



# cb2insights

## **CB2 HEALTH PULSE AUGUST 2020**

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CB2 Health Pulse is a monthly publication that highlights data and interesting findings from a real-world data registry of over 100,000 patients in an integrative care setting focused on improving future health outcomes for patients.



IN THIS EDITION

- Health Ratings – Where Do You Fall?
- Are Males Healthier Than Females?
- Common Cold Treatments – The Breakdown.

INTRODUCTION TO CB2 INSIGHTS

CB2 Insights owns and operates clinics in the United States that put the patient at the center of their health and wellness journey in an integrative care setting. We are proud to provide care to more than 100,000 patients on an annual basis.

CB2 Insights maintains a real-world data registry of patient health outcomes with the goal of improving patient care, providing individualized feedback, and generating insights for the medical and academic communities.

The objective of the CB2 Insights Health Pulse is to highlight data and interesting findings from the real-world data registry with a focus on improving future health outcomes for patients.

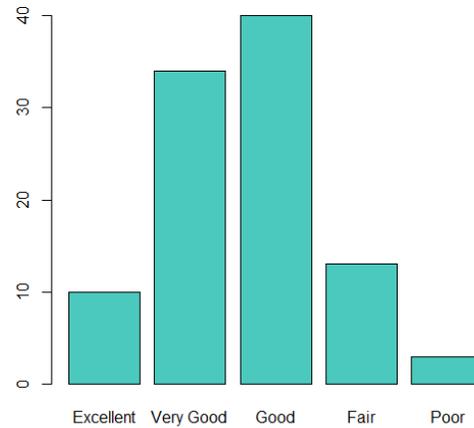
HOW DO INDIVIDUALS RATE THEIR OWN HEALTH?

As part of our Wellness, Cannabis and COVID-19 survey conducted earlier in 2020, we hoped to gain insights into how individuals assess their own health, here is what we found:

708 responses      58% female      42% male      45 average age

Most respondents thought they were healthy, rating their health as good or very good. Males tended to rate their health as very good more than females while females tended to rate their health as fair more than males, but the overall reporting between genders was similar.

Self-Reported Health Ratings:



The graph above shows the proportion of patients who rated their health as excellent, very good, good, fair and poor as part of the Wellness and COVID-19 Survey conducted by CB2 Insights.

A finding that stood out was that **as health rating decreased the average age increased**. The average age of those who reported their health as excellent was 42, compared to an average age of 48 among those who rated their health as poor. The correlation between health rating and age was apparent in the data, but we wonder, does your perception of health actually align with how often you are getting sick?



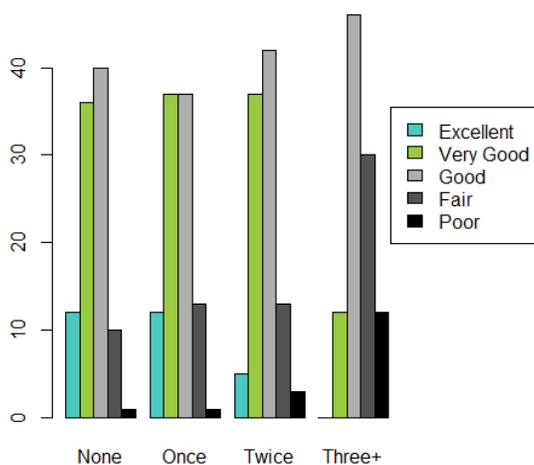
The graph above shows the average age of individuals for each health rating, from the Wellness and COVID-19 Survey.

