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%).
• 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%.

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.
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.

- 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.

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.

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.

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/.