



Women's Health Survey 2018

Understanding health information needs and health behaviour of women in Australia

Contents

Sponsors	1
Contact details	1
About Jean Hailes for Women’s Health	2
Who we are	2
Our guiding ethics.....	2
About the Jean Hailes for Women’s Health Survey	3
Survey background.....	3
Survey aims	3
Limitations	3
Summary of key findings	4
Physical health	4
Mental health	4
Health needs	4
Health information	4
Introduction	5
Survey need and translation.....	5
Current gaps and health needs across women’s health in Australia	5
Survey methodology	6
Ethics	6
Participants.....	6
Respondent recruitment	6
Respondent demographics	7
States and Territories	7
Remoteness	7
Age	7
Education.....	8
Employment status	8
Marital status	8
Children	9
Country of birth	9
English language competency	10
Physical health	11
Perceived health status	11
Current weight	12
Barriers to healthy eating.....	13
Physical activity	15
Smoking status	15

Alcohol consumption	16
Mental health	17
Depression and anxiety diagnoses	17
Time to oneself	17
Mental health issues	18
Feeling nervous, anxious or on edge.....	18
Not being able to stop or control worrying	18
Difficulty concentrating or mind going blank	19
Bothered by trouble relaxing.....	19
Being so restless that it is hard to sit still	20
Becoming easily annoyed or irritated.....	20
Difficulty falling or staying asleep, or having restless and unsatisfying sleep	20
Health needs	23
Doctor visits	23
Doctor gender preference	23
Confidence asking doctor questions	24
Healthcare accessibility	25
Questions avoided with doctor	28
Topics discussed with doctor in past 12 months.....	28
Menstrual cycle changes	28
Painful periods	28
Heavy periods	29
Bleeding after intercourse.....	29
Itching, burning or pain around the vaginal area (vulva)	29
Vaginal discharge	30
Pain when urinating	30
Pain when having sex.....	31
Lack of interest in sex	31
Incontinence.....	31
Pelvic floor	32
Reason for sexual health screening	32
Health checks	33
Health information	35
What women most want to know.....	35
What women most want to know by age.....	36
What women most want to know by state/territory.....	37
First source of information for a health concern	38
Health information delivery preferences.....	39
Appendix 1 – Margin of error estimates	41
Appendix 2 – National overview	42

Sponsors

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Contact details

If you would like further information on this report, please email education@jeanhailes.org.au

About Jean Hailes for Women's Health

Who we are

Jean Hailes for Women's Health (Jean Hailes) is a national not-for-profit organisation dedicated to improving women's health knowledge throughout the various stages of their lives, and to providing a trusted world-class health service for women.

We combine research, clinical care and practical education for women and health professionals. Our key point of difference is the translation and dissemination of research and medical evidence into easy-to-understand health information, delivered in multiple ways to suit our diverse audiences.

Our aim is to inspire confidence to create a healthier future for all women.

Jean Hailes was established in 1992 in honour of an extraordinary medical practitioner, Dr Jean Hailes. The organisation continues the enduring legacy that she made to women's health. Jean had a far-sighted vision to improve the quality of women's lives and give them practical information based on the best available evidence. She is credited with being the pioneer of menopause management in Australia.

Our guiding ethics

The mission of Jean Hailes for Women's Health is to be a world-class health service for women; working through research, clinical practice, translation and education to:

- **Give** women reliable and clear information to help them understand their health and the options and choices available
- **Encourage** women to take preventive steps to improve their health and wellbeing
- **Respect** the concerns, needs and choices of women
- **Build** partnerships with key groups to solve complex health problems and provide the care and information women need
- **Improve** service responses to women in Australia in sought-after yet under-represented areas, emphasising complex conditions, lifestyle factors and disease prevention
- **Develop** evidence-based guidelines and frameworks for the management of women's health, with particular attention to specific groups including older women, rural women, Indigenous women, and women from culturally diverse backgrounds
- **Educate** healthcare professionals in the prevention, early detection and management of illnesses experienced by women
- **Support** evidence-based practice by general practitioners and other health professionals working with women and their families.

About the Jean Hailes for Women's Health Survey

Survey background

The 2018 Jean Hailes for Women's Health Survey was the fourth annual survey implemented nationally to better understand the health needs and behaviours of women living in Australia. This survey was developed to help inform Jean Hailes' future directions (including the annual national Women's Health Week campaign) to target specific health needs most relevant to women living in Australia, as well as to optimise information provision.

Survey aims

The survey aimed to:

1. examine perceived gaps in women's health information as identified by women
2. identify and understand future health needs of women living in Australia as identified by women
3. explore and describe current health knowledge and behaviours of women in Australia.

Limitations

The survey had several limitations that should be considered when interpreting the results, including:

- Participants needed to be literate in English in order to complete the survey, unless interpreters were available at the time of completion (which were not provided or funded by Jean Hailes)
- The completion of this survey online would have required computer literacy, implying further restriction on the sampled population
- Participants who consented to take part were more likely to be more motivated, health conscious and aware of their health needs, and hence the results of this survey may not necessarily represent the health needs and status of women in the general population.

Summary of key findings



Physical health

- 50.4% of women described their overall health as very good or excellent
- 9.5% of women reported drinking alcohol daily
- Most women (90.5%) had not smoked in the past year
- Seven out of 10 women (70.3%) reported doing at least two hours of moderate physical activity per week.



Mental health

- Almost half of women (46.1%) indicated they had been diagnosed with depression or anxiety by a doctor or psychologist
- More than one in three women (34.3%) reported not getting time to themselves on a weekly basis
- Two out of three women (66.9%) reported feeling nervous, anxious or on edge nearly every day or on more than seven days in the past four weeks
- Nearly one in five women (17.7%) reported having difficulty falling asleep or staying asleep, or having restless and unsatisfying sleep nearly every day in the past four weeks.



Health needs

- Most women younger than 80 had visited the doctor between one and five times in the past year; women who were 80 and older, were most likely to visit the doctor between three and 10 times in the past year
- More than half of women (54.8%) were totally confident asking their doctor questions and discussing health issues that concerned them; total confidence appears to increase with age
- Almost one in four women (23.9%) could not afford to see a health professional when they needed to
- One in five women (21.5%) reported that there were issues/questions that they avoided discussing with their doctor
- More than one in four women have discussed or need to discuss with their doctor a lack of interest in sex in the past 12 months
- Almost all women knew what pelvic floor exercises were (96.4%) and could feel their pelvic floor muscles working when they tried to squeeze them (95.6%). Less than two out of 10 women (17.6%) did their pelvic floor exercises daily.



Health information

- 56.9% of women first seek information by searching the internet when they had a health concern
- Fact sheets and face-to-face education were identified as the preferred way to receive health information by 59.4% and 42% of respondents, respectively
- Apps were more popular with younger age groups, with 38% of women under 51 choosing them as a preferred way to receive health information, compared to 18.2% of women over 50
- 35.3% of women wanted more information on weight management.

Introduction

Survey need and translation

The Jean Hailes Women's Health Survey is an annual review of the current health behaviours, knowledge and information needs of women living in Australia. Bringing to light these specific health gaps helps tailor services and information provided by Jean Hailes to meet the needs of women.

Current gaps and health needs across women's health in Australia

Women currently comprise approximately 51% of the Australian population and constitute a growing proportion of the older population¹ experiencing a greater percentage of chronic disease and disability compared to men.² Women also report increased incidents of ill health, medical and allied health appointment attendances, and medication use.³ As such, women have a large impact on national service demand and health policy development in Australia.

Many measures of health status show differences between the health of men and women. These differences result from sex-specific biological factors as well as gender-based roles, behaviours and attitudes, and the environments in which they take place. Health disparities also exist within the female population, with Aboriginal or Torres Strait Islanders experiencing poorer health outcomes across all health areas when compared to non-Indigenous women.⁴ Furthermore, women living in rural and remote areas, from migrant or refugee backgrounds, or those with a disability also experience particular health inequities that must be addressed in order to improve women's health nationwide.⁵

The 2018 survey aimed to incorporate a greater representation of culturally and linguistically diverse groups to better inform the unique requirements of all women across Australia, as approximately 31% of Australians are born overseas, of whom two-thirds are born in non-English speaking countries.⁶

Jean Hailes for Women's Health understands that the needs of women are diverse due to different languages, beliefs, culture and accessibility, impacting how, where and what services are to be provided, allowing for equal opportunity, inclusion and improved health for all women. Hence, this survey aims to identify current health information and provision needs of all women living in Australia.

¹ Australian Bureau of Statistics, Demographic indicators, cat. no. 3101.0 2016.

² Australian Bureau of Statistics, Gender Indicators, cat. no. 3302.0 2017 □

³ ABS. Australian social trends, March 2011. Health services: use and patient experience. Canberra; 2011. Contract No.: Cat. no. 4102.0.

⁴ Burns J, Maling C, Thomson N. Summary of Indigenous women's health. Australian □ Indigenous Health Info Net: Perth 2010 [cited 2017 August 23]. Available at: □<http://www.healthinfonet.ecu.edu.au/women-review>.

