

# Views on Medication Deprescribing Among Adults Age 50–80



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[www.healthyagingpoll.org](http://www.healthyagingpoll.org)



**Q1. How many different medications do you take in a typical week? Count each medication one time regardless of the number of times that you take it per week.**

	0	1–2	3–4	5 or more
a. Prescription medications				
b. Over-the-counter medications				
c. Dietary supplements such as vitamins, minerals, or herbal or natural supplements				

**Q2. In the past two years, have you stopped taking a prescription medication that you took for more than a year?**

1. Yes
2. No



If Q2 = yes

**Q3. Think about the most recent prescription medication that you stopped after taking it for at least a year. Were any of the following part of the reason for stopping the prescription medication?**

	Yes	No
a. My health condition or its symptoms had improved or resolved		
b. The medication was not providing enough benefit		
c. The medication caused side effects or other problems		
d. The medication was too expensive		
e. I started a different medication that my health care provider thought would be better		

If Q2 = yes

**Q4. Did you talk with a health care professional before making the decision to stop the prescription medication?**

1. Yes
2. No

If Q2 = yes

**Q5. How comfortable were you stopping the prescription medication?**

1. Very comfortable
2. Somewhat comfortable
3. Somewhat uncomfortable
4. Very uncomfortable

If Q4 = yes

**Q6. How helpful was it to talk with a health care professional before making the decision to stop the prescription medication?**

1. Very helpful
2. Somewhat helpful
3. Not helpful

If Q1a = 2, 3, or 4

**Q7. How often do you expect that your health care provider to review each of your prescription medications to determine if they are still all necessary, safe, and working well for you?**

1. At every visit
2. Once a year
3. Every few years
4. No expectation



If Q1a = 2, 3, or 4

**Q8. Please rate your level of agreement with the following...**

	Strongly agree	Agree	Unsure	Disagree	Strongly Disagree
a. Sometimes I think I take too many medicines.					
b. If my health care provider said it was possible, I would be willing to stop one or more of my prescription medicines.					

If Q8b = 1 or 2

**Q9. Think about ONE prescription medication that you would be MOST interested in stopping, if your health care provider said it was possible. Why do you take this medication?**

- Heart disease or heart-related prevention (including high blood pressure, high cholesterol)
- Diabetes
- Respiratory disease (such as asthma, bronchitis, or emphysema)
- Brain-related issues (such as anxiety, difficulty sleeping, depression, bipolar disorder, memory loss, dementia)
- Pain (such as from arthritis, an injury, chronic pain, or nerve pain)
- Digestive conditions (such as heartburn, reflux, constipation, or irritable bowel syndrome)
- Kidney and bladder issues (such as urine leakage, incontinence, not being able to empty the bladder, urinary tract infections, or kidney disease)
- Not sure why
- Other reason

If Q8b = 1 or 2

**Q10. How likely would you be to ask the health care provider who prescribed the medication for advice about whether you could stop the medication you are most interested in stopping during your next visit?**

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely



If Q1a, 1b, or 1c = 2, 3, or 4

**Q11. Overall, how much do you think the following medications you are taking are helping you?**

	A lot	Somewhat	Not enough	Don't know
a. Prescription medications				
b. Over-the-counter medications				
c. Dietary supplements such as vitamins, minerals, or herbal or natural supplements				

**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 January 2023 to a randomly selected, stratified group of U.S. adults age 50–80 (n=2,563). The sample was subsequently weighted to reflect population figures from the U.S. Census Bureau. The completion rate was 61% among panel members contacted to participate. The margin of error is ±1 to 3 percentage points for questions asked of the full sample and higher among subgroups.

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