

# Why I Walk

- OCD affects **1 in 100 adults**, and **1 in 200 kids**.
- World Health Organization (WHO) has ranked OCD in the **top ten of the most disabling illnesses of any kind**, in terms of lost earnings and diminished quality of life.
- It takes, on average, between **14 to 17 years** between onset of OCD symptoms and **access to effective treatment**.



International  
OCD  
Foundation

**Virtual 1 Million  
Steps 4 OCD**



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[iocdf.org/walk](https://iocdf.org/walk)  
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