

Prevalence of common health conditions



97% of the global population suffer from common health conditions such as colds, headaches, digestive complaints, stress and sleep issues at least once per year



People in the USA suffer the most from sleep problems as 75% say they suffer from them at least once a year - compared to Japan who suffer the least (53%)



Stress is the most commonly occurring condition, affecting 26% of the population once a week and 14% of the population up to three times a week



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

Impact of common health conditions



Overall, 26% of workers have been forced to take a sick day in the last month because of a common health condition



Germans take the most sick days per month (5.6 days on average) while Brazil and Mexico take the least (2 days)



44% of people went to work suffering from common health conditions in the last month, with 75% saying it affected their productivity



In all countries, stress has the most intense impact in the workplace, with 72% of weekly stress sufferers saying it has an important impact on their mood at work



41% of people say common health conditions have an important impact on their self-confidence



The USA, Russia and Australia report that minor conditions have had the most impact on their sex lives over the last 12 months (41%, 41% and 40% respectively)

Attitudes toward treatment

80%

Americans consider themselves the most informed about managing common health conditions, with over 80% feeling well informed



58% of Russians say they are well informed when it comes to managing common health conditions - making them the least well informed across the globe



People are least informed about how to treat sleep issues than any other common health condition (46%)



90% say they can deal with a cold without seeing a healthcare professional, while only 54% say they can deal with stress or sleep issues without seeing a healthcare professional



A fifth of people (20%) turned to the internet for advice when they last suffered from stress or sleep issues rather than speaking to a pharmacist (10% and 13% respectively)



For stress and sleep issues, 44% and 39% do nothing and wait for the issue to pass while 27% suffering from constipation will do the same