

July 2015

Healthcare Cyberletter

HEALTH, HEALTHCARE AND LIFESTYLES



Produced by: Gallup Pakistan Jointly with Gilani Research Foundation



from the editor

Dear Reader,
Gallup Pakistan would like to present findings of a nation wide study on public perception about health, including quality of life, information about health, personal and family health. We look forward to your comments and suggestions.

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15 % of Pakistanis say they never eat fruit.

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21 % Pakistanis are reported to eat more than five cups of vegetable per week.

5

83 % of Pakistanis are non-smokers.

6

Majority of Pakistanis (**69 %**) claim that they have not had a seasonal flu vaccine in the past **12** months.

7

18 % of Pakistanis usually visit a government hospital when sick.

8

An overwhelming number of Pakistanis (**77 %**) do not have health insurance plans.

9

85 % of Pakistanis faced no problem in getting the required healthcare.

10

Government institutions proved to be the most problematic in terms of access to healthcare.

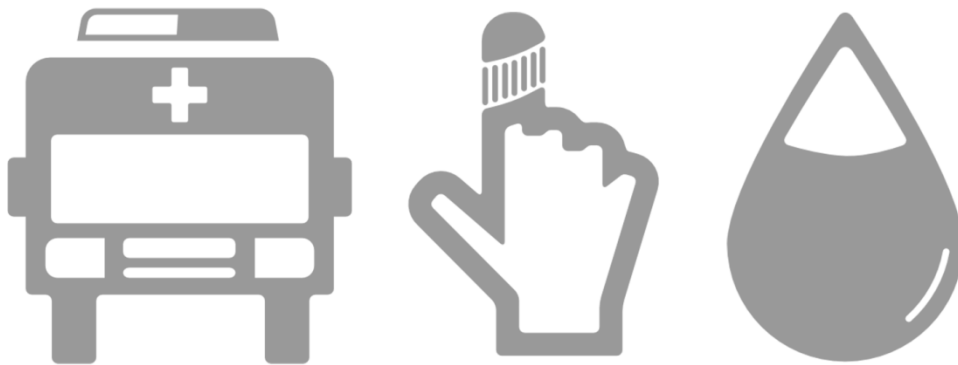
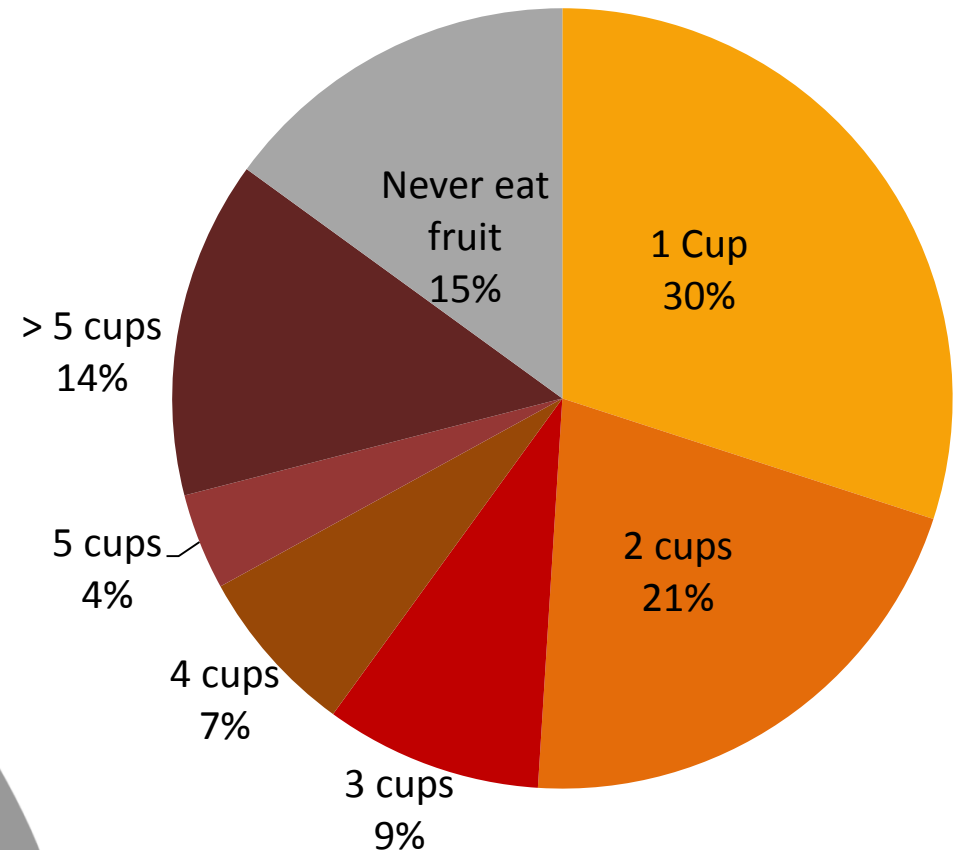
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30 % of Pakistanis felt that long waiting times were an obstacle to acquire needed healthcare.

