

Healthcare

Cyberletter

Health, Healthcare and Lifestyles



Public Perceptions on Health and General Wellbeing

Produced by: Gallup Pakistan Jointly with Gilani Research Foundation

September-October Edition
(A national survey on Public Perceptions on Health and General Wellbeing)

In this Issue

How do Pakistani adults see their health?	...Page 2
How many adults say they are suffering from long term diseases/illnesses?	...Page 3
Perception of control people have over their health	...Page 5
What steps do people take to improve their health	...Page 6
Methodology	...Page 8

From the Editor

Dear Reader,

Gallup Pakistan would like to present findings of a nation wide study on how Pakistanis view their health and how much control they believe they have on their own health and well being. We look forward to your comments and suggestions.

Editorial Team:

Ms. Amal Naeem Qureshi



Dr. Sara Gilani, Gallup Islamabad

Ms. Fatima Idrees, Gallup Islamabad

Email:

fatima.idrees@gilanifoundation.com

Highlights

Perception of health: 10% of adult Pakistanis see their health as 'very good', 53% see their health as 'good' and only 4% consider their health to be 'bad'.

Perception of long term health/long term disease and illness: Majority of Pakistanis (82%) claim that they do not suffer from any long term illness.

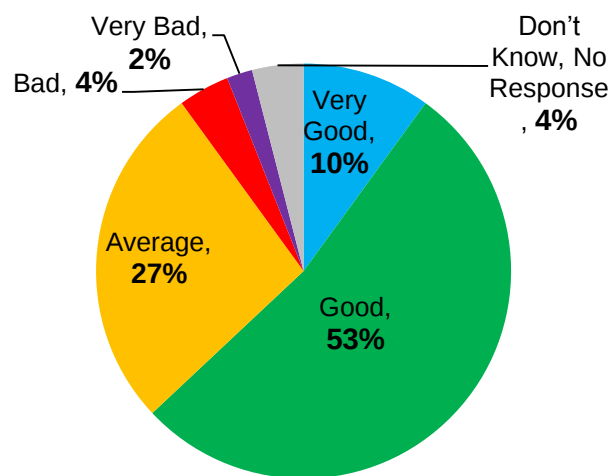
Do you think you can improve your health/well being with your own effort? 55% of Pakistanis believe they can, while 35% believe they cannot.

What practical measures do people take to improve their health? The most popular measures people take are reducing weight (31%), increasing healthy foods in diet (41%) and increasing physical exercise (27%).

Section 1: HOW DO PAKISTANI ADULTS SEE THEIR HEALTH?

WHO defines “health/well being” as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” We asked adult men and women in Pakistan that how they view their own health, and the extent to which they feel they have an influence over their health.

“How would you evaluate your over health/fitness/well being?”



Source: Gallup and Gilani National Survey (September, 2011)

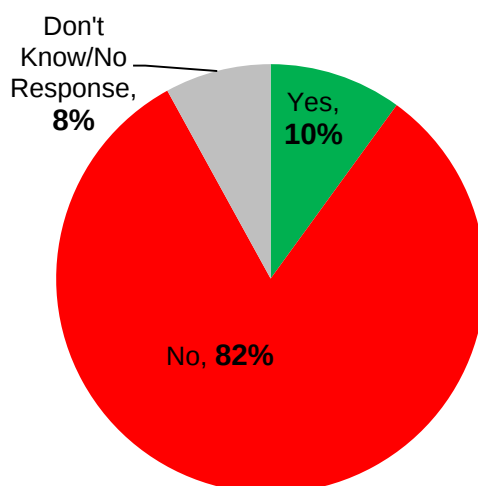
We asked the respondents about their perceptions of their own health. Majority considered them to be in good (53%) or very good (10%) health. Only 6% said that their health was bad or very bad.

It should be noted that this is people’s own perception of their health and cannot be an objective indicator of health status of the people.



Section 2: . HOW MANY ADULTS SAY THEY ARE SUFFERING FROM LONG TERM DISEASES/ILLNESSES?

We asked our respondents, 'Are you suffering from any long term disease, physical illness or no?'



