

THURSDAY APRIL 14, 2016

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Questions and tables are available during embargo at:

http://eagletonpoll.rutgers.edu/new-wp/wp-content/uploads/2016/04/release_04-14-16-Embargoed.pdf.

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**END-OF-LIFE CARE IN NEW JERSEY:
MAJORITY HAS THOUGHT ABOUT, DISCUSSED PLANS BUT FAR FEWER HAVE
WRITTEN A LIVING WILL**

**Limited awareness of advance care planning documents, palliative care; more widespread
knowledge of hospice**

NEW BRUNSWICK, N.J. – In advance of [National Health Care Decisions Day](#) on April 16, more than six in 10 New Jerseyans say they are mostly comfortable with getting older and have even thought about and discussed their wishes for medical treatment near the end of their life. What residents are actually doing to prepare for this moment, and how familiar they are with important end-of-life care options, is another story, however.

In the inaugural [Rutgers-Eagleton/New Jersey Health Care Quality Institute](#) Health Matters Poll, 61 percent of New Jerseyans say they are comfortable thinking about the idea of getting older; 19 percent are not comfortable with it but still think about it, and 17 percent would rather not think about it at all.

A similarly solid majority has thought about their wishes for end-of-life care (33 percent have given some thought, another 33 percent a great deal), and 62 percent have had a conversation with someone about it in the event they become terminally ill or are suffering from a great deal of pain.

But six in 10 New Jerseyans have not put their wishes in writing. And while most residents (78 percent) are familiar with [hospice care](#) and half (50 percent) know of the [New Jersey State Advance Directive](#), far fewer recognize other crucial end-of-life care options like [palliative care](#) (45 percent), the living will advance directive “[Five Wishes](#)” (24 percent), or the Physician Orders for Life-Sustaining Treatment form known as [POLST](#) (27 percent).

“People care and think about end-of-life plans, but they are not taking action and are mostly

unaware of what opportunities are available,” said Linda Schwimmer, president and CEO of the New Jersey Health Care Quality Institute. “This issue is critical to New Jersey, a state where people are more likely to die in a health care facility and less likely to use hospice services than residents of almost any other state. New Jersey has among the highest use of medical interventions in the last six months of life.”

Results are from a statewide poll of 886 adults contacted by live callers on both landlines and cell phones from April 1 to 8, 2016. The sample has a margin of error of +/-3.7 percentage points. Interviews were done in English and, when requested, Spanish.

Age biggest factor in knowledge and action

As expected, age plays the most significant role in knowledge of and behaviors related to end-of-life care. While there are few differences among age groups in their feelings about getting older, actions like thinking about, talking about, and actually writing down plans for medical treatment in the event of terminal illness increase with age.

Those 65 years and older are more likely to have done all three: 78 percent have given it at least some thought, 80 percent have had a conversation about it with someone, and 65 percent have written their wishes down.

Senior residents also know the options available to them. Almost all know about hospice care (56 percent are very familiar, 33 percent somewhat), and a majority of this group is familiar with palliative care (28 percent very, 29 percent somewhat). Likewise, 72 percent are familiar with the New Jersey State Advance Directive. Yet even this group is unaware of Five Wishes or POLST; just three in 10 senior citizens have heard of either advance care planning document.

Large majorities of 50 to 64 year olds have also thought and talked about their own end-of-life care (74 percent and 68 percent, respectively), but just under half have actually put down anything in writing. This group echoes the most senior residents in their awareness of what options are available.

Middle-aged residents are less prepared than their elders, especially when it comes to talking about and writing down their wishes (at 55 percent and 26 percent, respectively). A majority of 30 to 49 year olds know about hospice care, but large numbers are unfamiliar with palliative care or any advance care planning documents.

End-of-life care is far from the minds of millennials. Under half have given it much thought (just 16 percent say they have thought about it a great deal) or have talked with someone about their plans (45 percent). Only 17 percent have actually written something down. Sixty-three percent of 18 to 29 year

olds are at least somewhat familiar with hospice, but few know about palliative care or other options.

Race, gender, and other key demographics impact preparation and awareness

There are large racial disparities when it comes to end-of-life care. White residents are more likely than non-white residents to think about (70 percent to 61 percent) and talk about (73 percent to 46 percent) any end-of-life medical treatment plans. White residents are also more than twice as likely as non-white residents to have written something down – 49 percent to 23 percent – and are also more familiar with the various related actions and options.

As for differences by gender, women are more likely than men, by double digits, to have had a conversation with someone about their end-of-life care wishes and to be familiar with hospice and palliative care. Women are also slightly more familiar with POLST, though a majority of both genders is unaware of this document.

Marital status also has an impact: married residents have done more and know more about end-of-life care than those not currently married.

Income disparities arise with regard to talking about and writing down wishes for treatment, as well as familiarity with hospice and palliative care; those in the most affluent households are the most prepared and the most aware. Education plays a similar role.