12

How many cups per week of fruits would you say you eat?

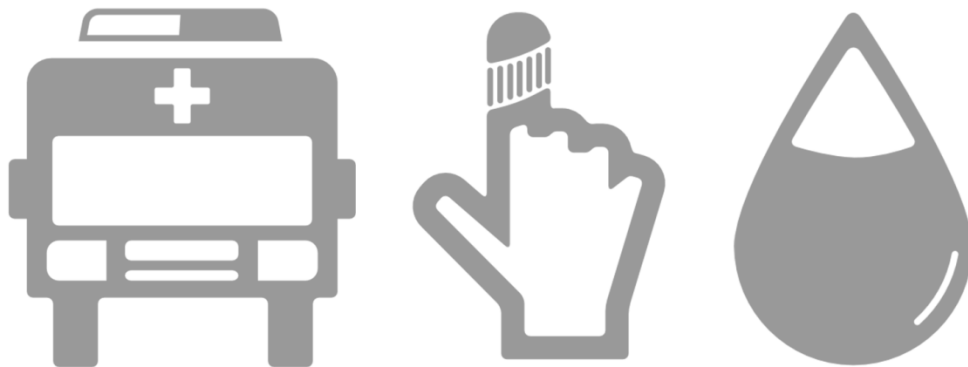
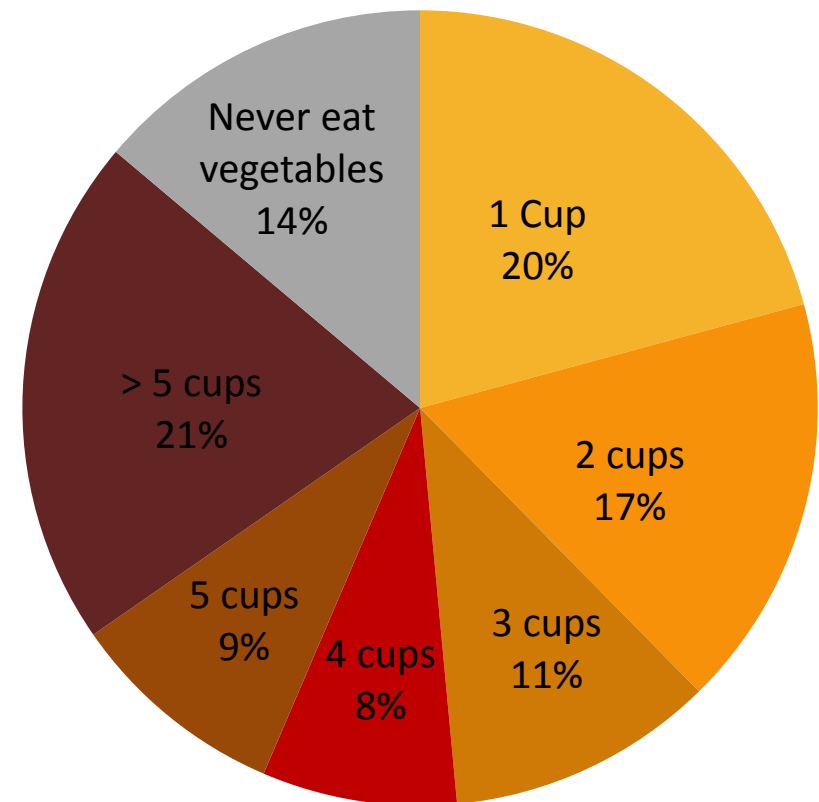
Most Pakistanis (30%) eat just one cup of fruit on average per week, followed by 21% who eat two cups of fruit per week and 14% who eat more than five cups of fruit per week. On the other hand, 15% Pakistanis said that they never eat fruit.



