

Insights from 10,000 Women on the Impact of NCDs

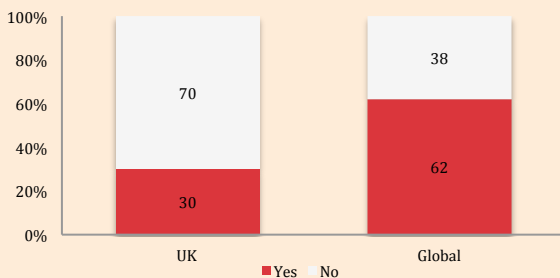
United Kingdom Report Summary

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, 1,003 women in the United Kingdom were surveyed via the Web from March 25 – April 1, 2014.

NCDs Affect Everyday Lives

- 1 in 3 women surveyed from the United Kingdom has a household member who is suffering from an NCD - heart disease, diabetes, cancer, or chronic lung disease. It's double that number globally (62%).

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)?



- A quarter of women have had to care for a household member suffering from an NCD. Comparatively, the global norm is 51%.¹

NCD Testing Needs Improvement

Most Women Have Regular Health Exams

- Two thirds of women in the United Kingdom (63%) have seen a doctor within the past year. 78% of women have seen a doctor within the last 2 years.

UK Excels in Cervical Cancer Screening Tests and Blood Pressure Tests

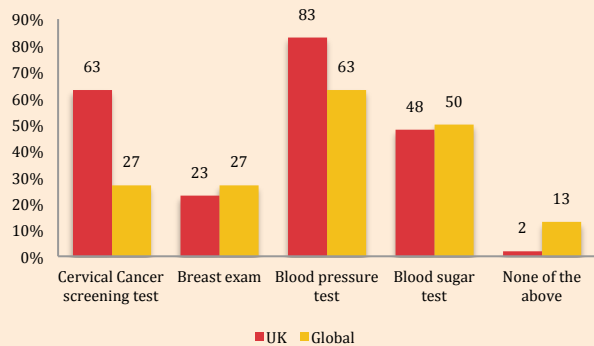
- The UK leads survey countries in the percentage of women who have ever received a Cervical Cancer screening test (63%).
- However, there is room for improvement: more than 1 in 3 women (37%) have never had a Cervical Cancer screening test.

- 83% of women have had a blood pressure test, 20% higher than the norm across survey countries.

Breast Exams and Blood Sugar Tests Fall Short

- Fewer than 1 in 4 women in the UK (23%) have had a breast exam by a medical professional. This percentage is significantly less than in Russia and the United States, two other high-income countries, where over 60% of women have had a breast exam.
- Less than half of women have had a blood sugar test, a vital indicator for diabetes.

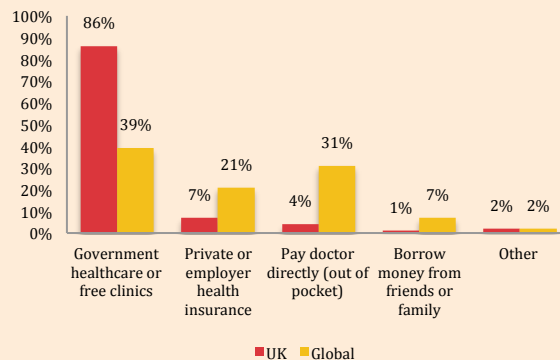
Have you ever had any of the following medical tests?



Government healthcare lessens NCD Financial Burden

- Since a staggering 86% of women in the UK access healthcare via government healthcare or free clinics and 7% have private or employer health insurance, more women in the UK (93%) have reliable healthcare coverage than in any other country in our survey.
- Only 1 in 20 women in the UK needs to pay the doctor directly (4%) and fewer still have to borrow money from friends or family (1%) in order to pay for healthcare. Globally, 38% must fund their healthcare out of pocket.

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.

- As a result, 7 in 10 women state that the cost of caring for NCDs results in no financial burden.
- Despite extensive coverage, 1 in 4 women do spend some household income on treating NCDs, with 5% spending more than 25% of income on treatment.

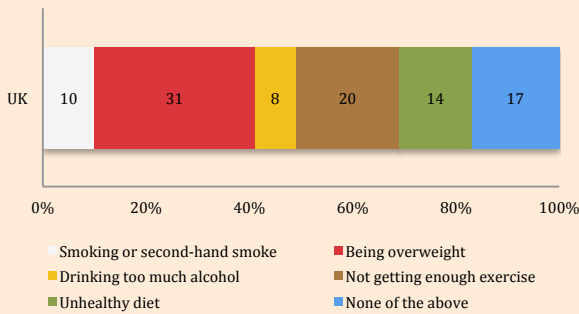
Barriers to Healthcare Access

- Long waiting times is the biggest deterrent to healthcare access in the United Kingdom. 1 in 5 women state that the length of waiting times has prevented them from seeing a doctor this year.
- Location of the health facility (7%) and a lack of transportation (6%) also limited healthcare access.
- Some of the other reasons that women mentioned included the inability to take time off of work, a lack of appointment availability, and general dissatisfaction with physician care.

Health Concerns of Women in the UK Cost and Easy Spoilage of Healthy Foods Leads to Concerns About Weight

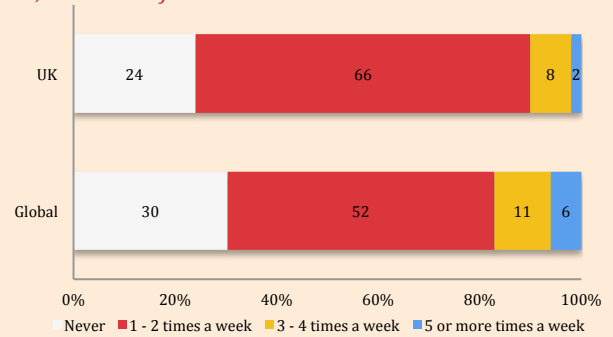
- The biggest household healthcare concern that women reported is being overweight (31%), and 14% of women stated that an unhealthy diet, a closely related issue, is their main health concern.

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



- While 86% of women in the UK report having healthy eating habits, 3 in 4 women eat food from restaurants, street food, or take out food at least once per week. 2 in 3 women (66%) eat out 1-2

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?



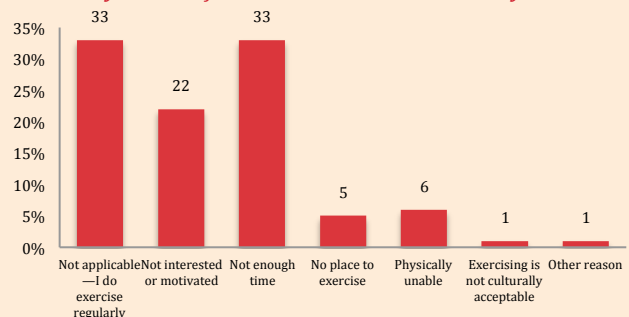
times per week, much higher than the global norm of 52%. Eating food not prepared at home results in less control over healthy eating.

- Cost is the largest barrier to healthy eating, with 3 in 5 women stating that healthy foods are prohibitively expensive.
- Another significant factor limiting healthy eating is the fact that healthy foods spoil quickly. Many more women in the UK have this concern (54%) than the global norm (30%).

Lack of Time and Motivation Limit Exercise

- Lack of exercise is the second largest healthcare concern amongst women from the UK (20%).
- Only 1 in 3 women exercise regularly.
- Many women in the UK engage in physical activity that increases heart rate – e.g. walking (89%) and completing strenuous household chores (73%).
- Lack of time (33%) and motivation (22%) are the largest barriers 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/>.