More Than 40% of Older Millennials Have At Least One Chronic Health Condition, Data Suggests

A new poll by CNBC suggests 44% of older millennials (people born between 1981 and 1988) have at least one chronic health condition.

Migraines, depression, and asthma were the most common conditions with type 2 diabetes and high blood pressure closely following.

The poll found older millennials had a higher rate of chronic illness compared to the general public, including the age group older than them.

> *Among the survey group, cancer was almost as common among older millennials as it was in the general population. About four percent of the 33- to 40-year-olds said they'd been diagnosed with cancer, compared to five percent of the overall survey group.*
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> *Nearly half of older millennials have at least one chronic health condition such as depression, high blood pressure or asthma by the time they turn 40, poll suggests*

Obesity is an increasing problem for Americans of all ages but even more so for the younger population. Only 10% of the 4,000 survey respondents reported being obese, which is lower than the general population, with an obesity rate of 13%. Obesity can lead to a higher likelihood of chronic health conditions that millennials are more likely to suffer from.

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