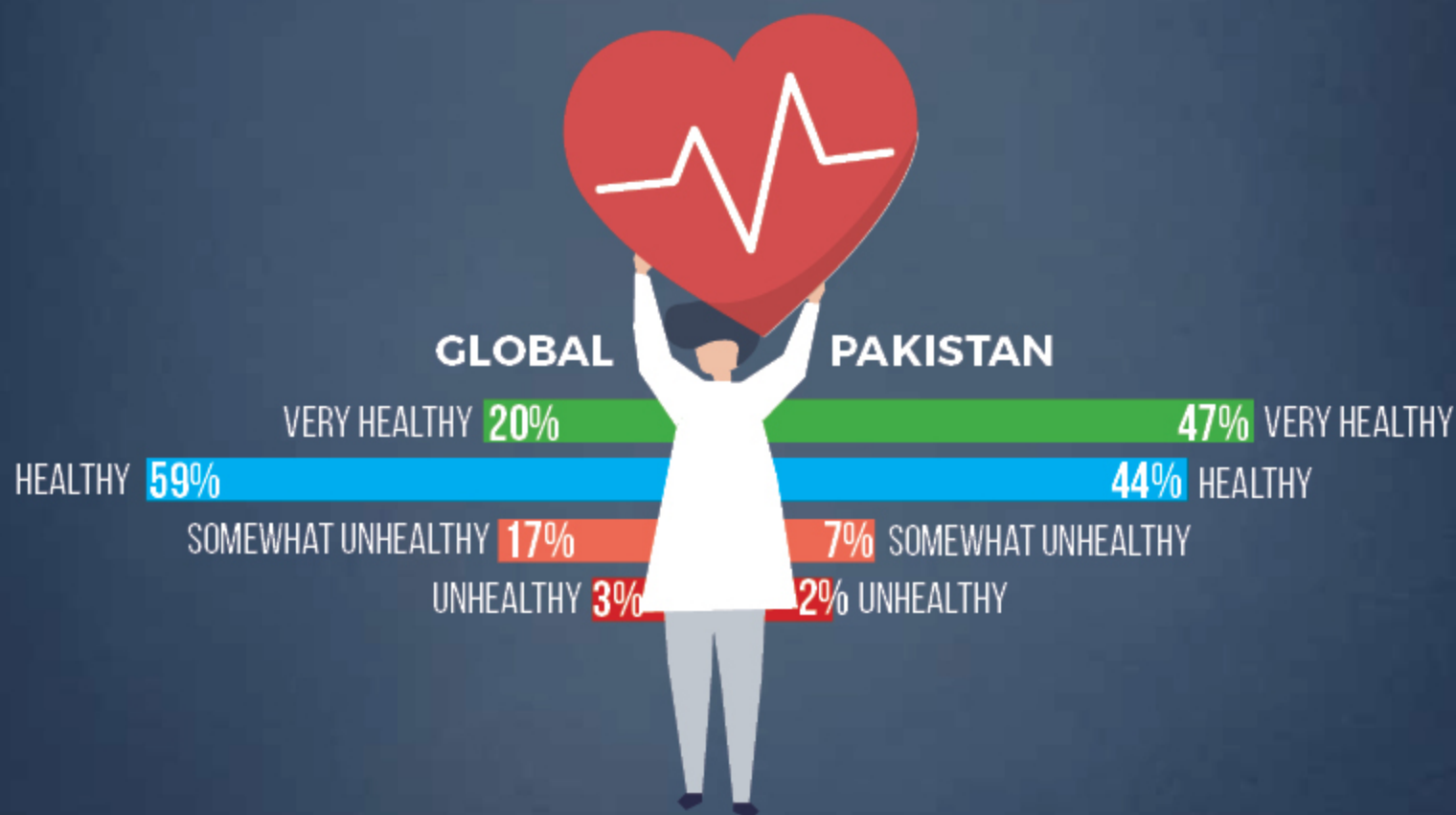


8 April, 2021

47% OF PAKISTANIS (27% MORE THAN THE GLOBAL AVERAGE) SAY THAT THEY CONSIDER THEMSELVES VERY HEALTHY WHILE 2% CONSIDER THEMSELVES UNHEALTHY: WIN INTERNATIONAL AND GALLUP & GILANI PAKISTAN

How do you consider your overall health in general?



