



# 2020 Foot Health Survey

Conducted by the Australian Podiatry Association

# GrowthOps surveyed 1022 Australians



## Generated an online survey

This was a quantitative study, where we generated an 8-minute online survey.

Fieldwork lasted 8 days, from 30 July to 7 August 2020.



## Asked 1022 Australians to fill it

A sample of n=1022 Australians' took part in this study.



## Asked questions related to understanding Australians' perception on foot health and its importance

40 key questions were asked to respondents, which are related to understanding Australians' perceptions around foot health, visiting podiatrists, changes in habits in light of COVID-19, and more.



## Set quotas to ensure that results included a fair representation of demographics

Survey quotas were placed and data weighting has been included, to ensure data collected closely matches the age, gender, and location of the Australian population based on the latest ABS population figures.

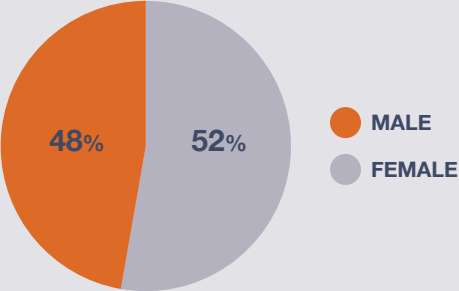


## Analysed & summarised results

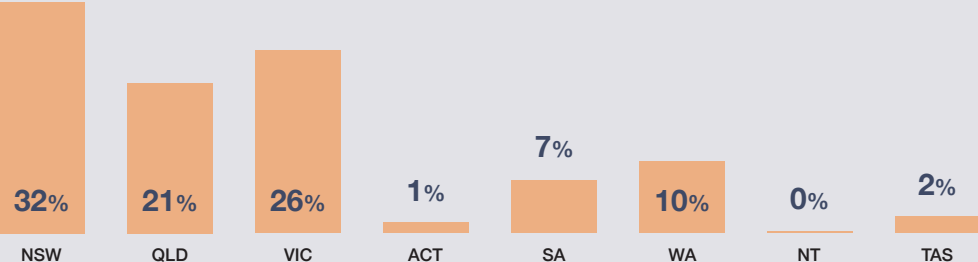
Final research results have been analysed and summarised in this report.

# Key demographics

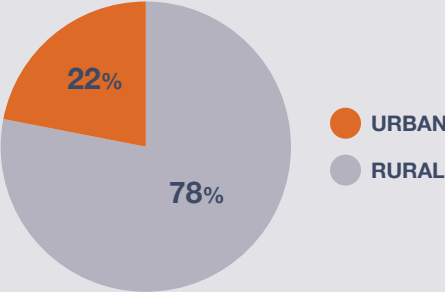
Gender



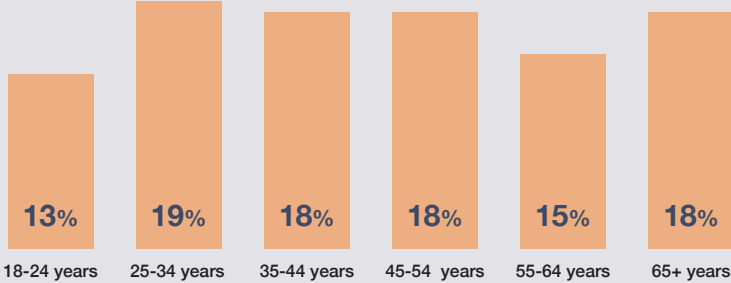
State



Urban or rural area?



Age



**5 Podiatry**

**15 Foot Health**

**21 Exercise Patterns**

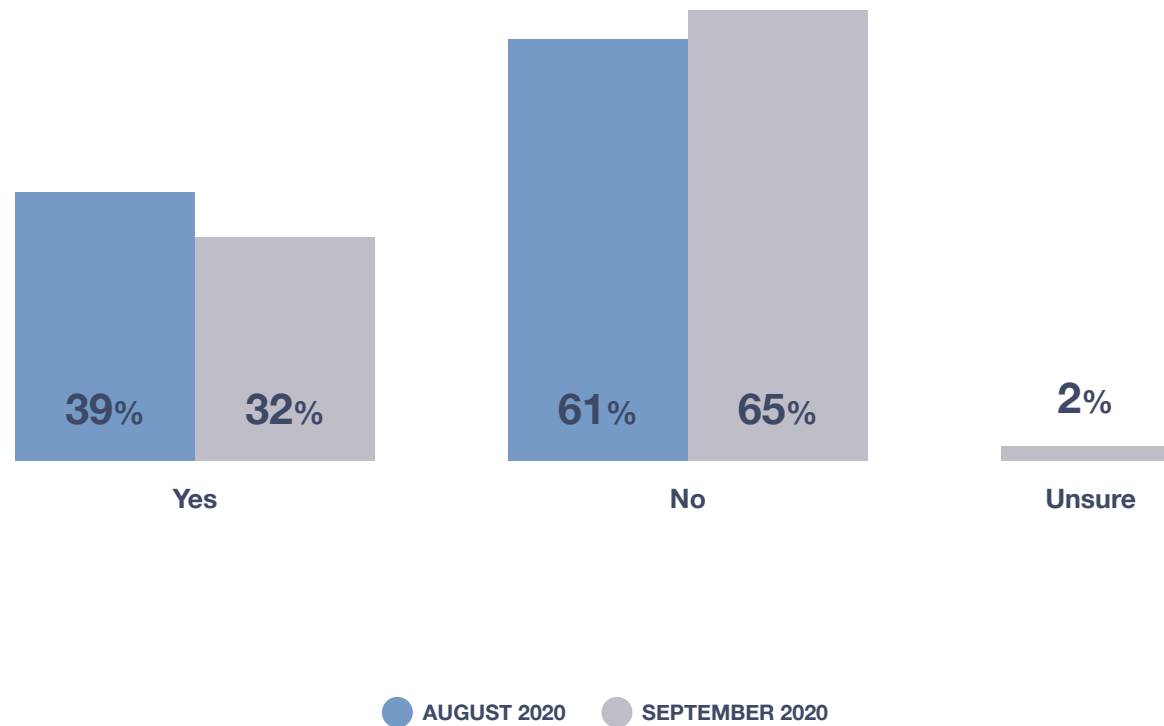
**24 Foot Care**

A close-up photograph of a person's legs and feet walking on a yellow slackline. The person is wearing green shorts. The background is a blurred green forest. A blue horizontal bar is overlaid on the right side of the image, containing the word "Podiatry" in white text.

# Podiatry

# Increase in Australians visiting a podiatrist since 2018

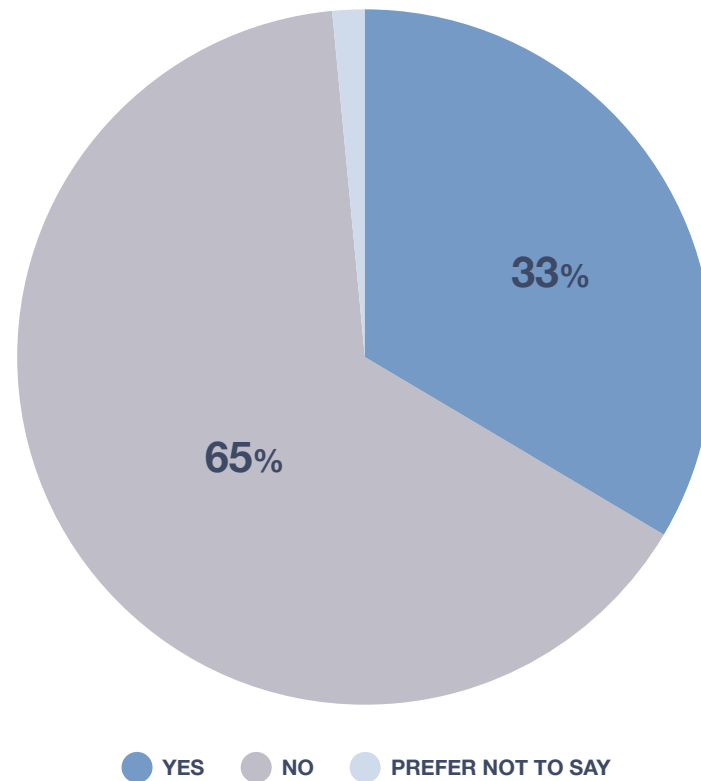
Have you ever seen a podiatrist?



