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Recent 'Today's Question' Poll Responses Reveal Much About Who We Are

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From the number of pillows you sleep with to the way you file your taxes, here are some highlights of recent responses to Today's Question on Inside CalPERS. It's not scientific, but it does provide a glimpse into our collective personality.

About Us

We are full of **personality**. We identify as **introverts** (37%), **extroverts** (13%), and mostly as a balance of both (47%). The remaining three percent of us aren't quite sure.

While some are content to sleep with just one **pillow** (34%), most prefer two (40%). Thirteen percent of us use three pillows, and 10 percent of us use four or more. Three percent of us don't use a pillow at all.

We like to hit the **snooze button** once (17%) or twice (22%). Some of us hit snooze over three times (15%), and others must set multiple alarms to ensure they wake up (14%). Props to the

32 percent of you who don't hit the snooze button at all!

About half of us like to **mail holiday cards** to friends and family every year (22%) or on occasion (23%). Twenty-nine percent of us used to mail cards, but no longer do, and 26 percent of us never have.

Our **strongest senses** are smell (31%), touch (23%), sight (22%), taste (14%), and hearing (10%).

Most of us are **right-handed** (82%), while others are **left-handed** (11%) and **ambidextrous** (7%).



We love **animals**. We have dogs (43%), cats (28%), fish (7%), birds (4%), rodents (3%), horses (2%), reptiles (2%), and something else entirely (11%). Wonder what kind of creatures those other pets are.

If we **owned a restaurant**, we would serve Mexican food (85%), American food (21%), Italian food (13%), Asian food (10%), Seafood (8%), or something else (23%).

And in case you were wondering, we consider the "right way" to **hang our toilet paper** is the overhand position (75%), but a few of us believe there is no right way (19%), and the rest believe the underhand position is right (6%).

A Few of Our Favorite Things

Our **favorite years of school** were college (31%), followed by high school (28%), elementary school (19%), middle school (8%), and graduate school (4%). Ten percent of us never liked school.

In elementary school, our **favorite subjects** were mathematics (26%), music/art (17%), physical education (17%), social studies (15%), science (13%), and language arts (12%).

Our **favorite genre of music** is R&B/hip-hop (24%), rock (22%), country (14%), pop (12%), electronic (4%), or something else (22%). Maybe classical?

Our Preferences

When asked if we would rather have our **spouse or child disappointed in us**, 77 percent of us would prefer our spouse be disappointed, but 33 percent would prefer to disappoint our children.



If money weren't an obstacle, we would most prefer the **personal services** of a housekeeper (50%), a chef (30%), a masseuse (10%), a personal shopper (5%), and a chauffeur (3%).

If given a choice, most of us would **rather work for** our best friend (35%) or parent (32%). Although 17 percent of us would prefer to work for a sibling, just 15 percent of us would prefer to work for our adult child.

We would prefer to be **perceived as intelligent** (65%) over street smart (35%).

Our Finances

In addition to our automatic pension contributions, 71 percent of us **contribute to other investment accounts**. However, 29 percent of us do not.

For the purpose of doing good in our community, the world at large, or the environment, 48 percent of us have made a **socially responsible investment**, while 51 percent of us have not.

Most of us don't own **cryptocurrency** (70%), and some of us don't even know what cryptocurrency is (24%), but the six percent of us that do own it have had split outcomes—three percent have made money, while three percent have lost money.

As for **filing taxes**, we prefer to do it ourselves (54%), hire a tax pro (37%), or ask a friend or family member for help (9%).

Health & Wellness

While 30 percent of us don't know our **blood type**, most employees are either O- or O+ (33%), followed by A- or A+ (25%), B- or B+ (8%), and the very rare AB- or AB+ (4%).

More and more doctors are now offering **virtual house calls**. When asked if you would **ever opt for this** instead of an office visit, most said maybe (40%), and many said they would without hesitation (34%). Twelve percent of us have already tried telemedicine, nine percent would do so only in an emergency, and four percent will never go for it.

As for our **eating habits**, we mostly eat an unlimited, but healthful amount of food (26%), low carbohydrate (16%), or as an enthusiastic carnivore (14%). Ten percent of us are vegetarian/vegan, six percent eat low-calorie, and the other 26 percent identify as something else.



Our biggest challenge to starting or maintaining a wellness plan is lack of motivation (40%), not enough time (30%), not knowing where to start (9%), injuries (8%), or other reasons (14%).

When it comes to activity, many of us will opt for the stairs over the elevator. Thirty-eight percent of us walk up to **three flights of stairs per day**, 27 percent walk six flights per day, six percent walk seven flights per day, and 15 percent walk over eight flights of stairs per day! Only 12 percent of us avoid the stairs all together.

Send Us Your Questions!

Do you have a great idea for a poll question? Submit your suggestion to the CalPERS [Intranet Communications mailbox](#).