⁵ Department of Health and Ageing. Development of a new national women's health policy. □ Consultation discussion paper 2009. Canberra: Commonwealth of Australia; 2009.

⁶ Australian Bureau of Statistics. Reflecting a Nation: Stories from the 2011 Census, 2012- 2013. Canberra; 2011.

Survey methodology

Ethics

The study was approved by Bellberry Human Research Ethics Committee. All online respondents were prompted to confirm they had read a plain language statement to provide consent to participate before gaining access to the questions. Hardcopy surveys were available through Jean Hailes for Women's Health medical centres in Melbourne; verbal consent was provided in this setting. Consent was also implied through participation and completion of each survey.

Participants

15,476 people responded to the 2018 survey. 214 responses were excluded from the analysis (five respondents who were younger than 18 and 209 respondents who completed less than 10% of the survey), resulting in a sample size (n) of 15,262 women aged 18 years or older and living in Australia.

Respondent recruitment

Participants were recruited through established Jean Hailes communication channels and community partners. Invitations to participants, accompanied by links to the survey, were published through the Jean Hailes website, social media and email updates. A diverse range of national community partners, including health, government, media and retail organisations, promoted and disseminated the survey Australia-wide.

The 2018 sample size increased 47% from 2017 (10,377 respondents). The largest proportional increase in survey participation came from women older than 65 (Table 1). There were also increases in participation across all states and territories, except for Western Australia (Table 2).

Table 1: Survey respondents for 2017 and 2018 and year-on-year increase (%) by age cohort.

Age cohort	18-35	36-50	51-65	66-79	80+	Total
2018	3383	4143	5755	1852	129	15,262
2017	2837	2897	3698	897	33	10,362
Annual increase	19.2%	43.0%	55.6%	106.5%	290.9%	47.3%

Table 2: Survey respondents for 2017 and 2018 and year-on-year increase (%) by home state/territory.

State/territory	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
2018	1017	2520	149	1927	701	763	7160	945
2017	586	1966	93	1220	501	190	4535	1278
Annual increase	73.5%	28.2%	60.2%	58.0%	39.9%	301.6%	57.9%	-26.1%

Respondent demographics

States and Territories⁷

Women from all Australian states and territories completed the survey. Victoria was most represented (47.2%), followed by NSW (16.6%) and Queensland (12.7%). Northern Territory was the least represented (1%) (Table 3). 2% of respondents (205) were Aboriginal and/or Torres Strait Islander.

Table 3: Sample size and percentage of respondents by home state or territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
n	1017	2520	149	1927	701	763	7160	945
%	6.7%	16.6%	1.0%	12.7%	4.6%	5.0%	47.2%	6.2%

Remoteness⁸

Geographic remoteness was classified into five categories – major city, inner regional, outer regional, remote, and very remote. Most respondents were living in major Australian cities (60.5%) or inner regional areas (23.7%), 12.2% were living in outer regional locations, 1.2% were living in remote and 1% were living very remote locations (Table 4).

Table 4: Sample size and percentage of respondents by remoteness.

	Major city	Inner regional	Outer regional	Remote	Very remote
n	9227	3619	1869	186	146
%	60.5%	23.7%	12.2%	1.2%	1.0%

Age⁹

The average age of respondents was 51 years; most respondents were aged between 51 and 65 (37.7%), the next largest age cohort was 36-50 year-olds (27.1%). Women aged 80 and older were the least represented (0.8%) (Table 5).

Table 5: Sample size and percentage of respondents by age cohort.

	18-35	36-50	51-65	66-79	80+
n	3383	4143	5755	1852	129
%	22.2%	27.1%	37.7%	12.1%	0.8%

⁷ See Appendix 1 for state/territory margin of error estimates.

⁸ ABS, Australian Statistical Geography Standard: Vol. 5 – Remoteness Structure, July 2016.

⁹ See Appendix 1 for age cohort margin of error estimates.

Education

Most survey respondents had completed a university qualification (73.4%), technical training (14.2%), or high school (12.4%) (

Table 6).

Table 6: Sample size and percentage of respondents by highest level of education completed.

Highest level of education completed	n	%
Never attended school	7	0.0%
Primary school	23	0.2%
Some high school	870	6.1%
Completed high school	1781	12.4%
Technical or trade certificate/apprenticeship	2041	14.2%
University (eg, tertiary qualifications)	10,540	73.4%

Employment status

Most respondents were employed full or part time (44.4% and 29.5%, respectively); 15.8% were retirees (Table 7).

Table 7: Sample size and percentage of respondents by employment status.

Employment status	n	%
Employed full-time	6781	44.4%
Employed part-time	4506	29.5%
Retired	2409	15.8%
Home duties full-time	698	4.6%
Student	519	3.4%
Unemployed	349	2.3%

Marital status

More than half of survey respondents were married (53.4%) (Table 8).

Table 8: Sample size and percentage of respondents by marital status.

Marital status	n	%
Married	8155	53.4%
Not married	2698	17.7%
De facto/living together	2162	14.2%
Divorced	1266	8.3%
Separated	485	3.2%
Widowed	496	3.2%

Children

66% of survey respondents were mothers. Most mothers had two children (44.7%) (

Table 9) and most children were over 18 (59.9%) (

Table 10).

Table 9: Sample size and percentage of respondents by number of children.

Number of children	n	%
1	1702	17.1%
2	4449	44.7%
3	2413	24.2%
4	866	8.7%
5	304	3.1%
6	130	1.3%
7	56	0.6%
8	19	0.2%
9	11	0.1%
10+	10	0.1%

Table 10: Sample size and percentage of respondents by number of children under 18 years.

Number of children under 18 years	n	%
0	5968	59.9%
1	1644	16.5%
2	1700	17.1%
3	531	5.3%
4	83	0.8%
5	21	0.2%
6	6	0.1%
7	4	0.0%
8	1	0.0%
9	1	0.0%
10+	1	0.0%

Country of birth

81.3% of respondents were born in Australia. The next most-represented place of birth was the UK (7.5%), followed by New Zealand (2.5%) (Table 11). Of those respondents born outside Australia, 93.1% had lived in Australia for six years or more (

Table 12).

Table 11: Sample size and percentage of respondents by country of birth.

Country of birth	n	%
Australia	12,401	81.3%
United Kingdom	1148	7.5%

Women's Health Survey 2018

New Zealand	389	2.5%
United States	118	0.8%
India	100	0.7%
South Africa	99	0.6%
Ireland	75	0.5%
Canada	69	0.5%
Germany	62	0.4%
Netherlands	57	0.4%

Table 12: If you were not born in Australia, how long have you lived here?

	n	%
6 years or more	2665	93.1%
1-5 years	166	5.8%
Less than 1 year	32	1.1%

English language competency

Most respondents (93.6%) only spoke English at home (

Table 13). Of those who spoke another language at home, nearly all (99.7%) spoke and/or understood English well or very well (

Table 14).

Table 13: Do you speak a language other than English at home?

	n	%
English only	14,288	93.6%
Other	974	6.4%

Table 14: How well do you speak and/or understand English?

	n	%
Very well	923	95.4%
Well	42	4.3%
Not well	3	0.3%



Physical health

Perceived health status

- Younger women (18-35) perceived their overall health more positively, with 50.3% reporting excellent or very good overall health compared to an average of 20.8% for older women (all other age cohorts) (Table 15)
- Only 4.2% of women living in the Northern Territory reported having poor or very poor health. Tasmania was next best (8.5%), followed by Victoria (8.6%) (Table 16).

Table 15: How would you describe your overall health? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Excellent	12.2%	12.1%	14.2%	12.0%	9.8%	12.9%
Very good	38.1%	9.5%	7.8%	8.6%	9.0%	37.5%
Good	40.0%	35.7%	38.4%	38.4%	30.3%	40.0%
Poor	8.7%	41.6%	38.7%	40.0%	50.0%	8.6%
Very poor	1.1%	1.1%	0.9%	0.9%	0.8%	1.0%
n	3278	4049	5622	1804	122	14,875

Table 16: How would you describe your overall health? Percentage of respondents and sample sizes (n) by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Excellent	12.9%	12.5%	16.0%	9.4%	12.8%	14.0%	13.8%	12.6%
Very good	37.7%	35.6%	37.5%	34.6%	33.3%	36.4%	40.1%	33.6%
Good	39.0%	41.5%	42.4%	45.1%	42.3%	41.2%	37.5%	42.5%
Poor	8.6%	9.3%	4.2%	9.6%	10.4%	7.8%	7.8%	9.8%
Very poor	1.7%	1.2%	0.0%	1.3%	1.2%	0.7%	0.8%	1.4%
n	999	2449	144	1879	685	748	6975	919

Current weight

- 50.8% of women described their current weight as overweight or obese; only 36.6% of younger women (18-35 years) described their weight in these categories
- 60.2% of young women (18-35 years) described their current weight as healthy, which was 13.4% higher than the average across all respondents (47.6%) (Table 17). Women living in the ACT were most likely to report being a healthy weight (53.2%), followed by Victoria (48.5%) and Western Australia (47.8%) (Table 18).