There are even regional differences in preparation and awareness. Residents in the southern portion of the state near Philadelphia, an area that has a slightly larger portion of older residents than any other region, are more likely to have thought about, talked about, and written down end-of-life care plans, as well as to know about hospice, palliative care, and the state advance directive.

“We find a lot of demographic disparities beyond the obvious factor of age when it comes to end-of-life care preparation and awareness,” said Ashley Koning, assistant director of the Eagleton Center for Public Interest Polling at Rutgers University. “Accumulating this type of knowledge requires experiences and resources that some groups may have better access to than others. Women are typically the caretakers of their elders, those who are married may be sharing plans with their spouse, and residents of higher socioeconomic status may have better access to information and care – all of which can lead to the differences we see here.”

Those more prepared are more familiar with options

Planning, action, and knowledge regarding end-of-life care go hand in hand. Those who say they are comfortable with getting older are more likely to have discussed and written down plans and also more likely to be familiar with advance care planning documents.

Residents who have either thought about, talked about, or written down medical treatment preferences are all more likely to have also done the remaining two – as well as more likely to be aware of hospice care, palliative care, the state advance directive, Five Wishes, and POLST.

In turn, those who have greater awareness of end-of-life care options and actions that should be taken are more likely to have already started preparing their own end-of-life care plans.

Having a “Conversation of a Lifetime”

The release of these results is in conjunction with a broader program established by the New Jersey Health Care Quality Institute called “[Conversation of a Lifetime](#),” part of the Institute’s [Mayors Wellness Campaign](#) in partnership with the [New Jersey State League of Municipalities](#). The program, funded by [The Horizon Foundation of New Jersey](#), aims to change the culture around end-of-life conversations and advance care planning.

As part of the program, community members in Tenafly, Princeton, and Gloucester Township have gathered in libraries, community centers, parks and places of worship to engage with one another and to listen to speakers explain how they can make sure that their wishes are followed in their final days.

“People do not have to wait for their doctors to initiate these conversations,” said Janan Dave, Director of Community Health for the Quality Institute. “‘Conversation of a Lifetime’ wants to encourage communities to promote discussion of end-of-life issues in town halls and dinner tables. Most people say they want to die at home, surrounded by loved ones, yet so many people in New Jersey actually die in a hospital. We want people to express their wishes and for those wishes to be followed – whatever those wishes may be.”

About the New Jersey Health Care Quality Institute

The New Jersey Health Care Quality Institute is the only independent, nonpartisan, multi-stakeholder advocate for health care quality in New Jersey. The Quality Institute’s mission is to undertake projects and promote system changes that ensure that quality, safety, accountability and cost-containment are closely linked to the delivery of health care services in New Jersey.

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QUESTIONS AND TABLES START ON THE FOLLOWING PAGE

Questions and Tables

The questions covered in the release of April 14, 2016 are listed below. Column percentages may not add to 100% due to rounding. Respondents are New Jersey Adults; all percentages are of weighted results.

Q. Would you say that the idea of getting older is...?

Something that you'd rather not think about	17%
Something that you're comfortable thinking about	61%
Something you think about but are not comfortable with	19%
Don't know	3%
Unwgt N=	884

	Thought About Wishes				Written Down Wishes		Had Conversation About Wishes	
	Great deal	Some	Not very much	Not at all	Yes	No	Yes	No
	Rather not	15%	19%	15%	21%	14%	19%	15%
Comfortable	61%	60%	63%	60%	66%	57%	64%	55%
Think, not comfortable	22%	20%	17%	14%	17%	20%	18%	20%
Don't know	2%	2%	5%	5%	3%	3%	2%	4%
Unwgt N=	298	303	182	98*	384	492	573	308

	Familiar w/ Hospice Care				Familiar w/ Palliative Care			
	Very	Some	Not very	Not at all	Very	Some	Not very	Not at all
Rather not	16%	12%	25%	30%	14%	15%	19%	20%
Comfortable	65%	59%	65%	46%	69%	61%	59%	57%
Think, not comfortable	17%	26%	9%	16%	16%	21%	21%	19%
Don't know	2%	2%	0%	8%	1%	3%	2%	3%
Unwgt N=	422	293	70*	90*	227	196	160	286

* Small N, results should be interpreted with caution

	Familiar w/ NJ Adv. Directive		Familiar w/ Five Wishes		Familiar w/ POLST	
	Yes	No	Yes	No	Yes	No
	Rather not	13%	22%	16%	18%	12%
Comfortable	67%	56%	64%	60%	67%	59%
Think, not comfortable	18%	19%	18%	20%	19%	19%
Don't know	2%	3%	2%	3%	2%	3%
Unwgt N=	485	379	231	633	255	611