Source: Gallup and Gilani National Survey (September, 2011)

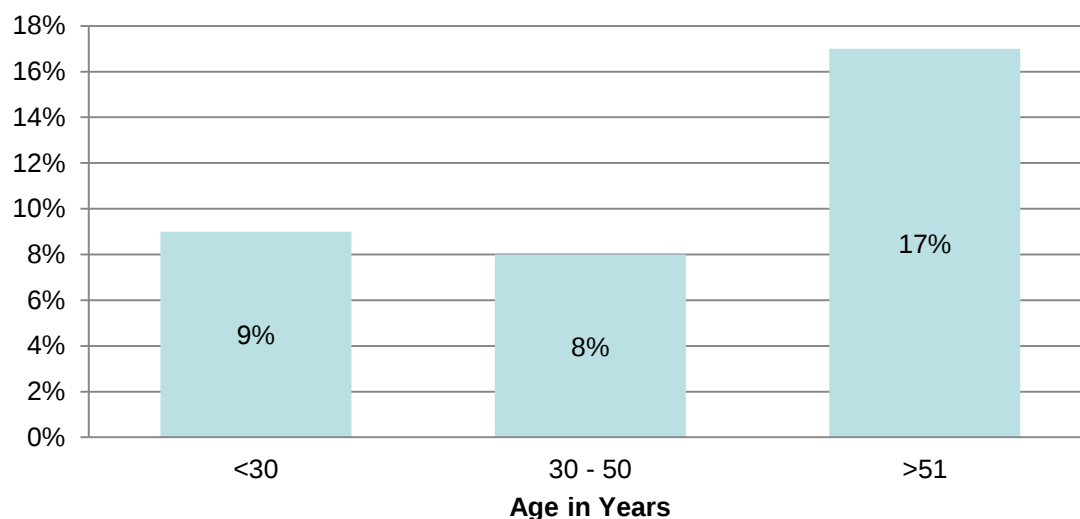


While 82% of Pakistanis say they are not suffering from any long term disease or physical illness, the numbers are far more varied between age groups and relatively constant between genders. The percentage of people who say they are suffering from a long term disease or illness is 9% in younger than 30 years, 8% for those in age group 31-50 years and 17% for those older than 50 years.

Continued...

Continued...

Percentage of those who say they have a long standing illness across age groups



Source: Gallup and Gilani National Survey (September, 2011)

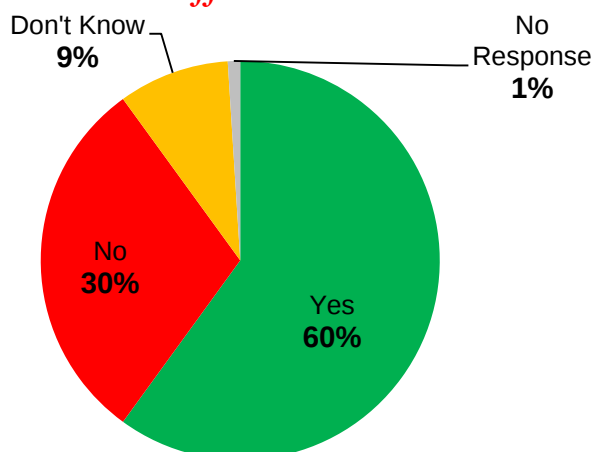
Note: This graph is people's perception of their health and cannot give an objective assessment of prevalence of long term illness in the population

Section 3: PERCEPTION OF HOW MUCH CONTROL PEOPLE HAVE OVER THEIR HEALTH



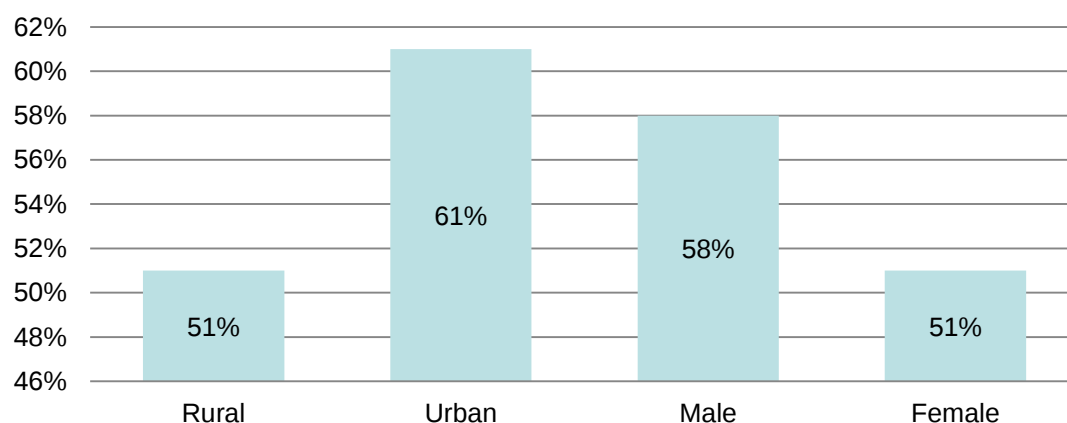
The control that people feel they have over their own health is a positive attribute that can lead to healthy behavior change and improvement in health. It is encouraging to see that 60% of Pakistanis feel they can improve their health and general well being with their own effort. More urban respondents believe they can improve their health with their own efforts than rural residents: 61% vs. 51% respectively. More men (58%) believe they have a control over their health than women (51%).

