

HOW LONG DO YOU LEAVE IT AFTER NOTICING SYMPTOMS OF AN ILLNESS BEFORE BOOKING A DOCTOR APPOINTMENT?

1



1 in 4 Brits leave it 1-2 weeks after noticing symptoms of an illness before booking a doctor's appointment.

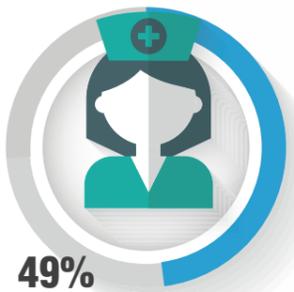
12 days is the average time people leave it to book a doctor's appointment.

1 in 5 people with high blood pressure take 3 or more weeks to call their doctor.

15 days is how long the average 25-34 year old takes to book a doctor's appointment from noticing symptoms.

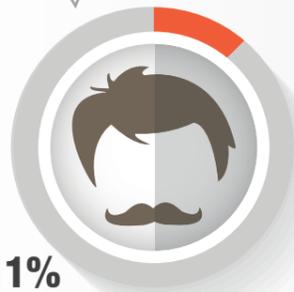
THINKING OF THE LAST YEAR, HOW MANY TIMES DID YOU DO THE BELOW?

2



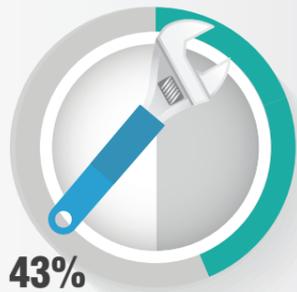
49%

Almost half of Brits didn't visit the doctors at all last year for a general check-up.



11%

Last year over 1 in 10 Brits had a haircut more than 8 times, yet just under half didn't go for a single check up with their doctor.



43%

43% of over 55's did not visit the doctor's for a check-up last year yet 68% found the time to take their car for a check-up.

WHAT ARE THE MAIN REASONS YOU DON'T GO TO THE DOCTOR MORE OFTEN?

3



A third of people say they don't want to waste their time.

A tenth of people say they don't have the time.

A fifth of 35-44 year olds say they find it stressful.

WHAT IS YOUR BLOOD PRESSURE?

4



9.1 million Brits don't know whether they have normal, high or low blood pressure.

2.7 million Brits have never had their blood pressure checked.

4.1 million men have never had their blood pressure checked.

8 million 25-34 year olds have never had their blood pressure checked.

10.9 million 45-54 year olds don't know whether they have normal, high or low blood pressure.

Taken from ONS 2014 estimated population

HOW STRONGLY DO YOU AGREE WITH THE FOLLOWING STATEMENTS?

5



Nearly half of Brits admit to being concerned about having high blood pressure.



A third of Brits are concerned about having low blood pressure.



More than a third of the UK and a fifth of over 55s say they don't have time to go to the doctor's just to get their blood pressure tested.



More than a fifth of Brits think that high blood pressure is something that only stressed people get.



A fifth of Brits think that high blood pressure is something that only overweight people get.



More than a fifth of men think that high blood pressure is something that only older people get.

4 IN 10 OF THE UK POPULATION AND 5 IN 10, 35-44 YEAR OLDS WORRY THAT A BLOOD PRESSURE READING TAKEN AT THE DOCTOR'S MIGHT NOT BE QUITE RIGHT

6



"I get White Coat Syndrome so I take my blood pressure again at home"

"I'm always in a rush to get to the Doctor's"

"I find going to the doctor's stressful"