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
Rather not	19%	16%	16%	20%	17%	19%	16%	17%
Comfortable	60%	62%	62%	60%	62%	54%	62%	68%
Think, not comfortable	18%	20%	20%	17%	19%	23%	20%	12%
Don't know	4%	2%	2%	3%	2%	4%	2%	3%
Unwt N=	451	433	590	273	158	200	288	238

**Rutgers-Eagleton/New Jersey Health Care Quality Institute Health Matters Poll
End-of-life Care April 2016**

	Marital Status		Parent		Income				Education			
	Yes	Other	Yes	No	<50K	50-100K	100-150K	150K+	HS or Less	Some Coll	Coll Grad	Grad Work
Rather not think about	15%	19%	18%	17%	20%	15%	14%	17%	23%	16%	17%	13%
Comfortable with	64%	58%	60%	61%	62%	57%	63%	69%	59%	58%	68%	59%
Think, not comfortable	18%	20%	17%	19%	16%	25%	21%	14%	16%	22%	14%	24%
Don't know	3%	2%	5%	2%	2%	2%	2%	1%	2%	3%	1%	4%
Unwt N=	456	415	227	652	197	247	147	148	220	230	233	195

	Region				Religion				Born Again/ Evangelical	
	Urban	Suburb	Exurban	Phil/ South	Shore	Catholic	Protestant	Jewish/ Other	Yes	No
Rather not	29%	20%	13%	10%	13%	23%	10%	14%	17%	19%
Comfortable	54%	60%	59%	64%	67%	56%	65%	64%	62%	57%
Think, not comfortable	17%	17%	24%	24%	15%	19%	21%	18%	18%	21%
Don't know	0%	3%	4%	1%	5%	2%	3%	4%	3%	2%
Unwt N=	107	331	140	153	153	377	167	299	119	413

Q. How much have you thought about your own wishes for medical treatment towards the end of your life?

A great deal	33%
Some	33%
Not very much	22%
Not at all	12%
Unwt N=	883

	Getting Older			Written Down Wishes		Had Conversation About Wishes	
	Rather Not Think	Comfortable	Think, Not Comfortable	Yes	No	Yes	No
A great deal	29%	33%	37%	50%	22%	39%	22%
Some	37%	33%	35%	31%	35%	36%	29%
Not very	19%	23%	19%	12%	28%	18%	28%
Not at all	15%	12%	9%	6%	15%	7%	21%
Unwt N=	148	557	157	386	490	574	306

	Familiar w/ Hospice Care				Familiar w/ Palliative Care			
	Very	Some	Not very	Not at all	Very	Some	Not very	Not at all
A great deal	43%	28%	16%	20%	46%	39%	27%	23%
Some	33%	37%	32%	26%	33%	38%	38%	30%
Not very	15%	23%	40%	28%	14%	18%	23%	28%
Not at all	9%	12%	11%	26%	7%	5%	12%	19%
Unwgt N=	422	294	70*	89*	226	198	160	285

Rutgers-Eagleton/New Jersey Health Care Quality Institute Health Matters Poll
End-of-life Care April 2016

* Small N, results should be interpreted with caution

	Familiar w/ NJ Adv. Directive		Familiar w/ Five Wishes		Familiar w/ POLST	
	Yes	No	Yes	No	Yes	No
A great deal	41%	24%	49%	27%	44%	29%
Some	38%	30%	27%	35%	32%	34%
Not very	16%	27%	16%	24%	16%	24%
Not at all	6%	19%	7%	14%	7%	14%
Unwgt N=	487	376	232	631	255	610

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
A great deal	30%	35%	34%	32%	16%	34%	38%	42%
Some	33%	33%	36%	29%	30%	31%	36%	36%
Not very much	22%	22%	19%	26%	31%	23%	19%	15%
Not at all	14%	10%	11%	13%	23%	12%	7%	8%
Unwt N=	449	434	590	272	158	199	286	240

	Marital Status		Parent		Income				Education			
	Yes	Other	Yes	No	<50K	50-100K	100-150K	150K+	HS or Less	Some Coll	Coll Grad	Grad Work
A great deal	36%	30%	29%	34%	34%	33%	31%	33%	28%	33%	35%	35%
Some	36%	31%	37%	32%	28%	38%	34%	36%	31%	35%	32%	36%
Not very much	21%	23%	24%	21%	22%	20%	24%	22%	23%	20%	23%	21%
Not at all	7%	16%	11%	12%	16%	9%	11%	8%	17%	12%	10%	8%
Unwt N=	455	415	227	651	196	247	146	148	219	230	233	195

	Region				Religion				Born Again/ Evangelical	
	Urban	Suburb	Exurban	Phil/South	Shore	Catholic	Protestant	Jewish/Other	Yes	No
A great deal	35%	33%	23%	40%	32%	34%	37%	31%	41%	33%
Some	34%	31%	41%	31%	33%	36%	28%	33%	30%	35%
Not very much	22%	24%	29%	14%	18%	19%	24%	25%	20%	21%
Not at all	9%	12%	7%	15%	17%	11%	12%	12%	9%	11%
Unwt N=	108	331	139	152	153	375	168	298	119	412

Q. Have you or have you not written down somewhere your wishes for medical treatment in the event you become ill with no hope of improvement and were suffering from a great deal of pain?

