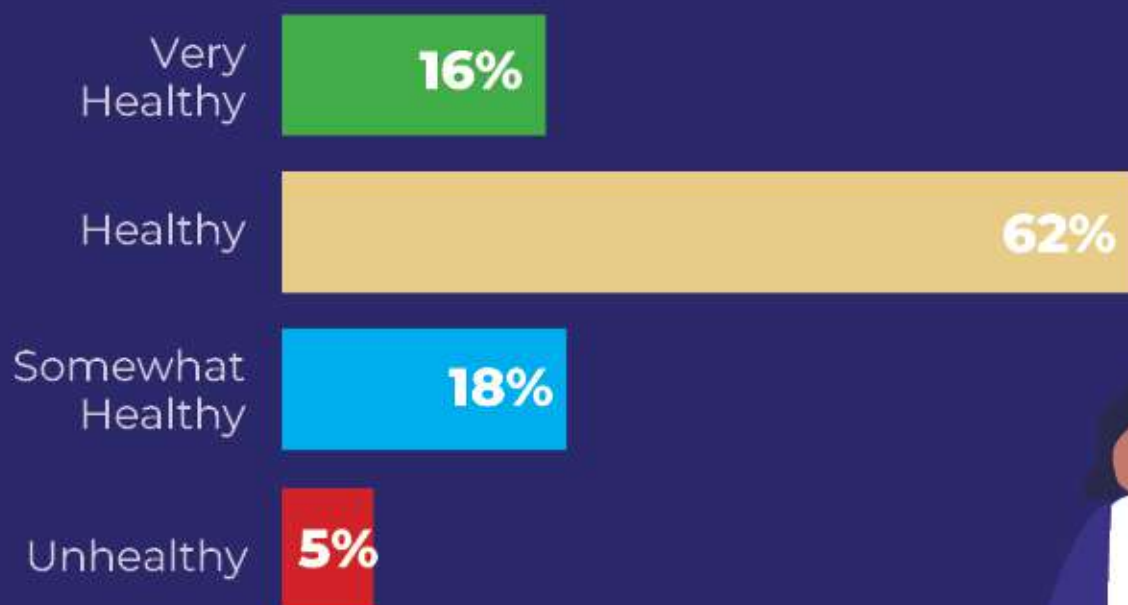


78% of Pakistanis and 75% of global respondents consider their overall health to be good



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





(Also emailed*/faxed separately)



PRESS RELEASE

Opinion Poll **Health care** General health & healthcare

78% of Pakistanis and 75% of global respondents consider their overall health to be good: Gallup Pakistan and WIN World Survey report released

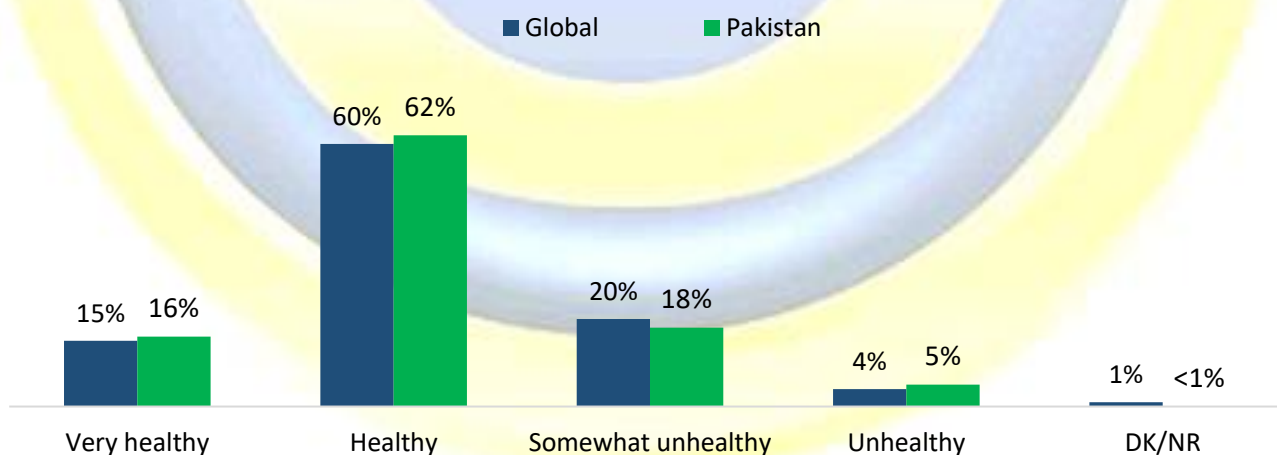
(Islamabad), 17th April 2025

According to a survey conducted by Gallup & Gilani Pakistan (and similar surveys done by Worldwide Independent Network of Market Research (WIN) across the globe), 78% of Pakistanis and 75% of global respondents consider their overall health to be good.

