

April Edition

A National Survey On Public Perceptions About Health

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.

Editorial Team

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QUALITY OF LIFE

52%

Pakistanis disagree with the statement that there is good healthcare in their area

PERSONAL HEALTH

25%

Pakistanis have been diagnosed with depression or anxiety

HEALTH INFORMATION

33%

Pakistanis get health-related information from doctors and nurses

HEALTH INFORMATION

13%

Pakistanis want more information about diabetes

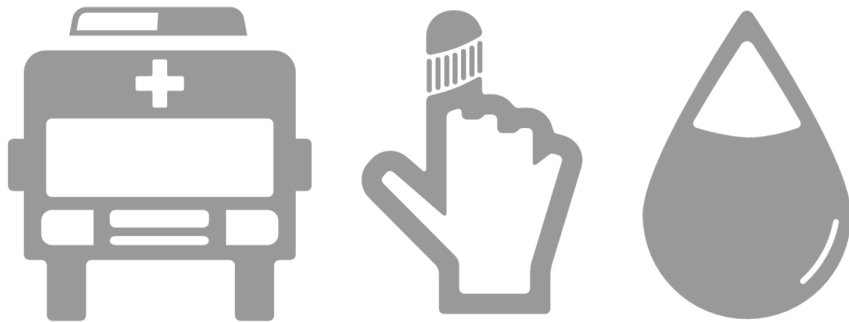
PERSONAL HEALTH

27%

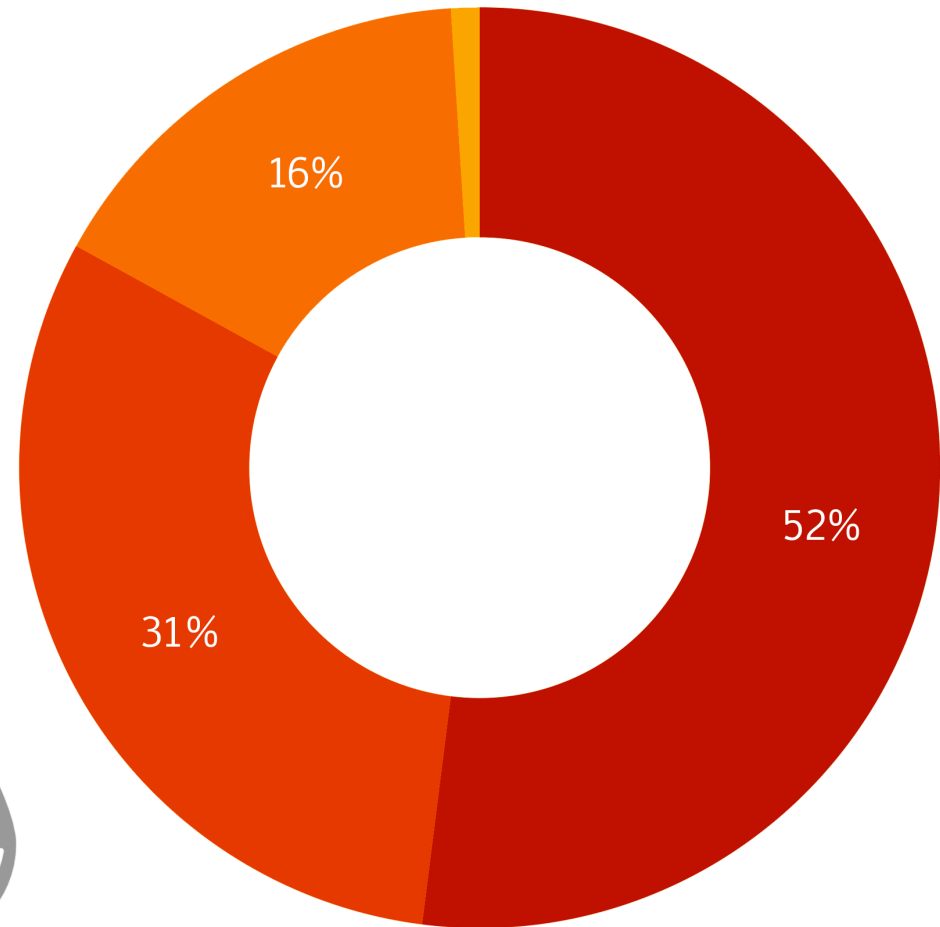
Pakistanis have been diagnosed with high blood pressure

Please tell us whether you “disagree”, are “neutral” or “agree” with the following statement:
“There is good healthcare in _____ area”.

