



# Women's Health Report

**Insights from female experiences with healthcare professionals**

**OnePoll**



# Report introduction

Across June and July 2023, OnePoll **reached out to 5,022 people who identify as female from around the UK**, to explore their experiences with women's healthcare issues.

According to the **latest census figures** from England, Wales, Scotland and Northern Ireland, there are over 26.5 million adult females across the UK. This report represents **the 19.4+ million females** who, according to our research, have sought professional healthcare advice, specifically for a women's health issue.

It is now a matter of public record that medical research and understanding of women's health issues is woefully behind that of men health issues. Our findings clearly show that females are turning to a variety of sources to arm themselves with the knowledge and information, they feel they need, to enable them to advocate for themselves.



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# Women’s healthcare

73% of females in the UK, have sought **professional/medical advice** for a women’s health issue. Typical issues that females seek professional healthcare for are:are:

1	Menstrual cramps	47%	9	Painful ovulation	12%
2	Thrush/Candida/Yeast infection	37%	10	Fybroids	9%
3	Premenstrual syndrome (PMS)	27%	11	Polycystic ovary syndrome (PCOS)	7%
4	Miscarraige	19%	12	Edemetriosis	6%
5	Vaginal infection	17%	13	Breast cancer	3%
6	Abnormal bleeding	17%	14	Pelvic inflamatory disease (PID)	3%
7	Absence of bleeding	17%	15	Premenstrual dysphoric disease	2%
8	Postnatal depression	12%	16	Gynaecological cancer	2%

6% report other women’s health conditions and 3% prefer not to say



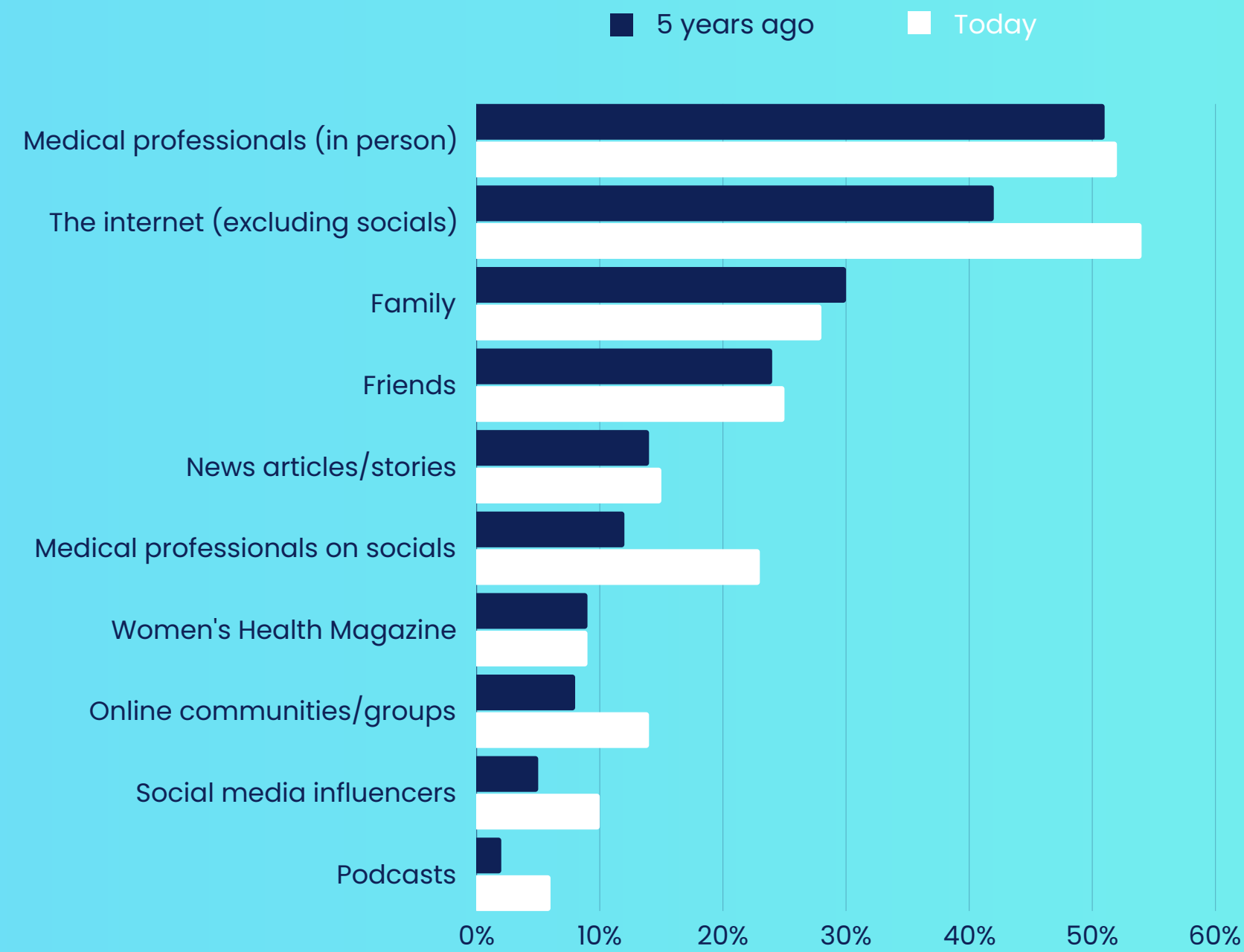
# Understanding women's health issues

62% of females will do personal research always or most of the time, ahead of seeking professional medical advice.