Yes, have	39%
No, have not	61%
Unwt N=	878

Rutgers-Eagleton/New Jersey Health Care Quality Institute Health Matters Poll
End-of-life Care April 2016

	Getting Older			Thought About Wishes				Had Conversation About Wishes	
	Rather Not Think	Comfortable	Think, Not Comfortable	Great deal	Some	Not very much	Not at all	Yes	No
Yes, have	31%	42%	35%	59%	36%	21%	21%	59%	6%
No, have not	69%	58%	65%	41%	64%	79%	79%	41%	94%
Unwt N=	147	552	157	299	302	178	97*	570	306

	Familiar w/ Hospice Care				Familiar w/ Palliative Care			
	Very	Some	Not very	Not at all	Very	Some	Not very	Not at all
Yes, have	55%	34%	17%	7%	58%	50%	34%	21%
No, have not	45%	66%	83%	93%	42%	50%	66%	79%
Unwgt N=	421	292	67*	89	226	197	159	281

* Small N, results should be interpreted with caution

	Familiar w/ NJ Adv. Directive		Familiar w/ Five Wishes		Familiar w/ POLST	
	Yes	No	Yes	No	Yes	No
Yes, have	58%	18%	59%	31%	58%	31%
No, have not	42%	82%	41%	69%	42%	69%
Unwgt N=	486	372	231	627	254	606

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
Yes, have	36%	41%	49%	23%	17%	26%	48%	65%
No, have not	64%	59%	51%	77%	83%	74%	52%	35%
Unwt N=	446	432	588	268	156	197	285	240

	Marital Status		Parent		Income				Education			
	Yes	Other	Yes	No	<50K	50-100K	100-150K	150K+	HS or Less	Some Coll	Coll Grad	Grad Work
Yes, have	46%	31%	34%	41%	32%	39%	38%	47%	26%	41%	44%	45%
No, have not	54%	69%	66%	59%	68%	61%	62%	53%	74%	59%	56%	55%
Unwt N=	452	413	224	649	194	247	146	146	218	230	229	195

	Region					Religion			Born Again/ Evangelical	
	Urban	Suburb	Exurban	Phil/South	Shore	Catholic	Protestant	Jewish/Other	Yes	No
Yes, have	30%	32%	40%	51%	47%	42%	43%	34%	38%	44%
No, have not	70%	68%	60%	49%	53%	58%	57%	66%	62%	56%
Unwt N=	107	328	140	153	150	374	168	295	119	411

*Rutgers-Eagleton/New Jersey Health Care Quality Institute Health Matters Poll
End-of-life Care April 2016*

Q. Have you or have you not had a conversation with someone about your wishes for medical treatment in the event you become ill with no hope of improvement and were suffering from a great deal of pain?

Yes, have	62%
No, have not	38%
Unwt N=	883

	Getting Older		Thought About Wishes				Written Down Wishes		
	Rather Not Think	Comfortable	Think, Not Comfortable	Great deal	Some	Not very much	Not at all	Yes	No
Yes, have	53%	65%	60%	75%	67%	51%	35%	94%	42%
No, have not	47%	35%	40%	25%	33%	49%	65%	6%	58%
Unwt N=	148	556	157	299	303	181	97*	385	491

	Familiar w/ Hospice Care				Familiar w/ Palliative Care			
	Very	Some	Not very	Not at all	Very	Some	Not very	Not at all
Yes, have	79%	61%	39%	20%	83%	73%	60%	42%
No, have not	21%	39%	61%	80%	17%	27%	40%	58%
Unwgt N=	422	293	70*	89*	227	198	160	284

* Small N, results should be interpreted with caution

	Familiar w/ NJ Adv. Directive		Familiar w/ Five Wishes		Familiar w/ POLST	
	Yes	No	Yes	No	Yes	No
Yes, have	82%	41%	82%	55%	80%	55%
No, have not	18%	59%	18%	45%	20%	45%
Unwgt N=	487	376	232	632	255	610

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
Yes, have	54%	69%	73%	46%	45%	55%	68%	80%
No, have not	46%	31%	27%	54%	55%	45%	32%	20%
Unwt N=	449	434	589	272	157	200	287	239

	Marital Status		Parent		Income				Education			
	Yes	Other	Yes	No	<50K	50-100K	100-150K	150K+	HS or Less	Some Coll	Coll Grad	Grad Work
Yes, have	70%	53%	56%	64%	56%	63%	66%	69%	50%	65%	67%	66%
No, have not	30%	47%	44%	36%	44%	37%	34%	31%	50%	35%	33%	34%
Unwt N=	455	415	226	652	197	247	147	148	218	230	234	195

**Rutgers-Eagleton/New Jersey Health Care Quality Institute Health Matters Poll
End-of-life Care April 2016**

	Region					Religion			Born Again/ Evangelical	
	Urban	Suburb	Exurban	Phil/ South Shore		Catholic	Protestant	Jewish/Other	Yes	No
				Phil/	Shore					
Yes, have	56%	51%	70%	82%	67%	64%	68%	57%	59%	69%
No, have not	44%	49%	30%	18%	33%	36%	32%	43%	41%	31%
Unwt N=	108	332	139	152	152	375	168	299	119	412

Q. How familiar are you with hospice care, which focuses on easing pain and providing emotional and spiritual support at the end of a person's life?