More than half Pakistanis believe that their area does not have good healthcare facilities. When asked if they agreed with the statement: “There is good healthcare in _____ area”, only 16% respondents said they agree with the statement, 31% respondents feel neutral, 52% disagree with it and 1% respondents did not respond.



Section 1: Quality Of Life

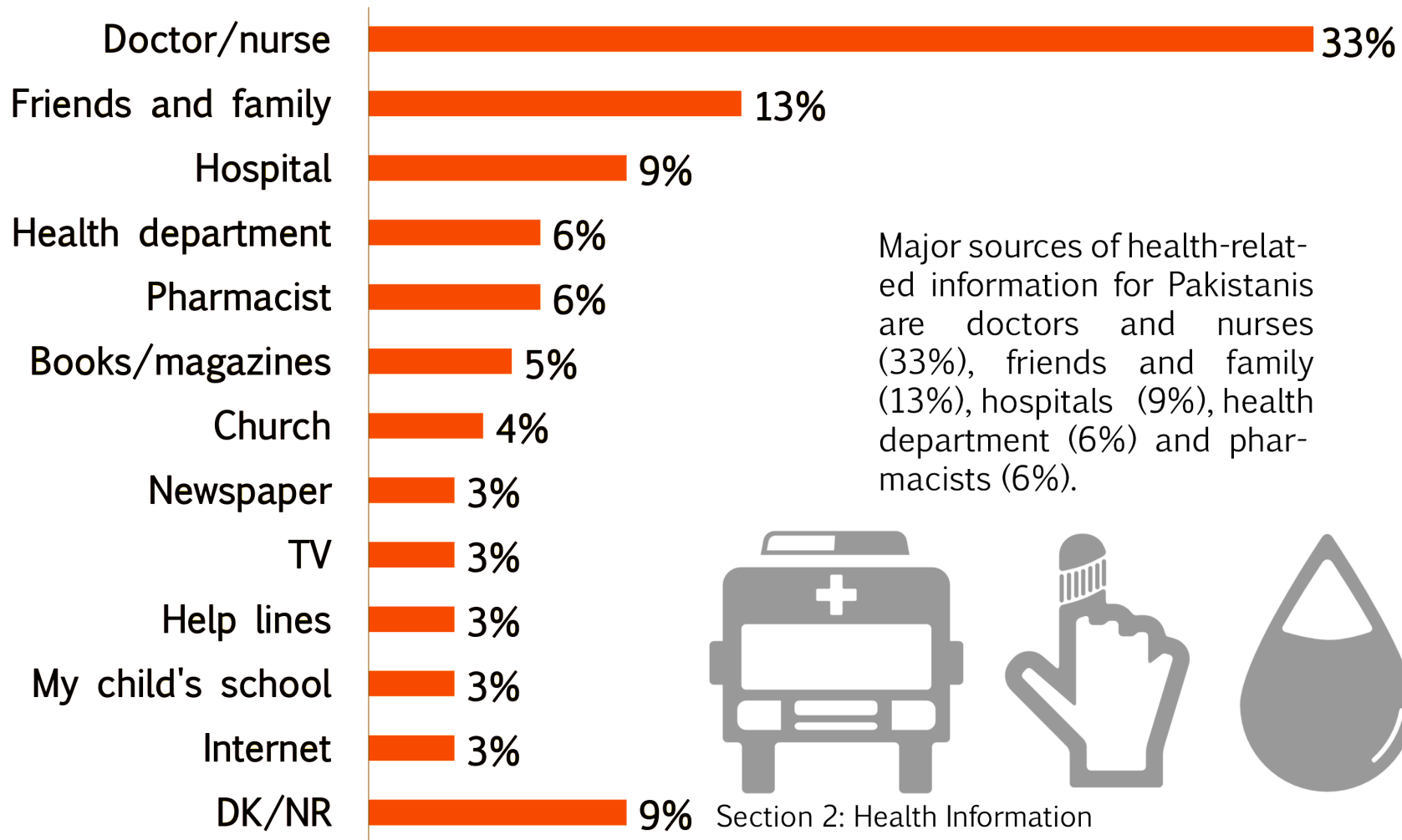


■ Disagree	■ Neutral	■ Agree	■ DK/NR
52%	31%	16%	1%

For sample size and details, see Methodology Note ahead

Where do you get most of your health-related information?

