

Insights from 10,000 Women on the Impact of NCDs: Highlights

Though NCDs are the #1 of killer of women, data on women's views on NCDs are scarce.

- 10,000 women from 10 different countries tell us that chronic diseases affect their every day lives.
 - 2 out of 3 women said they or someone in their household had NCDs.
 - Half of the women in our survey were caregivers.
- Pain of NCDs is felt most in less developed countries, especially financial pain.
 - About 30% of the women in Brazil, India, Kenya, South Africa and Indonesia reported spending > 25 percent of household income on NCDs.
 - 4 in 10 women pay doctors directly for their healthcare or borrow money from friends and family, more so (60%) in India, Afghanistan and Kenya.
 - 2 in 10 women said caregiving limited their ability to work.
- Women from around the world do visit healthcare facilities, but cost and long wait time are major barriers to treatment access.
 - Women lag in NCD testing. Less than three in ten women surveyed have ever had breast exams or cervical cancer screening tests.
 - Women can do better with blood pressure and blood sugar testing too.
 - When asked what reasons prevented them from going to a doctor, cost was the most common answer given—as high as one-third of the women in our survey said they did not have enough money. Long waiting times also emerged as a common barrier for women in all countries except the US.
- Women are exposed to a number of risk factors.
 - Soda consumption high—about a third drink soda every other day. 75% of women drink soda once a week, 90% in Brazil and South Africa.
 - One-quarter of women report using tobacco products daily or occasionally - in India, Indonesia, Russia and South Africa it is 1 in 3.
 - Women around the world are juggling so much in their lives - 4 in 10 say not enough time is the main challenge to getting enough physical activity.
 - Eating out is common. 7 in 10 women say they eat food that is not prepared in their home—such as food from restaurants, street food or take-out food—at least once a week.
- Women are concerned about their children's health: 6 in 10 were very or somewhat concerned about children seeing tobacco ads (highest in Kenya where it was 80%). And 4 in 10 women registered the same level of concern about soda or cola advertising.

Also see <http://arogyaworld.org/programs/capturing-the-voices-of-10000-women/>