August 2020 - n=1022 • September 2018 - n=1003

# 1/3 of Australians with private health insurance place significance on podiatry rebates

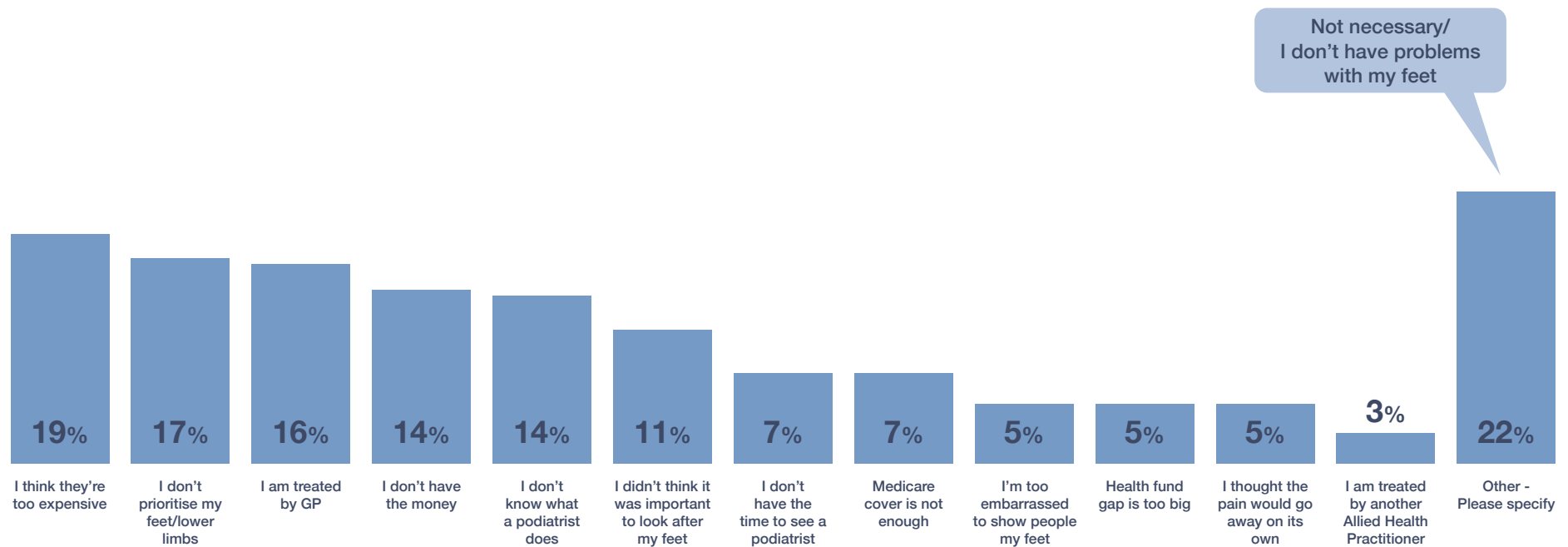
Were podiatry rebates a factor when selecting your health insurance provider?



1022 respondents

# Almost 1 in 5 Australians don't prioritise their feet and lower limbs, while 19% think it's too expensive

## What stops you from seeing a podiatrist?

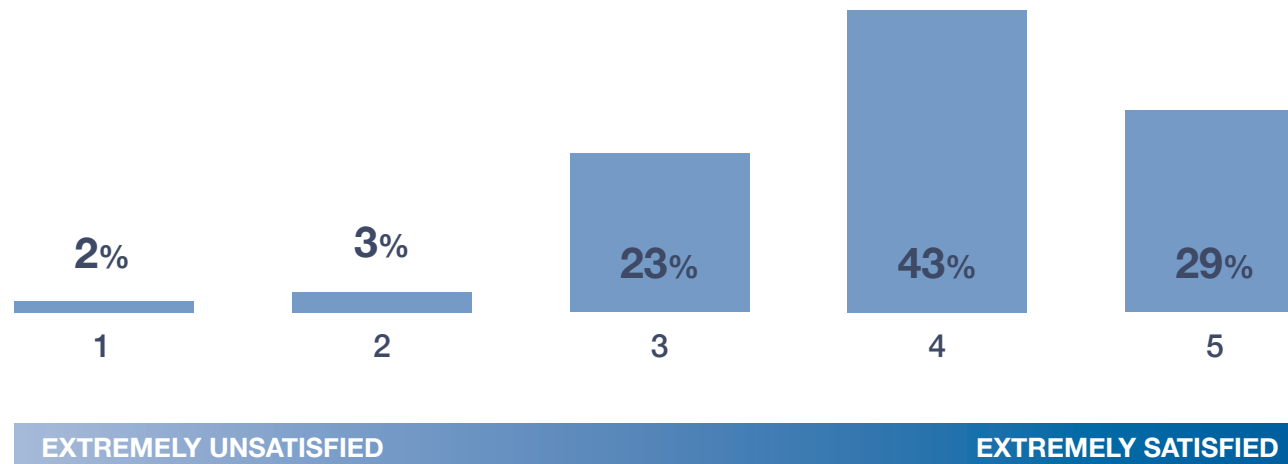


Total = 633 respondents (Question only asked to respondents who have not seen a podiatrist)



# 3 out of 4 Australians were satisfied with their care when they saw a podiatrist

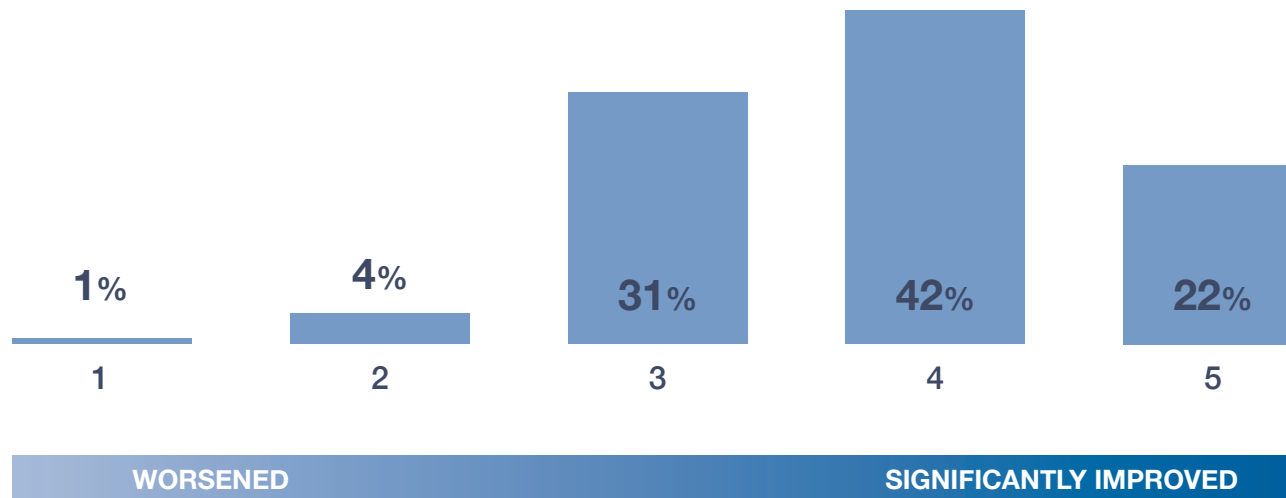
When you saw a podiatrist how satisfied were you with your care?



Total = 389 respondents (Question only asked to respondents who have seen a podiatrist)

# 95% of Australians' condition either stayed the same or significantly improved

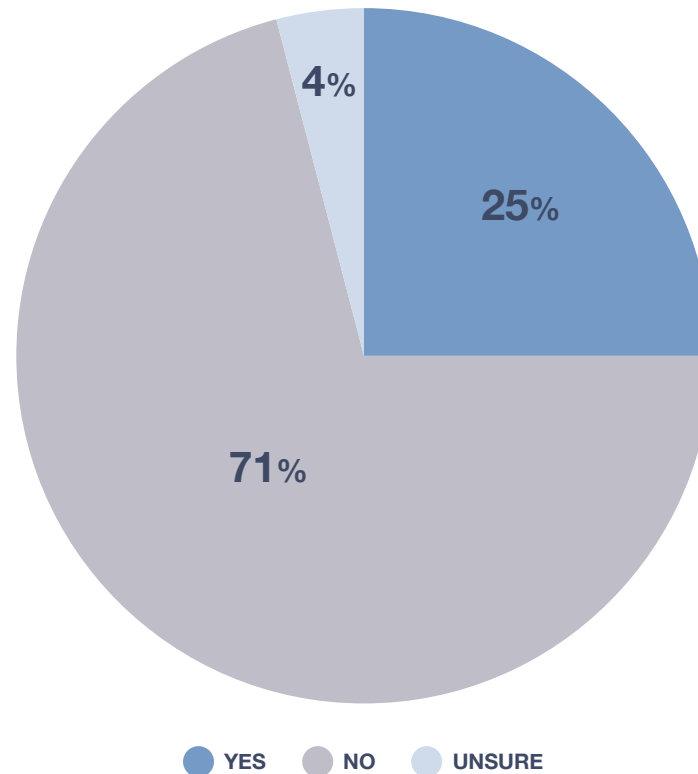
Through seeing a podiatrist, how did your condition (pain and/or movement) change?



