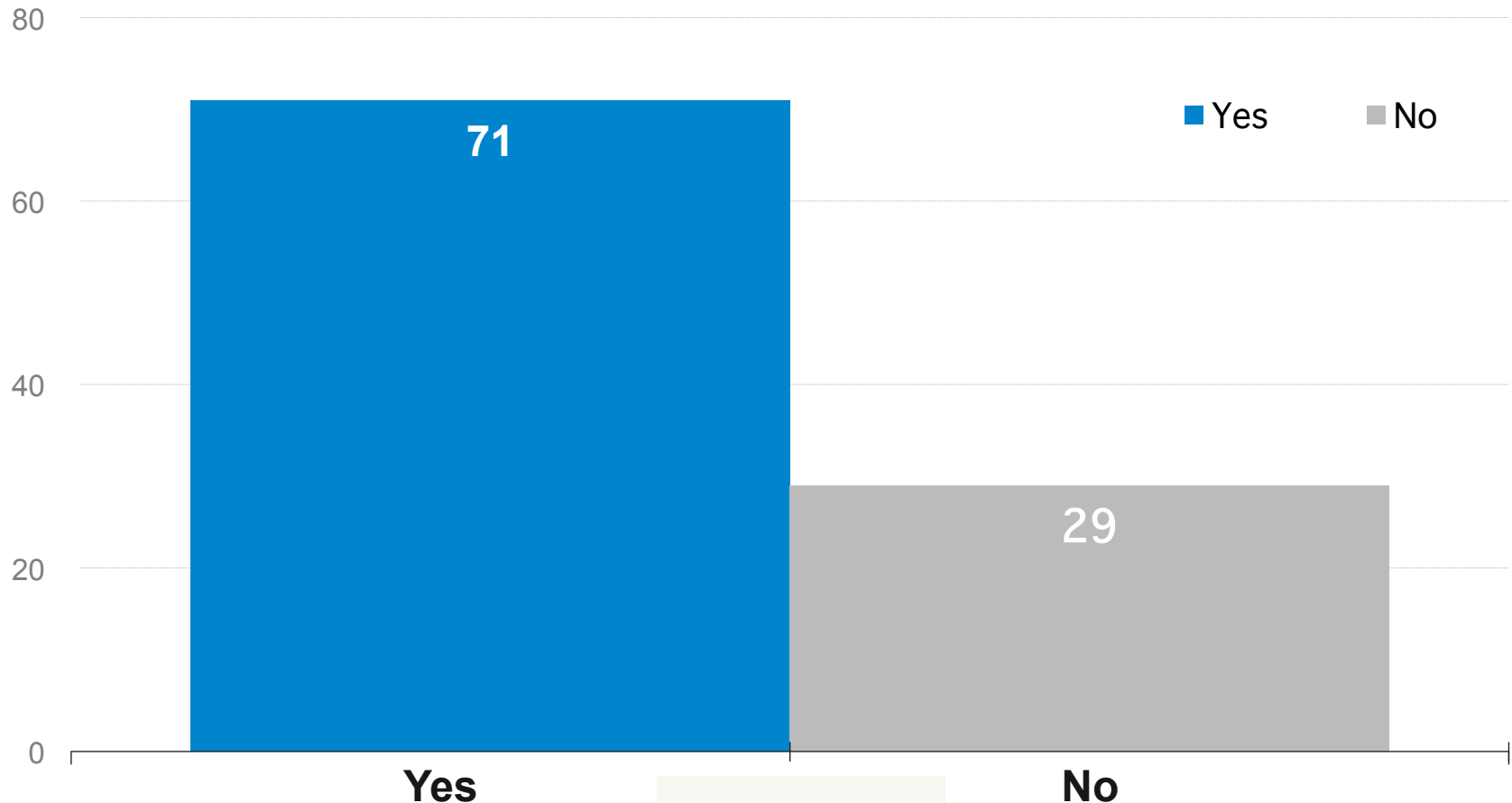
40 percent of American Adults Have 1 or More Chronic Conditions

I am going to name some of the long-term health problems or chronic conditions I just mentioned. For each one I read, please tell me if a doctor has ever told you that you have this condition. Please answer "Yes" or "No" for each one.



