

APMA Public Opinion Research on Foot Health and Care: Key Findings

Foot Pain and Neglect

- Most Americans have experienced a foot ailment/problem, and half say they have foot pain at least some of the time.
- In addition, *more* Americans experience pain and problems with their feet, than other body areas they consider more important to health (e.g. skin, teeth, heart).

Health Head to Toe

- From head to toe, the foot ranks lowest on a list of body parts/functions that Americans see as important to their health and well-being.
- Yet few say they would seek out a podiatrist unless the problem was severe – impacting their lifestyle, causing real pain, or needing surgery.

Staying on Your Feet

- Foot pain impacts a majority of Americans' daily activities – whether it be walking, exercising, or just standing for long periods of time.
- And those with regular foot pain are much more likely to suffer from a variety of other health issues, including back, knee, and joint pain, weight and heart problems.

Feet Misunderstood

- Foot neglect stems from lack of knowledge.
- Americans have limited understanding on the role of the podiatrist, what a podiatrist can do, and when to see a podiatrist.
- Yet there is a desire for more information on how to take care of one's feet.