

HEALTH IMPACTS OF STALKING



1 **1 IN 4 STALKING VICTIMS REPORT FEELING PHYSICALLY SICK**



Stalking can precede, co-occur with, or begin after intimate partner violence and sexual violence – with the same injuries and harms associated with those victimizations.

Stalking is a CHRONIC STRESSOR



CHRONIC STRESS & FEAR

LONG-TERM HEALTH ISSUES

Stalking victims are more likely³ to develop **chronic diseases** than people who have never been stalked



Arthritis



Cancer



Diabetes



Heart Disease



STALKING VICTIMS EXPERIENCE HIGHER RATES OF PHYSICAL HEALTH CONDITIONS THAN PEOPLE WHO HAVE NEVER BEEN STALKED

WOMEN



MEN

1.9x



FREQUENT HEADACHES

2.4x

1.8x



IBS

1.4x

1.8x



SLEEPING DIFFICULTIES

1.8x

1.7x



CHRONIC PAIN

1.7x

1.4x



ASTHMA

1.3x

1.3x



ISSUES WITH VISION

2.2x

50%

30%

10%

10%

30%

50%

Stalked Not Stalked
x = times more likely to report condition

92% of stalking victims report one or more **PSYCHOLOGICAL IMPACTS**



Stalking Victims: 4 More Difficulties with Daily Activities than those not stalked

Memory & concentration

26% Women



27% Men

Walking/climbing stairs

19% Women



16% Men

Completing errands alone

14% Women



14% Men

Citations 1.Brady, P. (2024). Analysis of the 2019 National Crime Victimization Survey: Supplemental Victimization Survey. (ICPSR version) [data file and codebook]. United States: Bureau of Justice Statistics [producer]. Ann Arbor, MI: Inter-university Consortium for Political and Social Research [distributor]. 2.Lopez-Martinez, A. E., Serrano-Ibanez, E. R., Ruiz-Parraga, G. T., Gomez-Perez, L., Ramirez-Maestre, C., & Esteve, R. (2018). Physical health consequences of interpersonal trauma: A systematic review of the role of psychological variables. Trauma, Violence, & Abuse, 19(3), 305-322. 3.Davis, K. E., Coker, A. L., & Sanderson, M. (2002). Physical and mental health effects of being stalked for men and women. Violence and Victims, 17(4), 429-443. 4.Smith, S.G., Basile, K.C., & Kresnow, M. (2022). The National Intimate Partner and Sexual Violence Survey (NISVS): 2016/2017 Report on Stalking. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. 5.Storey, J. E., Pina, A., & Williams, C. S. (2023). The impact of stalking and its predictors: Characterizing the needs of stalking victims. Journal of Interpersonal Violence, 38(21-22), 11569-11594.

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