Nearly Three-Quarters of Those with Chronic Conditions Have Been Prescribed Medications

Are you currently taking or has your doctor prescribed for you medicine to treat or manage a chronic health condition like the ones I just mentioned, including asthma or COPD, diabetes, high blood pressure, high cholesterol, congestive heart failure, cancer, or any other chronic health condition?



Chronic Patients, Older, Lower Income Americans Are More Likely to Manage Multiple Medications

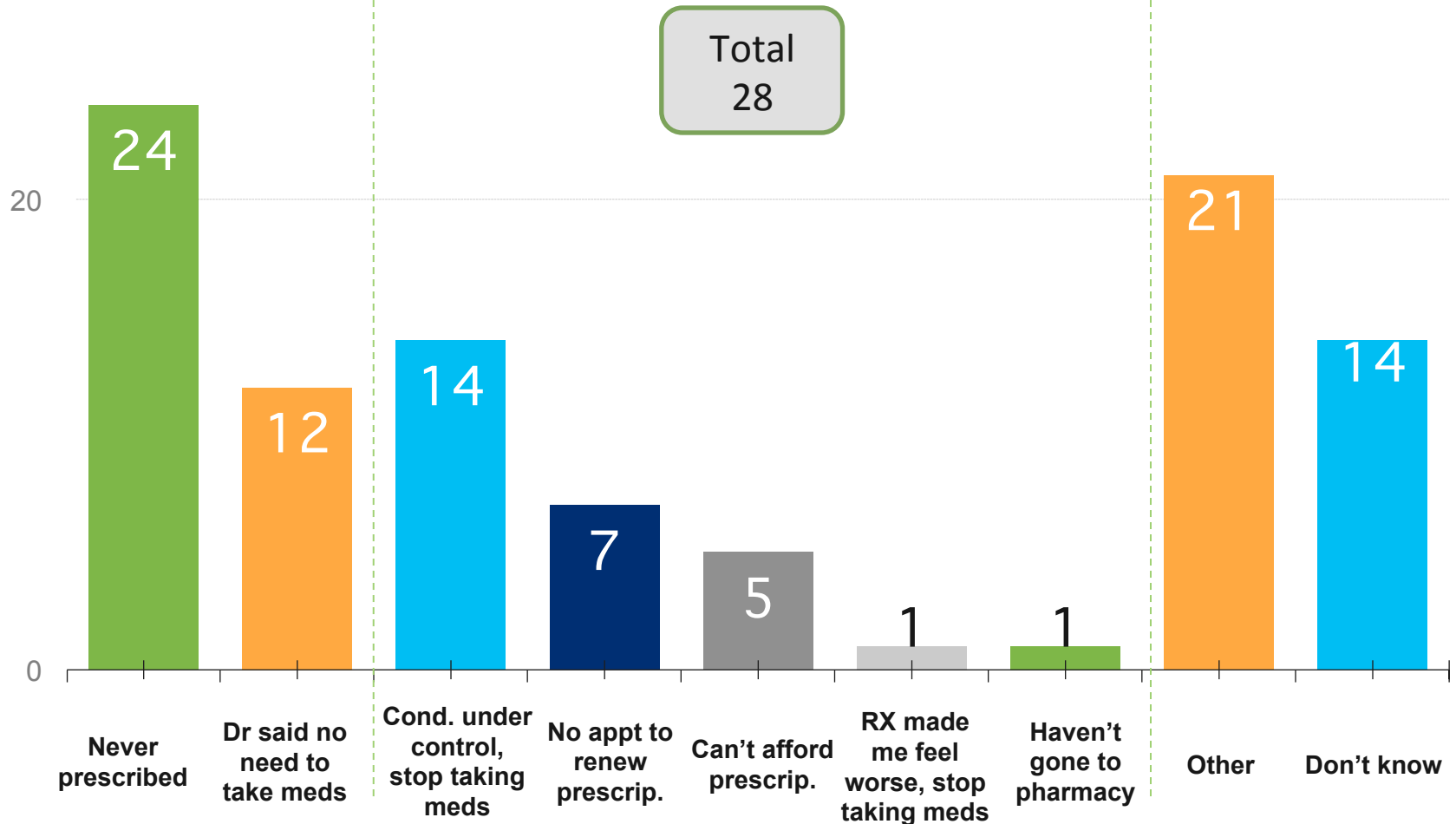
In the past 30 days, how many different medications that were prescribed by a doctor (other than birth control) have you taken or are supposed to be taking?

