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**Patients Overwhelmingly Believe in Partnership With Their Clinicians to Improve Overall Health**  
*National survey also reveals people see benefits in monitoring and sharing their health information between visits*

Newburyport, MA, February 2, 2016 – An astounding 88 percent of American adults believe that working with their health care professional as a partner will help them better manage their health, according to a survey released today by the Society for Participatory Medicine and conducted by ORC International. The survey also revealed that overall 84% felt that tracking their own health data between visits - such as blood pressure, heart rate, respiratory rate, glucose, physical activity and other key health metrics - with an easy-to-use device and sharing it with their health care professional would help them better manage their health, with 77% of respondents feeling it was equally important to both themselves and their health care professional.

“What this survey points out is that patients want to become engaged in their own health and collaborate with their health care professionals,” said Daniel Z. Sands, MD, MPH, co-founder and co-chair of the Society for Participatory Medicine and a practicing physician. “Patients view themselves as key contributors of health data to manage their own health between visits, and to share during visits. Ultimately, we believe that this will lead to improved patient outcomes and lower costs to the health care system.”

The survey also revealed that:

- 76 percent of adults would use a clinically accurate and easy-to-use personal monitoring device and 57 percent of respondents would like to use it themselves and also share that information with their health care professional.
- 81 percent of adults would be more likely to use a personal monitoring device if their health care professional recommended it.

Dr. Sands went on to say, “Increasingly, patients are actively monitoring their own health data to better self-manage their health and collaborate with their health care professionals. Self-monitoring is a vital component of an efficient and high-functioning health care system. This survey confirms that this concept resonates with the public and that most respondents are willing to utilize technology to gather this data to improve their health.”

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### **About the Society for Participatory Medicine**

**The Society for Participatory Medicine (SPM)** is a 501(c)(3) not-for-profit membership organization devoted to promoting the concept of participatory medicine, a movement in which activated patients engage as drivers of their health, and in which providers encourage and value them as full partners. SPM does this by stimulating dialogue, influencing policy, advocating research, and educating patients, health care professionals, and others. SPM members are stakeholders from across the health care continuum. Click [here](#) to learn more about the Society for Participatory Medicine and becoming a member.

### **About the Survey**

The ORC International Telephone CARAVAN® survey was conducted December 10-13, 2015. The study was conducted using two probability samples: randomly selected landline telephone numbers and randomly selected mobile (cell) telephone numbers. The combined sample consists of 1,012 adults (at least 18 years of age) living in the continental United States (507 male, 505 female.) Of the 1,012 interviews, 512 were from the landline sample and 500 from the cell phone sample. The margin of error for the sample of 1,012 is +/- 3.08% at the 95% confidence level.

Surveys were collected by trained and supervised US based interviewers using ORC International's computer assisted telephone interviewing (CATI) system. Final data is adjusted to consider the two sample frames and then weighted by age, gender, region, race/ethnicity and education to be proportionally representative of the US adult population.

Contact: [info@participatorymedicine.org](mailto:info@participatorymedicine.org), with any questions and click [here](#) for for a full copy of the survey methods and results.

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