## HOW OFTEN: ARE INDIVIDUALS FALLING ILL?

To gain further insights into the health of respondents, we asked how often they had been sick with a common cold, cough or flu-like symptoms in the last three months. This is what we found:

- **46%** reported not having any acute illnesses in the last three months.
- **31%** reported being sick once
- **11%** reported being sick twice
- **11%** reported being sick three or more times

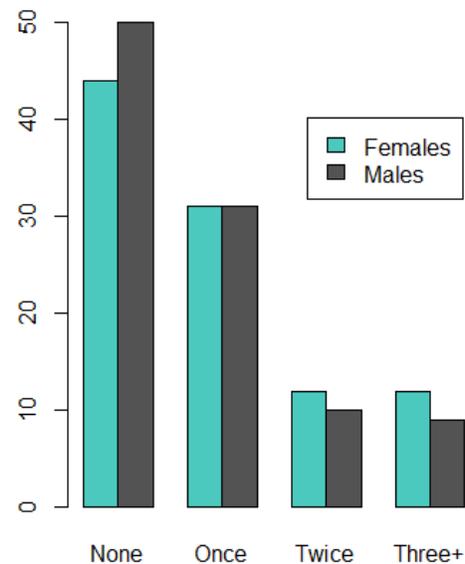
Among respondents who reported not being sick, or only being sick once or twice, the general distribution of their health rating was similar. However, among those who reported being sick three or more times, there was a significant shift towards fair and poor health ratings, with no one reporting excellent health. Think about how often you catch a cold – does that impact how you would rate your health overall?



The graph above shows the distribution of each health rating by the number of times respondents reported getting sick, from findings of the Wellness and COVID-19 survey.

## DO MALES & FEMALES GET SICK AT THE SAME RATE?

Males and females reported getting sick at different rates also – 50% of males reported getting sick at least once in the previous three months, compared to 56% of females. Further to this, females were more likely than males to report being sick two or more times. If females are getting sick more frequently than males, do they experience these acute illnesses differently too?



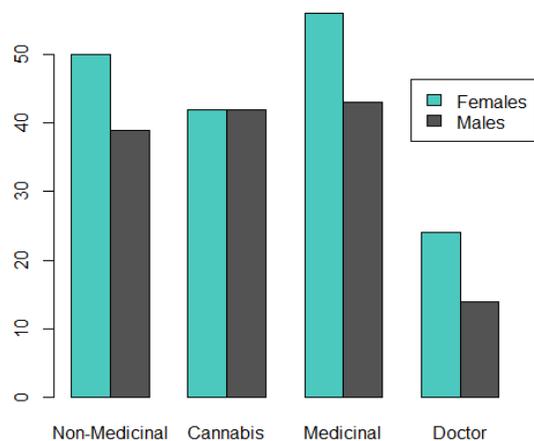
The graph above shows the percentage of males and females by the number of times they reported getting sick, from findings of the Wellness and COVID-19 survey.

## LET'S BREAK IT DOWN...

In every aspect, females were more likely to report a worse experience with their illness than males – contrary to the popularly known “man cold”. Females were 15% more likely than males to rate their illness as moderate or severe, compared to mild, and were 14% more likely to report missing school, work or an important social event due to their illness than males. Males also reported a shorter duration of their illness, with 69% of males reporting their illness lasting a week or less.

Males and females also treated their illnesses differently – 93% of females used some form of treatment, compared to only 80% of males. Apart from using cannabis as a

treatment, which males and females reported at the same rate, females reported using all other treatment modalities, such as non-medicinal therapies, over-the-counter medications and accessing a clinic or doctor, more than males. These findings follow a similar trend to what is seen in the medical literature – females tend to access health services more than males, and report higher morbidity, but is that what you would have guessed? What might be contributing to females falling ill more frequently, or reporting worse experiences with their illnesses?



*The graph above shows the percentage of males and females who reported using each treatment for their last acute illness. Respondents could report multiple treatments.*

On a final note, it is interesting to see that non-medicinal treatments such as rest, hot beverages and essential oils are used almost as frequently as over-the-counter medications, as is treatment with cannabis. What are you most likely to reach for when get sick next – echinacea tea and a diffuser, Tylenol Cold and Flu, or a joint?

## UP NEXT: CB2 HEALTH PULSE

- An integrative approach: What other alternative treatments are patients using?
- There's not just one way to do it: How do patients consume medical cannabis?
- Insights from the largest cannabis retrospective study to date

### CB2 HEALTH PULSE

We will be releasing additional data and insights on a monthly basis.

### QUESTIONS?

Want to see something featured? Let us know!  
Email: [datareport@cb2insights.com](mailto:datareport@cb2insights.com)