

# Insights from 10,000 Women on the Impact of NCDs

## United States 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, 1,007 women in the United States were surveyed via the Web from March 25 – April 1, 2014.

### NCDs Affect Everyday Lives

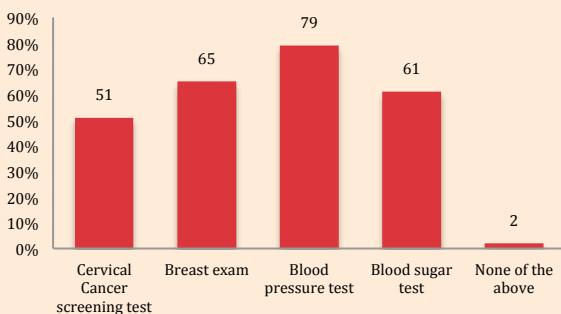
- Only 1 in 3 women surveyed from the United States has a household member who is suffering from an NCD: heart disease, diabetes, cancer, or chronic lung disease. In contrast, 62% of women surveyed globally have a household member with an NCD.
- A quarter of women have had to care for a household member suffering from an NCD. Comparatively, the global norm is double that number (51%).<sup>1</sup>
- 1 in 10 women have had to quit their jobs in order to care for a household member with an NCD.

### NCD Testing Needs Improvement

#### Most Women Have Regular Health Exams

- 2 in 3 women in the United States (64%) have seen a doctor within the past year. Healthcare access is at the global average: 4 in 5 American women (79%) went to a doctor within 2 years, compared to the global rate of 81%.

*Have you ever had any of the following medical tests?*



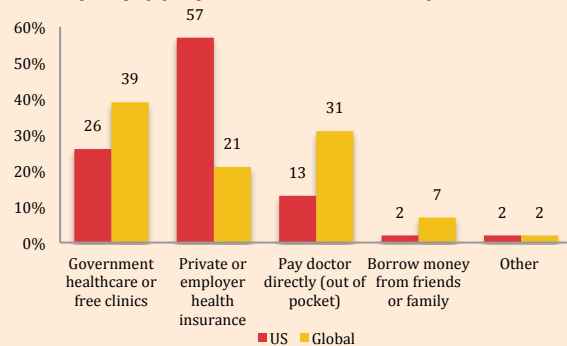
### US is Higher Than Average for NCD Testing, But Testing Prevalence Still Needs Improvement

- Almost all American women (98%) have received some basic NCD testing, either a Cervical Cancer screening test, a breast exam, a blood pressure test, or a blood sugar test.
- Rates of NCD testing in the US are higher than the global average across all surveyed countries.
- Nevertheless, Cervical Cancer testing is still lacking, with only 1 in 2 women (52%) having had a Cervical Cancer screening test.
- And, less than 2 in 3 women (65%) have had a breast exam conducted by a medical professional.
- Blood sugar tests, a vital indicator for diabetes, are low: only 61% of women have received this exam.

### Financial Impact of NCDs

- Over half of American women surveyed (57%) cover healthcare expenses via private or employer health insurance. Since 1 in 4 women receive healthcare through government healthcare or free clinics, 83% of women report having coverage most of the time.
- However, 13% of women pay the doctor directly for services and 2% must borrow money from friends or family to cover expenses.
- 11% of women spend over 25% of income on NCD healthcare costs.

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



### Cost is Biggest Barrier to Healthcare Access

- The biggest barrier to healthcare access in the United States is the cost of healthcare, with 1 in 3 women (34%) stating that healthcare is prohibitively expensive.
- Long waiting times have prevented 11% of women surveyed from visiting a doctor in the past year.
- Some of the other reasons that women mentioned included a lack of insurance, high out of pocket expenses despite insurance coverage, inability to take time off of work, and dissatisfaction with physician competency.

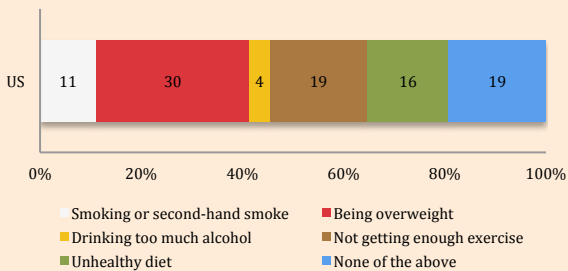
<sup>1</sup> The global norm is representative of the 10-country aggregate from Arogya's "Insights from 10,000 Women on the Impact of NCDs" survey.