Table 17: How would you describe your current weight? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Underweight	3.1%	1.4%	0.9%	1.4%	2.5%	1.6%
Healthy weight	60.2%	45.1%	42.1%	46.5%	57.4%	47.6%
Overweight	29.7%	41.1%	47.5%	45.5%	36.9%	41.5%
Obese	6.9%	12.4%	9.5%	6.6%	3.3%	9.3%
n	3278	4049	5622	1804	122	14875

Table 18: How would you describe your current weight? Percentage of respondents and sample sizes (n) by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Underweight	1.3%	2.0%	0.0%	1.9%	1.5%	1.1%	1.5%	1.4%
Healthy weight	53.2%	47.2%	45.8%	44.4%	42.5%	44.9%	48.5%	47.8%
Overweight	35.9%	41.8%	47.9%	43.8%	44.5%	43.6%	41.1%	41.0%
Obese	9.6%	9.1%	6.3%	9.9%	11.5%	10.4%	8.9%	9.8%
n	999	2449	144	1879	685	748	6975	919

Barriers to healthy eating

- 38.6% of women aged 18-50 said that they did not have time to prepare or eat healthy foods because of family commitments
- 26.4% of women said they were not motivated to eat a healthy diet; this increased to 38.4% for women aged 18-35 (Table 19)
- 37.4% of women working full-time did not have time to prepare or eat healthy foods because of their job, followed by 34.1% who were students and 22.4% of women employed on a part-time basis
- Women living in ACT were most likely to not have time to prepare or eat healthy foods because of their job (32.8%), followed by Tasmania (28.7%); South Australian women were least likely to be inhibited in this way by their job (18.5%)
- Women living in Queensland and Western Australia were most likely to be prevented from eating healthily due to cost (19.8% and 19.5%, respectively); South Australian women were least likely to be inhibited by cost (15.3%) (Table 20).

Table 19: Which of the following prevent you from eating healthily? Please tick all that apply. Top 5 factors in order of popularity by age cohort.

18-35	36-50	51-65	66-79	80+
Not having time to prepare or eat healthy foods because of job	Not having time to prepare or eat healthy foods because of job	Not being motivated to eat a healthy diet	Not being motivated to eat a healthy diet	Not being motivated to eat a healthy diet
Not being motivated to eat a healthy diet	Not being motivated to eat a healthy diet	Not having time to prepare or eat healthy foods because of job	No partner's support to eat a healthy diet	No children's support to eat a healthy diet
Cost	Not having time to prepare or eat healthy foods because of family commitment	Cost	Cost	No partner's support to eat a healthy diet
Not having the skills to plan, shop for, prepare or cook healthy foods	Cost	No partner's support to eat a healthy diet	Not enjoying eating healthy foods	Not having time to prepare or eat healthy foods because of family commitment
Not enjoying eating healthy foods	No partner's support to eat a healthy diet	Not having time to prepare or eat healthy foods because of family commitment	Not having the skills to plan, shop for, prepare or cook healthy foods	Not having time to prepare or eat healthy foods because of job

Women's Health Survey 2018

Table 20: Which of the following prevent you from eating healthily? Please tick all that apply. Top 5 factors by percentage of respondents by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Not having time to prepare or eat healthy foods because of job	32.8%	25.9%	24.3%	24.7%	18.5%	28.7%	24.5%	25.0%
Not being motivated to eat a healthy diet	29.2%	25.6%	30.6%	26.7%	27.2%	26.2%	25.9%	27.6%
Cost	17.8%	17.8%	14.6%	19.8%	15.3%	17.5%	13.8%	19.5%
Not having time to prepare or eat healthy foods because of family commitment	16.1%	11.6%	10.4%	12.3%	7.9%	12.8%	11.2%	13.2%
Not enjoying eating healthy foods	9.0%	8.2%	2.8%	8.1%	7.4%	7.5%	6.3%	8.7%

Physical activity

- Most women (70.3%) reported doing at least two hours of moderate physical activity per week
- The percentage of women who did not do two hours of moderate physical activity per week remains fairly constant across age groups (ranging from 24.4% to 35.9%)
- Women aged 66-79 were the most likely to do at least two hours of moderate physical activity each week (75.6%); women aged 36-50 were the least likely (64.1%) (Table 21)
- Women living in Victoria were the most likely to do at least two hours of moderate physical activity each week (72.6%); women living in Western Australia were least likely (64.9%) (Table 22).

Table 21: Do you do at least 2 hours of moderate physical activity every week? Moderate activities require some effort, but you can still speak. For example, brisk walking, dancing, swimming, bike riding. Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
No	28.8%	35.9%	27.4%	24.4%	32.8%	29.7%
Yes	71.2%	64.1%	72.6%	75.6%	67.2%	70.3%
n	3278	4049	5622	1804	122	14,875

Table 22: Do you do at least 2 hours of moderate physical activity every week? Moderate activities require some effort, but you can still speak. For example, brisk walking, dancing, swimming, bike riding. Percentage of respondents and sample sizes (n) by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
No	29.5%	31.2%	28.5%	34.0%	31.2%	29.0%	27.4%	35.1%
Yes	70.5%	68.8%	71.5%	66.0%	68.8%	71.0%	72.6%	64.9%
n	999	2449	144	1879	685	748	6975	919

Smoking status

- Most women (90.5%) had not smoked in the past year
- 6.4% of younger women (18-35 years) had smoked less than weekly in the past year, 3.2% higher than the average across all respondents (Table 23)
- Women living in Victoria were most likely to have not smoked in the past year (91.6%), followed by South Australia (91.5%) and ACT (90.7%)
- Tasmanian women were most likely to smoke daily (7.8%), followed by Northern Territory (7.6%) and Western Australia (7.1%); Victorian women were least likely (3.9%) (Table 24).

Table 23: In the past 12 months, how often did you smoke cigarettes? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Daily	4.4%	6.3%	5.4%	2.2%	6.6%	5.0%
At least weekly	2.1%	1.4%	1.0%	0.6%	0.0%	1.3%
Less than weekly	6.4%	3.5%	1.7%	1.3%	1.6%	3.2%
Never	87.0%	88.7%	91.9%	96.0%	91.8%	90.5%
n	3278	4049	5622	1804	122	14,875

Women's Health Survey 2018

Table 24: In the past 12 months, how often did you smoke cigarettes? Percentage of respondents and sample sizes (n) by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Daily	4.6%	6.2%	7.6%	5.5%	6.1%	7.8%	3.9%	7.1%
At least weekly	0.7%	1.3%	4.2%	1.4%	0.9%	1.9%	1.2%	1.3%
Less than weekly	4.0%	3.6%	2.8%	2.6%	1.5%	3.1%	3.3%	3.0%
Never	90.7%	88.9%	85.4%	90.4%	91.5%	87.3%	91.6%	88.6%
n	999	2449	144	1879	685	748	6975	919

Alcohol consumption¹⁰

- 9.5% of women reported drinking alcohol daily (Table 25)
- 13.7% of women aged over 50 reported drinking alcohol daily, 8.5% higher than women who were 50 or younger (Table 25)
- Almost one in four women aged 80+ (23.8%) reported drinking alcohol daily (Table 25)
- Women in Western Australia were most likely to drink alcohol daily (11.8%), followed by NSW (10.6%) and Queensland (9.6%) (Table 26).

Table 25: In the past 12 months, how often did you drink alcohol? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Daily	2.2%	7.6%	12.7%	16.2%	23.8%	9.5%
At least weekly	32.5%	34.3%	35.7%	28.1%	23.8%	33.6%
Less than weekly	52.9%	44.0%	37.2%	37.4%	31.1%	42.5%
Never	12.4%	14.2%	14.4%	18.3%	21.3%	14.4%
n	3278	4049	5622	1804	122	14,875

Table 26: In the past 12 months, how often did you drink alcohol? Percentage of respondents and sample sizes (n) by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Daily	7.1%	10.6%	9.0%	9.6%	8.0%	8.7%	9.3%	11.8%
At least weekly	35.4%	32.7%	41.7%	31.7%	32.1%	36.4%	34.3%	30.8%
Less than weekly	44.2%	41.0%	33.3%	42.4%	43.4%	42.4%	42.9%	41.9%
Never	13.2%	15.6%	16.0%	16.3%	16.5%	12.6%	13.4%	15.6%
n	999	2449	144	1879	685	748	6975	919

¹⁰ The quantity of alcohol consumed was not captured in the survey.



Mental health

Depression and anxiety diagnoses

- Almost half of women (46.1%) who responded to the survey had been diagnosed with depression or anxiety by a doctor or psychologist (Table 27)
- South Australian women were most likely to have been diagnosed with depression or anxiety by a doctor or psychologist (50.9%), followed by NSW (48.5%) and WA (47.8%) (Table 28).

