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Gallup Pakistan

GALLUP PAKISTAN POLL FINDINGS ON

14% OF MEN AND 26% OF WOMEN SUFFER FROM FREQUENT HEADACHE.

Results released on: January 12, 2001



H-45, St.52,F-7/4, Islamabad, Pakistan. Tel +92-51-2655630, Fax +92-51-2655632,

Email: isb@gallup.com.pk

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14% OF MEN AND 26% OF WOMEN SUFFER FROM FREQUENT HEADACHE.

Islamabad, January 12, 2001

According to a recent survey by Gallup Pakistan. 14% of urban men and 26% of urban women say they have frequent headache. Another 50% of both men and women say they occasionally suffer from headache. The remaining 35% of men and 22% of women said they very seldom face headache. In a similar survey held by Gallup nearly twenty years ago in 1983, the incidence of occasional headache was not sharply different but frequently headache was approximately half of its present proportion in the urban population. Apparently the pressures of urban life, food habits, environmental factors and economic difficulties take their toll. The survey which was conducted among nearly 1500 statistically selected men and women of various ages and socio-economic groups showed that the incidence of headache was notably higher among women than men.

It also showed that headache was the highest in mid life between the ages of 30 to 50. It is lower prior to age 30 and after age 50. It is difficult to conjecture for why fewer persons after age 50 report headache than under 50. Perhaps they learn to get on with problems in life. Or another possible explanation is that when more serious health hazards or their possibility appears at this age, milder concerns like headache become of secondary importance.

The survey was conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International among nearly 1500 statistically selected households in urban areas of all the four provinces of Pakistan. The sample comprised a cross section of various income, education and geographic segments. The text of this report can also be seen on the internet at: www.gallup.com.pk.