

Taking Better Care of Your Headaches and You in the New Year

Survey Results



1. Do you suffer from headaches?

Yes		74	99%
No		1	1%
Total		75	100%

2. Do you usually make resolutions for the New Year?

Yes		34	45%
No		41	55%
Total		75	100%

3. Would you like to better manage your health in 2008?

Yes		74	99%
No		1	1%
Total		75	100%

4. Will one of your 2008 New Year's resolutions relate to your headaches?

Yes		52	69%
No		23	31%
Total		75	100%

5. How would you rate your success in managing your headaches in 2007?





Extremely successful		4	5%
Moderately successful		19	26%
Slightly successful		25	34%
Not successful at all		26	35%
Total		74	100%

6. Is one of your resolutions/goals for 2008 to better manage your headaches?








Yes		61	84%
No		12	16%
Total		73	100%

Total








7. How difficult do you think it will be for you to be successful in keeping these resolutions, knowing they will improve your overall headache health?

Extremely successful		9	12%
Moderately successful		37	49%
Slightly successful		23	31%
Not successful at all		6	8%
Total		75	100%



8. What tactics do you plan to utilize in order to better manage your headaches in 2008? Please select all that apply.

Improving my diet by eating regular meals		36	48%
Improving my diet by avoiding foods and drinks that are known to trigger headache attacks		32	43%
Maintaining a regular sleeping schedule		41	55%
Implementing stress reduction techniques		45	60%
Talking to my healthcare provider to discuss treatment options for my headaches		46	61%
Start/maintain an exercise program		49	65%
Other, please specify		15	20%

9. What resources will you rely on to help you succeed in your resolution? Please select all that apply.

Family and friends		24	32%
Spouse/Partner		30	40%
Physician		53	71%
Self		57	76%
Internet		29	39%
National Headache Foundation		29	39%
Other, please specify		4	5%

10. Would you like to hear from the NHF about tips to better manage your headaches in 2008?

Yes		61	82%
No		13	18%
Total		74	100%

11. Are there any specific topics related to headache management for which you would like tips or information from the NHF? Please specify.

31 Responses

12. How long have you experienced headaches?

1-5 years		14	19%
6-10 years		11	15%
11-15 years		8	11%
16-20 years		11	15%
More than 20 years		31	41%
Total		75	100%

13. Tell us about yourself by checking the appropriate boxes. Please select all that apply.

Male		7	9%
Female		53	72%
Under 20		2	3%
Age 21 – 35		23	31%
Age 36 – 50		23	31%
Over 50		20	27%

14. At what age did you first experience headache?







Less than 10 years old		21	28%
11-15 years old		15	20%
16-20 years old		15	20%
21-30 years old		9	12%
31-40 years old		11	15%
After age 40		3	4%
Total		74	100%

15. Are you a member of the National Headache Foundation?

Yes		13	18%
No		61	82%
Total		74	100%

16. How did you learn about the National Headache Foundation?

Physician		11	15%
Friend		2	3%

Employer/Manager		2	3%
Internet		48	64%
Newspaper		1	1%
Magazine		4	5%
TV		0	0%
Radio		2	3%
Other, please specify		5	7%
Total		75	100%



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