These findings emerge from an international survey conducted across the globe by The Worldwide Independent Network of Market Research (WIN) - a global network conducting market research and opinion polls in every continent. WIN International has published the Annual WIN Worldviews Survey (WWS – 2025), exploring the views and beliefs of 34,946 individuals, among citizens from 39 countries across the globe. On International Health Day, WIN releases the latest results of the survey to understand health self-perception and related habits and attitudes toward healthy living. The fieldwork for Pakistan was conducted between 6th December 2024 and 2nd Jan 2025, and the sample size was 1000 individuals.

A nationally representative sample of adult men and women from across Pakistan was asked the following question, “**How do you consider your overall health in general?**” In response to this question in Pakistan, 16% said very healthy, 62% said healthy, 18% said somewhat unhealthy and 5% said unhealthy.

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

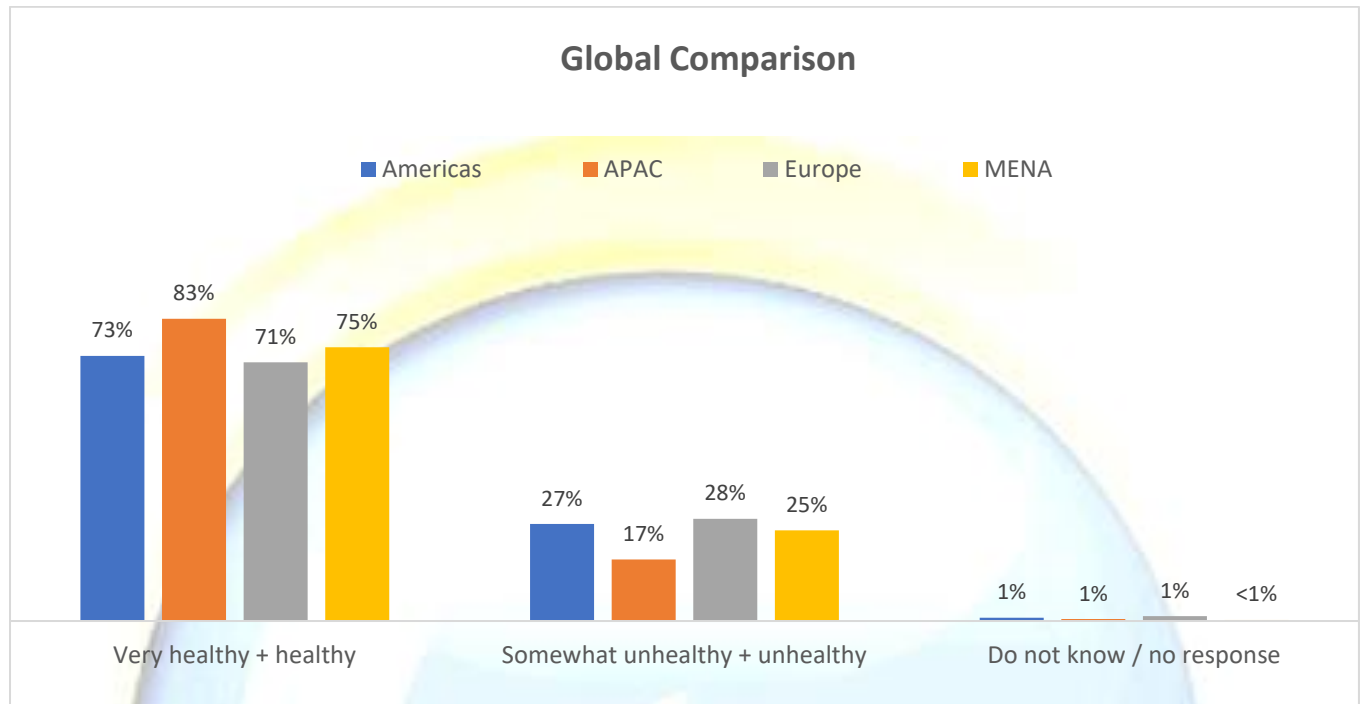


Source: Gallup Pakistan & WIN World Survey 2025
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1000 men and women in urban and rural areas of all four provinces of the country, conducted from 6th December 2024 – 2nd January 2025. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI).