Question: Do you think you can improve your health/well being with your own effort?



Source: Gallup and Gilani National Survey (September, 2011)

Proportion of respondents who say they can have a positive effect on their own health by their own efforts.



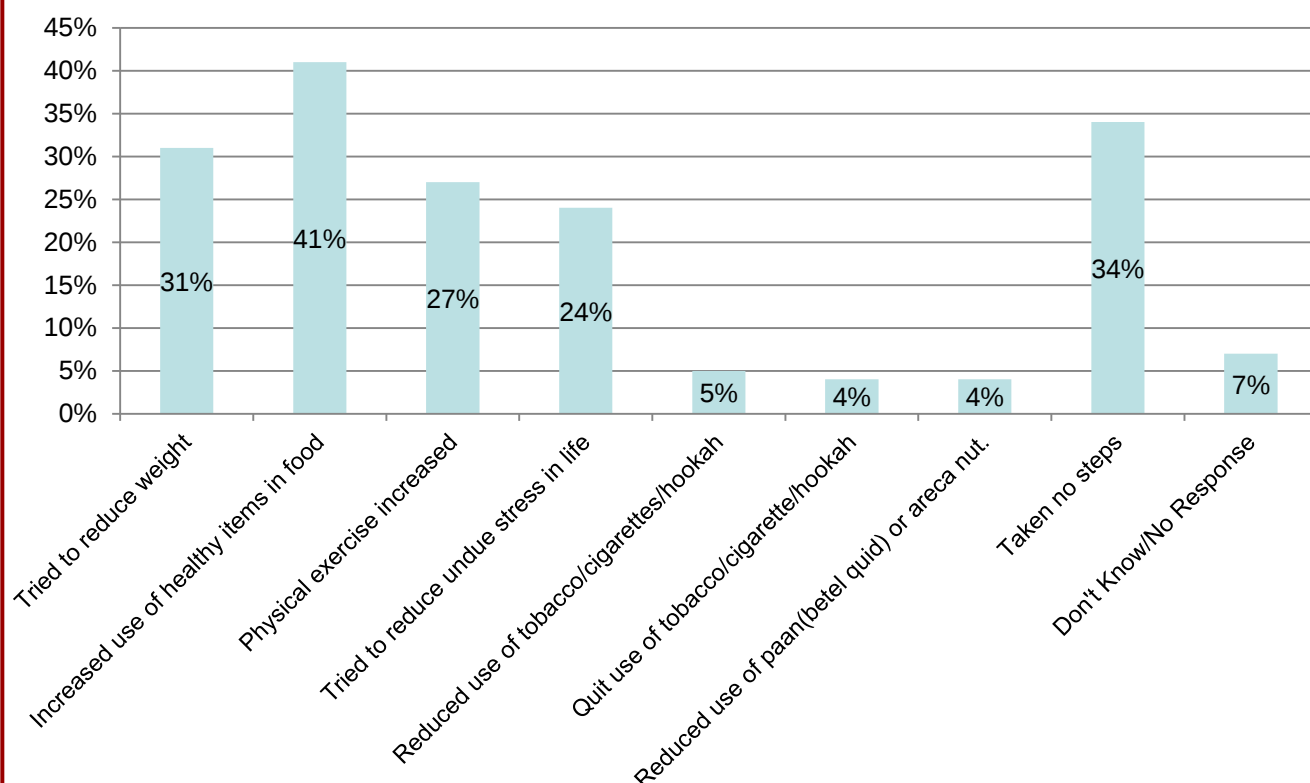
Source: Gallup and Gilani National Survey (September, 2011)

SECTION 4: WHAT STEPS DO PEOPLE TAKE TO IMPROVE THEIR HEALTH

As more than half of Pakistani adults said that they think they have a positive control over their health, we enquired if they had taken any practical steps to improve their health over the past one year. 41% said they had tried to include healthy foods in their diet, 31% had tried to lose weight and 27% had tried to increase physical activity. Nearly one third (34%) said they had taken no practical steps to improve their health over the past year.



