

HEADACHE DISEASES QUICK FACTS

The Headache Diseases Statistics Guide is a collaborative effort of the headache, migraine and cluster patient advocacy community. Its purpose is to streamline data about headache disorders, so that the information presented about these debilitating disorders is cohesive across organizations, media, policy makers and the public.

Research is constantly evolving. We plan to periodically update this guide so it reflects the latest data for the headache disease community.

Prevalence



of U.S. adults have reported experiencing migraine or severe headache

- This is more than 42 million U.S. adults
- This is 1 in 6 households

By Sex



WOMEN

21% have experienced migraine or severe headache

This is 1 in 5 U.S. adult women



MEN

10.7% have experienced migraine or severe headache

This is 1 in 10 U.S. adult men

Diagnosis Rate



40-50%

of people who have migraine disease are undiagnosed

Suicidality Rate



15.5% of people with migraine disease have experienced suicidal ideation and **4%** had a suicide attempt

59% of people with cluster headache have experienced suicidal ideation and **8%** had a suicide attempt