

Headaches & Healthcare Utilization



Survey Results SHARE

1. Do you suffer from headaches?

Yes		470	99%
No		3	1%
Total		473	100%

2. What type of headache do you experience most frequently?

Migraine		222	45%
Tension-type headache		38	8%
Chronic daily headache		90	18%
Cluster headache		10	2%
Sinus headache		19	4%
Allergy headache		1	0%
Not sure		84	17%
Other, please specify		29	6%
Total		493	100%

3. Have you been diagnosed by a healthcare provider with a specific headache type?

Yes		325	66%
No		164	34%
Total		489	100%

4. If yes, what type of healthcare providers are you seeing for you headache condition?

Primary care physician (internal medicine, family practice)		164	38%
Neurologist		131	30%
Headache specialist		29	7%
		4	1%

OB/GYN			
Allergist		4	1%
Pain management specialist		9	2%
ENT		4	1%
Nurse practitioner/physician assistant		7	2%
I have not been diagnosed by a healthcare provider with a specific headache type		57	13%
Other, please specify		22	5%
Total		431	100%

5. How did you select your healthcare provider?





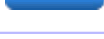




Referral from family physician		143	31%
Referral from family member of friend		103	23%
Website research		17	4%
Chose from a list covered by my health insurance plan		130	29%
Other, please specify		63	14%
Total		456	100%

6. If you have not sought care, which of the following is preventing you from seeking treatment or advice from your healthcare provider (check all that apply)?






I do not seek medical or healthcare services on a regular basis		64	36%
I do not have time to schedule an appointment		32	18%
I do not have easily accessible healthcare services		4	2%
I do not have health insurance		35	20%
I do not trust the opinions of healthcare professionals		9	5%
I cannot afford the treatment they may prescribe to me		42	24%
Other, please specify		41	23%

7. Which headache information resources do you find more credible and trustworthy (check all that apply)?




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National Headache Foundation		276	59%
Internet websites (WebMD, Yahoo, AOL, etc.)		184	39%
Your healthcare provider		323	69%
Newspaper or magazine articles		58	12%
Pamphlets/publications from your pharmacy		51	11%
Television/radio		13	3%
Clergy person or trusted community source		4	1%
Family or friends		75	16%
Other, please specify		38	8%

8. Which of the following do you use to treat your headaches (choose all that apply)?



Over-the-counter medicine		357	73%
Prescription medicine		332	68%
Herbal supplements		38	8%
Lying in a dark room		292	59%
Biofeedback/relaxation techniques		53	11%
Massage		126	26%
Exercise		78	16%
Diaphragmatic breathing		36	7%
Acupressure/acupuncture		32	7%
Cold/hot compress		227	46%
Sleep		343	70%
Nothing provides relief		116	24%
Other, please specify		45	9%

9. What is your overall outlook regarding healthcare providers offering headache and migraine treatment?







I trust healthcare providers and choose to seek medical advice and/or treatment		73	15%
I seek medical advice from healthcare providers but also do my own research		297	62%
I seek medical advice from healthcare providers but do not always trust their medical advice		87	18%

I do not trust healthcare providers and do not seek medical advice or treatment		6	1%
I rely solely on my own research and resources		16	3%
Total		479	100%







10. How long have you experienced headaches?

1-5 years		123	25%
6-10 years		110	22%
11-15 years		60	12%
16-20 years		46	9%
More than 20 years		150	31%
Total		489	100%





11. Please choose one of the following which best describes your racial/ethnic background.


Asian American/Pacific Islander		8	2%
White (non-Hispanic)		433	88%
Black (non-Hispanic)		19	4%
Hispanic		20	4%
Native American/Alaska Native		4	1%
Other, please specify		6	1%
Total		490	100%

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

Male		65	13%
Female		360	73%
Under 20		39	8%
Age 21 – 35		185	38%
Age 36 – 50		176	36%
Over 50		69	14%

13. At what age did you first experience headache?



Less than 10 years old		106	22%
11 – 15 years old		122	25%
16 – 20 years old		84	17%
21 – 30 years old		91	19%

31 – 40 years old		50	10%
After age 40		37	8%
Total		490	100%









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

150 Responses

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

Yes		32	7%
No		454	93%
Total		486	100%

16. How did you learn about the National Headache Foundation

Physician		31	6%
Friend		16	3%
Employer/Manager		2	0%
Internet		348	71%
Newspaper		3	1%
Magazine		8	2%
TV		39	8%
Radio		18	4%
Other, please specify		26	5%
Total		491	100%



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