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Half the world's population get headaches – 21st April, 2022

## Level 0

A report says over half of us get headaches. Researchers looked at 357 studies on headaches from 1961 to 2020. They had data on headaches and migraines. The report said 52 per cent of people have a headache every year. The lead researcher was surprised. The report is published in "The Journal of Headache and Pain".

Women get more headaches and migraines than men. Six per cent of women get headaches on 15 or more days a month. This number is three per cent for men. Headaches are common worldwide. More people are getting them. The researchers want more research to look at why we get headaches, and to try to stop them.

## Level 1

A new report says over half of us get headaches. Researchers looked at 357 different studies on headaches from 1961 to 2020. The studies were from rich countries. They had data on headaches and migraines. The researchers said 52 per cent of people in their study had a headache every year. The lead researcher was surprised that so many people got headaches. The report is published in "The Journal of Headache and Pain".

The researchers said women get more headaches and migraines than men. They also said six per cent of women get headaches on 15 or more days a month. This number is three per cent for men. Headaches are common worldwide and can be very painful. More people are getting headaches and migraines. The researchers called for more research "to analyze the different causes of headaches and to target prevention and treatment more effectively".

## Level 2

Many people get headaches. A new report says over half of us get them. Researchers from a university in Norway looked at 357 different studies on headaches from 1961 to 2020. The studies were mainly from rich countries. They included data on general headaches, migraines, and headaches from tension. The researchers said that 52 per cent of people in their study had some kind of headache every year. The lead researcher, Lars Jacob Stovner, was surprised that so many people got headaches. The report is published in "The Journal of Headache and Pain".

The researchers found that women get more headaches than men. They said 17 per cent of women get migraines, compared to 9 per cent of men. Six per cent of women get headaches on 15 or more days a month, this number is three per cent for men. Mr Stovner said headaches are common worldwide and can be very painful. He said more people are getting headaches, and that migraine rates are increasing." He called for more research "to analyze the different causes of headaches and to target prevention and treatment more effectively".

## Level 3

If you get regular headaches, you are not alone. A new report says half of us suffer from them. Researchers from the Norwegian University of Science and Technology looked at 357 different studies on headaches from 1961 to 2020. The report was published in "The Journal of Headache and Pain". The studies were mainly from rich countries. They included information on general headaches, migraines, and headaches from tension. The researchers said that 52 per cent of people in the study suffered from some form of headache every year. The lead researcher, Lars Jacob Stovner, was surprised that the numbers were so big and that so many people got headaches.

The researchers found that women are more likely to get headaches than men. They said 17 per cent of women get migraines, compared to 9 per cent of men. Six per cent of women get headaches on 15 or more days a month, while the number is three per cent for men. Mr Stovner said: "What is clear is that overall, headache disorders are highly prevalent worldwide and can be a [great pain]." He said more people are getting headaches, saying: "The data does suggest that headaches and migraine rates may be increasing." Stovner added that more research was needed. He said it was important, "to analyze the different causes of headaches...to target prevention and treatment more effectively".