Section 1: Personal Health

How many cups per week of vegetables would you say you eat?

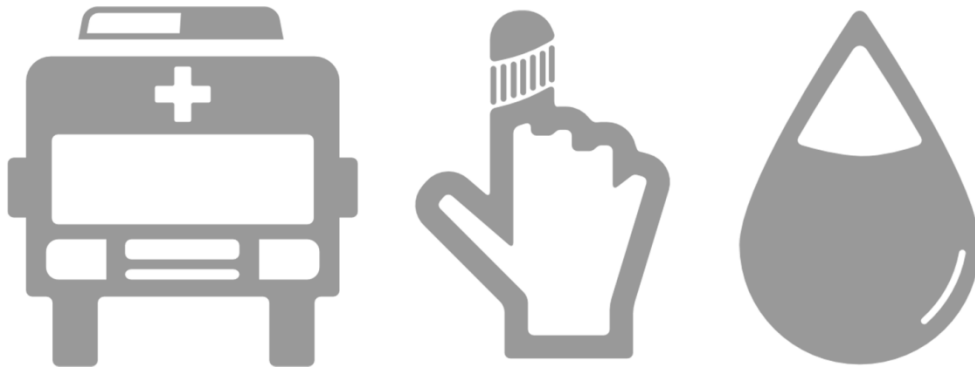
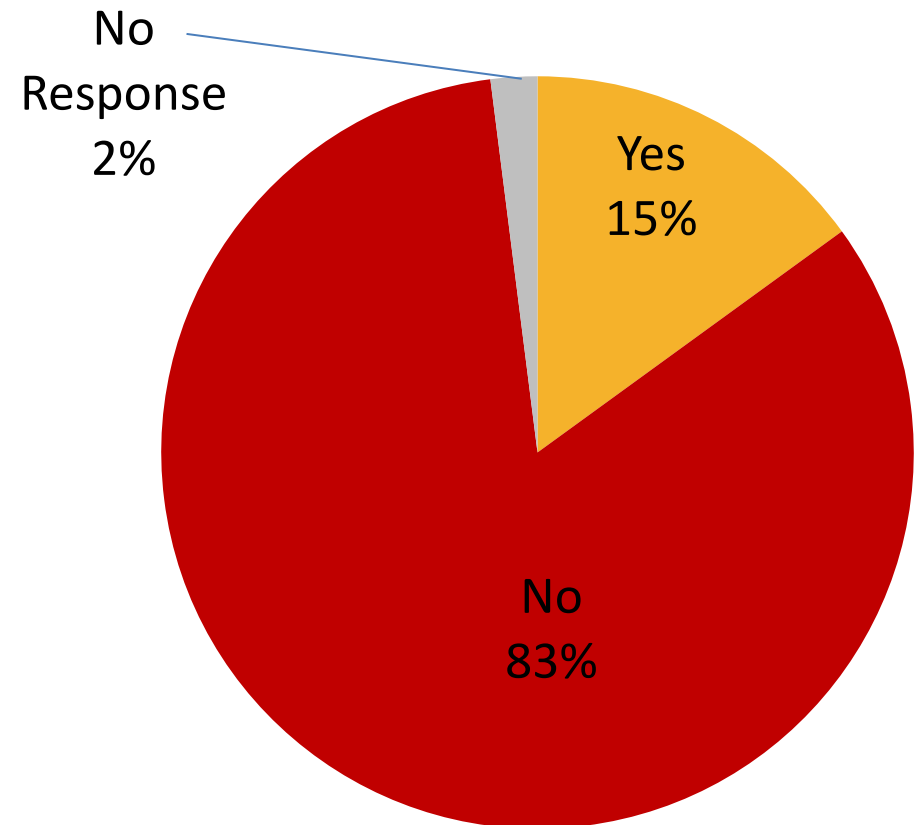
21% Pakistanis reported eating more than five cups of vegetables per week, followed by 20% Pakistanis who eat one cup of vegetables per week and 17% who eat two cups of vegetables per week. On the other hand, 14% Pakistanis said that they never eat vegetables.