Don't know/No response not included



Press Release
Health Perception and Lifestyle
Overall Health

47% of Pakistanis (27% more than the global average) say that they consider themselves very healthy while 2% consider themselves unhealthy: WIN International and Gallup & Gilani Pakistan

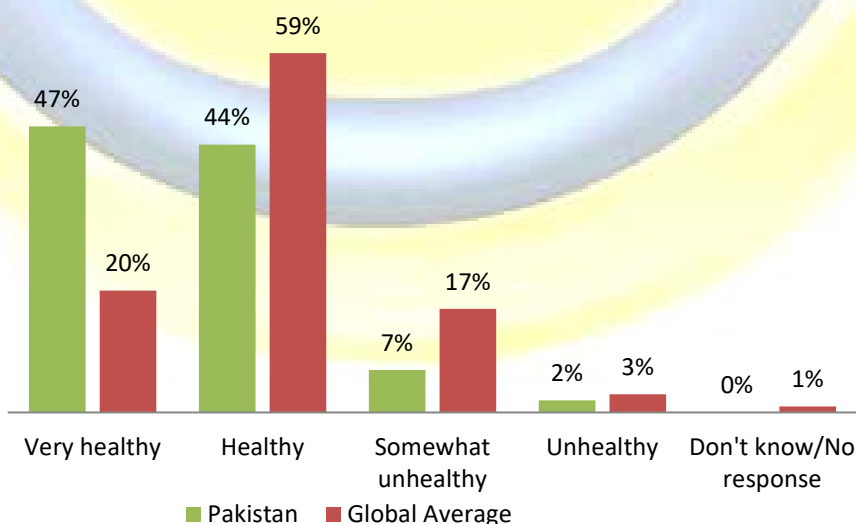
(Islamabad), April 8th, 2021

WIN International, the world's leading association in market research and polling, has published the Annual WIN World Survey (WWS - 2020) exploring the views and beliefs of 29,252 individuals among citizens from 34 countries across the globe about their health and lifestyle. The survey analyzes views and opinions related to the perception of health and habits of citizens.

As part of this study a nationally representative sample of adult men and women from across the four provinces of Pakistan was asked the following question, ***“How do you consider your overall health in general?”*** 47% of respondents said that they consider themselves very healthy, 44% said that they consider themselves healthy, 7% of the respondents said that they consider themselves somewhat healthy, 2% of the respondents said that they consider themselves unhealthy.

Global picture: Globally, 20% consider themselves very healthy, 59% consider themselves to be healthy, 17% consider themselves somewhat healthy, 3% consider themselves unhealthy and 1% gave no response. In other words, comparison with global numbers show that Pakistanis self-rate their health significantly better than an average global citizen.

Question: “How do you consider your overall health in general?”