This rises to 72% for 18-24s and 73% for black and black British females, but decreases to 50% for over 55s.

Females turn to the following sources to find information about their women's healthcare issue:

- The Internet - 85%
- Family - 35%
- Friends - 28%
- Medical books - 14%
- News Articles - 11%
- Social Media - 11%



The way females source information about their healthcare issues has significantly changed over the last five years, **with online sources such as the internet, social media and podcasts, growing faster than face-to-face appointments** with a healthcare professional.

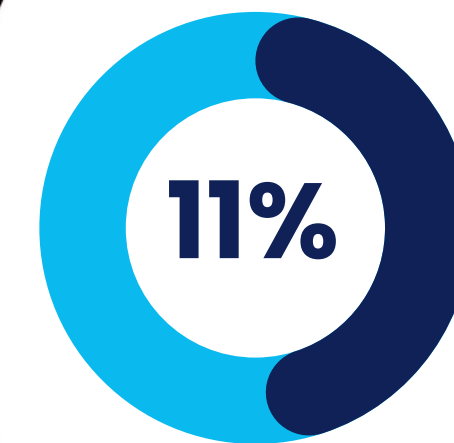
# Professional medical diagnosis

**23%** of females have found it difficult, or very difficult to access the **right medical professional** for their healthcare issue. This rises to **30%** for students.

Two fifths (**40%**) reported having to visit a medical professionals multiple times (more than once) **before receiving a correct and appropriate diagnosis** for a women's health issue.

It took on average **3.6 visits to receive a correct diagnosis** but **20%** of females had to visit five times or more.

When relating these visits to time, it takes on average **10.84 months** to receive a correct diagnosis. However, for **20% of females it took more than a year and a half.**



Of females had to wait three years or more from first appointment to final diagnosis of their women's health issue.



# Discussing women's health issues

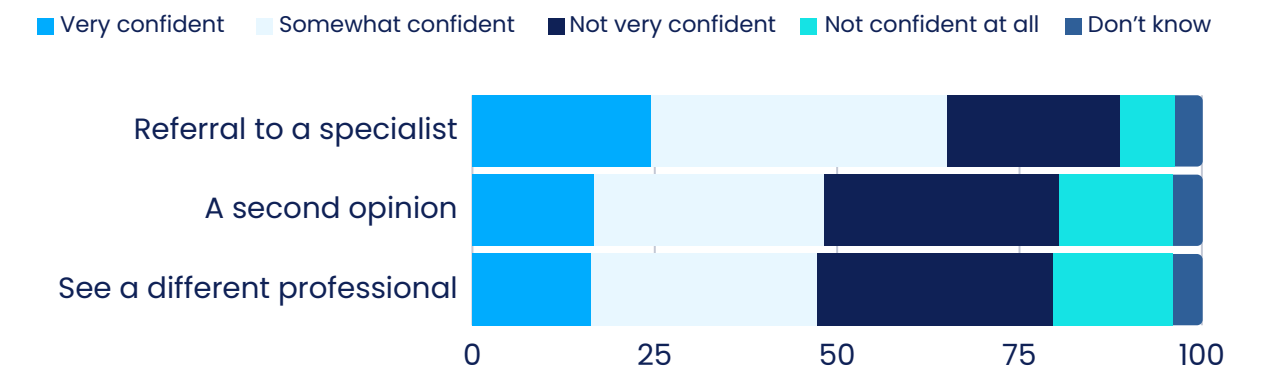
Just **51%** of females say their own personal research on health issues and the information provided by their healthcare professional, aligns always or most of the time.

**11%** of females lack the confidence to discuss general health issues with medical professionals, this rises to **18%** for women's health issues and **26%** for mental health issues.

When faced with professional advice on a women's health issue that is contrary to what they thought, **13%** of females would not query the advice. Top reasons for not querying the advice include:

- Trust in their expertise - **48%**
- Limited personal medical knowledge - **46%**
- Feeling awkward about saying anything - **44%**
- I don't want to undermine the professionals authority/knowledge - **44%**
- I don't have the confidence to question advice - **43%**

In general, women have the confidence to seek additional professional advice.





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