Very familiar	46%
Somewhat familiar	32%
Not very familiar	10%
Not at all familiar	13%
Unwt N=	877

	Getting Older				Thought About Wishes			Written Down Wishes		Had Conversation About Wishes	
	Rather Think	Not Comfortable	Think, Not Comfortable	Great deal	Some	Not very much	Not at all	Yes	No	Yes	No
Very	41%	49%	41%	60%	46%	32%	32%	65%	34%	58%	25%
Somewhat	23%	31%	43%	28%	35%	34%	31%	28%	34%	31%	33%
Not very	14%	10%	5%	5%	9%	18%	9%	4%	12%	6%	15%
Not at all	22%	10%	11%	8%	10%	16%	27%	2%	19%	4%	27%
Unwt N=	148	552	156	296	301	181	97*	383	486	571	303

* Small N, results should be interpreted with caution

	Familiar w/ Palliative Care				Familiar w/ NJ Adv. Directive		Familiar with Five Wishes		Familiar w/ POLST	
	Very	Some	Not		Yes	No	Yes	No	Yes	No
			very	all						
Very	92%	46%	24%	26%	64%	27%	74%	36%	73%	36%
Somewhat	6%	50%	49%	30%	31%	33%	20%	36%	22%	35%
Not very	0%	3%	21%	14%	4%	16%	5%	11%	4%	12%
Not at all	2%	1%	5%	30%	2%	24%	1%	17%	1%	17%
Unwgt N=	226	196	160	285	485	378	231	631	253	611

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
Very	37%	54%	51%	36%	30%	41%	54%	56%
Somewhat	33%	31%	35%	27%	33%	29%	33%	33%
Not very	14%	5%	7%	13%	13%	11%	8%	6%
Not at all	17%	9%	6%	23%	24%	19%	4%	5%
Unwt N=	445	432	585	270	157	199	286	235

Rutgers-Eagleton/New Jersey Health Care Quality Institute Health Matters Poll
End-of-life Care April 2016

	Marital Status		Parent		Income					Education		
	Yes	Other	Yes	No	<50K	50-100K	100-150K	150K+	HS or Less	Some Coll	Coll Grad	Grad Work
Very	49%	43%	44%	46%	47%	43%	49%	57%	36%	51%	45%	52%
Somewhat	33%	30%	30%	32%	23%	41%	35%	28%	27%	30%	38%	33%
Not very	8%	11%	9%	10%	10%	8%	9%	10%	10%	8%	12%	8%
Not at all	10%	16%	17%	11%	20%	8%	7%	5%	27%	10%	5%	7%
Unwt N=	454	411	226	647	196	246	145	147	218	228	232	194

	Region				Religion				Born Again/ Evangelical	
	Urban	Suburb	Exurban	Phil/ South	Shore	Catholic	Protestant	Jewish/Other	Yes	No
Very	41%	40%	43%	61%	49%	50%	49%	40%	42%	53%
Somewhat	29%	31%	40%	27%	34%	31%	34%	32%	36%	31%
Not very	15%	10%	8%	6%	9%	7%	9%	13%	13%	6%
Not at all	15%	18%	9%	6%	8%	13%	8%	15%	10%	10%
Unwt N=	107	331	137	153	149	375	168	295	119	412

Q. How familiar are you with palliative care, which focuses on providing comfort and relief to patients at any time or any stage of the illness whether it is terminal or not?

Very familiar	24%
Somewhat familiar	21%
Not very familiar	19%
Not at all familiar	36%
Unwt N=	871

	Getting Older		Thought About Wishes				Written Down Wishes		Had Conversation About Wishes		
	Rather Think	Not Comfortable	Think, Not Comfortable	Great deal	Some	Not very much	Not at all	Yes	No	Yes	No
Very	20%	27%	20%	34%	23%	16%	14%	37%	17%	32%	11%
Somewhat	18%	21%	23%	25%	24%	17%	9%	28%	17%	25%	15%
Not very	20%	18%	21%	15%	21%	20%	19%	17%	20%	18%	20%
Not at all	42%	34%	37%	25%	32%	47%	58%	19%	46%	25%	54%
Unwt N=	145	551	155	295	301	178	95*	379	484	567	302

