

Insights from 10,000 Women on the Impact of NCDs

Afghanistan Report Summary

Non-communicable diseases (NCDs) represent the world's leading cause of death and collectively kill 18 million women each year. As part of the "Insights from 10,000 Women on the Impact of NCDs" survey conducted by Arogya World, 1,015 women in urban areas of Afghanistan were surveyed by face-to-face interviews from March 15-19, 2014.

Prevalence and Burden of NCDs

NCDs Affect Everyday Lives

- Nearly half of women surveyed (49%) say someone in their household suffers from an NCD – heart disease, diabetes, cancer, or chronic lung disease.
- 43% of women have had to provide care for a household member suffering from NCDs.
- Even though half of Afghani women do not work for pay, 13% of the women surveyed had to withdraw from the labor force in order to care for a household member with NCDs.

NCD Testing is Severely Lacking

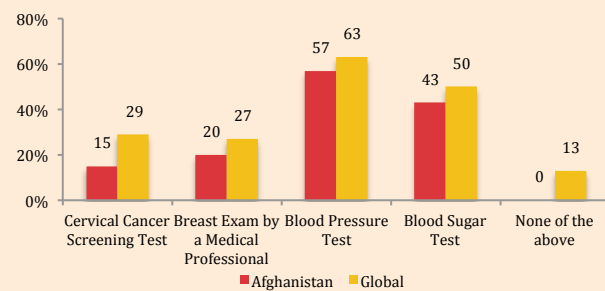
Most Women Have Regular Health Exams

- Most women (64%) were examined by a medical professional in the last year, but 14% of women have not seen a healthcare professional in the last 2 years.

But Have Not Been Adequately Tested for NCDs

- The percentage of women who have received a given NCD tests lags 7-14% behind the global norm.¹
- Just 15% of women have ever received a cervical cancer screening test.
- Merely 1 in 5 women have had a breast exam by a medical professional.
- Less than half of women have received a blood sugar test and only 57% have had a blood pressure test.

Have you ever had any of the following medical tests?



¹ The global norm is represented by the 10-country aggregate from Arogya's "Insights from 10,000 Women on the Impact of NCDs" survey.

Cost is the Biggest Limiting Factor to Healthcare Access

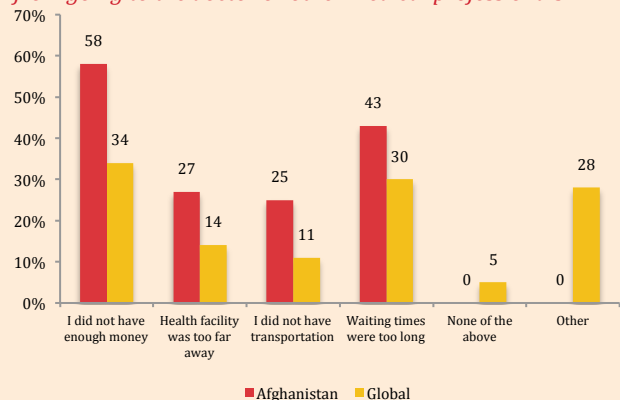
- Over half of Afghani women (53%) pay the doctor out of pocket and 11% of women reported having to borrow money from friends or family to cover the out of pocket expenses.
- Out of pocket payments were significantly higher than the global average.
- Only a third of women were able to get access to healthcare through government healthcare, free clinics, or private or employer health insurance.

How do you pay for your healthcare most of the time?



- Half of women report that caring for family members with NCDs presents a financial burden, with a quarter of women indicating that more than 25% of household income is spent on NCDs. 6% of women said that NCD treatment consumes more than half of household income.
- Almost 60% of Afghani women stated that not having enough money is the major obstacle to seeing a healthcare professional, compared to 34% of women globally reporting the same concern.
- Long waiting time (43% of women) was also a significant factor in limiting healthcare access.

In the past year, which of the following reasons prevented you from going to the doctor or other medical professionals?

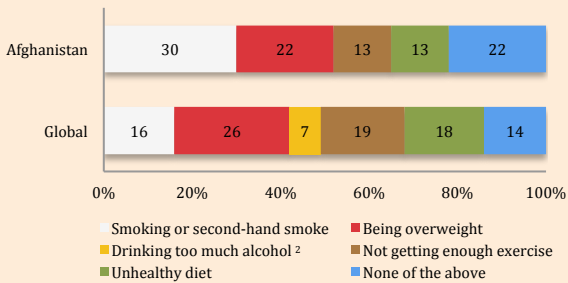


Health Concerns of Afghani Women

Women are Concerned About Smoking

- Only 8% of women in Afghanistan smoke, compared to 26% globally.
- However, the most concerning issue for Afghani women regarding their household health is smoking or second-hand smoke (30%). This percentage is double the global norm.
- 80% of women are concerned about children seeing advertisements for cigarettes and tobacco products on TV, billboards, and other public places.

