

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, 1,005 women in Mexico were surveyed from March 25 to April 1, 2014 via the Web. Of the women surveyed in Mexico, 83% of women lived in urban areas and 13% lived in suburban regions.

NCDs Burden Majority of Households NCDs Affect Everyday Lives

- Two thirds of women surveyed in Mexico have a household member suffering from an NCD – heart disease, diabetes, cancer, or chronic lung disease. This is marginally higher the global average of 62%.¹
- 2 in 3 women have had to provide care for a household member suffering from NCDs.
- 22% of women had to quit their jobs in order to care for a household member with an NCD.

Certain NCD Testing is Insufficient Most Women Have Regular Health Exams

- Almost all Mexican women surveyed (92%) have seen a doctor within the last two years, higher than the global norm of 81%. Three quarters of Mexican women went to a doctor in the past year.

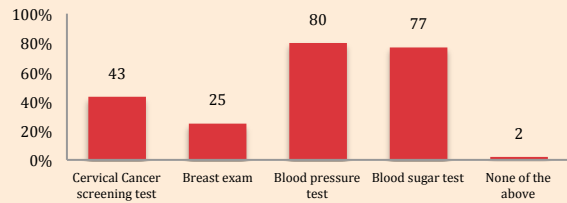
Some NCD Tests Are Prevalent

- Nearly all surveyed Mexican women (98%) 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, Mexico leads in prevalence of blood sugar testing (77%), the major indicator for diabetes diagnosis.
- Mexican women are also regularly tested for blood pressure (80%), an important heart disease risk factor.

Yet Other NCD Tests Are Lacking

- Breast exams are the least common basic NCD test in Mexico, with only 1 in 4 Mexican women having ever received a breast exam by a doctor.

Have you ever had any of the following medical tests?



- Just 2 in 5 Mexican women have had a Cervical Cancer screening test.

Cost and Long Waiting Times Limit Healthcare Access

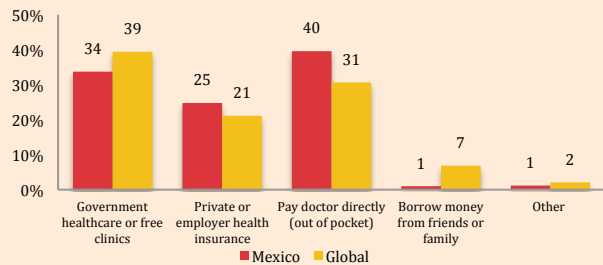
Cost and Waiting Times Deter Pursuit of Care

- Not having enough money was the biggest deterrent (37%) to visiting a medical professional in Mexico.
- Long waiting time (32%) was also a significant factor in limiting healthcare access.

NCDs Result in High Financial Burden

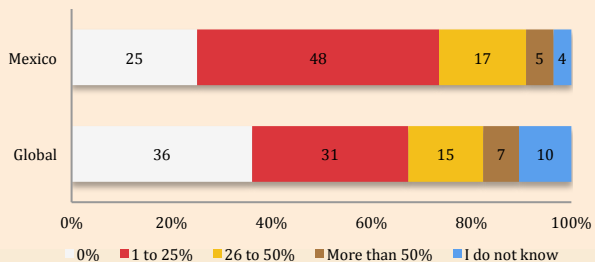
- 40% of Mexican women surveyed covered healthcare expenses by paying the doctor out of pocket, much higher than the global norm of 31%. This was the most common way for women to pay for healthcare.
- A third of the women were able to access healthcare through government healthcare or free clinics.

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



- Two thirds of Mexican women surveyed state that caring for NCDs results in a household financial burden, with 2 in 5 women calling it a major financial burden.
- 22% of women spend more than 25% of household income on treating NCDs.