* Small N, results should be interpreted with caution

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	Familiar w/ Hospice Care				Familiar w/ NJ Adv. Directive		Familiar with Five Wishes		Familiar w/ POLST	
	Very	Some	Not very	Not at all	Yes	No	Yes	No	Yes	No
Very	48%	5%	0%	4%	38%	10%	47%	17%	51%	14%
Somewhat	21%	33%	6%	1%	27%	15%	27%	19%	23%	20%
Not very	10%	29%	42%	8%	13%	26%	11%	22%	11%	22%
Not at all	20%	34%	52%	87%	22%	50%	15%	43%	15%	44%
Unwgt N=	420	292	69*	86*	483	375	230	629	254	606

* Small N, results should be interpreted with caution

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
Very	18%	30%	28%	18%	16%	19%	32%	28%
Somewhat	19%	23%	23%	19%	11%	22%	22%	29%
Not very	21%	17%	20%	18%	26%	16%	19%	15%
Not at all	42%	30%	30%	45%	47%	44%	26%	28%
Unwt N=	444	427	582	267	157	197	285	232

	Marital Status		Parent		Income				Education			
	Yes	Other	Yes	No	<50K	50-100K	100-150K	150K+HS or Less	Some Coll	Coll Grad	Grad Work	
Very	28%	20%	22%	25%	23%	20%	28%	35%	16%	27%	23%	33%
Somewhat	22%	19%	24%	20%	18%	23%	18%	24%	14%	19%	26%	26%
Not very	19%	19%	18%	19%	17%	25%	16%	13%	21%	18%	21%	15%
Not at all	31%	41%	35%	36%	42%	32%	38%	29%	50%	36%	30%	26%
Unwt N=	451	409	225	643	195	246	145	148	216	225	234	192

	Region		Religion				Born Again/ Evangelical			
	Urban	Suburb	Exurban	Phil/South	Shore	Catholic	Protestant	Jewish/Other	Yes	No
Very	23%	22%	19%	38%	21%	28%	22%	22%	21%	28%
Somewhat	24%	19%	24%	17%	25%	19%	23%	21%	15%	22%
Not very	14%	19%	20%	20%	22%	19%	21%	18%	23%	19%
Not at all	39%	41%	37%	24%	32%	34%	33%	39%	40%	31%
Unwt N=	107	327	137	150	150	371	167	293	118	409

Q. Please tell me whether or not you are familiar with each of the following advance care planning documents:

NJ State Advance Directive, Five Wishes, an advance directive including the Living Will and described as the "living will with a heart and soul" Healthcare Proxy POLST (Physician Orders for Life-Sustaining Treatment)

Yes, familiar	50%	24%	27%
No, not familiar	48%	74%	72%
Don't know	2%	2%	1%
Unwt N=	881	880	879

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NJ State Advance Directive, including the Living Will and Healthcare Proxy

	Getting Older				Thought About Wishes				Written Down Wishes		Had Conversation About Wishes	
	Rather Think	Not Comfortable	Think, Not Comfortable	Great deal	Some	Not very much	Not at all	Yes	No	Yes	No	
Yes, familiar	38%	55%	49%	63%	57%	36%	24%	76%	35%	66%	24%	
No, not familiar	61%	44%	48%	35%	43%	59%	76%	22%	64%	32%	74%	
Don't know	1%	1%	3%	1%	0%	5%	0%	2%	1%	2%	2%	
Unwt N=	148	556	155	298	301	182	97*	384	489	573	305	

* Small N, results should be interpreted with caution

	Familiar w/ Hospice Care				Familiar w/ Palliative Care				Familiar with Five Wishes		Familiar with POLST	
	Very	Some	Not very	Not at all	Very	Some	Not very	Not at all	Yes	No	Yes	No
Yes, familiar	70%	48%	20%	7%	80%	64%	34%	31%	88%	38%	85%	38%
No, not familiar	29%	50%	80%	90%	20%	34%	65%	67%	11%	61%	15%	62%
Don't know	1%	2%	0%	3%	0%	2%	0%	2%	1%	1%	1%	1%
Unwt N=	422	293	70*	90*	227	197	160	285	232	634	255	613

* Small N, results should be interpreted with caution

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
Yes, familiar	39%	61%	57%	40%	26%	39%	63%	72%
No, not familiar	60%	37%	42%	58%	73%	57%	37%	26%
Don't know	1%	2%	1%	2%	1%	3%	1%	2%
Unwt N=	449	432	587	272	158	200	287	236

	Marital Status		Parent		Income				Education			
	Yes	Other	Yes	No	<50K	100K	150K	150K+	HS or Less	Some Coll	Coll Grad	Grad Work
Yes, familiar	57%	43%	44%	53%	42%	55%	54%	48%	36%	55%	56%	56%
No, not familiar	42%	54%	55%	45%	56%	43%	45%	51%	63%	44%	43%	41%
Don't know	1%	2%	1%	2%	1%	2%	1%	0%	2%	1%	1%	3%
Unwt N=	456	414	226	652	197	248	146	147	219	228	234	196