Total = 389 respondents (Question only asked to respondents who have seen a podiatrist)

# 1 in 4 Australians who saw a podiatrist also had additional health issues identified

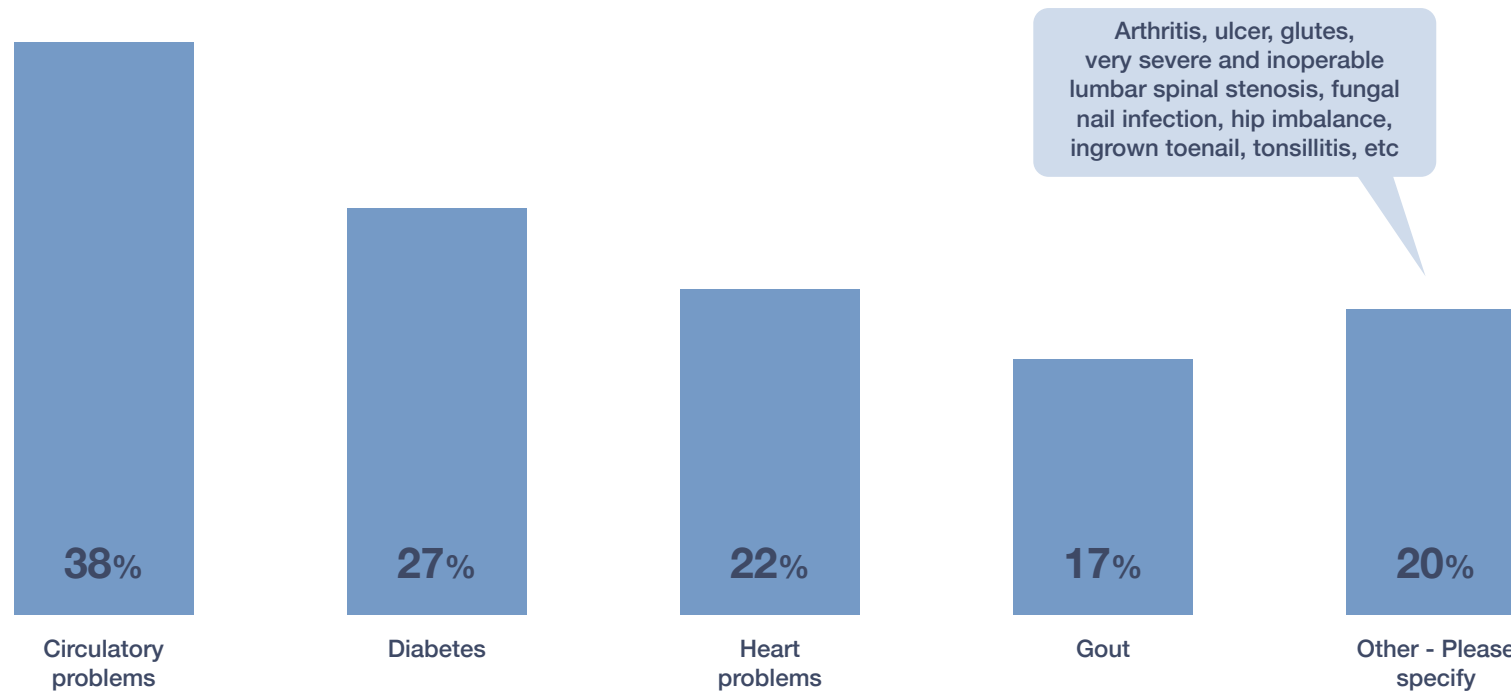
In addition to treating your foot problems was the podiatrist able to identify any other health issues?



Total = 389 respondents (Question only asked to respondents who have seen a podiatrist)

# Most additional health issues identified were life threatening conditions

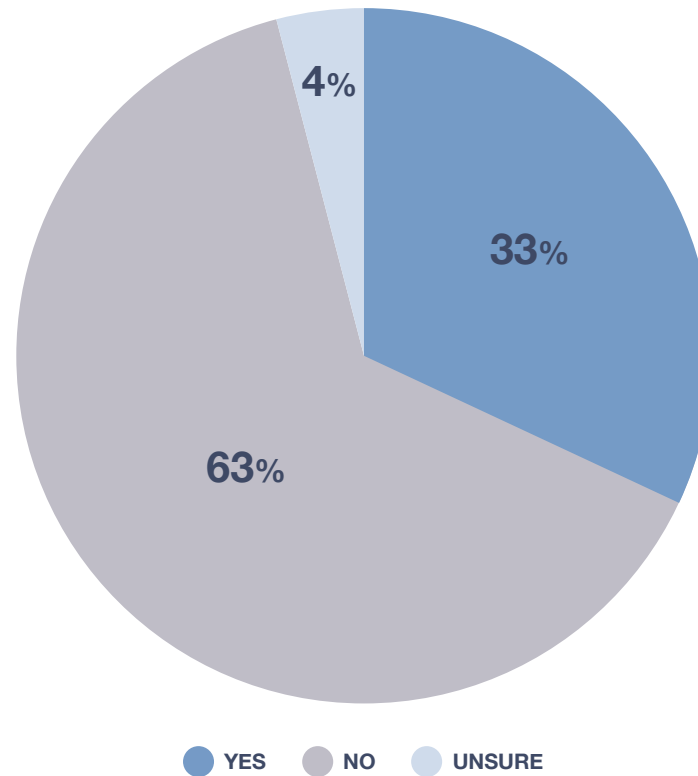
What other health issue/s did they identify?



Total = 97 respondents (Question only asked to respondents whose podiatrists have identified issues other than foot problems)

# 1/3 of chronic illness sufferers have impacts to their lower limb health

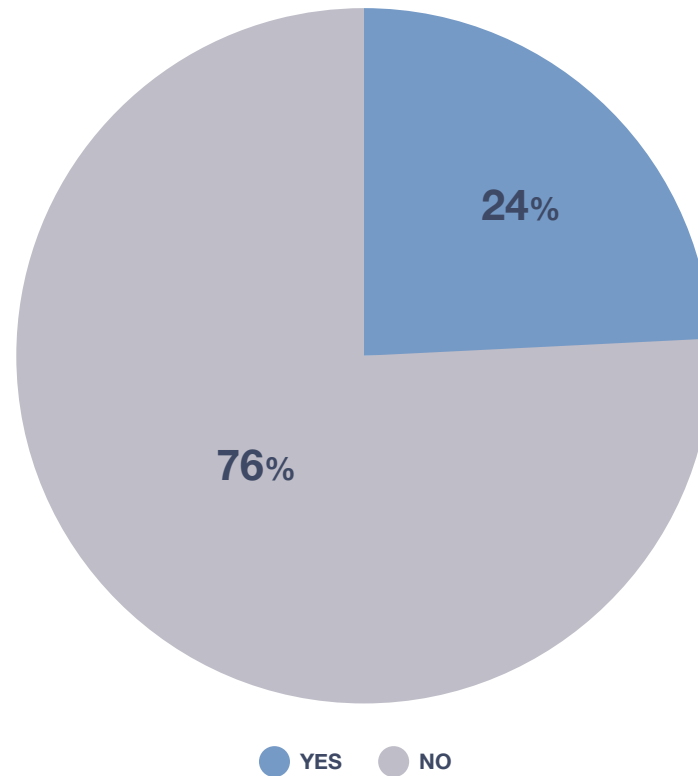
Does your chronic illness impact your lower limb health?



Total = 526 respondents (Question only asked to respondents who have mentioned they suffer from a chronic illness)

# Most Australians don't know they can access Government funded podiatry services

Are you aware that some podiatry services are Government funded through the CDM Chronic Disease Management Plan?