	Mean number of medications
Total	2.2
Chronic	4.5
Not Chronic	0.6
Under 50	0.9
Over 50	3.8
Diabetes	6.1
High blood pressure	4.9
High cholesterol	4.6
Cancer	4.2
Asthma	2.9
Less than 30k	2.8
30-50k	2.3
50-75k	1.6
75k or more	1.9

Adherence Levels

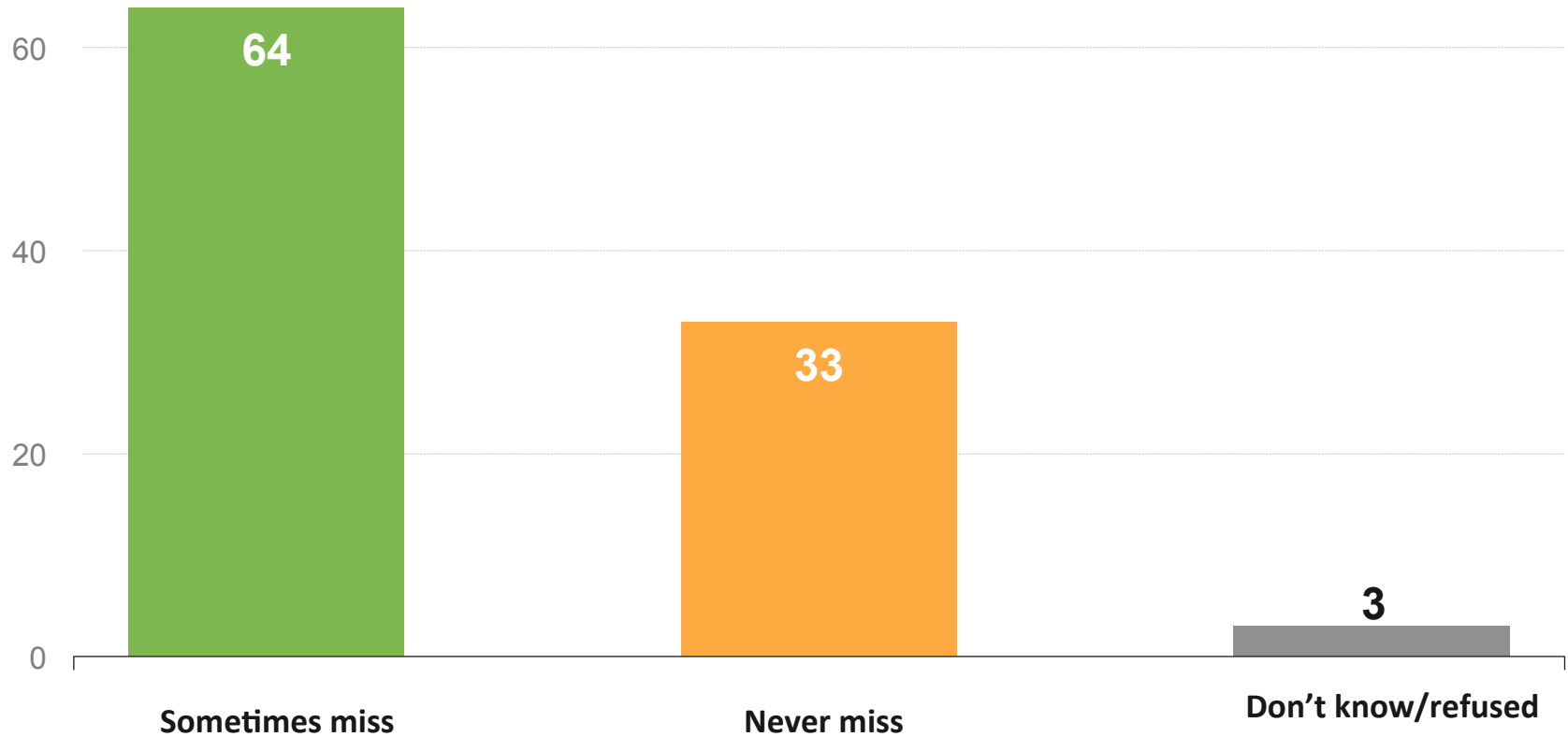
More than 1-in-4 Americans with Chronic Conditions Stop Adhering without Consulting Their Doctor