## Health Concerns of Women in the US

### Unhealthy Eating Habits Lead to Concerns About Being Overweight

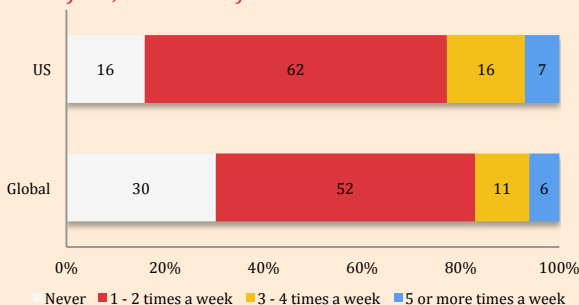
- Being overweight is the biggest household healthcare concern for American women (30%). An additional 16% of American women stated that an unhealthy diet, a closely related issue, is their main health concern.

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



- American women demonstrate much higher rates of food consumption from restaurants, street food, or take out food, than the average across all survey countries. 84% of women eat out at least once a week, compared to the global norm of 70%.
- 1 in 4 women (23%) eat out 3 or more times per week. Eating food not prepared at home results in less control over healthy eating.
- Cost (57%) and quick spoilage of healthy foods (53%) are the main barriers to healthy eating. Comparatively, the global norms for these issues are 39% and 30%, respectively.

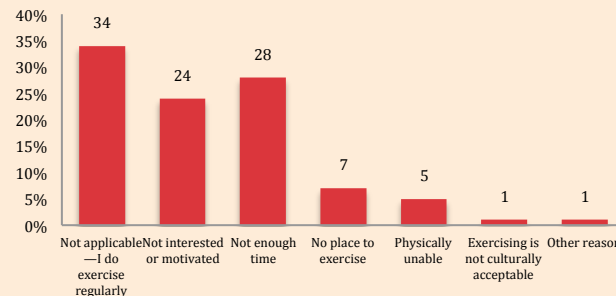
*In a typical week, how many times do you eat food not prepared in your home, such as food from restaurants, street food, or take out food?*



### Lack of Time and Motivation Limit Exercise

- Lack of exercise is the second biggest healthcare concern amongst American women (19%).
- Only 1 in 3 women exercise regularly (34%).
- Lack of time (28%) and motivation (24%) are the largest barriers to exercising regularly.

*What is your main challenge to exercising regularly?*

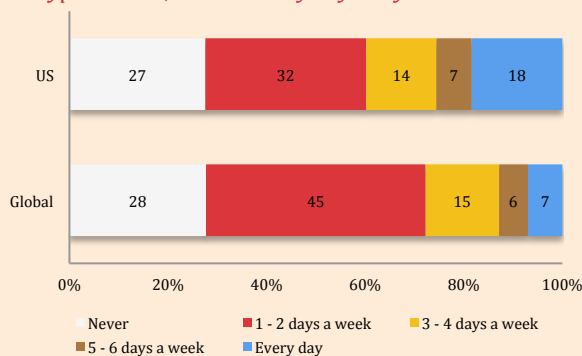


- Women in the US demonstrate high performance in activities that increase heart rates, such as walking (80%) and completing strenuous household chores (71%).
- 58% of women report exercising or playing sports for at least 2 days a week for 10 minutes, 22% higher than the global average.

### Rates of Soda Consumption Are Concerning

- Three quarters of women drink soda at least once per week, which is on par with the global norm.
- However, frequency of soda consumption at three or more days per week is much higher in the United States than any other survey country.
- 1 in 5 women (18%) drink soda every day of the week, more than double the global norm (7%). 39% of women typically drink soda three or more days per week in the United States, 18% higher than the global average.

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



- American women are less concerned about children seeing advertisements for soda on TV or other public places. Only slightly over half of women (54%) are worried about soda ads; whereas, 70% of women globally report this concern.

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/>.