Self-Care Trends Among Women

Women report more health problems than men.  
- In the past three months, 52 percent of women report that they have been sick one or more times. This compares to only 44 percent of men.

Women are more likely to visit the doctor.  
- 69 percent of women and 53 percent of men say that in the last year they have gone to the doctor one or more times for a specific health problem.

Women suffer more from certain minor health conditions.  
- 60 percent of women have used dietary supplements in the last six months for the condition associated with it.

Women report greater usage of nonprescription drugs and dietary supplements.  
- 82 percent of women in comparison to 71 percent of men say they have used nonprescription medication in the last six months to treat at least one of the common ailments from which they suffer.
- Six out of 10 (60 percent) women have used a dietary supplement while only 46 percent of men report having used dietary supplements.
- 30 percent in women and 23 percent of men have used dietary supplements in the last six months as a method of treating common ailments.
- 35 percent of women who have suffered from menopause in the last six months say they used dietary supplements for the condition associated with it.

Women are more likely to embrace the communal aspect of health care.  
- 66 percent of women and 58 percent of men say that other people seek their help to understand health and medical issues.
- 54 percent of women strongly agree that pharmacists are a good source of information for minor health problems, compared to only 46 percent of men.

All data provided by the Consumer Healthcare Products Association, the 120-year-old trade association representing U.S. manufacturers and distributors of nonprescription, over-the-counter medicines and dietary supplement products. The findings are based on 1,505 interviews conducted via telephone by Roper Starch Worldwide from January 8-24, 2001. The results of the survey are projectable to the entire U.S. population with a margin of error of +/-2.6 percent. For more information, contact Corinne Russell or Donna Edenhart (202-429-9260; crussell@chpa-info.org or dedenhart@chpa-info.org) or visit www.chpa-info.org.