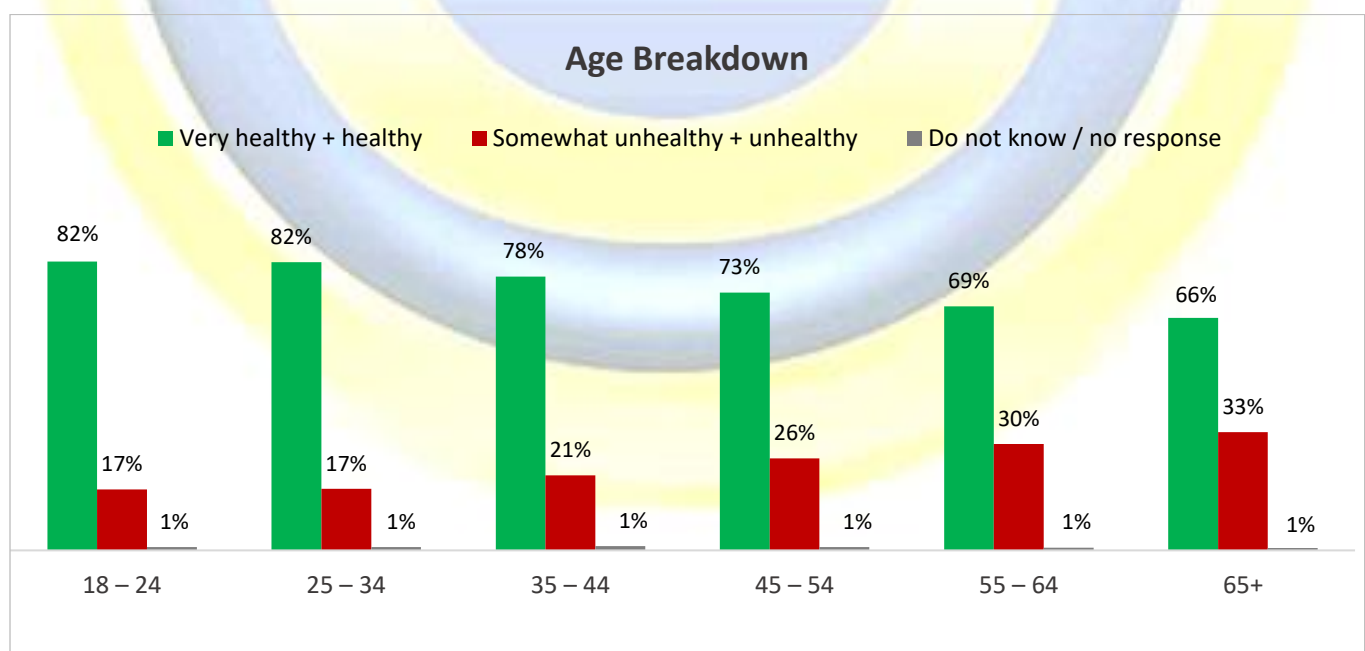


Global Comparison: Countries in the APAC region have the most positive self-perception of health at 83%, followed by the MENA region at 75% and the Americas at 73%.



Source: Gallup Pakistan & WIN World Survey 2025
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Age Breakdown: Globally, positive perception about health decreases with age.