Section 1: Personal Health

Do you currently smoke?

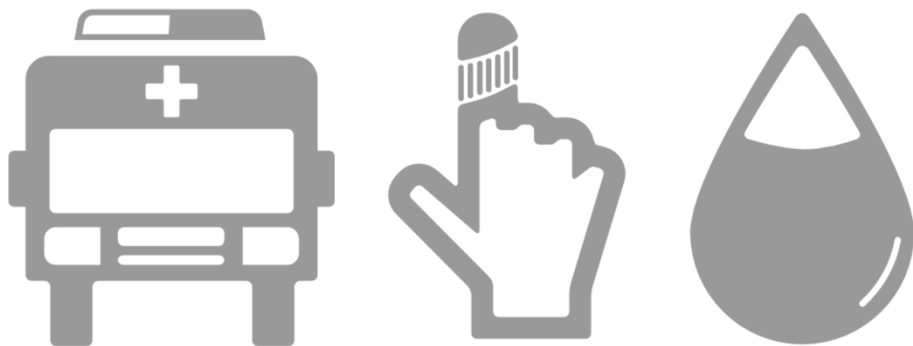
Overwhelming majority (83%) of Pakistanis are non-smokers, while 15% Pakistanis said that they do currently smoke.



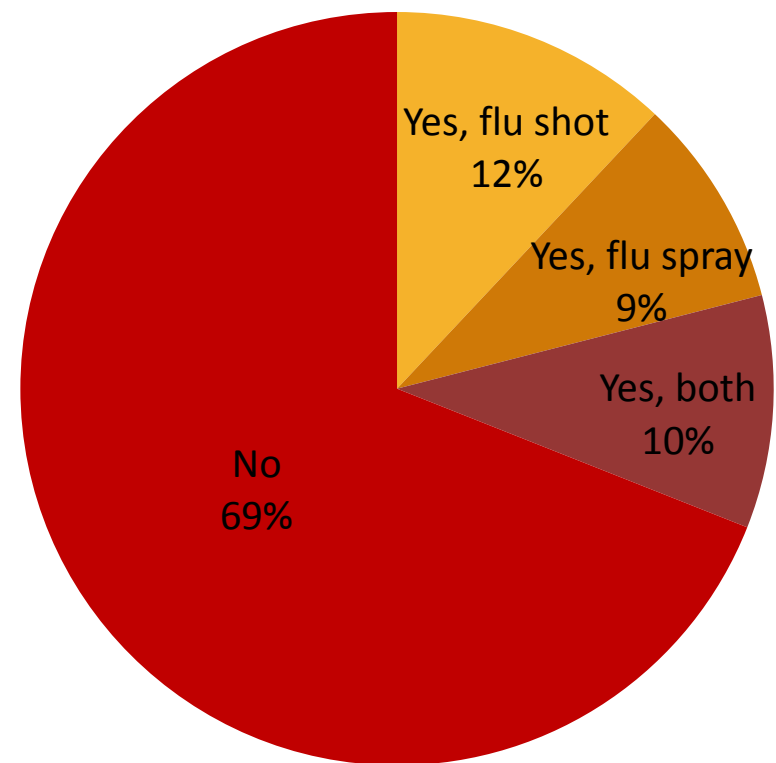
Section 1: Personal Health

Now I will ask you questions about your personal flu vaccines. An influenza/flu vaccine can be a “flu shot” injected into your arm or spray like “FluMist” which is sprayed into your nose. During the past 12 months, have you had a seasonal flu vaccine?

Majority Pakistanis (69%) have not had a seasonal flu vaccine during the past 12 months, 12% have had a flu shot, 10% have had both flu shot and flu spray and 9% have only had a flu spray during the past 12 months.