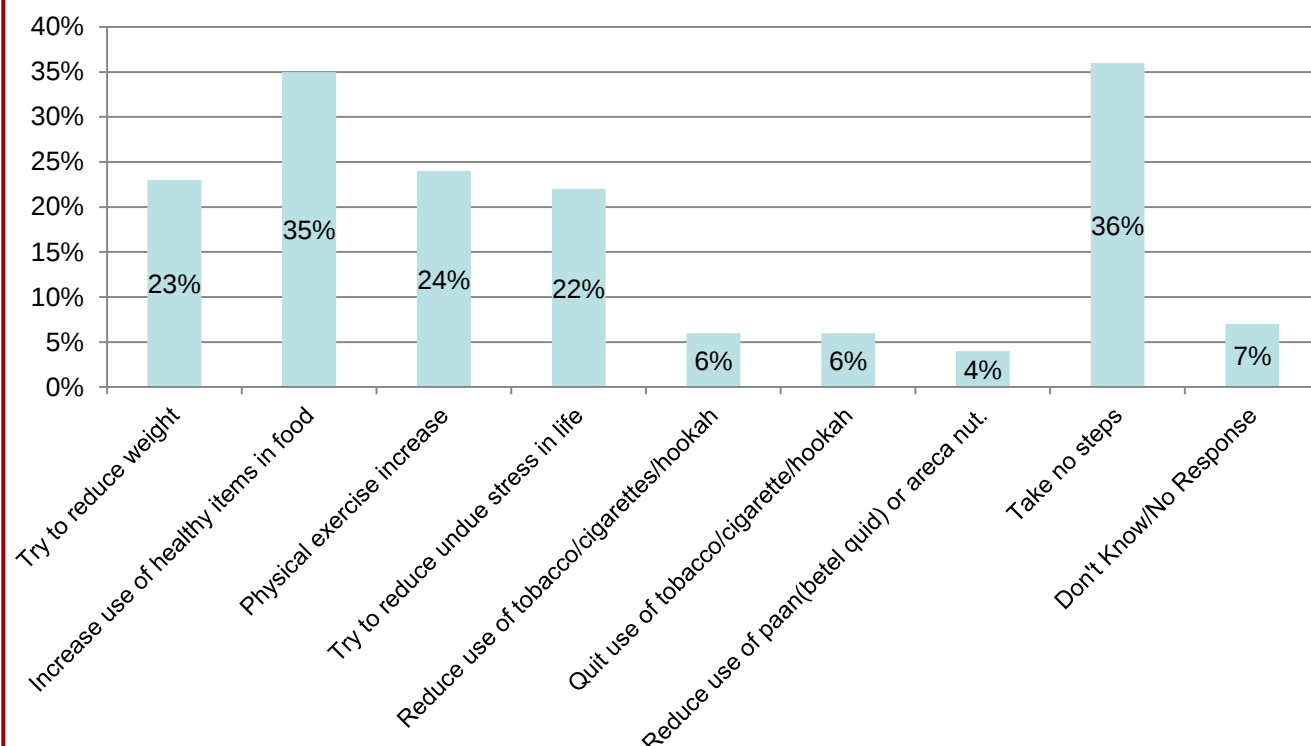
Question: Do people take any practical steps to improve their health?



Source: Gallup and Gilani National Survey (September, 2011)

Note: Multiple responses were allowed. Responses may not add up to 100%

Which of the following activities would you wish to continue in the future in order to improve your health?



Source: Gallup and Gilani National Survey (September, 2011)

Note: Multiple responses were allowed. Responses may not add up to 100%

It is important to increase awareness among people that they can take many positive steps to improve their health. Many risk factors for diseases like cardiovascular diseases, diabetes and cancers etc. are related to lifestyles e.g. obesity, unhealthy diet, sedentary lifestyle, stress and tobacco use etc. If people start to take control of their own health and make positive and healthy changes in their daily life, they can prevent these diseases and lead a healthy and productive life.



Healthcare Cyberletter

Health, Healthcare and Lifestyles



Public Perceptions on Health and General Wellbeing
Produced by: Gallup Pakistan Jointly with Gilani Research Foundation

September-October Edition
((A national survey on Public Perceptions on Health and General Wellbeing))

METHODOLOGY NOTES

All findings in this Cyberletter are from Survey released by Gilani Foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. This survey was carried out among a sample of 2679 adult men and women in rural and urban areas of all four provinces of the country, during September, 2011. Multi stage random area probability sampling was adopted. In-house face to face Interviews were conducted using a Structured Questionnaire.

The findings are weighted according to rural and urban population share of the four provinces according to Population Census, 1998. All figures are National average unless otherwise specified. Error margin is estimated to be approximately $\pm 2-3$ per cent at 95% confidence level.

Would you Like to Initiate a Similar Study on a Topic of Your Interest? If you would like to gauge Public perceptions on an issue of your interest, **please write to us.**



For more details on Methodology, please consult the Editorial Team.

Ms. Fatima Idrees, fatima.idrees@gilanifoundation.com

Dr. Sara Gilani, sara.gilani@gallup.com.pk

Health, Healthcare & Lifestyles Cyberletter Editorial Team.

Disclaimer: All effort has been made to ensure the accuracy and credibility of information contained in this edition. Gallup Pakistan does not claim any responsibility for loss or profit made out of use of data presented here.