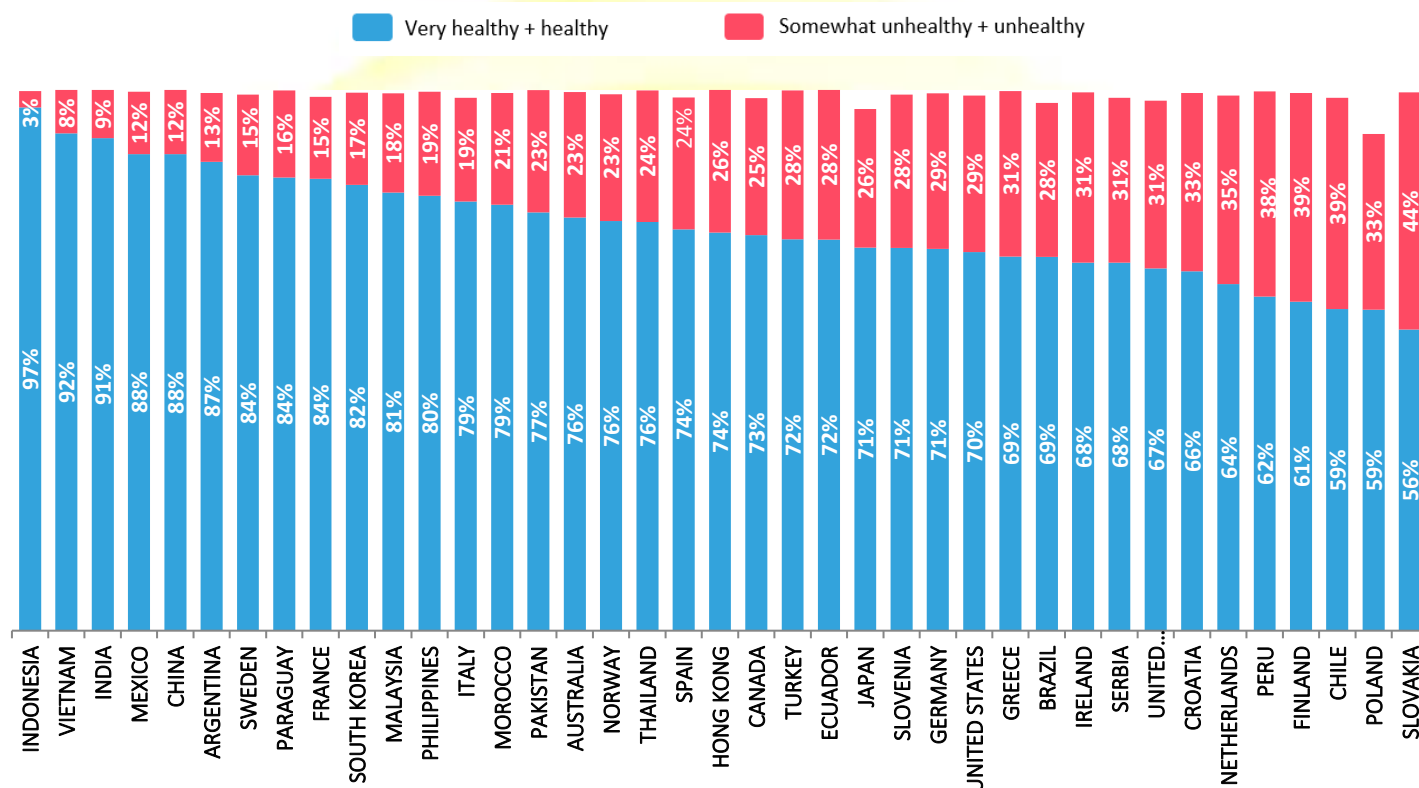


Source: Gallup Pakistan & WIN World Survey 2025
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)



Country Breakdown: Among the 39 countries surveyed across the globe, Indonesia leads with the highest percentage of people considering themselves healthy at 97%, followed by Vietnam (92%) and India (91%). Meanwhile, Slovakia has the most pessimistic health perceptions, with only 56% viewing themselves as healthy.

Country Breakdown



NOTE: The percentages of Don't know / No Response have not been plotted

Source: Gallup Pakistan & WIN World Survey 2025
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)



Opinion Poll from Gallup Pakistan
*The Pakistani Affiliate of Gallup
International*



GILANI RESEARCH
FOUNDATION

Thursday, 17th April 2025

(4 Pages, English version Only)

Gilani Research Foundation is a not-for-profit public service project to provide social science research to students, academia, policymakers, 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 Ph.D. 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*

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Daily Gilani Poll
2025



of Gallup Pakistan
(1980-2025)