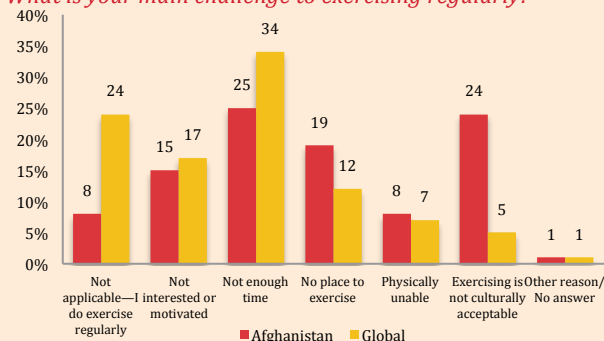
Thinking about your household, which health issue are you most concerned about?



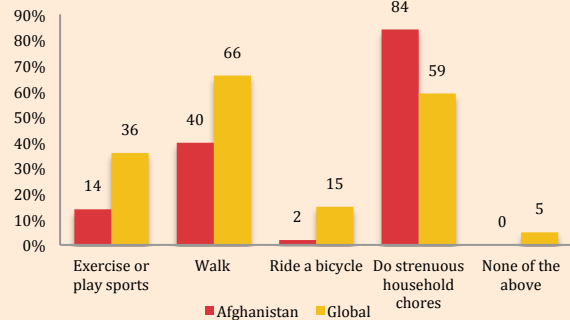
Exercise is Limited Due to Cultural Practices

- Only 8% of women report exercising regularly.
- While 84% of women report participating in strenuous household chores at least two days a week for 10 minutes at a time, only 40% walk, 14% exercise, and 2% ride a bicycle.
- The percentage of women walking, exercising, and riding a bicycle were strikingly less than the global average from our survey.
- A quarter of women said that the reason they did not exercise was because it was not culturally acceptable. Not having enough time was also a barrier.
- A fifth of women were most concerned about being overweight and 13% were most concerned about not getting enough exercise.

What is your main challenge to exercising regularly?



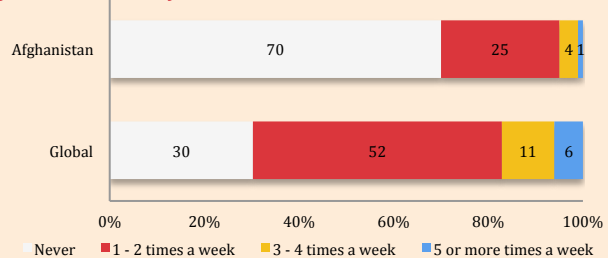
In a typical week, do you engage in the following activities at least 2 days a week for at least 10 minutes each day?



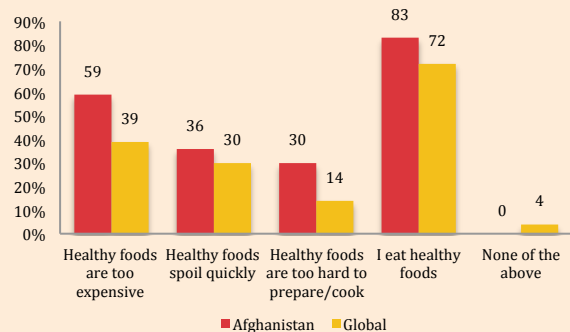
Women Eat Healthy Foods But Cost is a Barrier

- More Afghani women report eating healthy foods (83%) than the global norm (72%).
- A remarkably high 7 in 10 women stated that they do not eat any food from restaurants, street food, or take out food on a weekly basis, giving women more control over healthy eating practices.
- But 60% of Afghani women stated that healthy foods are prohibitively expensive.
- Women also agreed that healthy foods spoil quickly (36%) and are difficult to cook (30%) and are difficult to cook (30%).

In a typical week, how many times do you eat food not prepared in your home, such as food from restaurants, street food, or take out food?



Thinking about healthy foods (such as fruit and vegetables, low-fat foods), which statements do you agree with?



For additional information about the "Insights from 10,000 Women on the Impact of NCDs" survey, go to <http://arogyaworld.org/programs/capturing-the-voices-of-10000-women/report/>.

² Option for "drinking too much alcohol" was not asked in Afghanistan.