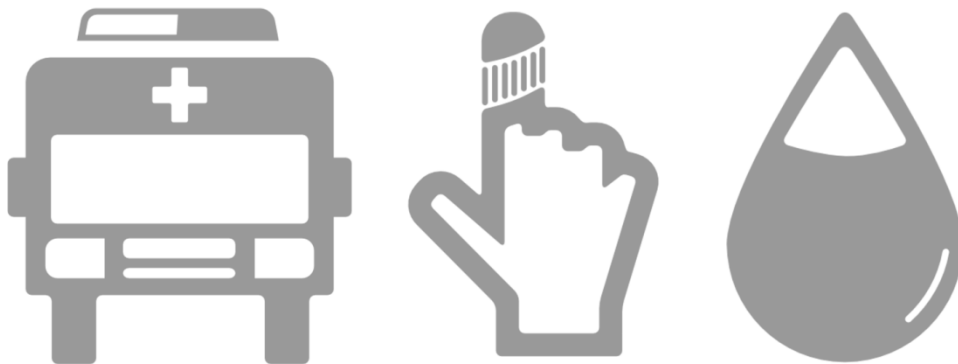
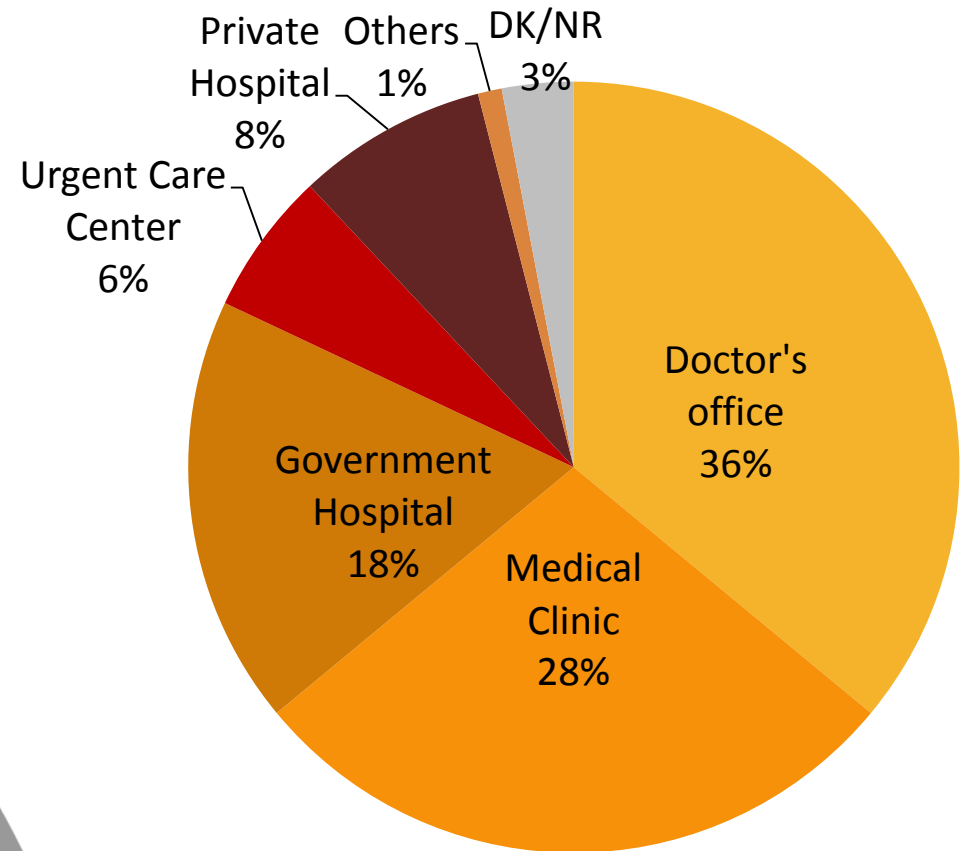


Section 1: Personal Health



Where do you go most often when you are sick?

Pakistanis were asked about the place they visit most frequently when they are sick. 'Doctor's office' was the most common answer at 36%, followed by 'Medical clinic' at 28%, and 'Government hospital' and 18%. Moreover, 8% Pakistanis said that they visit private hospitals most often when they are sick, and 6% visit urgent care centers most often.