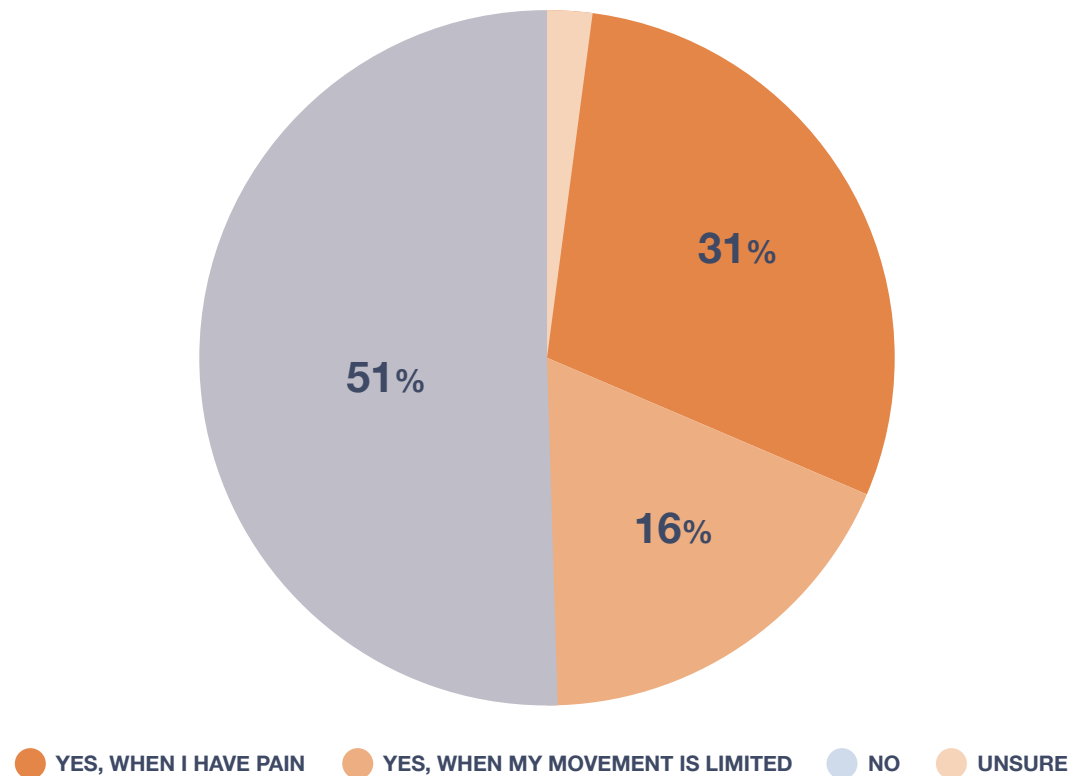
Total = 1022 respondents



# Foot Health

# Australians only consider their foot health when they're in pain or they can't move

Have you ever thought about your foot health?

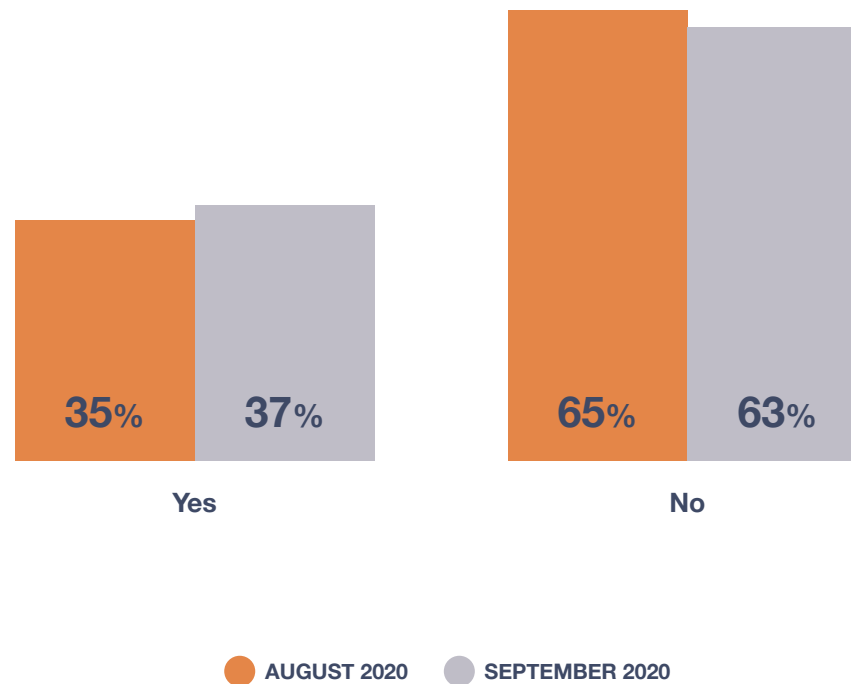


Total = 1022 respondents



# Only 1 in 3 Australians seek advice on foot health

Have you ever sought advice regarding the health of your feet?



August 2020 - n=1022 • September 2018 - n=1003

# Most Australians go to GPs despite podiatrists being foot health experts

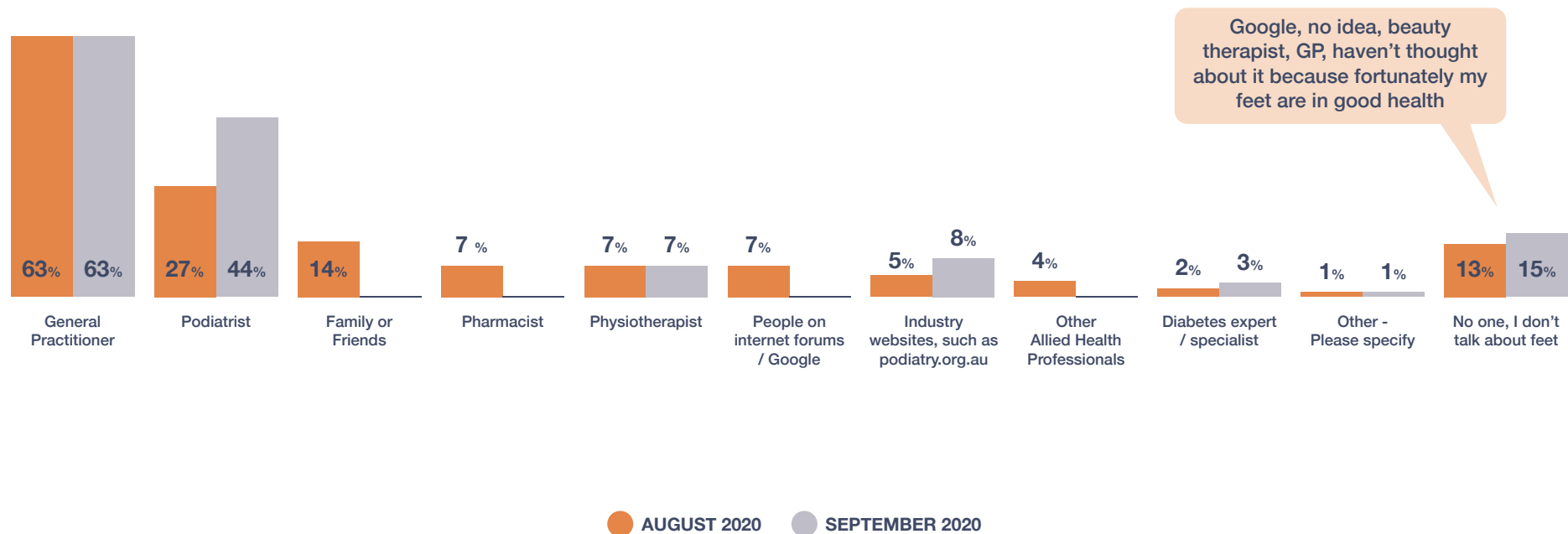
From whom have you sought advice regarding the health of your feet?



There have been slight differences between the choices provided to respondents in both waves, which is why you may notice that data for some factors may not be present in both waves.

August 2020 - n=355 • September 2018 - n=371 (Question only asked to respondents that have sought advice regarding the health of their feet)