Table 27: Have you ever been diagnosed with depression or anxiety by a doctor or psychologist? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
No	53.3%	49.9%	54.5%	61.5%	60.7%	53.9%
Yes	46.7%	50.1%	45.5%	38.5%	39.3%	46.1%
n	3278	4049	5622	1804	122	14,875

Table 28: Have you ever been diagnosed with depression or anxiety by a doctor or psychologist? Percentage of respondents and sample sizes (n) by age cohort.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
No	54.6%	51.5%	67.4%	52.4%	49.1%	52.7%	55.6%	52.2%
Yes	45.4%	48.5%	32.6%	47.6%	50.9%	47.3%	44.4%	47.8%
n	999	2449	144	1879	685	748	6975	919

Time to oneself

- More than one in three women (34.3%) did not get time to themselves on a weekly basis
- More than one in four women aged 36-50 (26.7%) did not get time to themselves each month (Table 29)
- Tasmanian women were most likely to never get time to themselves (7.8%), followed by NSW (6.3%) and Northern Territory (6.3%) (Table 30).

Table 29: How often do you set aside time just for yourself? For example, a bath, a night out with friends or watching a movie – something that you choose to do for yourself, without demands from anyone else. Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Daily	20.9%	16.8%	28.8%	47.3%	59.8%	26.3%
Weekly	47.9%	36.9%	39.1%	31.7%	23.0%	39.4%
Monthly	18.3%	19.6%	13.6%	8.3%	7.4%	15.6%
Several times a year	8.1%	16.3%	11.0%	6.8%	4.9%	11.2%
Once a year	1.4%	3.2%	2.3%	1.2%	1.6%	2.2%
Never	3.4%	7.2%	5.2%	4.8%	3.3%	5.3%
n	3278	4049	5622	1804	122	14,875

Table 30: How often do you set aside time just for yourself? For example, a bath, a night out with friends or watching a movie – something that you choose to do for yourself, without demands from anyone else. Percentage of respondents and sample sizes (n) by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Daily	23.5%	25.2%	29.9%	26.1%	28.3%	26.6%	26.7%	26.7%
Weekly	42.2%	38.5%	38.2%	37.6%	39.9%	38.4%	40.2%	36.8%
Monthly	16.4%	15.1%	16.7%	16.6%	15.6%	14.3%	15.2%	17.8%
Several times a year	11.8%	12.2%	9.0%	11.5%	8.5%	11.0%	11.2%	10.8%
Once a year	2.0%	2.6%	0.0%	2.4%	2.3%	2.0%	2.1%	2.2%
Never	4.0%	6.3%	6.3%	5.8%	5.4%	7.8%	4.6%	5.8%
n	999	2449	144	1879	685	748	6975	919

Mental health issues

Feeling nervous, anxious or on edge

- Two out of three women (66.9%) reported feeling nervous, anxious or on edge nearly every day, or on more than seven days in the past four weeks
- 13.1% of younger women (18-35 years) reported feeling nervous, anxious or on edge every day for the past four weeks, 4.3% higher than the average across all respondents (Table 31).

Table 31: Thinking about the past FOUR weeks, how often have you been bothered by feeling nervous, anxious or on edge? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Nearly every day	13.1%	9.4%	7.5%	4.1%	6.6%	8.8%
More than 7 days	18.8%	13.2%	9.1%	6.0%	5.7%	11.9%
On several days	47.5%	50.2%	44.7%	39.9%	32.0%	46.1%
Not at all	20.7%	27.2%	38.8%	50.0%	55.7%	33.1%
n	3278	4049	5622	1804	122	14,875

Not being able to stop or control worrying

- 53% of women reported not being able to control worrying on more than several days in the past four weeks
Two out of three women aged 18-35 (64.8%) reported not being able to control worrying on more than several days in the past four weeks, 11.8% higher than the average across all age groups (Table 31).

Table 32: Thinking about the past FOUR weeks, how often have you been bothered by not being able to stop or control worrying? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Nearly every day	10.6%	7.9%	6.7%	3.5%	6.6%	7.5%
More than 7 days	14.9%	10.6%	7.5%	4.4%	1.6%	9.6%
On several days	39.2%	37.2%	34.7%	31.2%	26.2%	35.9%
Not at all	35.2%	44.3%	51.0%	60.8%	65.6%	47.0%
n	3278	4049	5622	1804	122	14,875

Difficulty concentrating or mind going blank

- 59.1% of women reported difficulty concentrating or mind going blank on at least several days over the past four weeks
- More than two out of three women 50 and under (67.9%) reported difficulty concentrating or mind going blank on at least several days over the past four weeks, 8.8% higher than the average (Table 33).

Table 33: Thinking about the past FOUR weeks, how often have you been bothered by difficulty concentrating or mind going blank? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Nearly every day	9.6%	8.3%	5.9%	3.2%	4.9%	7.0%
More than 7 days	17.1%	12.7%	8.7%	4.5%	4.1%	11.1%
On several days	44.4%	43.7%	39.5%	34.0%	29.5%	41.0%
Not at all	28.9%	35.3%	45.9%	58.3%	61.5%	40.9%
n	3278	4049	5622	1804	122	14,875

Bothered by trouble relaxing

- 63.8% of women reported having trouble relaxing on at least several days in the past four weeks
- Almost three out of four women aged 50 and under (73.3%) reported having trouble relaxing on at least several days in the past four weeks, 9.5% higher than the average across all age groups (Table 34).

Table 34: Thinking about the past FOUR weeks, how often have you been bothered by trouble relaxing? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Nearly every day	12.1%	10.1%	7.3%	3.5%	5.7%	8.6%
More than 7 days	17.2%	13.8%	9.9%	5.6%	4.1%	12.0%
On several days	45.9%	47.6%	41.7%	33.6%	27.9%	43.1%
Not at all	24.7%	28.6%	41.1%	57.3%	62.3%	36.2%
n	3278	4049	5622	1804	122	14,875

Being so restless that it is hard to sit still

- One in three women (33.3%) reported being so restless that it was hard to sit still on at least several days in the past four weeks
- 42.8% of younger women (aged 18-35) reported being so restless that it was hard to sit still on at least several days in the past four weeks, 10.5% higher than the average across all age groups (Table 35).

Table 35: Thinking about the past FOUR weeks, how often have you been bothered by being so restless that it is hard to sit still? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Nearly every day	4.6%	3.7%	3.0%	1.4%	4.1%	3.4%
More than 7 days	9.7%	7.1%	5.4%	2.5%	1.6%	6.5%
On several days	28.5%	25.3%	21.8%	16.2%	9.8%	23.5%
Not at all	57.2%	63.9%	69.8%	79.8%	84.4%	66.7%
n	3278	4049	5622	1804	122	14,875

Becoming easily annoyed or irritated

- 69.3% of women reported becoming easily annoyed or irritated on at least several occasions over the past four weeks
- Eight out of 10 women aged 50 and under (80.5%) reported becoming easily annoyed or irritated on at least several occasions over the past four weeks, 11.2% higher than the average (Table 36).

Table 36: Thinking about the past FOUR weeks, how often have you been bothered by becoming easily annoyed or irritated? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Nearly every day	10.3%	9.9%	5.0%	2.8%	2.5%	7.2%
More than 7 days	21.8%	18.6%	10.9%	5.4%	4.1%	14.7%
On several days	49.2%	51.2%	46.3%	39.5%	38.5%	47.4%
Not at all	18.7%	20.2%	37.8%	52.2%	54.9%	30.7%
n	3278	4049	5622	1804	122	14,875

Difficulty falling or staying asleep, or having restless and unsatisfying sleep

- Nearly one in five women (17.7%) reported having difficulty falling asleep or staying asleep, or having restless and unsatisfying sleep nearly every day in the past four weeks

77.9% of women reported having difficulty falling asleep or staying asleep, or having restless and unsatisfying sleep on at least several days in the past four weeks (

Table 37).

Women's Health Survey 2018

Table 37: Thinking about the past FOUR weeks, how often have you been bothered by difficulty falling or staying asleep, or having restless and unsatisfying sleep? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Nearly every day	16.1%	17.8%	19.9%	13.7%	15.6%	17.7%
More than 7 days	21.3%	20.7%	17.1%	12.7%	9.8%	18.4%
On several days	39.4%	40.7%	42.6%	46.6%	41.0%	41.8%
Not at all	23.2%	20.8%	20.5%	27.0%	33.6%	22.1%
n	3278	4049	5622	1804	122	14,875



Health needs

Doctor visits

- Most women younger than 80 visited the doctor between one and five times in the past year. Women who were 80 and older were most likely to visit the doctor between three and 10 times in the past year (Table 38).

Table 38: In the past 12 months how many times have you visited the doctor (for your own health)? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
0	4.2%	5.2%	4.0%	1.7%	0.8%	4.0%
1-2	31.0%	35.6%	33.2%	22.2%	20.0%	31.9%
3-5	33.9%	33.7%	36.3%	41.3%	33.3%	35.6%
6-10	16.3%	13.9%	16.0%	21.1%	26.7%	16.2%
10+	14.6%	11.6%	10.5%	13.8%	19.2%	12.2%
n	3254	4038	5584	1790	120	14,786

Doctor gender preference

- Very few women (0.8%) preferred to see a male doctor about women's health issues (Table 39).

