

Insights from 10,000 Women on the Impact of NCDs

Indonesia 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, 1,000 women in Indonesia were surveyed on mobile phones from March 5-30, 2014. Of the women surveyed in Indonesia, 54% live in urban areas and 45% live in rural areas.

NCDs Burden the Majority of Households NCDs Affect Everyday Lives

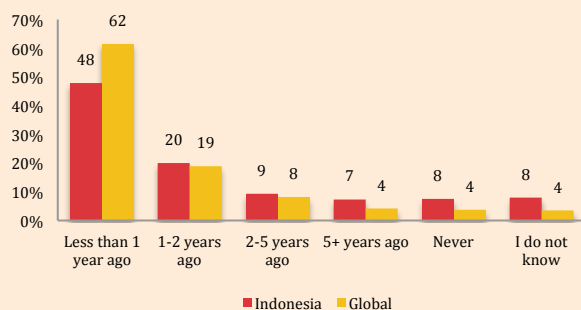
- 68% of Indonesian women surveyed say someone in their household suffers from an NCD – heart disease, diabetes, cancer, or chronic lung disease. This is slightly higher than the global norm of 62%.¹
- Over half of women (57%) have had to provide care for a household member suffering from NCDs.
- Despite 17% of women not working for pay, a third of women (34%) have had to quit their jobs to care for a household member suffering from NCDs.

NCD Testing is Severely Lacking

Women Do Not Receive Regular Health Exams

- Less than half of women (48%) have seen a doctor in the past year, much lower than the global norm.
- 1 in 4 women have not seen a doctor in over 2 years.

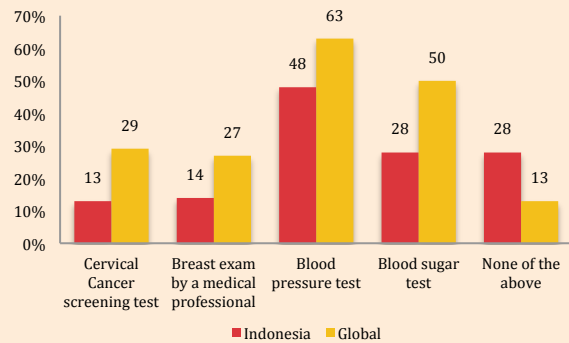
When were you last examined by a doctor or other medical professional?



And NCD Testing is Remarkably Insufficient

- 28% of women have never received any basic NCD testing, including Cervical Cancer screening tests, breast exams by a medical professional, blood pressure tests, or blood sugar tests.

Have you ever had any of the following medical tests?

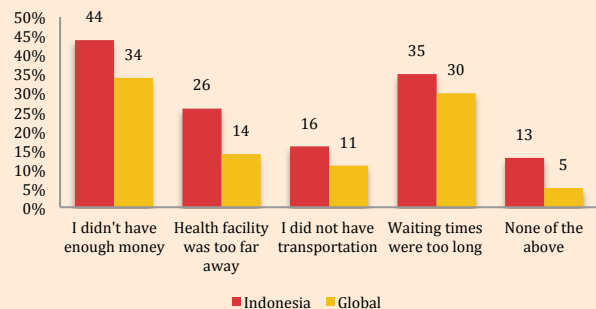


- Cancer screening tests fall drastically short. Fewer than 1 in 7 Indonesian women have had a Cervical Cancer screening test (13%) or a breast exam by a medical professional (14%). Globally, 1 in 3 women have received these exams.
- Only 1 in 4 women have had a blood sugar test, a vital indicator for diabetes.
- Less than half of women (48%) have ever had a blood pressure test.

Cost and Long Waiting Times Are the Biggest Barriers to Healthcare Access

- The prohibitive cost of healthcare is the biggest deterrent to women (44%) visiting a medical professional in Indonesia.
- Indonesian women are also dissuaded from seeing a physician due to the long waiting times (35%).
- 1 in 4 women state that the health facilities are too far away and 16% of women cannot see a doctor because of a lack of transportation.