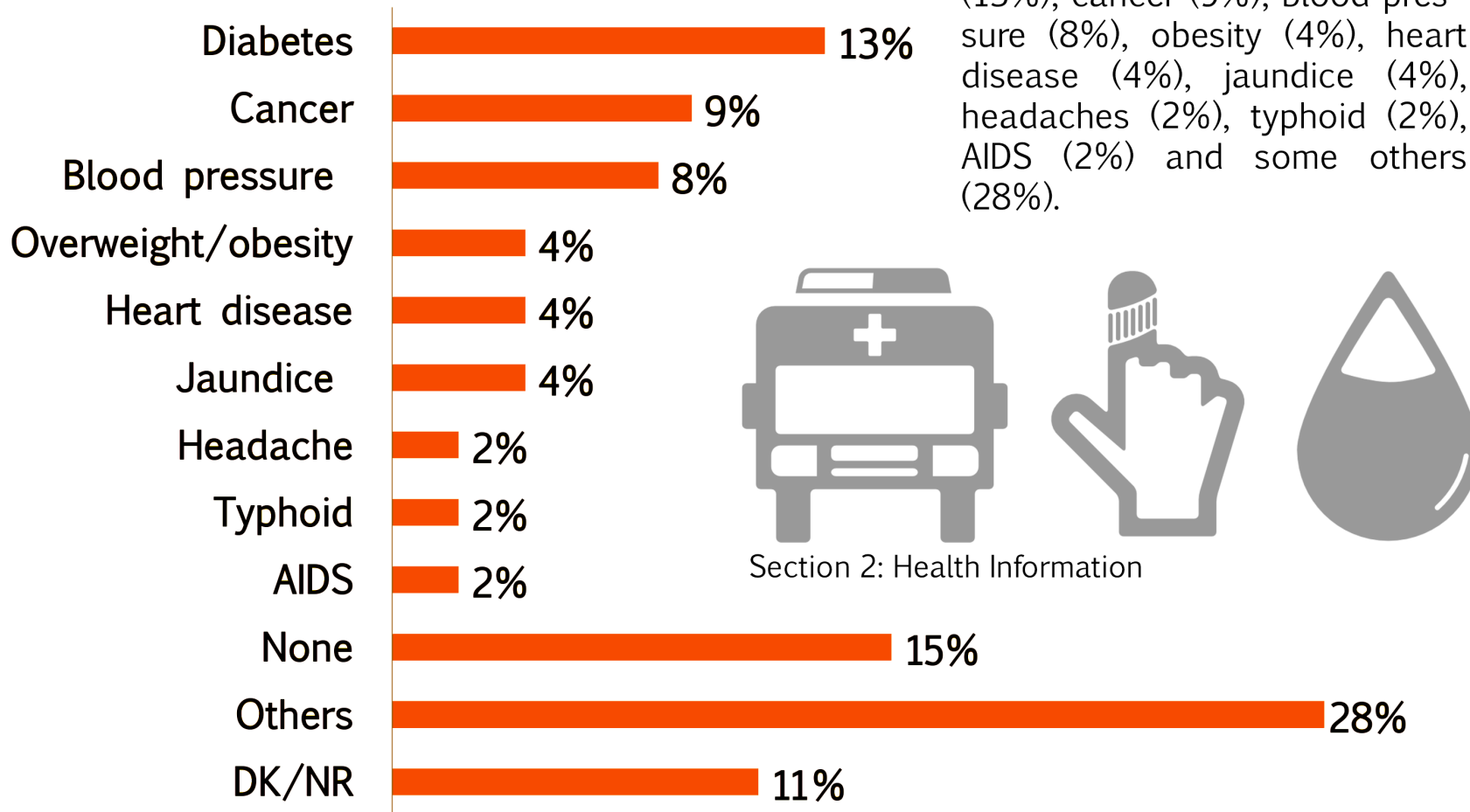
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What health topic(s)/disease(s) would you like to learn more about?

