

Women's Health Survey 2019 Snapshot

Our fifth annual Women's Health Survey reveals the health needs and behaviours of women across the country. This year, 9999 women aged 18 years or older and living in Australia responded to the survey. Here are some highlights:

GENERAL HEALTH

Women who completed the survey aged **36-65** had the **highest perception of being overweight and obese**

Women aged 36-50 perception of being overweight and obese **»» 53.5%**

Women aged 51-65 perception of being overweight and obese **»» 56.9%**

MENTAL HEALTH

More than

one in three

respondents reported having had **depression (34.6%) and anxiety (39.4%)**

42%

of women who completed the survey reported **feeling nervous, anxious, or on edge at least weekly** in the past four weeks; more than half for women aged **18-35 (64.1%)**

39.6%

of women aged **18-35** have **feelings of loneliness weekly** – the **highest level of loneliness** of all of the survey's age groups

HEALTH NEEDS

Almost

one in six (16.1%)

women in the survey **could not afford to see a health professional when they needed one**; women aged **18-35 (20%)** found it **hardest to afford health professionals**

DISCRIMINATION ACCESSING HEALTHCARE

Almost

one in six (16%)

women surveyed felt they have **experienced discrimination in accessing healthcare**, although this appears to reduce with age

REPRODUCTIVE HEALTH

one in five (20.8%)

respondents aged **18-35** would **consider freezing their eggs to have children later in life** but only **1.1%** have already frozen their eggs; **2.5%** of women aged **36-50** have frozen their eggs