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

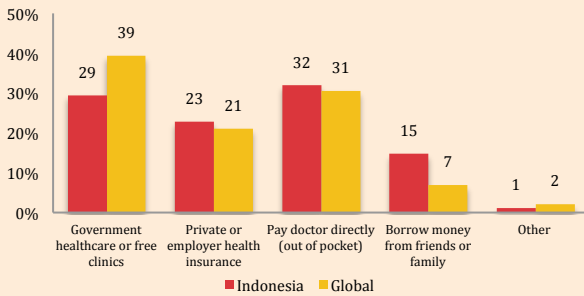


Financial Burden High

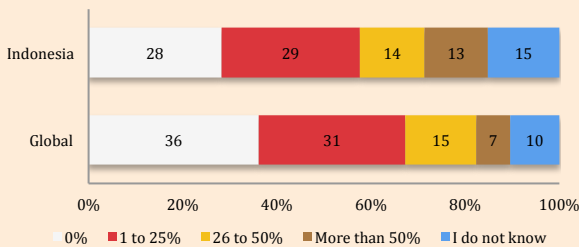
- The most common way Indonesian women cover healthcare expenses is by paying the doctor out

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

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



What percentage of your household income is spent treating these health conditions: heart disease, diabetes, cancer, and chronic lung disease?

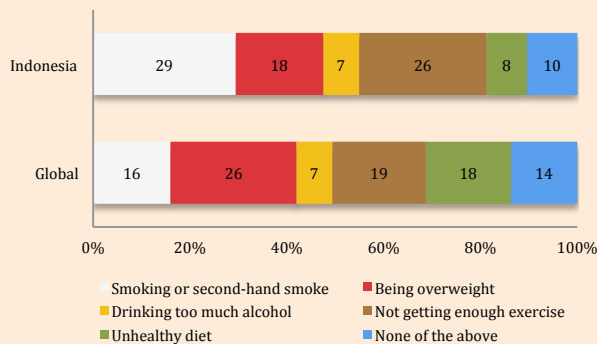


- of pocket (32%). 15% of women must borrow money from friends or family to pay for healthcare.
- Half of women report that treating NCDs has resulted in a household financial burden, with 1 in 3 women categorizing the burden as major.
- 13% of women indicate that NCD treatment consumes more than 50% of income, almost double the global norm (7%).

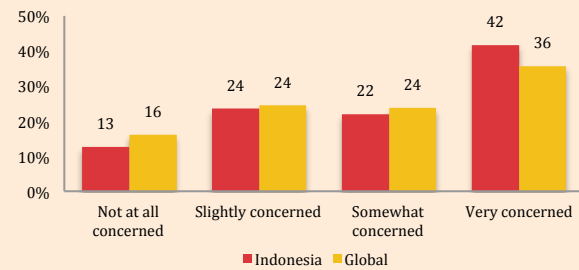
Health Concerns of Indonesian Women
Women Are Most Concerned About Smoking

- More than 1 in 3 Indonesian women smoke tobacco products at least occasionally, higher than the 1 in 4 women globally.
- Of all household health issues, Indonesian women are most concerned about smoking or second-hand smoke (29%), double the global average.

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



How concerned are you about your children seeing advertisements for cigarettes or other tobacco products on TV, billboards, or other public places?



- 87% of women are concerned about children seeing advertisements for cigarettes on TV, billboards, or other public places. Almost half of women (42%) are very concerned about cigarette advertisements.

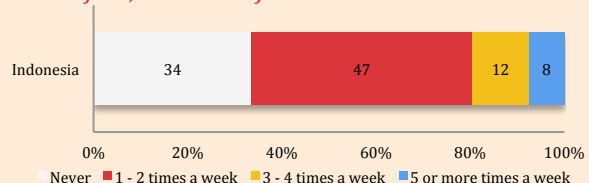
Lack of Time and Dedicated Exercise Environments Limit Exercise

- Only 17% of Indonesian women exercise regularly.
- Indonesian women surveyed walk (52%) or complete strenuous household chores (44%) with less frequency than the global average. However, the percentage of women who regularly ride a bicycle (36%) is double the global norm (15%).
- Not having enough time (31%) is the biggest barrier to regular exercise.
- 1 in 5 women state that they do not have a place to exercise regularly and 1 in 10 women cannot exercise because it is not culturally acceptable.

Cost Limits Healthy Eating

- Cost is the major barrier to healthy eating. 27% of women say healthy foods are prohibitively expensive.
- Other limiting factors include easy spoilage of healthy foods (23%) and the difficulty of cooking healthy foods (20%).
- 66% of women eat out at least once per week. 1 in 5 women eat out three or more days per week.

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



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/>.