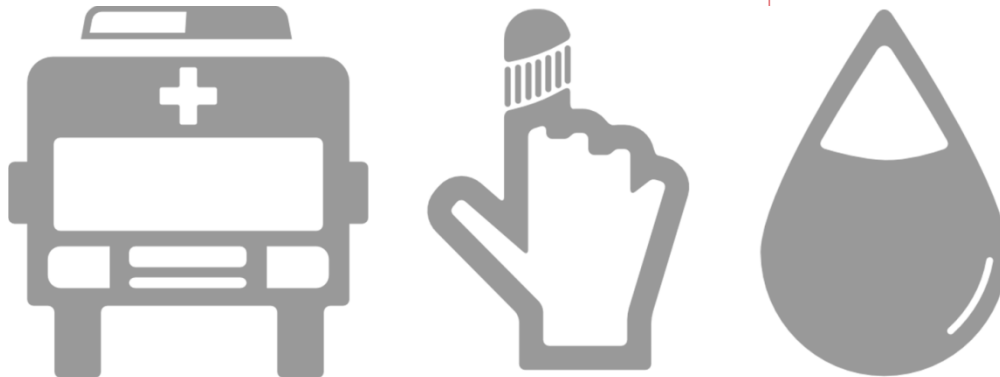
Section 2: Access to Care and Family Health

What is your primary health insurance plan?

This is the plan which pays the medical bills first or pays most of the medical bills?



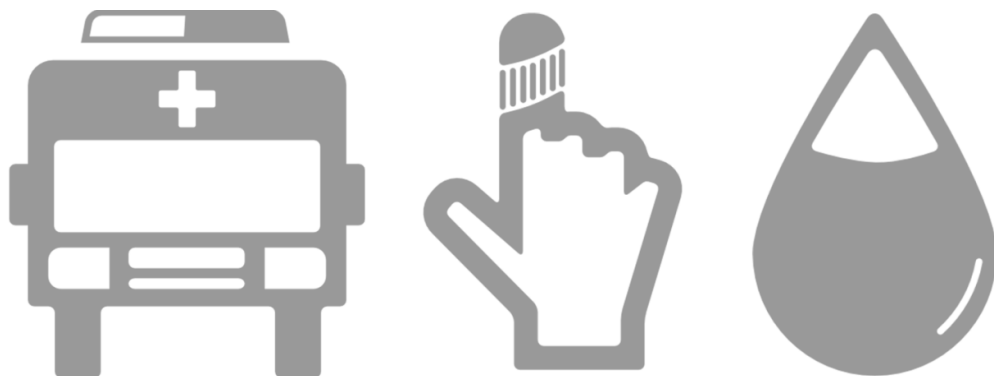
Overwhelming majority of Pakistanis (77%) do not have any health plan of any kind. 4% Pakistanis use State Employee Health Plan, 3% use Shaheen Insurance, 3% use Asia Care Health and Life Insurance, 3% use Allianz EFU Health Insurance, 2% use National Insurance Corporation, 2% use Askari Insurance, 1% use State Life Insurance and 1% use IGI Insurance.



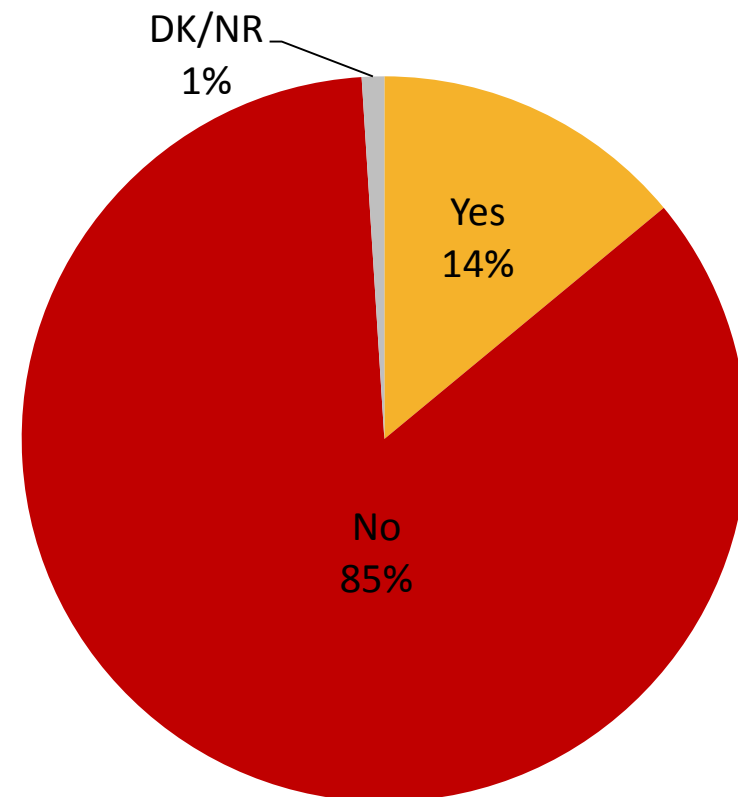
Section 2: Access to Care and Family Health

In the past 12 months, did you have a problem getting the health care you needed for you personally or for a family member from any type of health care provider, dentist, pharmacy, or other facility?