Table 39: Who would you prefer to see for women's health issues? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
A female doctor for women's health issues	70.1%	65.8%	66.5%	60.0%	50.0%	66.2%
A male doctor for women's health issues	0.8%	0.7%	0.6%	1.2%	2.5%	0.8%
I have no preference for a male or female doctor	29.1%	33.5%	32.9%	38.8%	47.5%	33.0%
n	3254	4038	5584	1790	120	14,786

Confidence asking doctor questions

- More than half of women (54.8%) were totally confident asking their doctor questions and discussing health issues that concerned them; total confidence appears to increase with age
- More than 9 out of 10 women (91.9%) were at least somewhat confident asking their doctor questions and discussing health issues that concerned them
- Younger women (18-35) were most likely to report being not very confident or not confident at all asking their doctor questions and discussing health issues that concerned them (11.8%); the lack of confidence appears to reduce with age (Table 40).

Table 40: How confident do you feel asking your doctor questions and discussing health issues that concern you? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Totally confident	41.4%	52.7%	60.2%	65.8%	75.8%	54.8%
Somewhat confident	46.7%	38.9%	33.4%	28.0%	19.2%	37.1%
Not very confident	10.0%	6.5%	5.2%	4.7%	3.3%	6.6%
Not confident at all	1.8%	1.8%	1.2%	1.5%	1.7%	1.5%
n	3254	4038	5584	1790	120	14,786

Healthcare accessibility

- More than one in two women aged 18-50 (53.8%) did not have enough time in their day to attend appointments for health checks; 37.3% of women in this age cohort were unable to get appointments when they needed one
- More than one in two women (52.3%) did not know where to access health services such as family planning and child health services
- 33.7% of women did not know where to go to find reliable information on mental health topics such as depression and anxiety
- Almost one in four women (23.9%) cannot afford to see a health professional when they need one (Table 41)
- Women living in the ACT were the least likely to be able to easily get to a doctor or health service if required (73.9%), followed by Tasmania (74.3%) and Northern Territory (76.2%) (Table 42).

Table 41: Please select statements that apply to you. Please tick all that apply. Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
I can easily get to a doctor and local health service if required	74.6%	74.2%	80.7%	90.0%	88.3%	78.8%
I know where to go to access health services such as family planning and child health services	54.7%	60.2%	41.8%	26.8%	21.6%	47.7%
I have enough time in my day to attend appointments for health checks	45.3%	47.2%	64.0%	90.3%	86.5%	58.7%
I can afford to see a health professional when I need to	72.3%	74.5%	77.7%	81.6%	80.2%	76.1%
I am able to get an appointment when I need one	64.9%	60.5%	64.2%	74.9%	77.5%	64.7%
I understand most of the information that my doctor tells me	87.1%	86.3%	86.9%	89.4%	91.9%	87.1%
I know where to go to find reliable information on mental health (depression, anxiety, etc.)	68.5%	69.9%	65.9%	56.1%	53.2%	66.3%
I have many friends in my local community	50.5%	45.6%	41.2%	43.1%	49.5%	44.8%
I know a lot of people in my local community	35.2%	42.4%	42.6%	47.9%	45.9%	41.6%
None of the above	1.7%	1.8%	1.3%	0.4%	0.9%	1.4%
n	3115	3879	5390	1722	111	14,217

Women's Health Survey 2018

Table 42: Please select statements that apply to you. Please tick all that apply. Percentage of respondents and sample sizes (n) by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
I can easily get to a doctor and local health service if required	73.9%	77.6%	76.2%	77.9%	80.1%	74.3%	80.3%	80.7%
I know where to go to access health services such as family planning and child health services	60.1%	48.5%	53.1%	43.9%	45.6%	55.6%	45.6%	49.6%
I can afford to see a health professional when I need to	78.3%	74.0%	83.9%	71.4%	75.4%	76.1%	77.8%	75.1%
I have enough time in my day to attend appointments for health checks	55.1%	56.4%	61.5%	56.8%	63.1%	57.7%	60.2%	57.1%
I am able to get an appointment when I need one	59.4%	61.6%	64.3%	65.0%	61.6%	58.3%	67.3%	66.2%
I understand most of the information that my	89.2%	86.6%	88.1%	86.3%	87.5%	87.9%	87.5%	85.2%

Women's Health Survey 2018

doctor tells me									
I know where to go to find reliable information on mental health (depression, anxiety, etc.)	71.8%	65.9%	72.0%	64.3%	67.7%	71.3%	65.7%	64.4%	
I have many friends in my local community	53.0%	44.6%	44.1%	39.7%	39.1%	44.9%	46.3%	39.9%	
I know a lot of people in my local community	38.7%	45.5%	47.6%	35.5%	40.5%	41.7%	43.0%	36.1%	
None of the above	1.0%	1.7%	0.7%	1.8%	1.1%	1.8%	1.2%	1.6%	

Questions avoided with doctor

- One in five women (21.5%) reported that there were issues/questions that they avoided discussing with their doctor
- One in four younger women (aged 18-35) (25.4%) reported that there were issues/questions that they avoided discussing with their doctor; this avoidance appears to diminish with age (Table 43).

Table 43: Are there any issues/questions you are avoiding discussing with your doctor? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
No	74.6%	77.5%	80.1%	82.3%	89.2%	78.5%
Yes	25.4%	22.5%	19.9%	17.7%	10.8%	21.5%
n	3254	4038	5584	1790	120	14,786

Topics discussed with doctor in past 12 months

Menstrual cycle changes

- More than half of women aged 50 and under (50.3%) have discussed or need to discuss changes to their menstrual cycle with their doctor in the past 12 months (Table 44).

Table 44: In the past 12 months, have you discussed changes in your menstrual cycle with your doctor? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	42.1%	43.7%	21.2%	0.6%	6.8%	29.3%
No, but I need to	8.0%	6.7%	1.6%	0.2%	0.0%	4.2%
No, I don't need to	49.5%	49.0%	76.9%	98.8%	92.4%	66.1%
Prefer not to answer	0.3%	0.7%	0.3%	0.5%	0.8%	0.4%
n	3199	3971	5526	1773	118	14,587

Painful periods

- One in three younger women (aged 18-35) (32.9%) have discussed or need to discuss painful periods with their doctor in the past 12 months
- Almost one in four women aged 36-50 (24%) have discussed or need to discuss painful periods with their doctor in the past 12 months (Table 45).

Table 45: In the past 12 months, have you discussed painful periods with your doctor? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	26.2%	19.7%	3.5%	0.0%	0.8%	12.4%
No, but I need to	6.7%	4.3%	0.7%	0.5%	0.8%	3.0%
No, I don't need to	66.8%	75.2%	95.5%	99.1%	97.5%	84.1%
Prefer not to answer	0.3%	0.7%	0.3%	0.5%	0.8%	0.4%

n	3199	3971	5526	1773	118	14,587
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Heavy periods

- More than one in four women younger than 51 (26.6%) have discussed or need to discuss heavy periods with their doctor in the past 12 months (Table 46).

Table 46: In the past 12 months, have you discussed heavy periods with your doctor? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	21.6%	22.3%	5.7%	0.0%	2.5%	13.0%
No, but I need to	4.6%	4.7%	1.0%	0.3%	0.0%	2.7%
No, I don't need to	73.4%	72.4%	93.0%	99.2%	96.6%	83.9%
Prefer not to answer	0.3%	0.7%	0.3%	0.5%	0.8%	0.5%
n	3199	3971	5526	1773	118	14,587

Bleeding after intercourse

- 13.3% of younger women (aged 18-35) have discussed or need to discuss with their doctor bleeding after intercourse in the past 12 months; 7% higher than the average across all age groups (Table 47).

Table 47: In the past 12 months, have you discussed bleeding after intercourse with your doctor? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	9.8%	5.3%	2.1%	0.6%	0.8%	4.5%
No, but I need to	3.4%	1.5%	1.3%	0.8%	1.7%	1.8%
No, I don't need to	86.2%	92.3%	96.1%	98.0%	96.6%	93.1%
Prefer not to answer	0.6%	0.9%	0.5%	0.6%	0.8%	0.7%
n	3199	3971	5526	1773	118	14,587

Itching, burning or pain around the vaginal area (vulva)

- 16% of women have discussed or need to discuss itching, burning or pain around the vaginal area (vulva) with their doctor in the past 12 months (Table 48).

Table 48: In the past 12 months, have you discussed itching, burning or pain around the vaginal area (vulva) with your doctor? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	14.3%	9.5%	10.4%	11.4%	13.6%	11.2%
No, but I need to	6.8%	4.4%	4.1%	4.5%	1.7%	4.8%
No, I don't need to	78.3%	85.3%	85.0%	83.6%	83.9%	83.5%

Prefer not to answer	0.5%	0.7%	0.6%	0.5%	0.8%	0.6%
n	3199	3971	5526	1773	118	14,587

Vaginal discharge

- More than one in five younger women (aged 18-35) (22%) have discussed or need to discuss vaginal discharge with their doctor in the past 12 months, 10.9% higher than the average across all age groups (Table 49).