*This question was asked of those who answered “no” when asked if they were currently taking medicine or were prescribed a medication for their chronic health condition



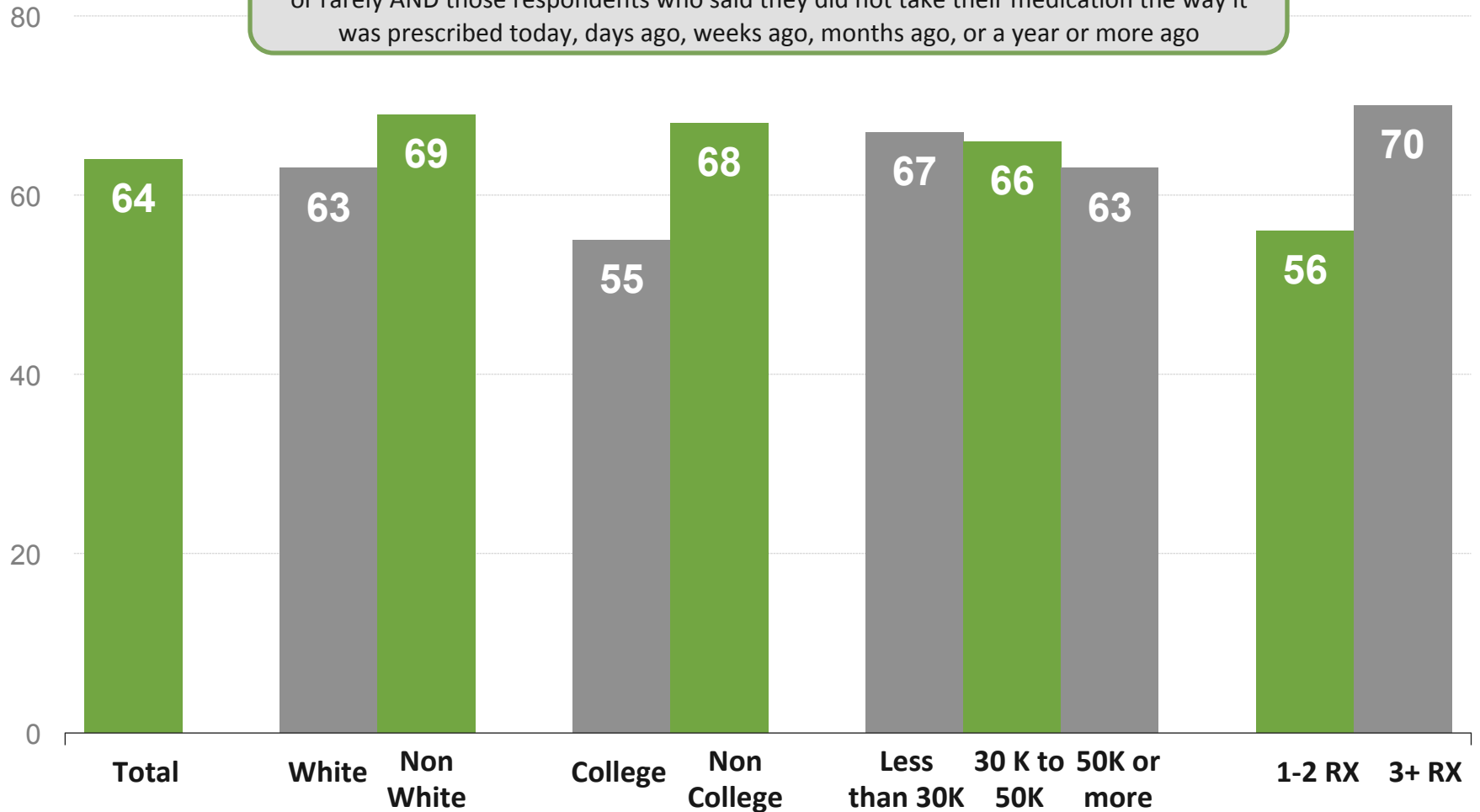
Nearly Two Thirds of Americans who Take Medications Do Not Take Them as Prescribed