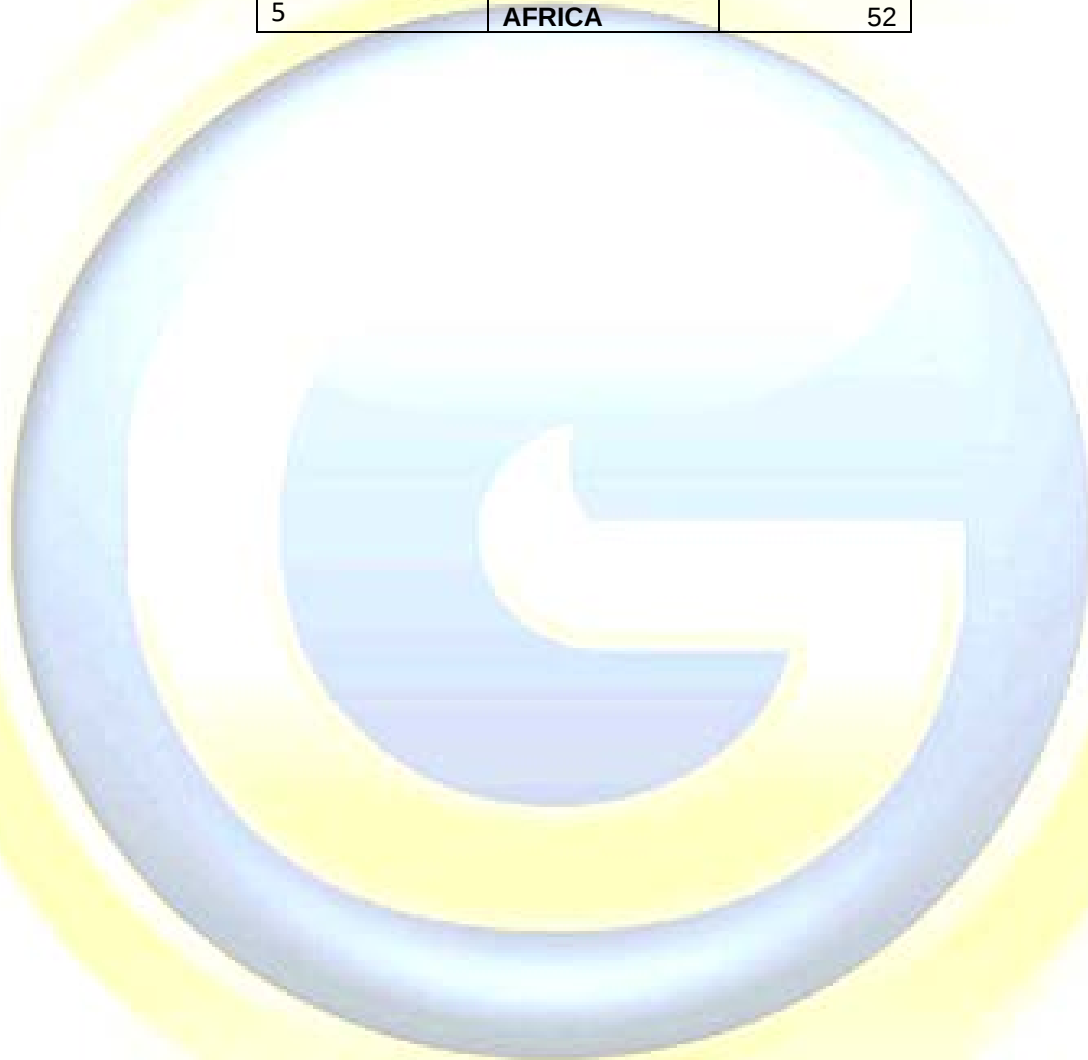


Source: WIN International Survey 2021
Field work conducted by Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Regional Comparison:

47% Pakistanis consider themselves very healthy. In terms of this, Pakistan lies above its region's average (APAC [23%]). The region average for MENA is 25%, Europe (15%), APAC (23%), Americas (18%) and Africa (52%).

	Region wise	People who consider to be very healthy (%)
1	MENA	25
2	EUROPE	15
3	APAC	23
4	AMERICAS	18
5	AFRICA	52



The study was released by WIN International and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The survey was carried out among a sample of 1103 men and women in urban and rural areas of all four provinces of Pakistan, between 5th November and 15th November 2020. The global sample was 29,252. The margin of error for the survey is between 4.4 and 2.5 at 95% confidence level. The global average has been computed according to the covered adult population of the surveyed countries.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup

Thursday, April 8, 2021

(3 Pages, English version Only)



Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

*Best Regards,
Gallup Pakistan*

Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as Gallup Pakistan (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International Association. For details on Gallup International Association see website: www.gallup-international.com



Daily Gilani Poll
2021



of Gallup Pakistan
(1980-2021)