# If you were to seek advice regarding foot health, who would you speak to?

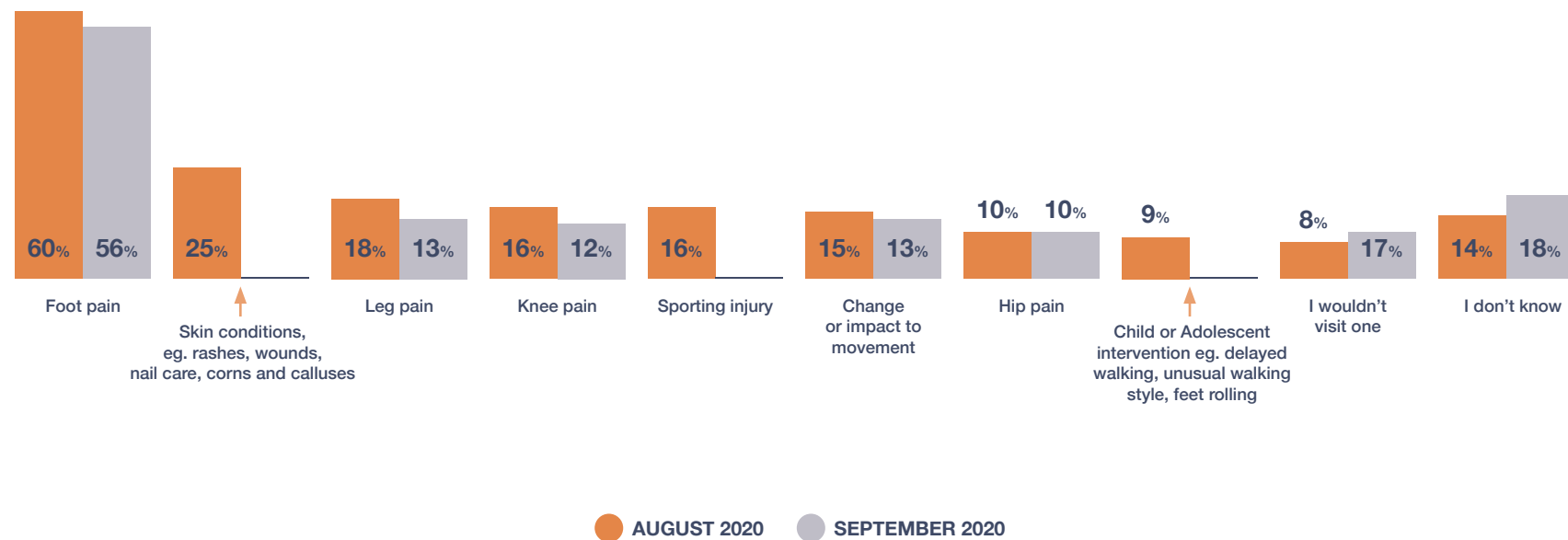


There have been slight differences between the choices provided to respondents in both waves, which is why you may notice that data for some factors may not be present in both waves.

September 2018 - n=632 (Question only asked to respondents that have not sought advice regarding the health of their feet)

# Lower limb pain is the main reason Australians would visit a podiatrist

Which of the following are reasons why you would visit a podiatrist?



There have been slight differences between the choices provided to respondents in both waves, which is why you may notice that data for some factors may not be present in both waves.

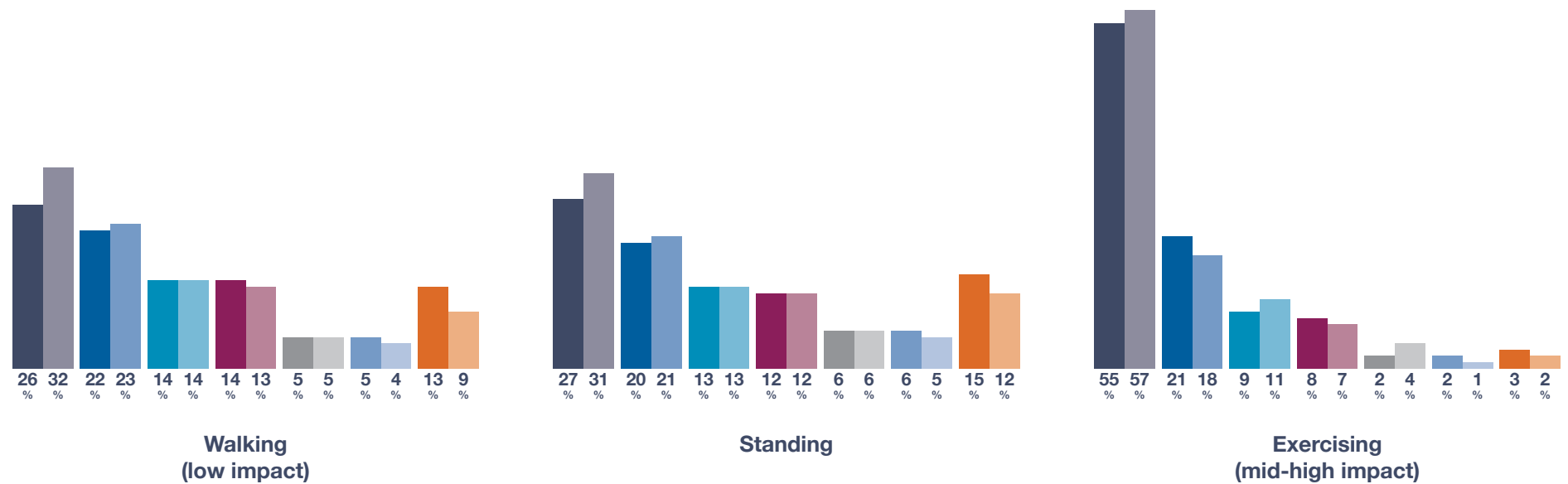
August 2020 - n=1022 • September 2018 - n=1003

A photograph of a person in athletic wear stretching their leg. They are holding a running shoe with their right hand. The scene is set outdoors during sunset or sunrise, with a bright sun creating a lens flare effect. A blue banner is overlaid across the middle of the image, containing the text "Exercise Patterns".

# Exercise Patterns

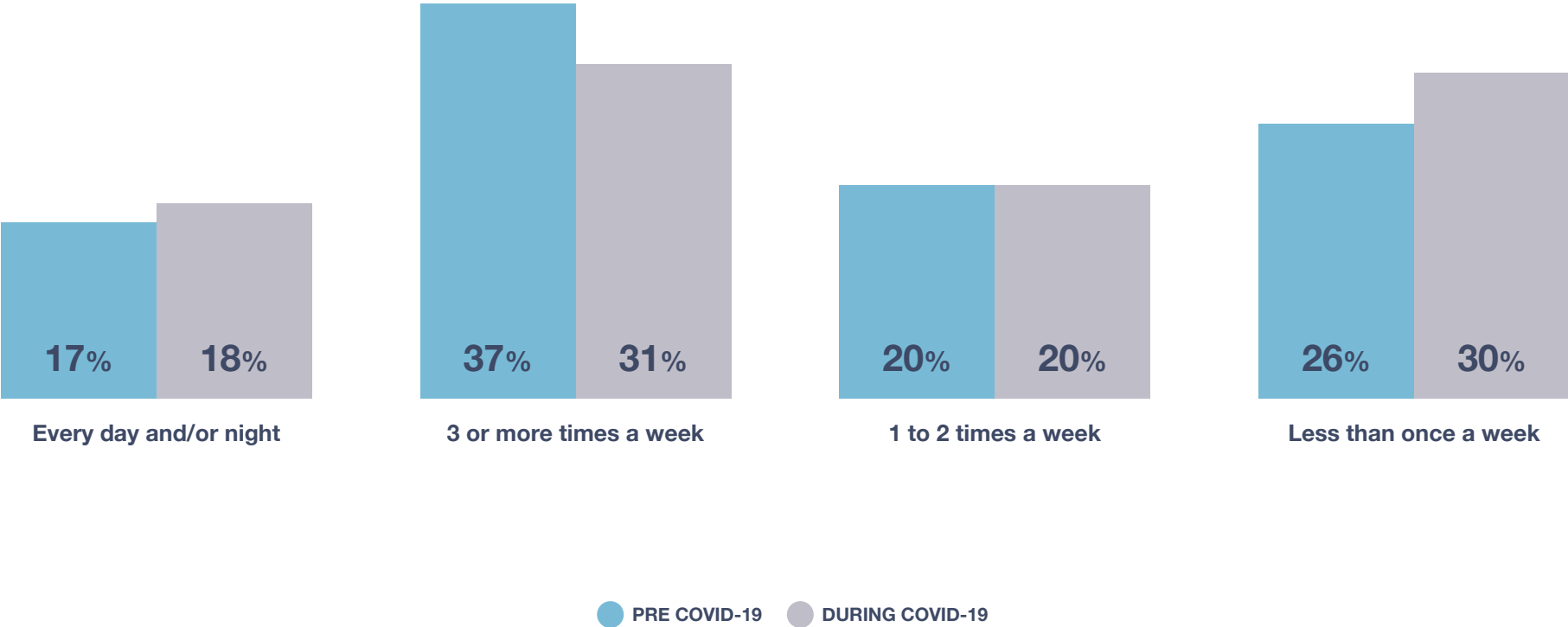
# Australians are moving less during COVID-19

To the nearest hour, how many hours have you spent on your feet each day for the following (pre & during COVID-19)?