* Sometimes miss is defined as those respondents that say they: they have difficulty remembering to take their medication all of the time, usually, sometimes, once in awhile, or rarely AND those respondents who said they did not take their medication the way it was prescribed today, days ago, weeks ago, months ago, or a year or more ago



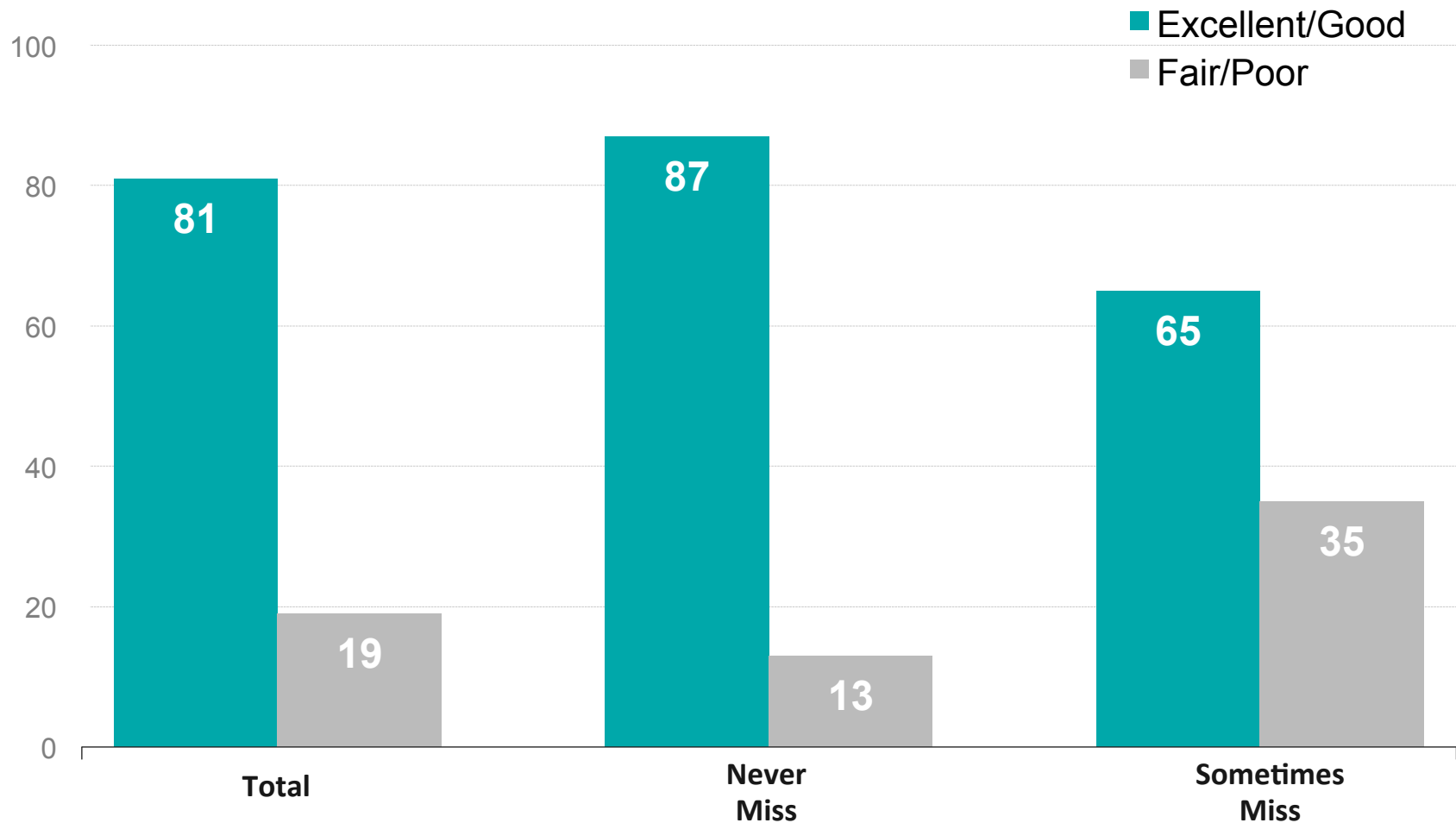
Across Subgroups, Non-adherence is Consistently Greater than 50 Percent