6

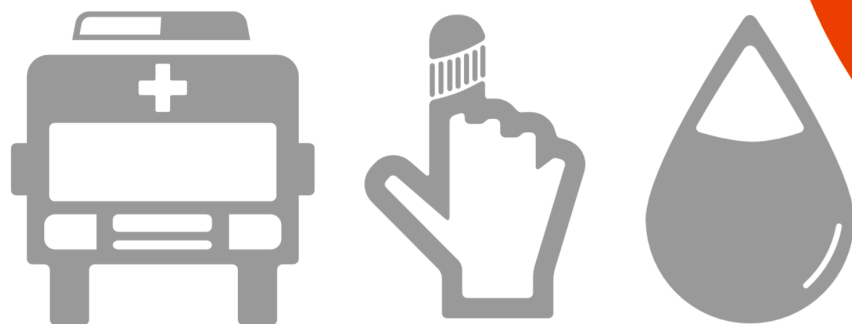
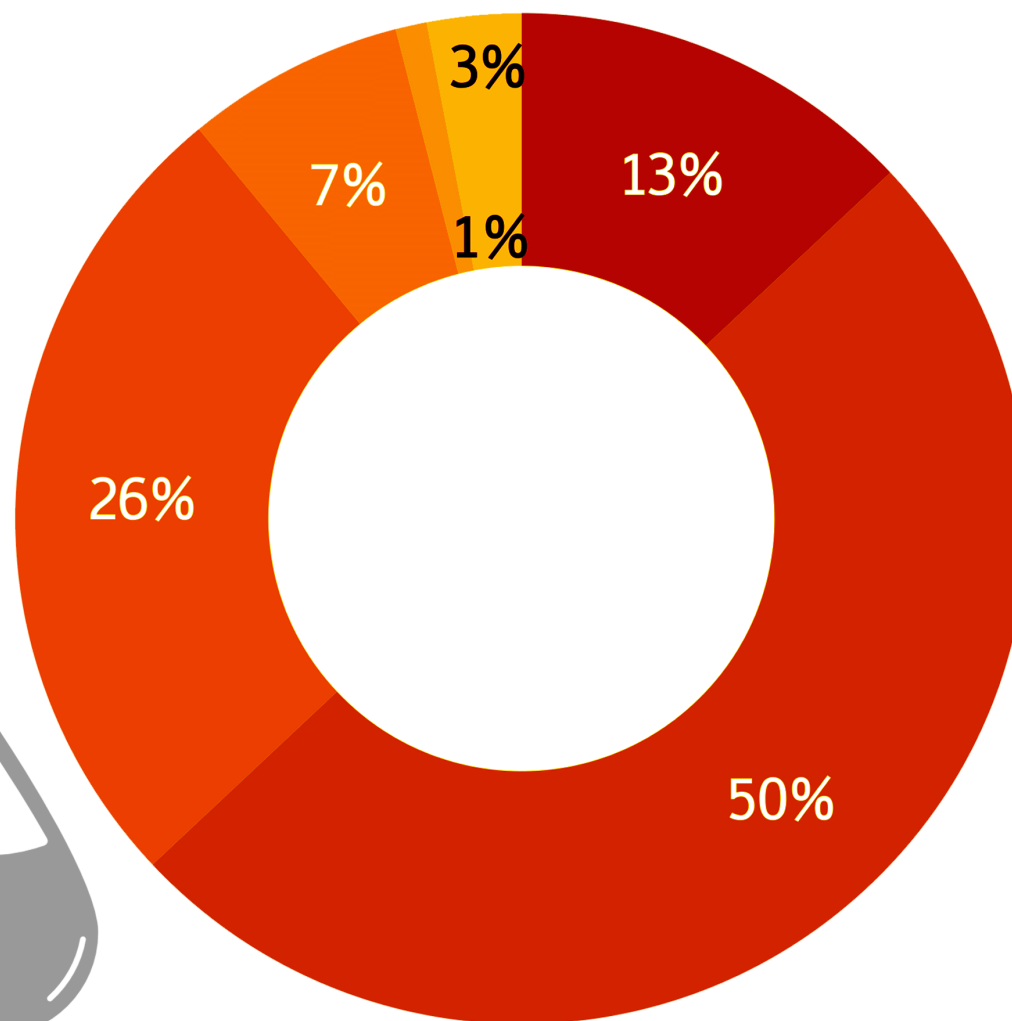
Pakistanis expressed interest in learning more about diabetes (13%), cancer (9%), blood pressure (8%), obesity (4%), heart disease (4%), jaundice (4%), headaches (2%), typhoid (2%), AIDS (2%) and some others (28%).