Total = 1022 respondents

# On average, how often have you exercised pre/during COVID-19?



Total = 1022 respondents

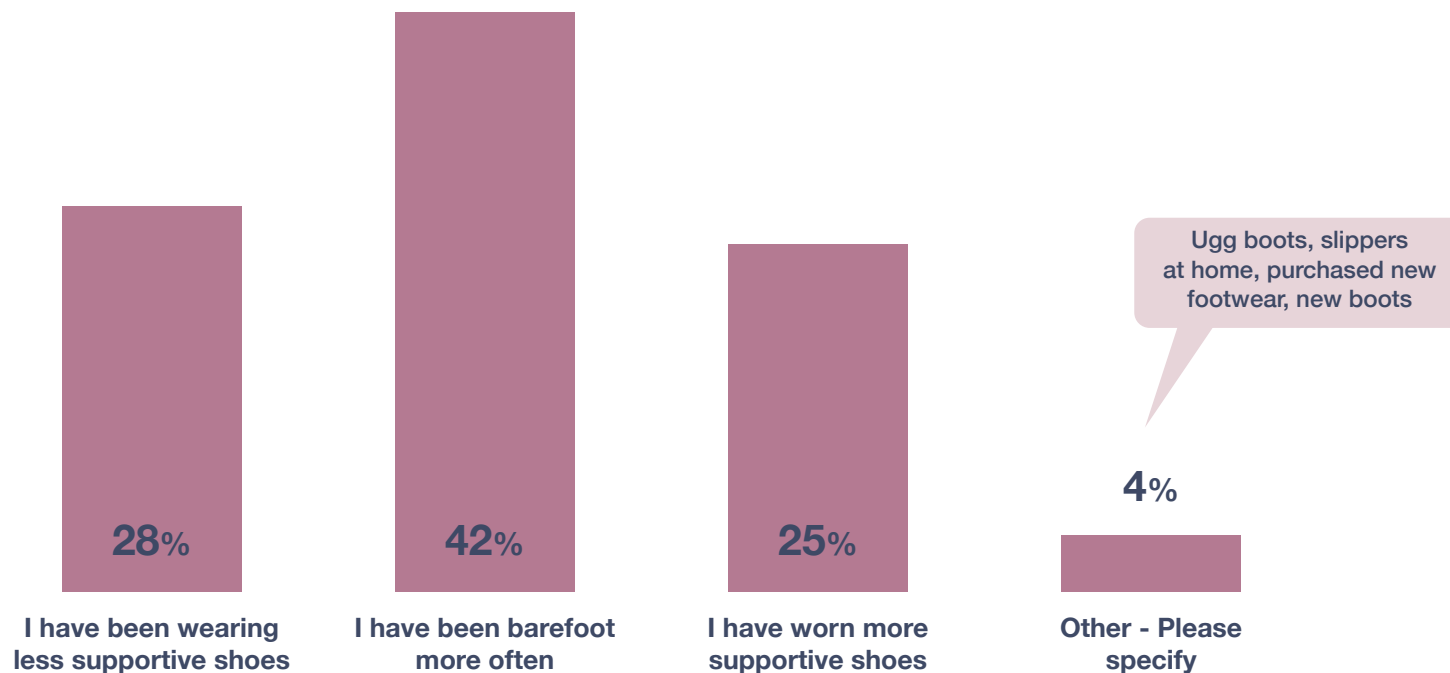
A photograph showing the lower legs and feet of several people sitting on a dark-colored couch. The person on the left is wearing blue jeans and grey socks. The person in the middle is wearing yellow pants and grey socks. The person on the right is wearing grey pants and grey socks. The background is dark, and the floor is a light-colored, textured surface. A purple banner with the text "Foot Care" is overlaid on the right side of the image.

# Foot Care



# Most Australians who have changed their footwear during COVID-19 have been wearing less supportive shoes or no shoes at all

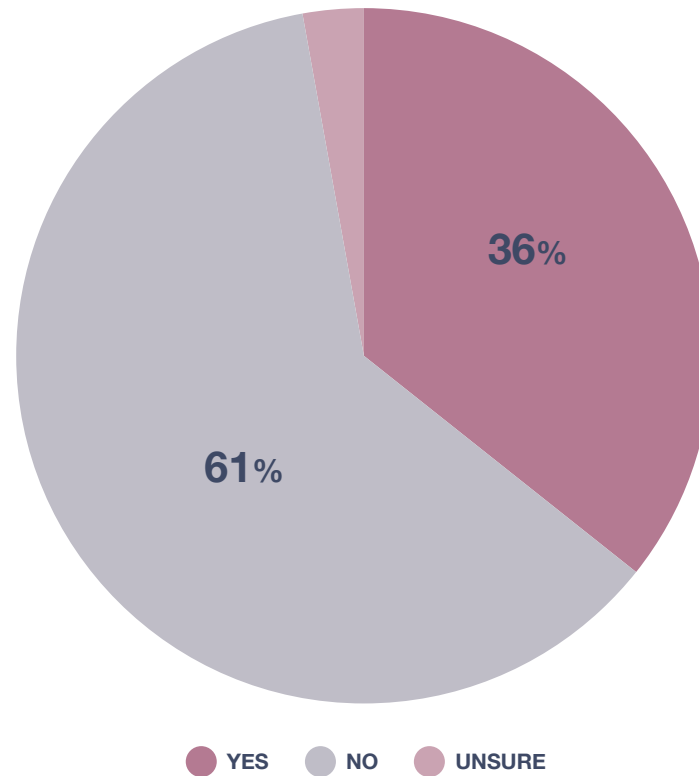
Please tell us how your footwear has changed during COVID-19?



Total = 212 respondents (Question only asked to respondents that have changed their footwear during COVID-19)

# 1 in 3 of those who have changed their footwear have experienced foot pain

Did you notice an increase in foot pain during the COVID-19 pandemic?

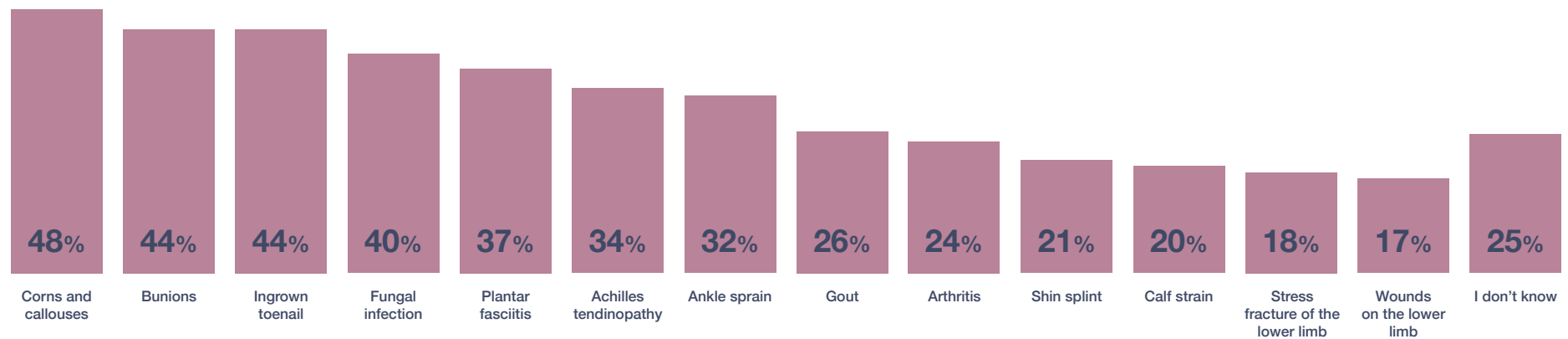


Total = 212 respondents (Question only asked to respondents that have changed their footwear during COVID-19)

# Most Australians are unaware of the scope podiatrists are qualified to treat

Which of the following do you believe a podiatrist is qualified to treat?