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Those Who Take Medications Properly Report Themselves as Much More Healthy

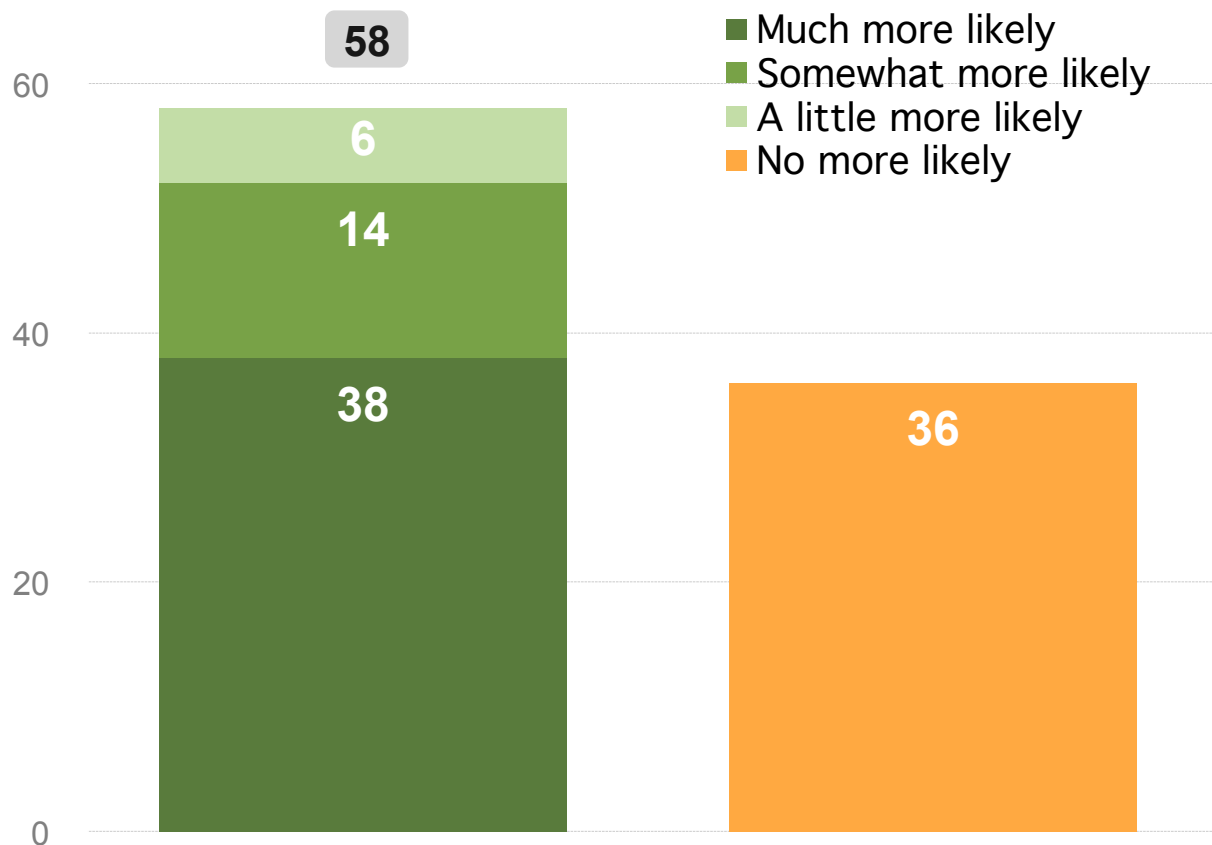
To start, would you say in general your health is: excellent, good, only fair, or poor?