Would you say that, in general, your health is...

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Pakistanis seem to be optimistic about their general health situation with 13% rating it as very good, 50% rating it good and 26% saying it was satisfactory. On the other hand, 7% Pakistanis think their health is bad, while 1% think it is very bad and 3% did not respond.



Section 3: Personal Health

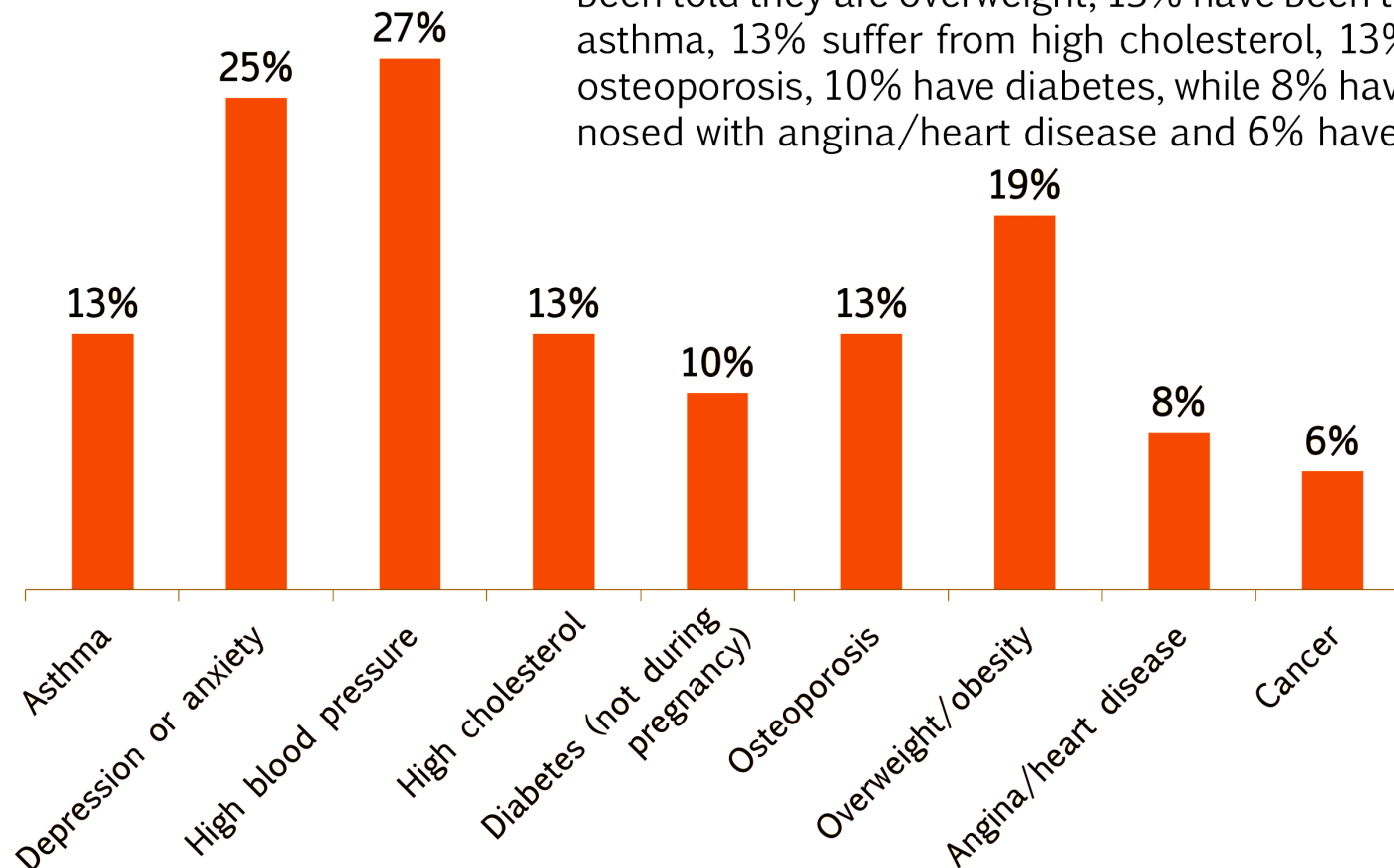
■ Very good ■ Good ■ Satisfactory ■ Bad ■ Very bad ■ DK/NR

For sample size and details, see Methodology Note ahead

Have you ever been told by a doctor, nurse, or other health professional that you have any of the health conditions I am going to read?

