



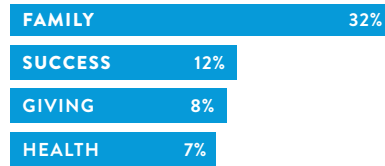
LIVING A FULL LIFE AROUND THE WORLD

At Abbott, we're all about helping you live your best life possible through good health. But what does it really mean to live a full life? We asked nearly 2 million people from all corners of the world what they thought. This is what we learned.

THE #1 KEY TO A FULL LIFE IS FAMILY

More than **32%** said the number-one key to a full life is family.

GLOBALLY



SUCCESS IS HOMEMADE

64% say success at home is considered more important than success at work.

ARE YOU LIVING A FULL LIFE?

We asked people to rate the fullness of their lives on a scale of 1 to 100.



BREAKING DOWN THE BARRIERS



People say money is the top barrier to living a full life.

GLOBALLY

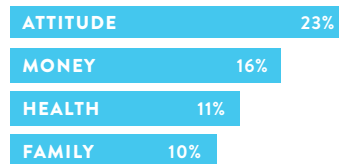


ATTITUDE MATTERS



Attitude was the number one reason people believe others are living full lives.

GLOBALLY



Fun Findings:



RUSSIA AND PUERTO RICO

are the only two geographies to list **MUSIC** in the top four as a key to living fully.

AUSTRALIA AND FRANCE



rated **ADVENTURE** as the second highest factor to living fully, the only countries that had this answer in their top rankings.



NETHERLANDS, ITALY, VIETNAM AND RUSSIA

all ranked **COMMUNITY** at No. 4 as a top attribute to a full life.

The top 3 things people want for their kids:



41%
HEALTH



29%
GREAT
ADVENTURE



17%
CAREER
SUCCESS

Visit www.LifeToTheFullest.Abbott for more information and inspiration from Abbott experts that will help you live your fullest life.

THE ABBOTT SURVEY RESULTS:

The Secret to Living a Full Life

Abbott asked nearly 2 million people around the globe to share what a full life means to them. Here's what we asked and what you told us:

What is the one thing that makes you feel the most fulfilled?



	1	2	3	4
GLOBAL	FAMILY 32%	SUCCESS 12%	GIVING 8%	HEALTH 7%
BRAZIL	FAMILY	HEALTH	SUCCESS	SPIRITUALITY
CANADA	FAMILY	TRAVEL	SUCCESS	GIVING
CHINA	HEALTH	SUCCESS	FAMILY	TRAVEL
COLOMBIA	FAMILY	TRAVEL	GIVING	SPIRITUALITY
GERMANY	FAMILY	TRAVEL	HEALTH	SUCCESS
GREAT BRITAIN	FAMILY	SUCCESS	TRAVEL	GIVING
INDIA	FAMILY	SUCCESS	GIVING	SPIRITUALITY
MEXICO	FAMILY	SUCCESS	GIVING	TRAVEL
SINGAPORE	FAMILY	SUCCESS	TRAVEL	GIVING
UNITED STATES	FAMILY	GIVING	SUCCESS	SPIRITUALITY

ON A SCALE OF 1 TO 100, with 1 being “not at all living fully” and 100 being “living fully,” how would you rate yourself?

GLOBAL MEDIAN	68.4
BRAZIL	65.6
CANADA	63.2
CHINA	79.2
COLOMBIA	76.2
GERMANY	71.7
GREAT BRITAIN	60.1
INDIA	61
MEXICO	74.8
SINGAPORE	66.7
UNITED STATES	65

What keeps you from living your life fully?



	1	2	3	4
GLOBAL	MONEY 44%	TIME 33%	WORK 20%	PRIORITIES 17%
BRAZIL	MONEY	TIME	FEAR/ ANXIETY	WORK
CANADA	MONEY	TIME	PRIORITIES	WORK
CHINA	MONEY	TIME	EDUCATION	WORK
COLOMBIA	MONEY	TIME	FEAR/ ANXIETY	PRIORITIES
GERMANY	MONEY	TIME	WORK	PRIORITIES
GREAT BRITAIN	MONEY	TIME	FEAR/ ANXIETY	WORK
INDIA	MONEY	FAMILY	PRIORITIES	CONFIDENCE
MEXICO	FEAR/ ANXIETY	MONEY	CONFIDENCE	WORK
SINGAPORE	MONEY	TIME	WORK	FEAR/ ANXIETY
UNITED STATES	MONEY	TIME	FEAR/ ANXIETY	WORK

Think of a person who you believe is living fully. Why do you think they live life so well?



	1	2	3	4
GLOBAL	ATTITUDE 23%	MONEY 16%	HEALTH 11%	FAMILY 10%
BRAZIL	ATTITUDE	MONEY	HEALTH	FAMILY
CANADA	ATTITUDE	PRIORITIES	MONEY	ENERGY
CHINA	MONEY	HEALTH	TIME	FAMILY
COLOMBIA	ATTITUDE	SPIRITUALITY	FAMILY	ENERGY
GERMANY	ATTITUDE	ENERGY	PRIORITIES	FAMILY
GREAT BRITAIN	ATTITUDE	ENERGY	MONEY	PRIORITIES
INDIA	ATTITUDE	MONEY	HEALTH	PRIORITIES
MEXICO	ATTITUDE	MONEY	HEALTH	FAMILY
SINGAPORE	ATTITUDE	HEALTH	FAMILY	MONEY
UNITED STATES	ATTITUDE	MONEY	HEALTH	PRIORITIES

Reflects answers from the 10 countries with the most respondents.

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