Select all that apply

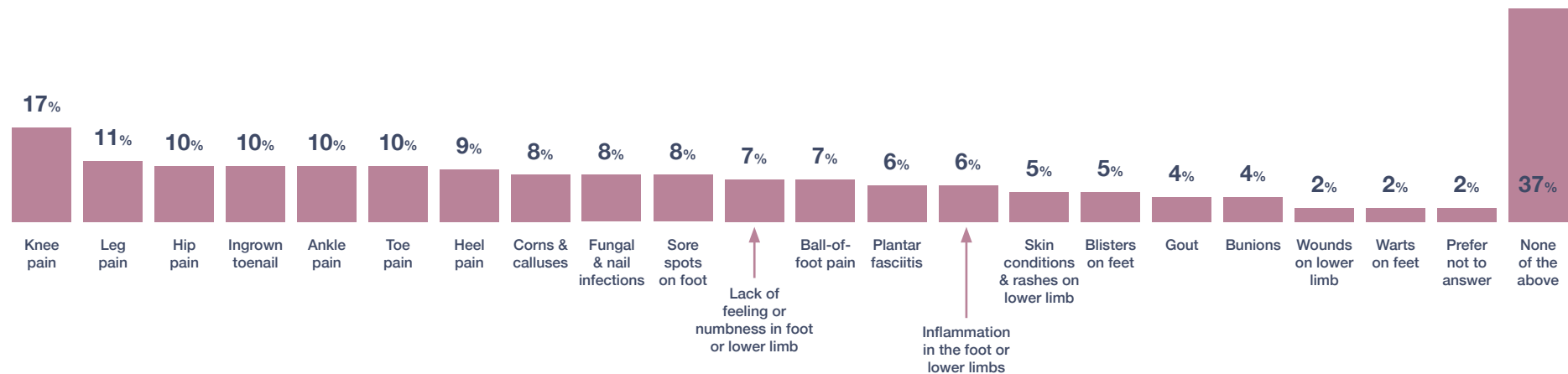


Total = 1022 respondents

# Australians suffer from a full range of lower limb conditions

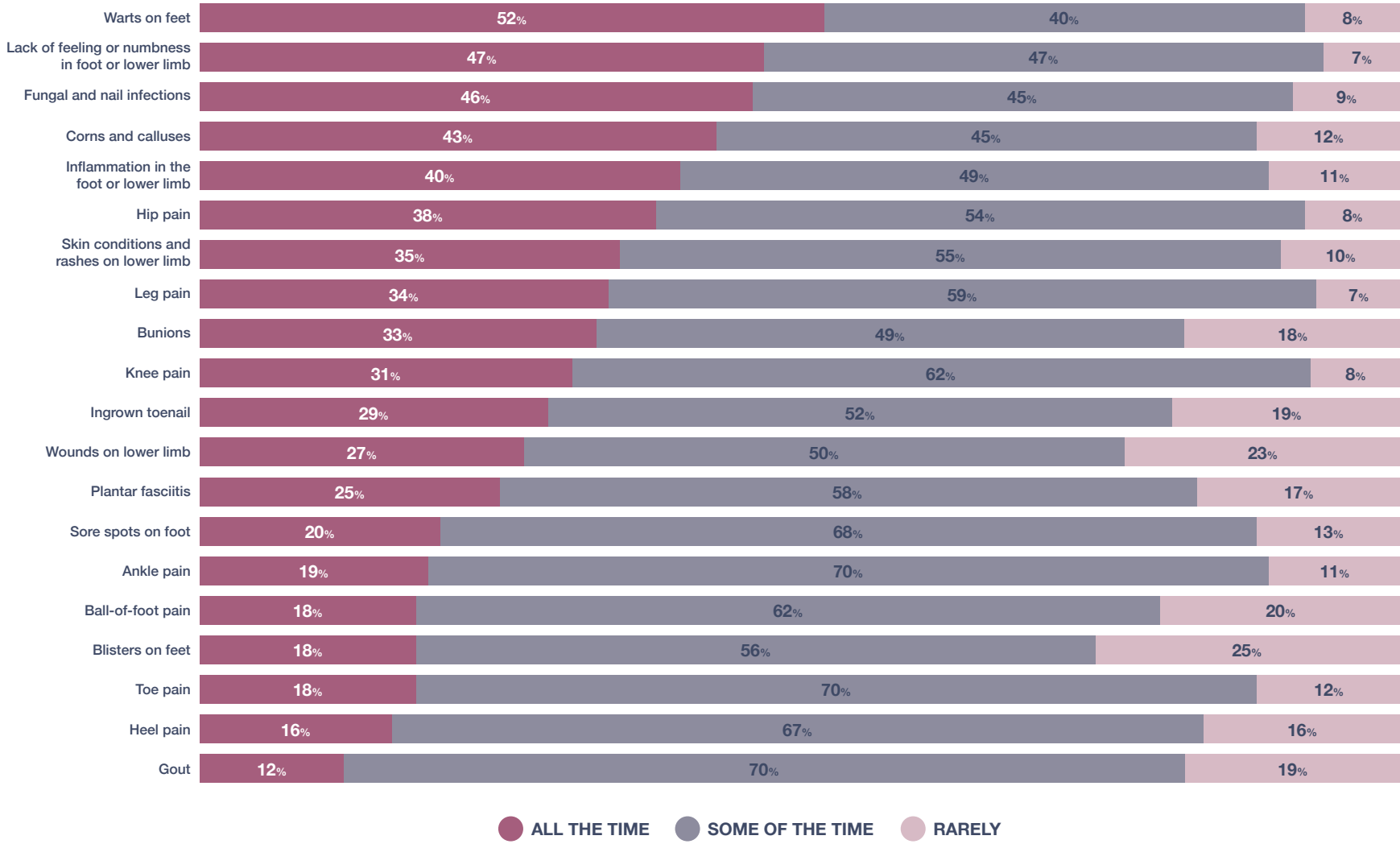
Which of the following do you suffer from?