Strategies For Improving Adherence

More Information about Medicines and Consequences of Not Taking Them as Prescribed Would Make Most People Taking Medicines More Likely To Adhere

(CHRONIC PATIENT OR TAKE PRESCRIPTION MEDICATIONS OR ONE OR MORE IN NUMDRUGS) If your doctor, pharmacist, or other health care professional provided more information about the medicines that are prescribed to you and the consequences of not taking all of your medicine as prescribed, would you be much more likely, somewhat more likely, a little more likely, or no more likely to take all of your medicine as prescribed?



Groups That Disproportionately Reported Additional Information Would Make Them More Likely To Adhere:

- Less adherent
- Diabetes patients
- Asthma patients
- Non-college
- Non-white

Better One on One Communication about Medications, Coordination of Care, and Access to Tools Seen as Effective Ways to Increase Adherence to Prescriptions

Now, I am going to read you some things that could be done to make sure people with chronic conditions take their medicine as prescribed. For each, please tell me whether you think it would be very effective, somewhat effective, not too effective, or not at all effective in helping people with chronic conditions take their medicine as prescribed.

	Very Effective	Total Effective
Provide clear and easy to understand information about prescription medication and how to take it properly.	64	92
Create better information technology to give all of a patient's doctors and health care providers an accurate, up-to-date list of all of the medications filled by that patient.	58	89
Encourage increased discussion between patients and doctors specifically about their medications, the risks associated with not taking them as prescribed, and how to address any challenges to their taking medications as prescribed.	56	89
Change how health plans pay for medications to allow pharmacists to sync up a patient's prescriptions so that they can all be filled on the same day each month.	56	87
Provide tools to help patients keep track of taking their medications, like pill boxes, electronic devices, or apps on their phones.	55	86

