

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, 1,004 women in Russia were surveyed from March 25 to April 1, 2014 via the Web. Of the women surveyed in Russia, 87% of women lived in urban areas.

### NCDs Burden Majority of Households NCDs Affect Everyday Lives

- Two thirds of women surveyed in Russia have a member of their household suffering from an NCD – heart disease, diabetes, cancer, or chronic lung disease. This is higher the global norm of 62%.<sup>1</sup>
- 1 in 2 women have had to provide care for a household member suffering from NCDs.
- 17% of women have had to quit their jobs in order to care for a household member with an NCD.

### Russia Succeeding in NCD Testing Most Women Have Regular Health Exams

- Almost all Russian women surveyed (91%) have seen a doctor within the last two years, significantly exceeding the global norm of 81%. 7 in 10 Russian women went to a doctor in the past year.

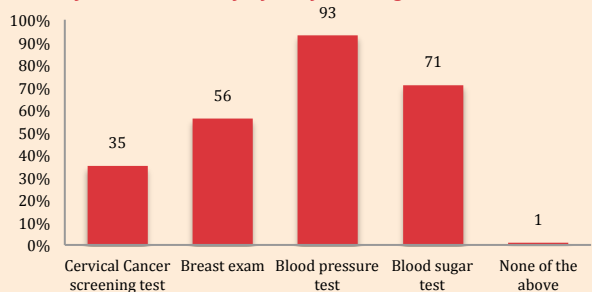
### Blood Pressure and Blood Sugar Testing Is Good

- Nearly all surveyed Russian women (99%) have had at least one of the following tests: a Cervical Cancer screening test, a breast exam, a blood pressure test, or a blood sugar test. Comparatively, 1 in 6 women globally have never received basic NCD testing.
- Across all countries surveyed, Russia leads in blood pressure testing (93%), the major indicator for diabetes diagnosis.
- Russia also has high levels of blood sugar testing among women: 71%.

### Cancer Screening Tests Are Lacking

- Even though the percentage of women receiving medical breast exams in Russia (56%) is double the

Have you ever had any of the following medical tests?



global norm (27%), only half of women have ever been screened for breast cancer.

- Just 1 in 3 Russian women have had a Cervical Cancer screening test. There is much room for improvement.

### Long Waiting Times and Cost Limit Healthcare Access

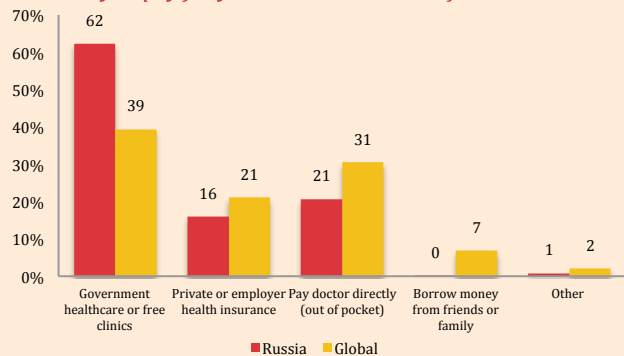
#### Long Waiting Times Deter Pursuit of Care

- Long waiting times is the biggest deterrent to visiting a doctor in Russia. The percentage of women in Russia who do not visit a doctor due to long waiting times (41%) is much higher than the global norm (30%).

### Despite Government Healthcare, Financial Burden of NCDs is High

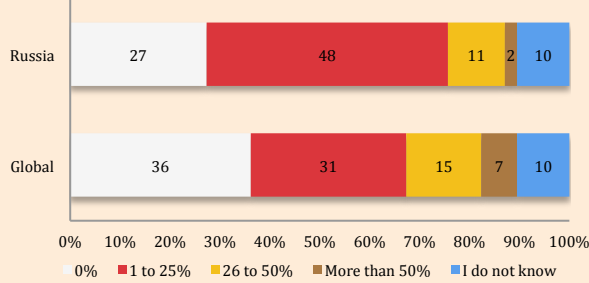
- In Russia, the most common means of financing healthcare is through government healthcare or free clinics. 62% of women cover healthcare costs in this manner. Government healthcare is almost 25% higher in Russia than the global norm (39%).
- 16% of women paid for healthcare via private or employer health insurance. 1 in 5 women pay the doctor directly.
- Despite the predominance of government healthcare coverage, over half of women say that the cost of NCDs results in a financial burden.