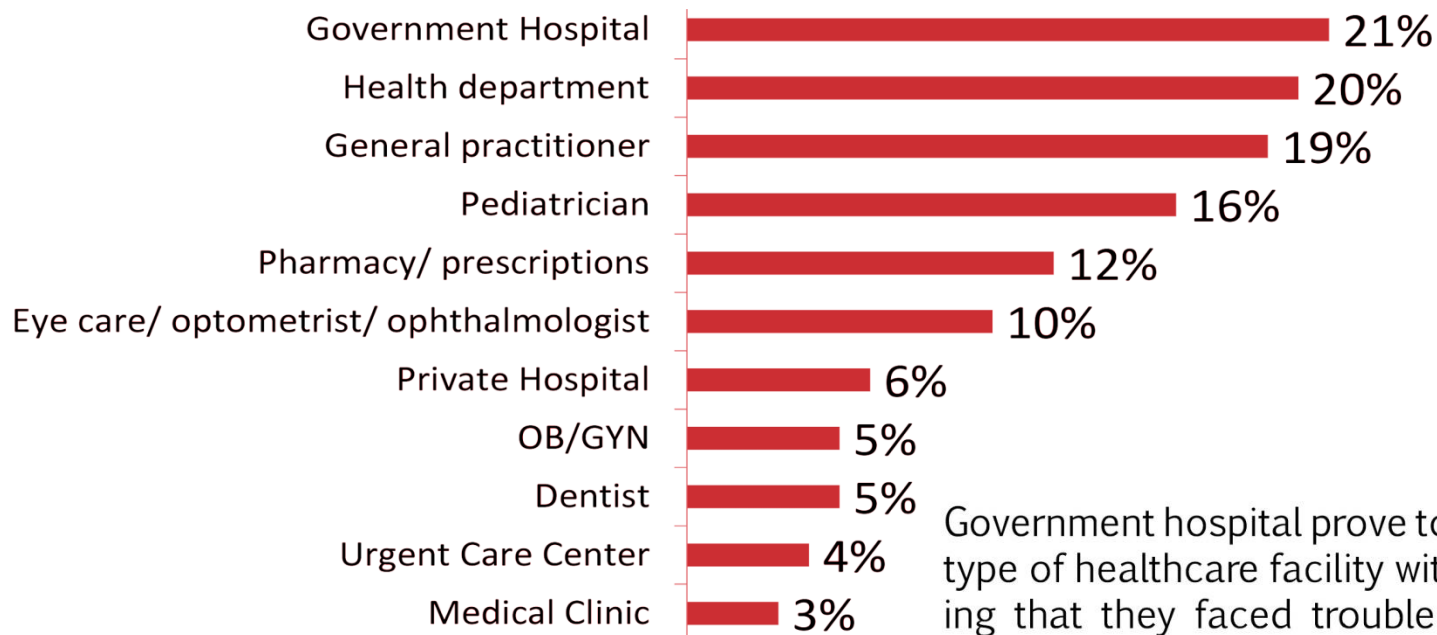
14% Pakistanis faced problems getting the healthcare they needed for themselves or for a family member over the past 12 months, while 85% Pakistanis did not face a problem in getting the healthcare they needed.



Section 2: Access to Care and Family Health



Since you said yes, what type of provider or facility did you or your family member have trouble getting health care from?