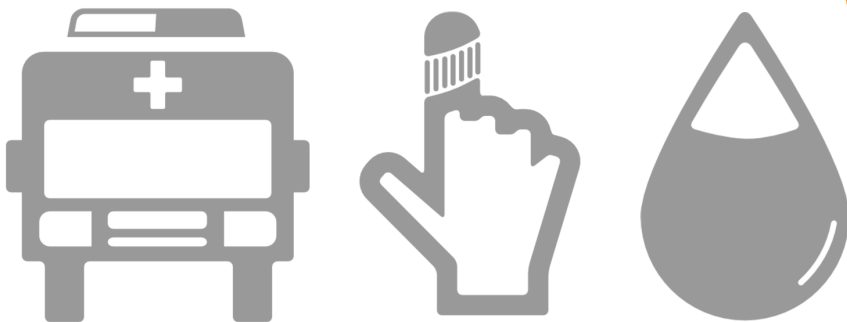
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High blood pressure (27%) and depression/anxiety (25%) registered as the health conditions that Pakistanis have been diagnosed with the most by health professionals. 19% have been told they are overweight, 13% have been told they have asthma, 13% suffer from high cholesterol, 13% suffer from osteoporosis, 10% have diabetes, while 8% have been diagnosed with angina/heart disease and 6% have cancer.

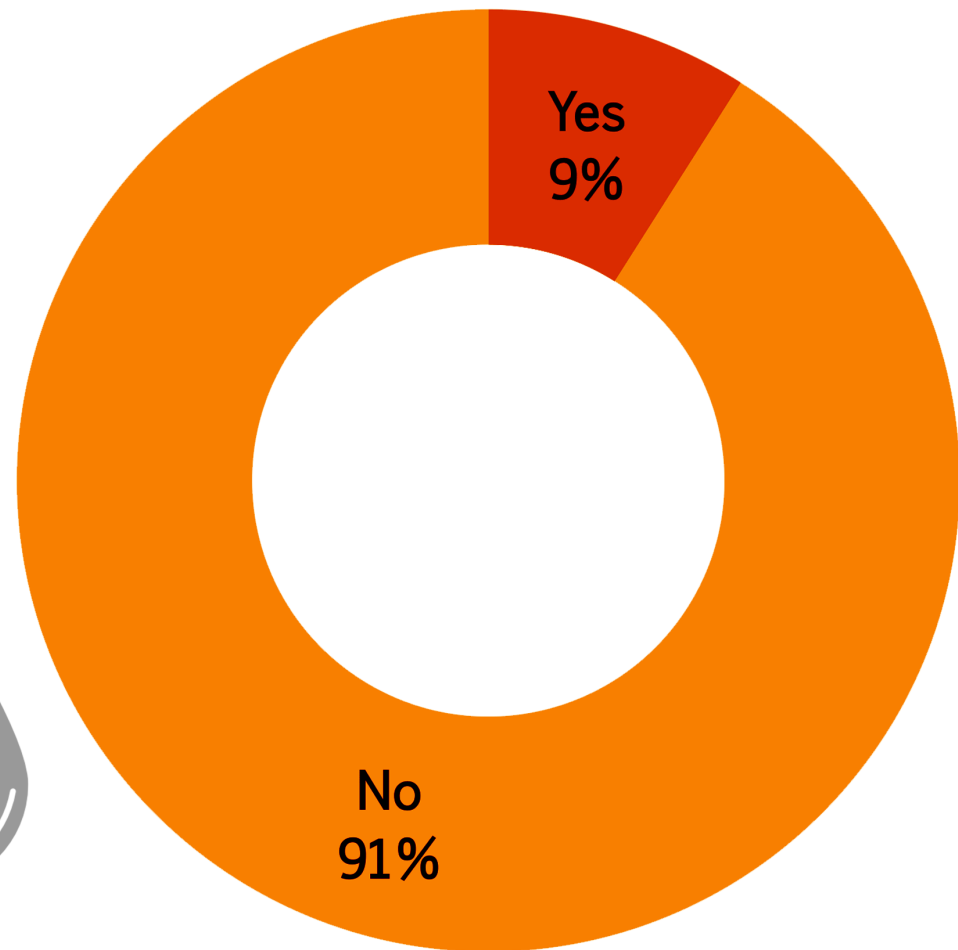


Now I will ask about your fitness. During a normal week, other than in your regular job, do you engage in any physical activity or exercise that lasts at least a half an hour?

