

Key Findings

From Head to Toe

- There have not been a lot of attitudinal changes since 2010 -- the foot continues to rank low on the list of body parts/functions that Americans see as important to their health and well-being.
- At the same time, almost 8 in 10 Americans have experienced a foot problem, and half say it has impacted their quality of life. Those with regular foot pain tend to have a host of other health issues.

Foot for Thought

- While in theory US adults understand the importance of foot health, they don't think about it often, and don't care for their feet as regularly as teeth, eyes or some other body parts.
- The majority trim their toenails, but after that, less than half adhere to other foot care regimens. Women are more likely to care for their feet than men.
- Good news -- more say they would like to know more about how they can care for their feet than in 2010!

Puzzled by Podiatry

- Americans continue to have little knowledge of and experience with podiatrists – these numbers have not changed since 2010.
- Because of this, more would seek out a PCP for help with a foot problem, and/or self medicate.
- Those who have visited a podiatrist are extremely satisfied with their care; in fact, more are satisfied than those who sought out a PCP for foot care.

Foot Over Heels

- When it comes to shoes, high heels are the #1 culprit of foot pain.
- Most women who own heels say these shoes hurt their feet.
- But that doesn't stop them from buying them – the average woman who owns high heels owns 9 pairs!
- And they are pretty liberal when it comes to height – almost half say they will wear 3 inch heels or higher.