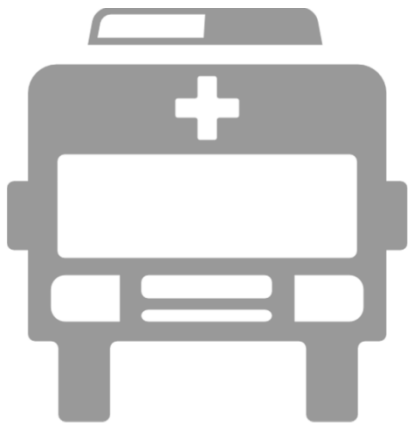
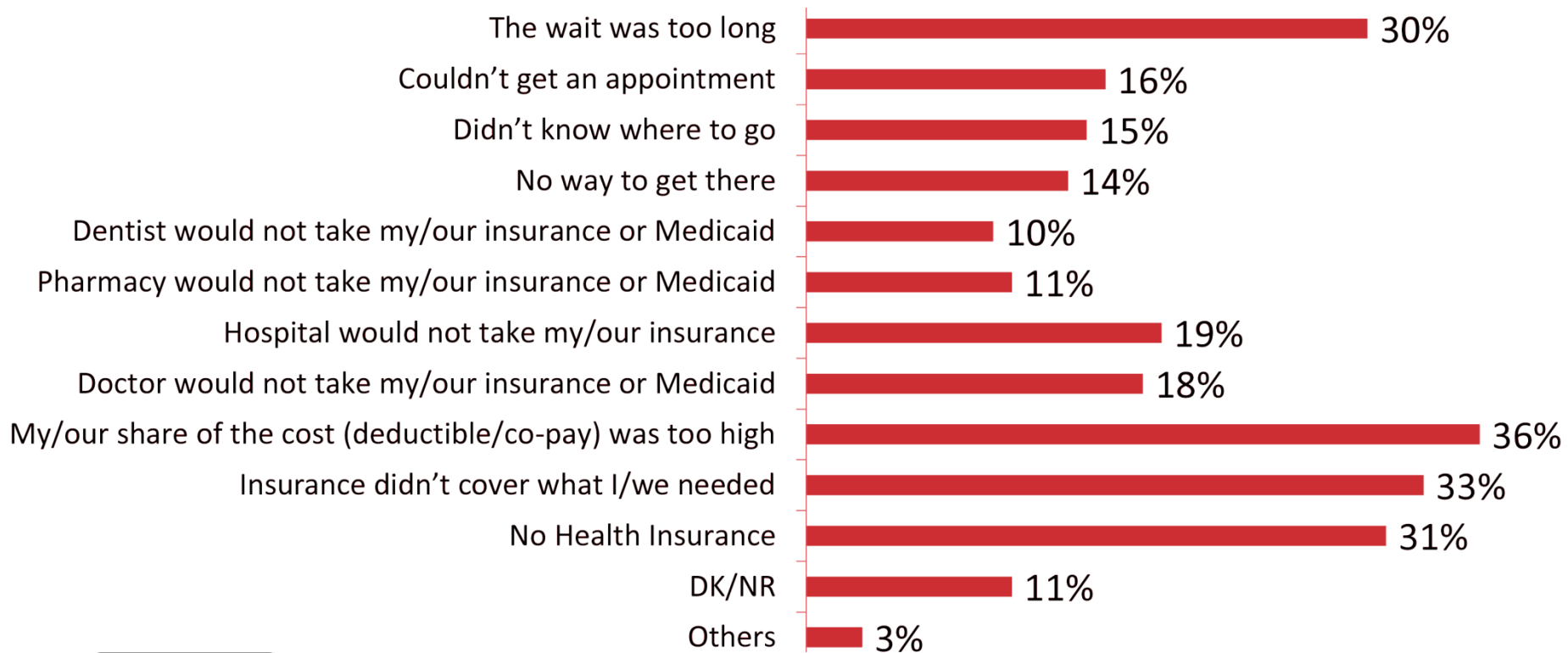


Government hospital prove to be the most problematic type of healthcare facility with 21% Pakistanis reporting that they faced trouble getting healthcare from them. They were followed by the Health Department (20%), general practitioners (19%), pediatricians (16%), pharmacies (12%), Eye care doctor or optometrist or ophthalmologist (10%), private hospital (6%), OB/GYN (5%), dentist (5%), urgent care centers (4%) and medical clinics (3%).



Section 2: Access to Care and Family Health

Which of these problems prevented you or your family member from getting the necessary health care?



Section 2: Access to Care and Family Health

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 1294 adult men and women in rural and urban areas of all four provinces of the country, during April 2015. 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.

Editorial Team

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

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Health, Healthcare & Lifestyles Cyberletter
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