Table 49: In the past 12 months, have you discussed vaginal discharge with your doctor? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	15.3%	7.9%	5.0%	3.6%	8.5%	7.9%
No, but I need to	6.8%	3.5%	1.3%	1.7%	1.7%	3.2%
No, I don't need to	77.4%	87.9%	93.1%	94.2%	89.0%	88.4%
Prefer not to answer	0.6%	0.7%	0.5%	0.5%	0.8%	0.6%
n	3199	3971	5526	1773	118	14,587

Pain when urinating

- 16.1% of younger women (aged 18-35) have discussed or need to discuss with their doctor pain when urinating in the past 12 months, 5.6% higher than the average across all age groups (Table 50).

Table 50: In the past 12 months, have you discussed with your doctor pain when urinating? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	13.9%	7.7%	8.3%	7.6%	14.4%	9.3%
No, but I need to	2.2%	1.0%	1.2%	0.8%	0.0%	1.3%
No, I don't need to	83.5%	90.6%	90.2%	91.0%	84.7%	88.9%
Prefer not to answer	0.4%	0.7%	0.3%	0.6%	0.8%	0.5%
n	3199	3971	5526	1773	118	14,587

Pain when having sex

- 22.4% of younger women (aged 18-35) have discussed or need to discuss with their doctor pain when having sex in the past 12 months; 7.4% higher than the average across all age groups (Table 51).

Table 51: In the past 12 months, have you discussed with your doctor pain when having sex? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	15.0%	8.7%	9.4%	4.2%	5.1%	9.8%
No, but I need to	7.4%	4.2%	5.4%	3.0%	1.7%	5.2%
No, I don't need to	76.9%	85.9%	84.3%	91.7%	91.5%	84.1%
Prefer not to answer	0.6%	1.2%	0.9%	1.1%	1.7%	0.9%
n	3199	3971	5526	1773	118	14,587

Lack of interest in sex

- More than one in four women (25.5%) have discussed or need to discuss with their doctor a lack of interest in sex in the past 12 months
- 16.9% of women younger than 66 reported that they have not but need to discuss with their doctor a lack of interest in sex; this is higher than any other topic that women identified as an issue, but had not talked to their doctor about (Table 52).

Table 52: In the past 12 months, have you discussed with your doctor a lack of interest in sex? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	8.4%	10.6%	10.7%	6.1%	7.6%	9.6%
No, but I need to	16.5%	17.3%	16.9%	9.4%	5.1%	15.9%
No, I don't need to	73.5%	69.7%	69.8%	81.4%	84.7%	72.1%
Prefer not to answer	1.6%	2.4%	2.6%	3.2%	2.5%	2.4%
n	3199	3971	5526	1773	118	14,587

Incontinence

- Almost one in three women older than 65 have discussed or need to discuss incontinence with their doctor in the past 12 months (Table 53).

Table 53: In the past 12 months, have you discussed incontinence with your doctor? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
Yes, I have	4.6%	7.5%	12.4%	16.9%	22.9%	10.0%
No, but I need to	5.2%	11.1%	12.0%	12.2%	6.8%	10.2%
No, I don't need to	89.6%	80.5%	74.9%	70.1%	68.6%	79.0%

Prefer not to answer	0.7%	1.0%	0.6%	0.7%	1.7%	0.8%
n	3199	3971	5526	1773	118	14,587

Pelvic floor

Almost all women know what pelvic floor exercises were (96.4%) (Table 54) and could feel their pelvic floor muscles working when they tried to squeeze them (95.6%) (

- Table 55). Less than two out of 10 women (17.6%) did pelvic floor exercises daily (Table 56).

Table 54: Do you know what pelvic floor exercises are? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
No	9.1%	2.7%	1.7%	1.6%	4.2%	3.6%
Yes	90.9%	97.3%	98.3%	98.4%	95.8%	96.4%
n	3199	3971	5526	1773	118	14,587

Table 55: Do you do pelvic floor exercises daily? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
No	87.0%	85.8%	79.5%	77.2%	73.5%	82.4%
Yes	13.0%	14.2%	20.5%	22.8%	26.5%	17.6%
n	2908	3853	5427	1742	113	14,043

Table 56: If you try to squeeze your pelvic floor muscles now, can you feel them working? Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
No	3.5%	4.0%	4.4%	6.4%	8.0%	4.4%
Yes	96.5%	96.0%	95.6%	93.6%	92.0%	95.6%
n	2908	3853	5427	1742	113	14,043

Reason for sexual health screening

The main reasons women who had undertaken sexual health screening in the past five years were:

1. Starting a new sexual relationship (33.1%)
2. Having unprotected sex (31.8%)
3. Thought their partner had another sexual partner (13.9%)
4. Thought they might have had a sexually transmissible infection (STI) (10%).

Women's Health Survey 2018

Health checks

- The top five health checks in the past five years across all respondents to the survey were blood pressure screening (76.7%), cervical cancer screening (69%), cholesterol checks (61.8%), breast cancer screening (54.8%), and diabetes (54.4%)
- 70.4% of women over the age of 50 had undergone bowel cancer screening in the past five years; only 10.9% of women 50 and under had undertaken bowel cancer screening (Table 57).

Table 57: In the past five years, have you had any of these health checks? Please tick all that apply. Top five health checks in order of popularity (% of respondents), by age cohort.

18-35		36-50		51-65		66-79		80+	
Cervical cancer screening (ie, Pap test, cervical screening test)	68.7%	Cervical cancer screening (ie, Pap test, cervical screening test)	76.1%	Breast cancer screening (ie, mammogram /ultrasound)	85.7%	Blood pressure screening	90.7%	Blood pressure screening	85.0%
Blood pressure screening	60.2%	Blood pressure screening	72.4%	Blood pressure screening	84.9%	Cholesterol check	88.1%	Cholesterol check	75.0%
Sexual health screen (ie, sexually transmissible infections)	52.0%	Cholesterol check	55.6%	Cholesterol check	81.8%	Breast cancer screening (ie, mammogram /ultrasound)	84.9%	Diabetes (ie, blood glucose levels)	63.3%
Skin checks	35.2%	Diabetes (ie, blood glucose levels)	49.9%	Bowel cancer screening (ie, faecal occult blood test/colonoscopy)	71.5%	Bowel cancer screening (ie, faecal occult blood test/colonoscopy)	77.9%	Bowel cancer screening (ie, faecal occult blood test/colonoscopy)	61.7%
Diabetes (ie, blood)	33.7%	Skin checks	43.8%	Cervical cancer	71.3%	Diabetes (ie, blood)	69.6%	Skin checks	58.3%

Women's Health Survey 2018

glucose levels)				screening (ie, Pap test, cervical screening test)		glucose levels)			
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Health information

What women most want to know

- 34.9% of women wanted more information on weight management. Women who perceived their weight as obese were most interested in information on weight management (64% of women who identified themselves as obese), followed by overweight women (52.2%), underweight (15.3%), and healthy weight (15.2%)
- 36.5% of women aged 36-65 wanted more information on menopause
- 33.4% of women aged 18-50 wanted more information on mental and emotional health (Table 58).

Top 10 requested health topics

	National average
Weight management	34.9%
Healthy eating/nutrition	31.7%
Mental and emotional health	29.3%
Anxiety	28.3%
Menopause	24.9%
Natural therapies/supplements	22.1%
Bone health/osteoporosis	20.5%
Bowel health	16.7%
Mismatched sexual desire	13.2%
Fertility and pregnancy	9.3%

What women most want to know by age

Table 58: Please select the top FIVE (5) health topics you would like more information on. Top 10 topics by age cohort, in order of popularity.

18-35	36-50	51-65	66-79	80+
Anxiety	Menopause	Weight management	Weight management	Cardiovascular health
Healthy eating/nutrition	Weight management	Menopause	Bone health/osteoporosis	Bone health/osteoporosis
Mental and emotional health	Mental and emotional health	Bone health/osteoporosis	Cardiovascular health	Weight management
Fertility and pregnancy	Healthy eating/nutrition	Healthy eating/nutrition	Healthy eating/nutrition	Incontinence
Weight management	Anxiety	Mental and emotional health	Bladder health	Bladder health
Gynaecological issues	Natural therapies/supplements	Anxiety	Bowel health	Bowel health
Endometriosis	Bowel health	Natural therapies/supplements	Natural therapies/supplements	Anxiety
Natural therapies/supplements	Mismatched sexual desire	Cardiovascular health	Incontinence	Mental and emotional health
Contraception	Breast health	Bowel health	Anxiety	Healthy eating/nutrition
Breast health	Bone health/osteoporosis	Hormone therapy	Mental and emotional health	Natural therapies/supplements

What women most want to know by state/territory

- Women living in the Northern Territory were the most likely to want more information on healthy eating/nutrition (38.2%), followed by South Australia (32.1%) and Western Australia (31.7%)
- Women in the ACT were the most likely to want more information on mental and emotional health (32.2%), followed by Western Australia (30.9%) and Tasmania (30.1%)
- Women living in the ACT and the Northern Territory were far more likely than women living in other states and territories to want more information on fertility and pregnancy than other states and territories (14.8% and 12.5%, respectively); South Australian women were least interested (6.3%) (Table 59).

