



Headaches & The Economy





Survey Results







1. Have you felt pressure financially to make cut-backs due to the current economic situation?

Yes		221	82%
No		49	18%
Total		270	100%

2. If yes, have you had to make dietary changes (i.e. what you purchase at the grocery store) due to rising costs?



Yes		156	62%
No		97	38%
Total		253	100%

3. If yes, what types of items do you buy or consume less frequently? (Please select all that apply.)



Produce, such as fresh fruits and vegetables		69	35%
Dairy products		51	26%
Meat, poultry or fish		85	43%
Snack foods		119	60%
Caffeinated beverages, such as coffee, tea or soft drinks		51	26%
Canned or processed foods		45	23%
Frozen foods		39	20%
Alcoholic beverages		55	28%
I have not made any changes in my diet or grocery purchases		35	18%
Other, please specify		17	9%

4. Do your eating habits or food choices trigger or affect your headaches?



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Yes		134	50%
No		136	50%
Total		270	100%



5. If yes, do you feel the changes in your diet or grocery purchases have an affect on your headaches?

Yes		58	28%
No		148	72%
Total		206	100%



6. Have you made any changes in spending on healthcare purchases, such as services or medications?

Yes		116	43%
No		152	57%
Total		268	100%



7. Do you take prescription medication for headaches?

Yes		169	63%
No		99	37%
Total		268	100%






8. If yes, have you delayed or skipped filling a prescription for headache medication due tighter finances?

Yes		66	29%
No		158	71%
Total		224	100%

9. Have you treated a headache with an OTC product instead of taking your prescription medication?

Yes		132	53%
No		119	47%
Total		251	100%

10. Do any of the following typically trigger your headache? (Please select all that apply.)

Stress		223	88%
Anxiety		171	68%
Lack of sleep		191	76%
Depression		113	45%
Concern or uncertainty about the future		121	48%

11. Have you experienced any of the above due to economic strain on your lifestyle?

Yes		182	69%
No		83	31%
Total		265	100%

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

Yes		157	59%
No		109	41%
Total		266	100%







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

72 Responses







14. How long have you experienced headaches?

1-5 years		49	18%
6-10 years		41	15%
11-15 years		46	17%
16-20 years		44	16%
More than 20 years		90	33%
Total		270	100%










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

Male		37	14%
Female		216	80%
Under 20		11	4%
Age 21-35		106	39%
Age 36-50		81	30%
Over 50		50	19%

16. At what age did you first experience a headache?

Less than 10 years old		66	25%
11-15 years old		88	33%
16-20 years old		46	17%
21-30 years old		48	18%
31-40 years old		15	6%
After age 40		5	2%
Total		268	100%

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

Physician		21	8%
Friend		14	5%
Employer/Manager		6	2%
Internet		165	62%
Newspaper		3	1%
Magazine		6	2%
TV		23	9%
Radio		14	5%
Other, please specify		16	6%
Total		268	100%



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