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



<sup>1</sup> The global norm is representative of the 10-country aggregate from Arogya's "Insights from 10,000 Women on the Impact of NCDs" survey.

*What percentage of your household income is spent on treating NCDs?*



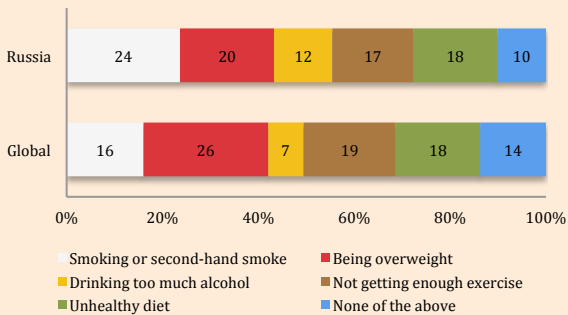
- Almost half the women spend up to 25% of household income to treat NCDs, compared to the global norm of 31%.
- 1 in 4 women state that cost has prevented them from seeing a doctor in the past year.

## Health Concerns of Russian Women

### Women are Concerned About Smoking

- 1 in 3 Russian women smoke tobacco products at least occasionally. The percentage of women smoking in Russia (33%) is higher than the percentage of women who smoke across all countries in our survey (26%).
- The most concerning healthcare issue for Russian women is smoking or second-hand smoke (24%).
- Nearly 9 in 10 women are concerned about children seeing advertisements for cigarettes or tobacco products on TV, billboards, or other public places, with 30% being very concerned about the issue.

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



### Cost and Easy Spoilage Limit Healthy Eating

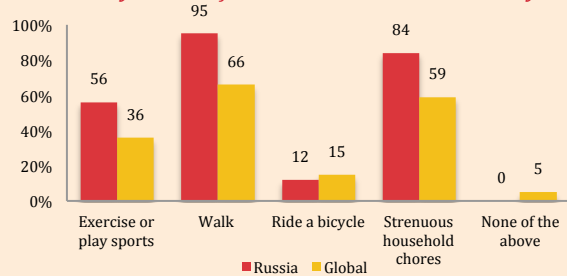
- Women surveyed are also concerned about being overweight (20%) and unhealthy eating (18%).
- 59% of Russian women surveyed state that healthy foods spoil too quickly. This percentage is double the global norm.
- Almost half of women (45%) say that healthy foods are prohibitively expensive.

- 2 in 3 women surveyed eat food from restaurants, street food, or take out food at least once per week. Almost 6 in 10 women eat out 1-2 times per week.

## Women Engage in Physical Activity But Time and Lack of Motivation Are Barriers to Regular Exercise

- All Russian women surveyed engage in physical activities that increase heart rate for at least 10 minutes twice per week. 95% walk regularly, 84% participate in strenuous household chores, 45% exercise or play sports, and 12% ride a bicycle.

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

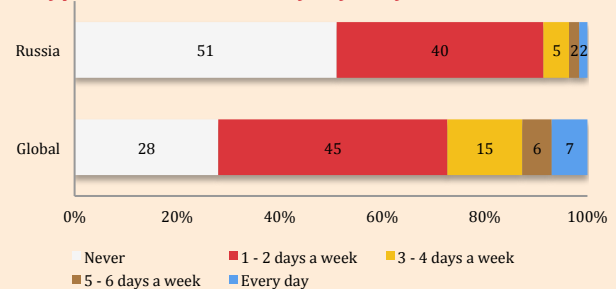


- Yet, only a quarter of women report exercising on a regular basis.
- Not having enough time for exercise (37%) and a lack of interest and motivation (17%) are the biggest obstacles to regular exercise.

## Women Excel in Limiting Soda Consumption

- In a typical week, over half of women (51%) do not drink any soda. This is almost double the global number (28%).
- Only 9% of women drink soda three or more times per week. Comparatively, 28% of women surveyed globally consume soda at the same frequency.

*In a typical week, on how many days do you drink soda or cola?*



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/>.