Table 59: Please select the top FIVE (5) health topics you would like more information on. Top 10 topics by home state/territory with percentage of respondents.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Weight management	32.6%	34.5%	33.3%	35.3%	37.8%	33.7%	35.2%	36.9%
Mental and emotional health	32.2%	28.9%	24.3%	29.7%	29.9%	30.1%	28.7%	30.9%
Healthy eating/nutrition	30.5%	29.9%	38.2%	30.4%	32.1%	31.3%	29.1%	31.7%
Anxiety	30.2%	29.0%	27.1%	28.7%	24.4%	27.0%	28.9%	31.2%
Menopause	23.7%	24.3%	26.4%	25.0%	24.1%	26.5%	24.3%	25.1%
Natural therapies/supplements	19.5%	22.2%	21.5%	22.6%	23.2%	21.3%	22.4%	23.7%
Bone health/osteoporosis	16.9%	21.8%	19.4%	21.9%	22.0%	21.4%	23.4%	17.1%
Bowel health	15.7%	17.2%	14.6%	16.4%	19.7%	16.8%	17.7%	15.8%
Mismatched sexual desire	15.0%	13.1%	11.1%	13.0%	11.8%	14.4%	13.5%	13.8%
Fertility and pregnancy	14.8%	9.1%	12.5%	7.7%	6.3%	7.2%	8.3%	8.5%

First source of information for a health concern

- 56.9% of women first seek information by searching the internet when they had a health concern; this increased to 63.5% for women aged 18-50
- Only 8.8% of women aged 18-35 first seek information from a doctor or nurse when they have a health concern; the average across all age groups was 23% (Table 60)
- Women living in the ACT were most likely to first seek information on the internet when they had a health concern (66.2%), followed by the Northern Territory (62.2%), and Tasmania and NSW (59%) (Table 61).

Table 60: When you have a health concern, what do you do first to seek information (not including searching for contact details to make an appointment with a doctor or similar)? Please select one answer only. Percentage of respondents and sample sizes (n) by age cohort.

	18-35	36-50	51-65	66-79	80+	All
I ask a friend	4.9%	3.8%	3.3%	2.9%	0.9%	3.7%
I ask my partner/spouse	8.4%	7.9%	6.1%	5.6%	2.7%	7.0%
I ask other family members	10.5%	4.3%	2.2%	2.2%	1.8%	4.6%
I don't seek any information	0.5%	0.8%	1.4%	1.0%	0.0%	1.0%
I never have health concerns	0.1%	0.5%	0.8%	0.6%	0.0%	0.5%
I search on the internet	64.3%	62.7%	54.0%	40.9%	32.4%	56.9%
I see a doctor or nurse	8.8%	16.7%	28.6%	43.1%	59.5%	23.0%
Other (please specify)	2.4%	3.2%	3.6%	3.6%	2.7%	3.2%
n	3115	3879	5390	1722	111	14,217

Table 61: When you have a health concern, what do you do first to seek information (not including searching for contact details to make an appointment with a doctor or similar)? Please select one answer only. Percentage of respondents and sample sizes (n) by home state/territory.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
I ask a friend	3.4%	2.8%	2.1%	3.8%	3.4%	4.3%	4.0%	4.9%
I ask my partner/spouse	8.2%	6.8%	3.5%	7.8%	6.1%	6.3%	7.0%	7.3%
I ask other family members	5.0%	5.5%	4.9%	4.3%	4.1%	3.6%	4.5%	4.7%
I don't seek any information	0.6%	0.9%	2.8%	1.2%	1.1%	1.5%	0.9%	0.8%
I never have health concerns	0.2%	0.7%	1.4%	0.5%	0.5%	0.6%	0.4%	1.1%
I search on the internet	66.2%	59.0%	62.2%	57.0%	54.6%	59.0%	54.5%	58.0%
I see a doctor or nurse	14.4%	20.9%	18.2%	21.4%	27.1%	20.3%	25.6%	20.7%
Other (please specify)	2.0%	3.5%	4.9%	4.0%	3.2%	4.5%	3.1%	2.5%
n	965	2344	143	1767	654	719	6671	879

Health information delivery preferences

- Fact sheets and face-to-face education were the preferred ways to receive health information (59.4% and 42%, respectively)
- Apps were more popular among younger age cohorts, with 38% of women under 51 choosing them as a preferred way to receive health information, compared to 18.2% of women older than 50
- Booklets were a popular way to receive health information, especially among women over 50 (37.8%); 27.6% of women under 51 also indicated this was a preference (Table 62).

Table 62: How would you prefer to receive health information? Select all that apply. Top 10 by age cohort, in order of popularity.

18-35	36-50	51-65	66-79	80+
Fact sheets	Fact sheets	Fact sheets	Fact sheets	Booklets
Face-to-face education	Face-to-face education	Face-to-face education	Face-to-face education	Fact sheets
Social media	Apps	Booklets	Interviews with experts	Interviews with experts
Apps	Social media	Interviews with experts	Booklets	Face-to-face education
Booklets	Booklets	Apps	Magazine	Magazine
Podcasts	Interviews with experts	Podcasts	Apps	Videos
Interviews with experts	Podcasts	Magazine	Social media	Social media
Videos	Webinars	Social media	Podcasts	Webinars
Magazine	Magazine	Webinars	Webinars	Apps
Webinars	Videos	Videos	Videos	Podcasts

Table 63: How would you prefer to receive health information? Select all that apply. Top 10 by home state/territory, by percentage of respondents.

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Fact sheets	61.0%	58.2%	57.3%	57.4%	61.8%	63.7%	59.6%	58.8%
Face-to-face education	39.2%	39.2%	43.4%	41.3%	41.4%	44.6%	43.3%	43.3%
Apps	35.1%	29.1%	35.0%	30.7%	29.4%	29.9%	31.3%	28.1%
Social media	32.1%	29.5%	31.5%	30.1%	29.1%	27.1%	26.7%	26.5%
Interviews with experts	29.1%	27.1%	28.7%	29.4%	29.7%	30.3%	30.8%	28.3%
Booklets	28.5%	31.4%	28.0%	29.3%	35.6%	33.1%	31.8%	32.7%
Podcasts	26.5%	22.2%	28.0%	20.6%	19.9%	18.8%	23.5%	21.8%
Videos	17.2%	16.0%	18.9%	15.7%	15.0%	11.4%	16.0%	15.4%

Women's Health Survey 2018

Magazine	16.9%	19.6%	24.5%	18.6%	19.9%	18.4%	19.5%	21.3%
Webinars	15.5%	17.4%	29.4%	18.6%	15.0%	17.8%	18.3%	15.9%

Appendix 1 – Margin of error estimates

Table 64: Margin of error estimates by age cohort.

	Population size (N) ¹¹	Sample size (n)	Confidence level	Confidence interval (margin of error)
18-35	3,091,349	3383	95%	2%
36-50	2,442,040	4143	95%	2%
51-65	2,171,042	5755	95%	1%
66-79	1,279,521	1852	95%	2%
80+	556,056	129	95%	9%
TOTAL	9,540,008	15,262	95%	1%

NOTE: ABS data has age cohort 15-19. To estimate number of 18 & 19 year-olds we divided by 5 and multiplied by two (ie, assumed uniform distribution).

Table 65: Margin of error estimates by home state/territory.

	Population size (N) ¹²	Sample size (n)	Confidence level	Confidence interval (margin of error)
ACT	158,806	1017	95%	3%
NSW	3,062,338	2520	95%	2%
NT	88,681	149	95%	8%
QLD	1,889,894	1927	95%	2%
SA	686,800	701	95%	4%
TAS	207,211	763	95%	4%
VIC	2,459,992	7160	95%	1%
WA	986,287	945	95%	3%
TOTAL	9,540,008	15,262	95%	1%

¹¹ ABS, 3235.0 Population by Age and Sex, Regions of Australia (30 June 2016).

¹² ABS, 3235.0 Population by Age and Sex, Regions of Australia (30 June 2016).

