



WOMENHEART

Women Speak on Heart Disease

Key Survey Findings on Barriers to Healthcare Services and Social and Emotional Support

Barriers to healthcare services findings:

- Nearly 9 in 10 (88%) said they experienced at least one barrier to obtaining healthcare services
- Top barrier to care for all women, regardless of age, race, and ethnicity: nearly half (49%) who reported barriers said they had challenges scheduling appointments – they could not get an appointment soon enough and/or weren't able to schedule an appointment on the phone
- Almost 1 in 4 (23%) who reported barriers said they weren't able to get to the doctor's office or clinic when it was open
- Nearly 1 in 4 (23%) who reported barriers had transportation problems
- Almost 1 in 3 (30%) who reported barriers said they had worries about costs; more than half of these (54%) reported having employer-paid, self-paid, or private insurance (not Medicaid or Medicare)

Social and emotional support findings:

- Fewer than half (45%) of women with heart disease said they were receiving social or emotional support. Such support often helps women to manage the feelings that come with a heart disease diagnosis and/or supports them in making healthy lifestyle choices.
- 1 in 4 (28%) with only a risk factor for heart disease said they were receiving social or emotional support. Risk factors are common and include obesity, high blood pressure, high cholesterol, and diabetes.
- 1 in 3 (36%) said they don't know where to start to access social or emotional support.
- Of those who received social or emotional support, highly rated sources were health care professionals, spouses or partners, extended family members, friends or co-workers, and children.

National survey of 1,365 women with heart disease and/or heart disease risk factors conducted in July 2022. The survey included women in 45 states, Puerto Rico and DC, and it oversampled Black or African-American women and Latinas due to the disproportionate impact of heart disease among those populations.