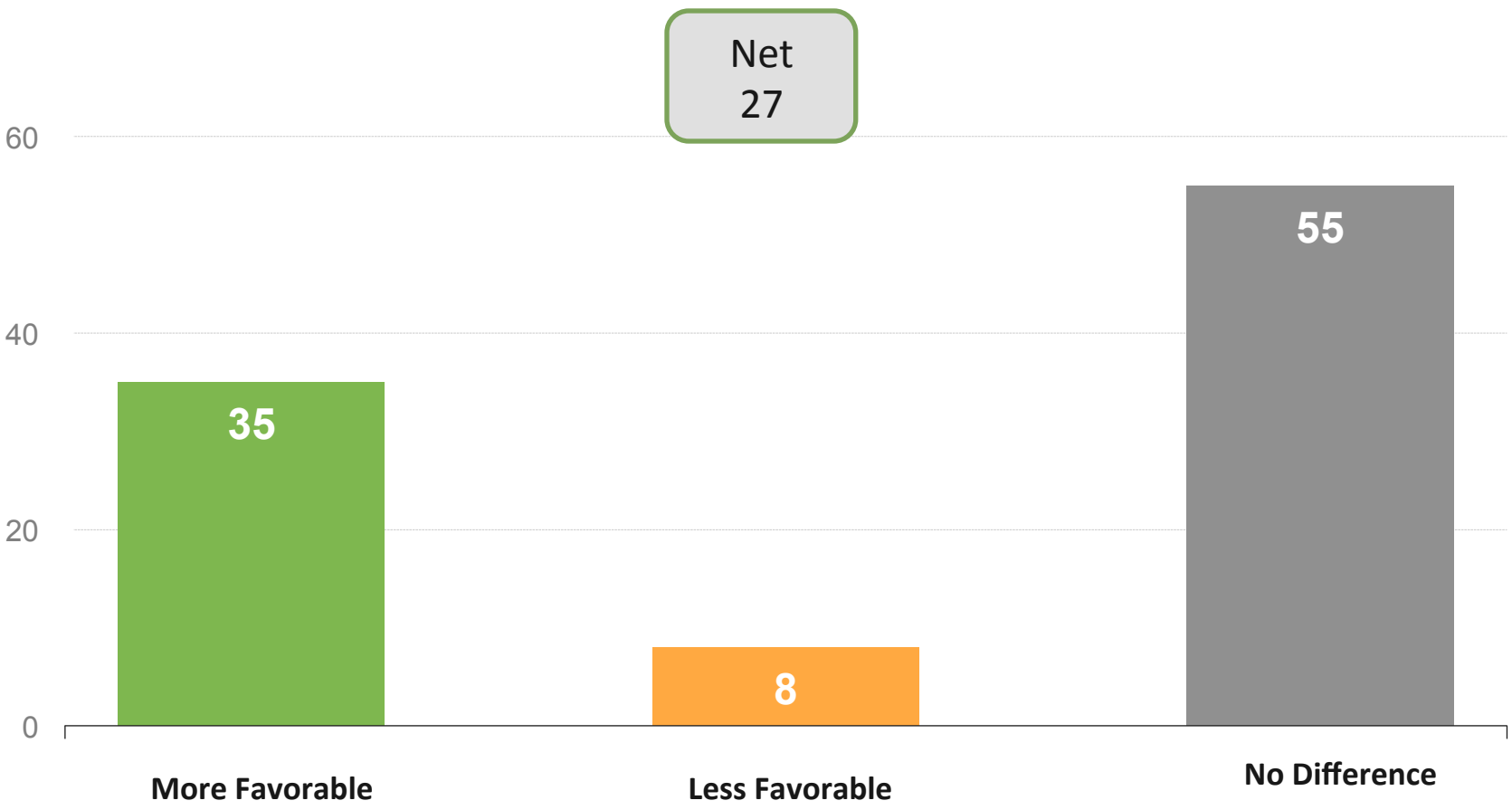
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	Very Effective	Total Effective
Send reminders by e-mail or phone to patients to remind them to take their medicine or refill their prescriptions.	42	77
Encourage health care providers to work on improving patient use of prescription medications by rewarding health care providers that do the best job helping their patients take their medicines as prescribed.	36	71
Pay pharmacists more for spending time to counsel and educate patients about their medications, risks associated with not taking them as prescribed and how to address any challenges to their taking medicine as prescribed.	34	68
Increase government funding for research to find the most effective ways for doctors, nurses, and pharmacists to help patients take their medicines as prescribed.	34	63

Americans Are Four Times More Favorable Than Less Favorable Toward a Member of Congress Who Supports Proposals that Help People Adhere to Their Medication

If you learned that your Member of Congress was committed to supporting proposals and strategies to help individuals with chronic conditions to take their medicine as prescribed, would this give you a more favorable or less favorable opinion of your Member of Congress, or would it not make much of a difference in your opinion of them one way or the other?



Opportunities Identified By Survey Respondents

- Increase **one-on-one** communication between patients and health care professionals.
 - Patients follow the advice of their doctors about adherence based on discussions of consequences of not taking medications as prescribed.
 - Americans who take medications say more information about their medications and the consequences of not taking medications as prescribed would make them more likely to adhere.

Opportunities Identified by Survey Respondents

- Use information technology to coordinate care in ways that help make it easier for Americans with chronic conditions to take medications as prescribed.
 - Changing medical plans to help sync prescriptions so that patients can fill multiple prescriptions at one time.
 - Improve information technology to allows all of a patient's health care partners to see current accurate information on filled prescriptions.
- Make tools like pill boxes, phone apps, and electronic reminders accessible to patients with chronic conditions to help them adhere to their prescriptions.

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