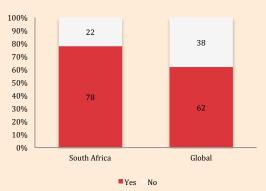


Non-communicable diseases (NCDs) represent the world's leading cause of death and collectively kill 18 million women each year. As part of the "Insights from 10,000 Women on the Impact of NCDs" survey conducted by Arogya World, 1,000 women in South Africa were surveyed on mobile devices from March 5-30, 2014. Of the women surveyed in South Africa, 82% of women lived in urban areas.

NCDs Burden Majority of Households NCDs Affect Everyday Lives

 Almost 4 in 5 women surveyed from South Africa have a household member who is suffering from an NCD- heart disease, diabetes, cancer, or chronic lung disease. This percentage is significantly higher than the global norm, where 62% of women surveyed globally have a household member with an NCD.¹

Has anyone in your household ever been told by a doctor or other medical professional that they have any of these health conditions: heart disease, diabetes, cancer, or chronic lung disease (such as asthma or chronic bronchitis)?



- 65% of women have had to care for a household member suffering from an NCD.
- 1 in 5 women had to quit their jobs in order to care for a household member with an NCD.

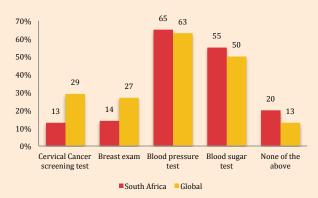
NCD Testing Significantly Lacking Most Women Have Regular Health Exams

• Two thirds of South African women (66%) have seen a doctor within the past year. Over 80% of women have seen a doctor within the last 2 years.

But Have Not Been Adequately Tested for NCDs

- 1 in 5 South African women surveyed, almost double the global norm, have never received basic NCD tests, including a Cervical Cancer screening test, a breast exam, a blood pressure test, or a blood sugar test. These tests are vital indicators for cancer, heart disease, and diabetes.
- Cancer screening is significantly lacking, with only 13% of women having received a Cervical Cancer screening test and 14% of women having ever had a breast exam. These percentages are less than half of the global norm.
- Just over half of women (55%) have had a blood sugar test and only two thirds of women have had a blood pressure test.

Have you ever had any of the following medical tests?

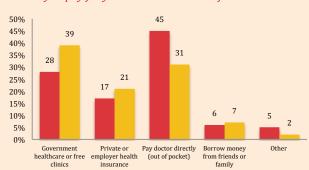


Cost is the Biggest Barrier to Healthcare Access

Women Pay for Healthcare Out of Pocket

- Almost half of South African women surveyed (45%) pay the doctor directly to cover healthcare costs. Comparatively, only 3 in 10 women globally pay out of pocket for healthcare.
- About a quarter of women (28%) receive healthcare from government healthcare or free clinics, less than the global norm (39%).

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





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

Financial Burden High

- Not having enough money is by far the biggest deterrent to women accessing healthcare (42%) in South Africa. Long waiting times (19%) and not having transportation (12%) were also factors.
- Half of the women say that the cost of NCDs results in a financial burden for the household, with 20% categorizing this as a major burden.
- A quarter of women (26%) spend over 25% of their household income on treating NCDs.

Health Concerns of South African Women Women Do Not Exercise Regularly

- 1 in 4 South African women (26%) claim to exercise regularly.
- Yet, participation in particular exercises for at least 10 minutes 2 days per week lags 3-19% behind the global norm.
- Only 17% of women exercise or play sports at least 2 days per week, which is less than half of the global norm (36%).
- Just 2% of women ride a bicycle regularly, and only slightly over half of women regularly walk (58%) or participate in strenuous household chores (56%).

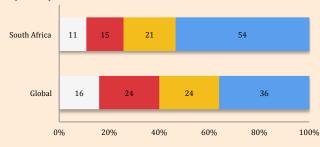
In a typical week, do you engage in the following activities at least 2 days a week for at least 10 minutes each day?



- Being overweight is the household health issue that 31% of South African women are most concerned about. 17% of women are most worried about not getting enough exercise.
- Not having enough time for exercise (44%) and a lack of interest or motivation (13%) are the biggest deterrents to regular exercise. 12% of women state that exercise is limited due to an absence of exercise locations.

Women are Concerned About Smoking

 Over a third of women smoke tobacco products at least occasionally. Globally, a quarter of women smoke. How concerned are you about children seeing advertisements for cigarettes or tobacco products on TV, billboards, or other public places?



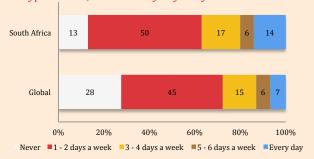
Not at all concerned ■Slightly concerned ■Somewhat concerned ■Very concerned

• South African women are highly concerned about children seeing advertisements for cigarettes or tobacco products on TV, billboards, or other public places. 3 in 4 women are somewhat or very concerned about tobacco advertisements.

Eating Habits Need Improvement

- 1 in 5 South African women stated that the household health issue they are most concerned about is an unhealthy diet.
- Almost 60% of women eat food from restaurants 1-2 times per week, resulting in less control over healthy food consumption.
- Cost is the largest barrier to healthy eating, with 30% of women saying that healthy foods are prohibitively expensive.
- 87% of South African women surveyed drink soda or cola at least once per week. This is 15% higher than the global norm (72%).
- The percentage of women drinking soda every day (14%) is double the global norm.

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/.