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

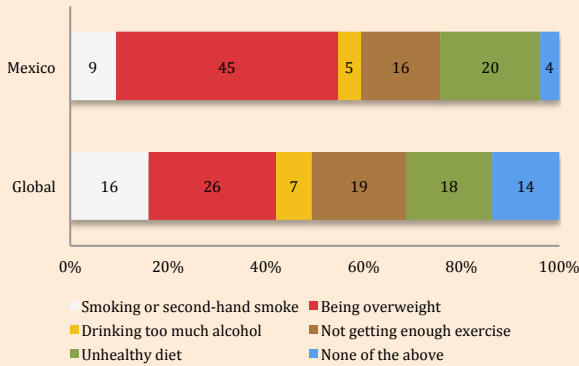


¹ The global norm is representative of the 10-country aggregate from Arogya's "Insights from 10,000 Women on the Impact of NCDs" survey.

Health Concerns of Mexican Women Women are Primarily Concerned About Being Overweight and Having an Unhealthy Diet

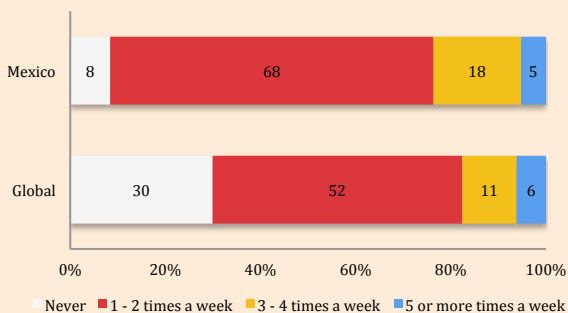
- Two thirds of women surveyed state that either being overweight (45%) or an unhealthy diet (20%) is the health issue they are most concerned about. Concerns about weight are significantly higher than the global norm of 26%, and more women are concerned about being overweight in Mexico than in any other country in our survey.

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



- While 9 in 10 Mexican women state that they eat healthy foods, more women regularly eat food not prepared in their own home (92%) than the global norm (70%). Eating out limits higher control over healthy eating.
- Almost a quarter of women eat restaurant or street food at least three or more times per week. Nearly 7 in 10 women eat out at least once per week.
- Cost is the biggest barrier to eating healthy, with 40% of women stating that healthy foods are prohibitively expensive.

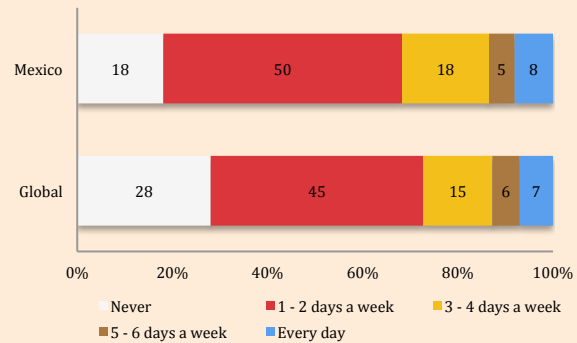
In a typical week, how many times do you eat food not prepared in your home, such as food from restaurants, street food, or take out food?



Soda Consumption Higher Than Average

- In a typical week, 82% of surveyed Mexican women drink soda at least once. Globally, women showed lower rates of soda consumption (72%).
- Three quarters of Mexican women are concerned about children seeing advertisements for soda in public places.

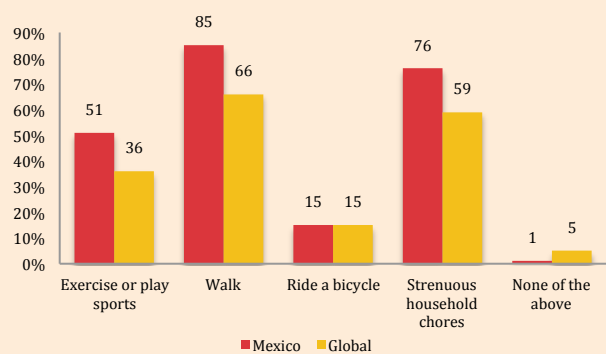
In a typical week, on how many days do you drink soda or cola?



Lack of Time Inhibits Exercise Frequency

- Less than 30% of women report exercising regularly.
- Mexican women show higher rates of participation in activities that increase heart rate. 1 in 2 women exercise or play sports at least 2 days a week for 10 minutes, 85% walk, 15% ride a bicycles and 76% participate in strenuous household chores.
- Women cite not having enough time (43%) as the 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?



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/>.