	Region			Religion				Born Again/ Evangelical		
	Urban	Suburb	Exurban	Phil/South	Shore	Catholic	Protestant	Jewish/Other	Yes	No
Yes, familiar	40%	48%	56%	60%	49%	49%	62%	46%	55%	54%
No, not familiar	59%	49%	42%	39%	50%	50%	37%	51%	44%	45%
Don't know	1%	3%	1%	1%	2%	1%	1%	3%	1%	1%
Unwt N=	107	332	138	153	151	376	168	297	119	413

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Five Wishes, an advance directive described as the "living will with a heart and soul"

	Getting Older				Thought About Wishes				Written Down Wishes		Had Conversation About Wishes			
	Rather Not Think		Think, Not Comfortable		Great deal		Not very much		Not at all		Yes	No	Yes	No
	Think	Comfortable	Comfortable	deal	Some	much	at all	Yes	No	Yes	No			
Yes, familiar	22%	25%	22%	36%	20%	17%	15%	37%	16%	32%	12%			
No, not familiar	76%	74%	77%	62%	78%	81%	85%	60%	83%	66%	88%			
Don't know	2%	1%	0%	2%	2%	2%	0%	3%	1%	2%	0%			
Unwt N=	148	555	155	298	301	182	96*	383	489	572	305			

* Small N, results should be interpreted with caution

	Familiar w/ Hospice Care				Familiar w/ Palliative Care				Familiar w/ NJ Adv. Directive		Familiar w/ POLST	
	Very Some		Not very		Not at all		Very Some		Not very		Not at all	
	Very	Some	Not very	Not at all	Very	Some	Not very	Not at all	Yes	No	Yes	No
Yes, familiar	39%	15%	12%	3%	47%	31%	14%	10%	42%	6%	56%	12%
No, not familiar	59%	84%	88%	95%	51%	68%	85%	89%	56%	94%	44%	87%
Don't know	2%	1%	0%	2%	2%	0%	1%	1%	1%	1%	1%	1%
Unwt N=	421	293	70*	90*	226	197	160	285	486	379	255	613

* Small N, results should be interpreted with caution

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
Yes, familiar	22%	26%	27%	20%	15%	18%	32%	29%
No, not familiar	77%	72%	71%	79%	83%	80%	67%	67%
Don't know	1%	2%	2%	1%	2%	1%	1%	4%
Unwt N=	449	431	586	272	158	200	287	235

	Marital Status		Parent		Income				Education					
	Yes		Other		50-100K		100-150K		HS or Less		Some Coll		Coll Grad	
	Yes	Other	Yes	No	<50K	100K	150K	150K+	Less	Some Coll	Coll Grad	Grad Work		
Yes, familiar	25%	23%	23%	24%	22%	27%	26%	22%	20%	26%	28%	21%		
No, not familiar	72%	76%	76%	74%	77%	72%	72%	77%	78%	73%	71%	77%		
Don't know	2%	1%	2%	2%	1%	2%	2%	1%	2%	1%	1%	2%		
Unwt N=	456	413	226	651	197	247	146	147	219	228	234	195		

	Region					Religion				Born Again/ Evangelical			
	Urban		Suburb		Exurban	Phil/South		Shore		Catholic		Protestant	
	Urban	Suburb	Exurban	Phil/South	Shore	Catholic	Protestant	Jewish/Other	Yes	No			
Yes, familiar	26%	20%	22%	32%	24%	23%	34%	19%	33%	26%			
No, not familiar	74%	78%	76%	65%	75%	75%	66%	79%	64%	73%			
Don't know	0%	2%	1%	2%	1%	2%	0%	2%	2%	1%			
Unwt N=	107	332	138	152	151	376	168	296	119	413			

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POLST (Physician Orders for Life-Sustaining Treatment)

	Getting Older		Thought About Wishes				Written Down Wishes		Had Conversation About Wishes		
	Rather Think	Not Comfortable	Think, Not Comfortable	Great deal	Some	Not very much	Not at all	Yes	No	Yes	No
Yes, familiar	19%	30%	28%	36%	26%	20%	17%	41%	18%	35%	14%
No, not familiar	80%	70%	71%	63%	73%	77%	83%	57%	81%	64%	85%
Don't know	1%	1%	1%	1%	1%	3%	1%	2%	1%	1%	1%
Unwt N=	148	555	154	298	300	182	96*	383	488	572	304