Select all that apply



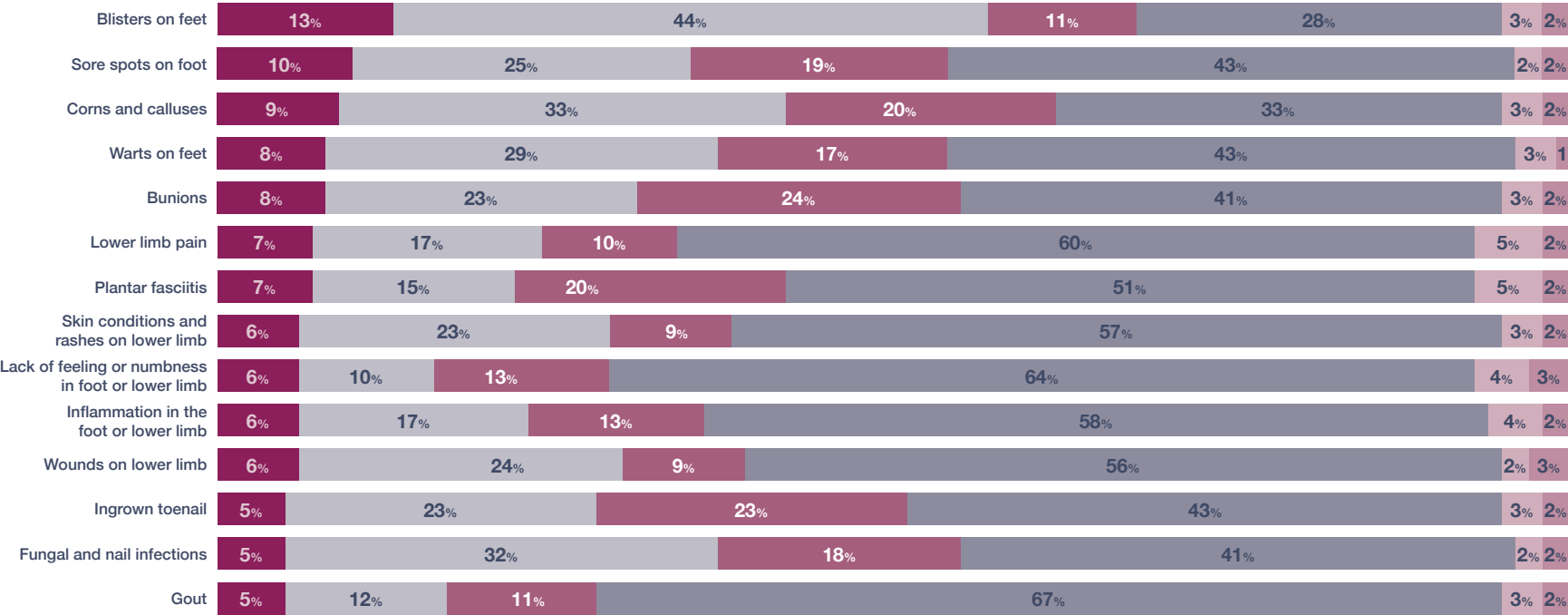
Total = 1022 respondents

# How often do you suffer from the following?



Total = 25-169 respondents

# How would you attempt to treat the following?



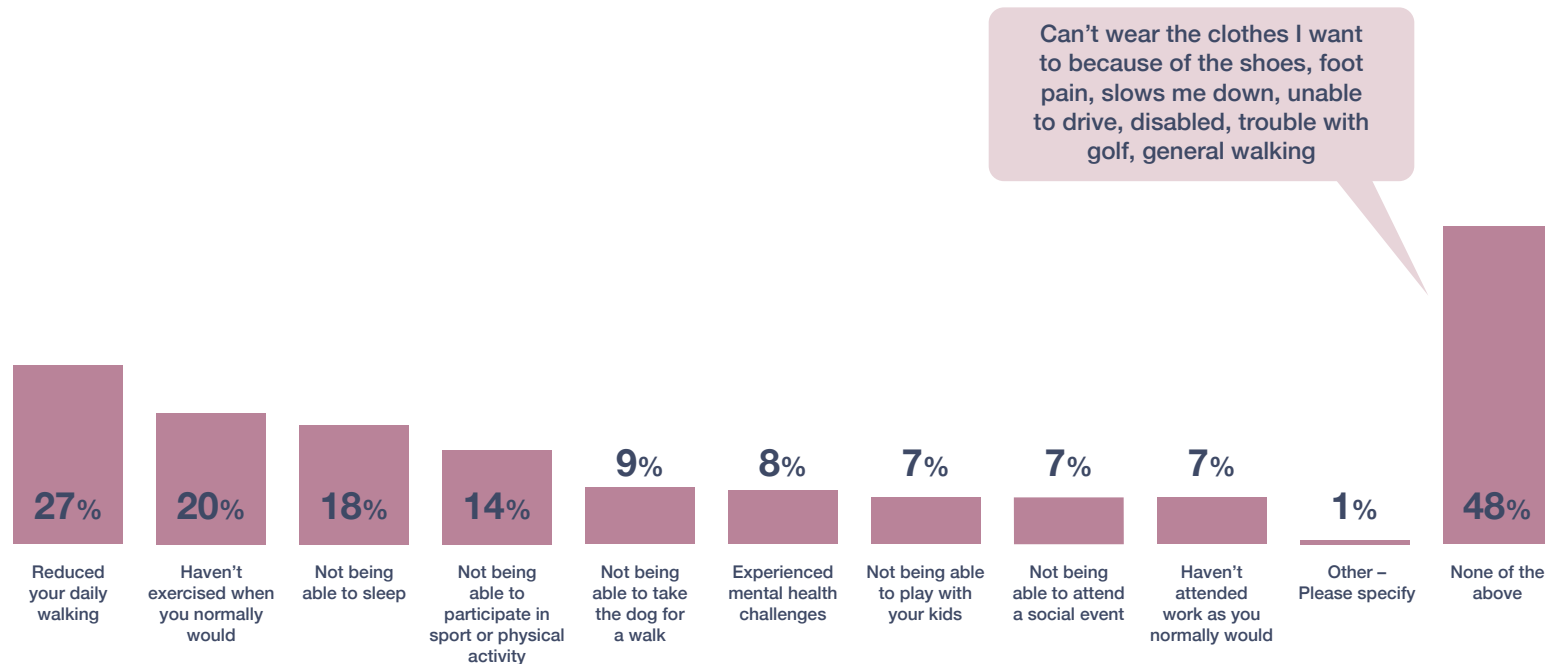
● WOULD NOT TREAT   
 ● WOULD TRY AND TREAT MYSELF (AT HOME OR OFF THE SHELF PRODUCTS)   
 ● WOULD VISIT A PODIATRIST  
● WOULD VISIT A GP   
 ● WOULD VISIT ANOTHER HEALTHCARE PROFESSIONAL   
 ● WOULD VISIT HOSPITAL

Total = 1022 respondents

# Over half of Australians have had their lives impacted negatively from lower limb pain

## Has lower limb pain ever affected you in the following ways?

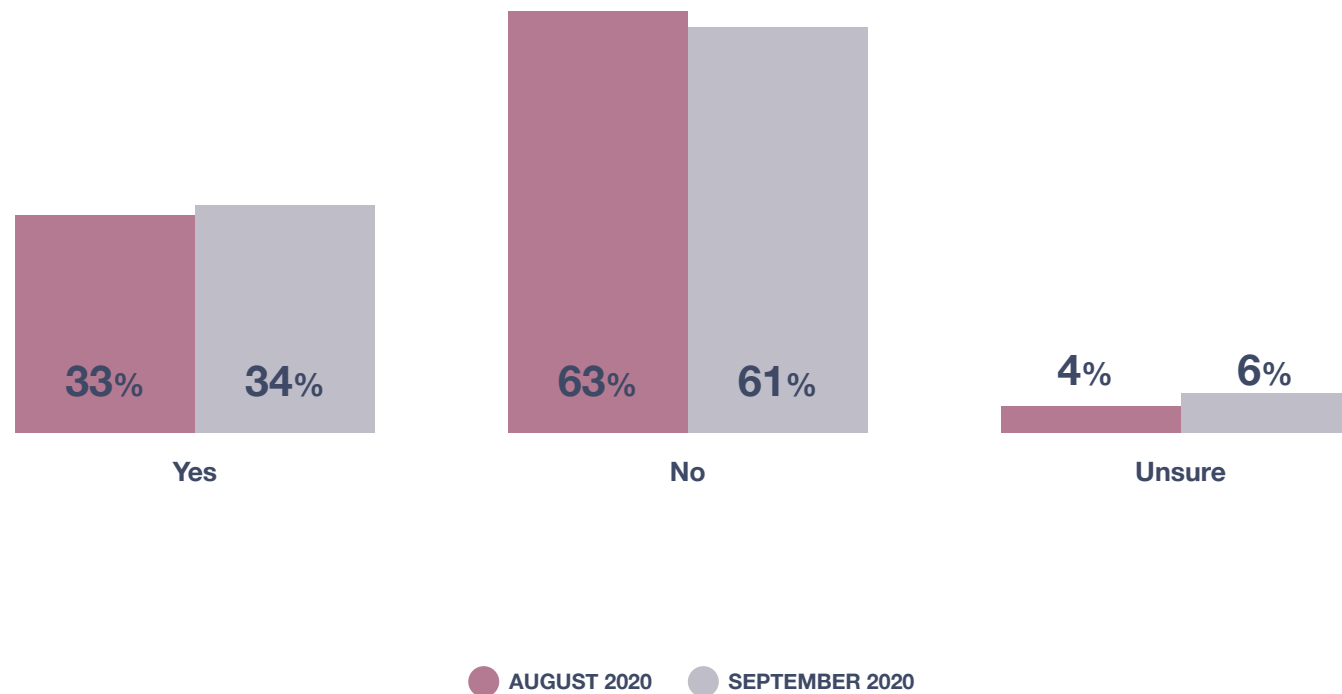
Select all that apply



Total = 1022 respondents

# 2 out of 3 Australians have never received advice on correct footwear

Have you ever received advice on correct footwear?

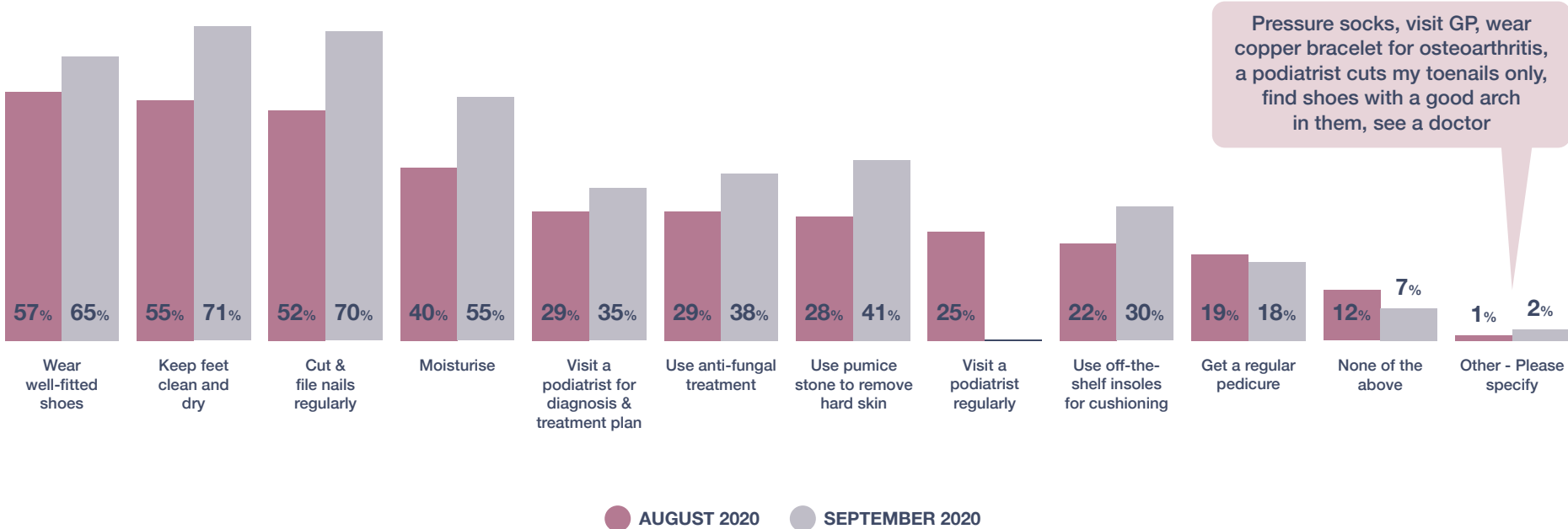


August 2020 - n=1022 • September 2018 - n=1003



# Do you believe that you have adequate knowledge of foot health to ensure you have good foot health in the future?

Select all that apply



August 2020 - n=1022 • September 2018 - n=1003



For enquiries, please contact the  
Marketing and Communications team:

Phone: 03 94163111

Email: [comms@podiatry.org.au](mailto:comms@podiatry.org.au)

[podiatry.org.au](http://podiatry.org.au)