Exercise does not seem to be popular among Pakistanis with only 9% claiming they do at least half an hour of exercise during a week, while 91% said they don't exercise during a week.

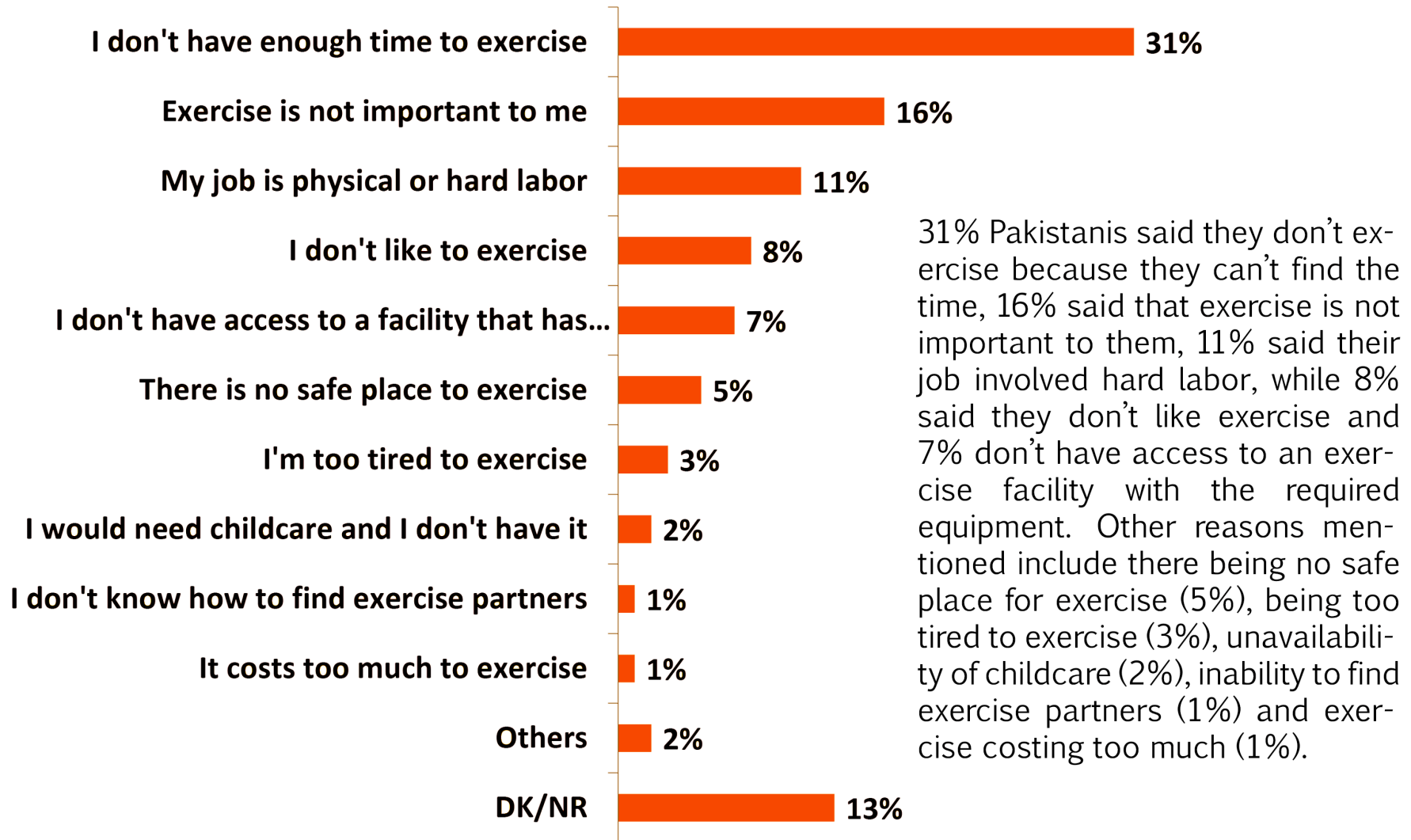


Section 3: Personal Health



Since you said “no”, what are the reasons you do not exercise for at least a half hour during a normal week? 10

You can give as many of these reasons as you need to.



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 March 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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