

## Did You Know... NHF Resources Revealed Survey Results



### 1. Have you been diagnosed by a healthcare provider as having a particular type of headache?

Yes		186	90%
No		21	10%
Total		207	100%

### 2. If yes, please indicate which type of headache you have. (check all that apply)

Migraine		175	86%
Tension-type headache		32	16%
Chronic daily headache		56	27%
Cluster headache		22	11%
Sinus headache		23	11%
Allergy headache		11	5%
Medication overuse/rebound headache		26	13%
Not sure		10	5%
Other, please specify		11	5%

### 3. How long have you experienced headaches?

1-5 years		28	14%
6-10 years		15	7%
11-15 years		16	8%
16-20 years		23	11%
More than 20 years		125	61%



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

Male		17	8%
Female		170	82%
Under 20		3	1%
Age 21-35		31	15%
Age 36-50		57	28%
Over 50		107	52%










**5.** At what age did you first experience headaches?

Less than 10 years old		37	18%
Age 11-15		52	25%
Age 16-20		37	18%
Age 21-30		39	19%
Age 31-40		24	12%
After age 40		17	8%

**6.** Are you a member of the National Headache Foundation?

Yes		123	60%
No		83	40%
Total		206	100%

**7.** How did you find out about the National Headache Foundation website? (check all that apply)

Google search		62	30%
Link from other site		33	16%
Link from blog		3	1%
NHF Headlines		58	28%
NHF News to Know e-newsletter		22	11%
Television		1	0%
Radio		1	0%
Newspaper		3	1%
Friend or Family		16	8%
Healthcare Provider		39	19%
Employer		1	0%
Health Insurance Provider		0	0%
Other, please specify		18	9%

**8.** How did you find out about the National Headache Foundation? (check all that apply)

Google search		72	37%
Link from other site		31	16%
Link from blog		5	3%
NHF Headlines		30	15%
NHF News to Know e-newsletter		15	8%
Television		1	1%
Radio		1	1%
Newspaper		5	3%

Friend or Family		23	12%
Healthcare Provider		42	21%
Employer		2	1%
Health Insurance Provider		3	2%
Other, please specify		20	10%

**9.** Tell us what you know about National Headache Foundation. Are you aware of our (check all that apply):

Organizational mission		90	47%
Web site resources		130	68%
National Headache Awareness Week		118	62%
Research Summit		30	16%
Physician Finder		102	53%
Membership		127	66%
Professional Membership		36	19%
Annual Fund Raising Benefit		74	39%
Migraine Million campaign		48	25%
NHF Blog		38	20%
NHF Headline and NHF News to Know newsletter and e-newsletter		113	59%
NHF Toll-free Hotline		41	21%
Support Groups		77	40%

**10.** Which of the following messages/points have you seen or heard before today's visit to this website? (check all that apply)

Headaches matter		122	61%
Headaches are personal		100	50%
Keeping a headache diary is an important first step		163	81%
See a doctor specifically about headaches		158	79%
Get diagnosed		159	79%
Get treated		159	79%
Headaches are neurobiologically based		103	51%
NHF is the premier information and educational resource for headache sufferers and the headache		111	55%

community			
None		14	7%

**11.** Where did you see or hear these messages/points? (check all that apply)

NHF website		145	75%
Another website		49	25%
Newspaper article		30	15%
Radio news program		4	2%
Television news program		20	10%
Radio commercial		3	2%
Television commercial		11	6%
Friends/family		42	22%
Co-workers		21	11%
Healthcare provider		102	53%
Employer		3	2%
Health Insurance Provider		3	2%
If you chose "Another website" please specify which		20	10%

**12.** Are you aware of any other organizations that provide support, resources and education specifically for people with headache?

Yes		59	29%
No		147	71%
Total		206	100%


















**13.** Are you a first time user of www.headaches.org?

Yes		71	34%
No		136	66%
Total		207	100%

**14.** If no, how often do you visit www.headaches.org?

Daily		2	1%
Weekly		18	11%
Monthly		78	46%
Bi-monthly		25	15%
Quarterly		33	20%
Yearly		15	9%

**15.** Are you aware that NHF provides these resources? (click all that apply)

Topic sheets on specific headache types and treatments		102	56%
NHF Headlines newsletter		139	76%
NHF News to Know e-newsletter		91	50%
Physician finder		100	55%
NHF blog		43	23%
Podcast series		30	16%
Surveys		112	61%
Headache in the news RSS feed		24	13%
YouTube channel		17	9%
Facebook/Twitter announcements		26	14%
Clinical trial research listings		75	41%
Education modules		35	19%
Support group listings		75	41%
Email pen pal program		14	8%
Research and press materials		66	36%
NHAW information		11	6%
Standards of care publication		23	13%



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