



Self Care  
Be Your Best

# HOW THE WORLD DEALS WITH DIGESTIVE HEALTH ISSUES

## Prevalence



62% of **people worldwide** say they suffer from **digestive complaints (constipation, indigestion or diarrhoea)** at least once per year



Almost a **third of women** suffer from **digestive health issues** at least once a week - that's significantly higher than men (32% and 19% respectively)



A third of people say they **suffer from indigestion, constipation or diarrhoea** at least once a month



Mexicans are most impacted by digestive complaints - 88% suffer from diarrhoea, 77% indigestion and 73% from constipation at least once per year

Germans suffer the least from constipation (42% at least once per year)

Russians suffer the least from indigestion (26% at least once per year)

People in Japan are the least likely to suffer from diarrhoea (59% in the past 12 months)

## Impact on work



3 in 5 people (61%) say that diarrhoea has impacted them at work over the past 12 months



Half of people say that indigestion (52%) or constipation (49%) has impacted them at work over the past 12 months



Over the last month, people have been to work, on average, 4.7 times while suffering from a digestive health issue

## Attitudes toward treatment



Just 22% of people worldwide say they consulted a pharmacist last time they suffered from diarrhoea or indigestion - and just 21% consulted a pharmacist when they last had indigestion



People are more likely to visit a physician when suffering from indigestion (18%) than from other digestive complaint



Only 33% of people bought non-prescription medicine to treat themselves the last time they suffered with diarrhoea



Almost 6 in 10 people say they can't deal with digestive health issues without seeing a healthcare professional (59%)

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