	Familiar w/ Hospice Care			Familiar w/ Palliative Care			Familiar w/ NJ Adv. Directive		Familiar w/ Five Wishes			
	Very	Some	Not very	Not at all	Very	Some	Not very	Not at all	Yes	No	Yes	No
Yes, familiar	43%	19%	11%	3%	57%	29%	16%	12%	45%	8%	62%	16%
No, not familiar	56%	80%	89%	96%	43%	69%	84%	88%	54%	92%	37%	83%
Don't know	1%	2%	0%	2%	0%	2%	1%	1%	1%	0%	0%	1%
Unwt N=	421	292	70*	90*	226	197	160	284	486	379	232	634

* Small N, results should be interpreted with caution

	Gender		Race		Age			
	Male	Female	White	Non-white	18-29	30-49	50-64	65+
Yes, familiar	23%	31%	29%	22%	18%	23%	33%	32%
No, not familiar	77%	67%	69%	76%	82%	74%	66%	66%
Don't know	0%	2%	1%	1%	1%	3%	0%	2%
Unwt N=	449	430	586	271	157	200	287	235

	Marital Status		Parent		Income				Education			
	Yes	Other	Yes	No	<50K	100K	100-150K	150K+	HS or Less	Some Coll	Coll Grad	Grad Work
Yes, familiar	28%	25%	25%	28%	27%	31%	27%	26%	19%	29%	29%	31%
No, not familiar	71%	73%	73%	71%	73%	67%	71%	73%	80%	70%	70%	65%
Don't know	1%	2%	1%	1%	0%	2%	2%	1%	1%	1%	1%	3%
Unwt N=	456	412	226	650	197	247	146	147	219	227	234	195

	Region			Religion				Born Again/ Evangelical		
	Urban	Suburb	Exurban	Phil/South	Shore	Catholic	Protestant	Jewish/Other	Yes	No
Yes, familiar	31%	23%	26%	32%	28%	28%	30%	23%	33%	28%
No, not familiar	69%	75%	73%	67%	71%	71%	68%	75%	66%	71%
Don't know	1%	2%	1%	1%	1%	1%	1%	2%	1%	1%
Unwt N=	107	332	137	152	151	376	168	296	119	413

**Rutgers-Eagleton/New Jersey Health Care Quality Institute Health Matters Poll
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The Rutgers-Eagleton Poll was conducted by telephone using live callers April 1-8, 2016 with a scientifically selected random sample of 886 New Jersey adults, 18 or older. Respondents within a household are selected by asking randomly for the youngest adult male or female currently available. If the named gender is not available, the youngest adult of the other gender is interviewed. The poll was available in Spanish for respondents who requested it. This telephone poll included 513 landline and 373 cell phone adults, all acquired through random digit dialing using a sample obtained from Survey Sampling International. Distribution of household phone use in this sample is:

Cell Only:	18%
Dual Use, Reached on Cell:	25%
Dual Use, Reached on LL:	51%
Landline Only:	7%

Data were weighted to the demographics of adults in New Jersey. Weights account for the probability of being selected within the sample frame, adjusting for frame overlap, as well as the probability of being sampled within a household, based on the number of individuals living in the household for respondents reached via landline and on the number of adults sharing a phone for respondents reached via cell. The sample was weighted using a raking algorithm to several demographic variables reflecting the general population parameters of the state of New Jersey: gender, race, age, and Hispanic ethnicity. The final weights, which combined all of the parameters mentioned, were trimmed at the 5th and 95th percentile so as to not accord too much weight to any one case or subset of cases. All results are reported with these weighted data.

All surveys are subject to sampling error, which is the expected probable difference between interviewing everyone in a population versus a scientific sampling drawn from that population. Sampling error should be adjusted to recognize the effect of weighting the data to better match the population. In this poll, the simple sampling error for the 886 adults is +/-3.3 percentage points at a 95 percent confidence interval. The sample weighting design effect is 1.27, making the adjusted margin of error +/- 3.7 percentage points for the adult sample.

Thus if 50 percent of New Jersey adults in this sample favor a particular position, we would be 95 percent sure that the true figure is between 46.3 and 53.7 percent (50 +/-3.7) if all New Jersey adults had been interviewed, rather than just a sample.

Sampling error does not take into account other sources of variation inherent in public opinion studies, such as non-response, question wording, or context effects.

This Rutgers-Eagleton Poll was fielded in house by the Eagleton Center for Public Interest Polling (ECPIP), with additional calling by Braun Research, Inc. The questionnaire was developed in partnership with the New Jersey Health Care Quality Institute and all data analyses were completed in house by ECPIP. The Rutgers-Eagleton Poll is paid for and sponsored by the Eagleton Institute of Politics, Rutgers University, a non-partisan academic center for the study of politics and the political process. Full questionnaires are available on request, and can also be accessed through our archives at eagletonpoll.rutgers.edu. For more information, please contact eagleton.poll@rutgers.edu.

Weighted Sample Characteristics 886 New Jersey Adults			
31% Democrat	49% Male	21% 18-29	60% White
48% Independent	51% Female	29% 35-49	12% Black
20% Republican		30% 50-64	18% Hispanic
		20% 65+	10% Asian/Other/Multi