Appendix 2 – National overview

Age

	18-35	36-50	51-65	66-79	80+	n
ACT	37.5%	34.5%	23.9%	3.6%	0.4%	1016
NSW	22.3%	27.3%	37.6%	12.1%	0.7%	2520
NT	26.2%	29.5%	35.6%	8.1%	0.7%	149
QLD	21.7%	30.6%	36.1%	10.8%	0.8%	1927
SA	17.8%	20.0%	42.7%	17.4%	2.1%	701
TAS	19.4%	28.7%	40.8%	10.6%	0.5%	763
VIC	20.4%	25.5%	39.5%	13.8%	0.9%	7160
WA	24.2%	28.7%	37.2%	9.2%	0.6%	945
National average	22.2%	27.1%	37.7%	12.1%	0.8%	15,262

Education

	Never attended school	Primary school	Some high school	Completed high school	Technical or trade certificate/ apprenticeship	University (eg, tertiary qualifications)	n
ACT	0.1%	0.0%	1.1%	10.6%	11.4%	76.8%	1016
NSW	0.0%	0.0%	4.7%	11.9%	17.8%	65.5%	2520
NT	0.0%	0.0%	4.7%	10.1%	7.4%	77.9%	149
QLD	0.0%	0.5%	7.2%	15.2%	14.3%	62.8%	1927
SA	0.0%	0.0%	8.0%	13.0%	17.1%	61.9%	701
TAS	0.0%	0.0%	2.4%	14.9%	18.6%	64.1%	763
VIC	0.1%	0.2%	6.5%	10.2%	10.8%	72.3%	7160
WA	0.1%	0.0%	4.6%	12.5%	15.7%	67.2%	945

Women's Health Survey 2018

National average	0.0%	0.2%	5.7%	11.7%	13.4%	69.1%	15,262
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Employment

	Unemployed	Student	Home duties full-time	Retired	Employed part-time	Employed full-time	n
ACT	0.6%	2.0%	1.3%	5.6%	21.0%	69.6%	1016
NSW	2.2%	3.0%	4.8%	16.9%	26.9%	46.2%	2520
NT	1.3%	2.0%	2.0%	8.7%	12.8%	73.2%	149
QLD	2.2%	3.0%	4.9%	15.7%	22.2%	51.9%	1927
SA	3.1%	2.4%	6.3%	22.7%	32.2%	33.2%	701
TAS	1.7%	2.5%	1.8%	13.4%	35.9%	44.7%	763
VIC	2.3%	4.2%	5.0%	17.2%	33.6%	37.8%	7160
WA	3.9%	2.2%	4.8%	10.8%	26.2%	52.1%	945
National average	2.3%	3.4%	4.6%	15.8%	29.5%	44.4%	15,262

Number of children

	1	2	3	4	5	6	7	8	9	10+	n
ACT	23.7%	46.0%	20.7%	5.4%	2.6%	1.5%	0.2%	0.0%	0.0%	0.0%	541
NSW	16.4%	42.6%	25.2%	9.6%	3.6%	1.7%	0.9%	0.0%	0.0%	0.1%	1635
NT	21.7%	51.1%	10.9%	10.9%	2.2%	2.2%	0.0%	0.0%	1.1%	0.0%	92
QLD	19.4%	43.6%	23.8%	7.5%	2.8%	1.7%	0.4%	0.4%	0.2%	0.2%	1284
SA	15.2%	41.8%	27.3%	9.7%	3.0%	1.0%	1.4%	0.6%	0.0%	0.0%	495
TAS	19.1%	42.0%	22.1%	10.3%	3.6%	1.7%	0.6%	0.2%	0.2%	0.2%	524
VIC	16.0%	46.3%	24.3%	8.8%	2.7%	1.0%	0.5%	0.2%	0.1%	0.1%	4742

Women's Health Survey 2018

WA	16.4%	42.9%	26.7%	7.7%	4.3%	1.0%	0.5%	0.2%	0.3%	0.0%	599
National average	17.1%	44.7%	24.2%	8.7%	3.1%	1.3%	0.6%	0.2%	0.1%	0.1%	9960

How would you describe your overall health?

	Very poor	Poor	Good	Very good	Excellent	n
ACT	1.7%	8.6%	39.0%	37.7%	12.9%	999
NSW	1.2%	9.3%	41.5%	35.6%	12.5%	2449
NT	0.0%	4.2%	42.4%	37.5%	16.0%	144
QLD	1.3%	9.6%	45.1%	34.6%	9.4%	1879
SA	1.2%	10.4%	42.3%	33.3%	12.8%	685
TAS	0.7%	7.8%	41.2%	36.4%	14.0%	748
VIC	0.8%	7.8%	37.5%	40.1%	13.8%	6975
WA	1.4%	9.8%	42.5%	33.6%	12.6%	919
National average	1.0%	8.4%	41.4%	36.1%	13.0%	14,875

How would you describe your current weight?

	Underweight	Healthy weight	Overweight	Obese	n
ACT	1.3%	53.2%	35.9%	9.6%	999
NSW	2.0%	47.2%	41.8%	9.1%	2449
NT	0.0%	45.8%	47.9%	6.3%	144
QLD	1.9%	44.4%	43.8%	9.9%	1879
SA	1.5%	42.5%	44.5%	11.5%	685
TAS	1.1%	44.9%	43.6%	10.4%	748
VIC	1.5%	48.5%	41.1%	8.9%	6975

Women's Health Survey 2018

WA	1.4%	47.8%	41.0%	9.8%	919
National average	1.3%	46.8%	42.5%	9.4%	14,798

Do you do at least 2 hours of moderate physical activity every week? Moderate activities require some effort, but you can still speak. For example, brisk walking, dancing, swimming, bike riding.

	No	Yes	n
ACT	29.5%	70.5%	999
NSW	31.2%	68.8%	2449
NT	28.5%	71.5%	144
QLD	34.0%	66.0%	1879
SA	31.2%	68.8%	685
TAS	29.0%	71.0%	748
VIC	27.4%	72.6%	6975
WA	35.1%	64.9%	919
National average	30.7%	69.3%	14,798

Have you ever been diagnosed with depression or anxiety by a doctor or psychologist?

	No	Yes	n
ACT	54.6%	45.4%	999
NSW	51.5%	48.5%	2449
NT	67.4%	32.6%	144
QLD	52.4%	47.6%	1879
SA	49.1%	50.9%	685
TAS	52.7%	47.3%	748

Women's Health Survey 2018

VIC	55.6%	44.4%	6975
WA	52.2%	47.8%	919
National average	54.4%	45.6%	14,875

In the past 12 months, how often did you drink alcohol?

	Never	Less than weekly	At least weekly	Daily	n
ACT	13.2%	44.2%	35.4%	7.1%	999
NSW	15.6%	41.0%	32.7%	10.6%	2449
NT	16.0%	33.3%	41.7%	9.0%	144
QLD	16.3%	42.4%	31.7%	9.6%	1879
SA	16.5%	43.4%	32.1%	8.0%	685
TAS	12.6%	42.4%	36.4%	8.7%	748
VIC	13.4%	42.9%	34.3%	9.3%	6975
WA	15.6%	41.9%	30.8%	11.8%	919
National average	14.9%	41.5%	34.4%	9.3%	14,875

How often do you set aside time just for yourself? For example, a bath, a night out with friends or watching a movie – something that you choose to do for yourself, without demands from anyone else.

	Never	Once a year	Several times a year	Monthly	Weekly	Daily	n
ACT	4.0%	2.0%	11.8%	16.4%	42.2%	23.5%	999
NSW	6.3%	2.6%	12.2%	15.1%	38.5%	25.2%	2449
NT	6.3%	0.0%	9.0%	16.7%	38.2%	29.9%	144
QLD	5.8%	2.4%	11.5%	16.6%	37.6%	26.1%	1879

Women's Health Survey 2018

SA	5.4%	2.3%	8.5%	15.6%	39.9%	28.3%	685
TAS	7.8%	2.0%	11.0%	14.3%	38.4%	26.6%	748
VIC	4.6%	2.1%	11.2%	15.2%	40.2%	26.7%	6975
WA	5.8%	2.2%	10.8%	17.8%	36.8%	26.7%	919
National average	5.7%	2.0%	10.7%	16.0%	39.0%	26.6%	14,875

Top 10 requested health topics

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	National average
Weight management	32.6%	34.5%	33.3%	35.3%	37.8%	33.7%	35.2%	36.9%	34.9%
Mental and emotional health	32.2%	28.9%	24.3%	29.7%	29.9%	30.1%	28.7%	30.9%	29.3%
Healthy eating/nutrition	30.5%	29.9%	38.2%	30.4%	32.1%	31.3%	29.1%	31.7%	31.7%
Anxiety	30.2%	29.0%	27.1%	28.7%	24.4%	27.0%	28.9%	31.2%	28.3%
Menopause	23.7%	24.3%	26.4%	25.0%	24.1%	26.5%	24.3%	25.1%	24.9%
Natural therapies/supplements	19.5%	22.2%	21.5%	22.6%	23.2%	21.3%	22.4%	23.7%	22.1%
Bone health/osteoporosis	16.9%	21.8%	19.4%	21.9%	22.0%	21.4%	23.4%	17.1%	20.5%
Bowel health	15.7%	17.2%	14.6%	16.4%	19.7%	16.8%	17.7%	15.8%	16.7%
Mismatched sexual desire	15.0%	13.1%	11.1%	13.0%	11.8%	14.4%	13.5%	13.8%	13.2%
Fertility and pregnancy	14.8%	9.1%	12.5%	7.7%	6.3%	7.2%	8.3%	8.5%	9.3%

Women's Health Survey 2018

Accessibility of health care

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	National average
I can easily get to a doctor and local health service if required	73.9%	77.6%	76.2%	77.9%	80.1%	74.3%	80.3%	80.7%	78.1%
I know where to go to access health services such as family planning and child health services	60.1%	48.5%	53.1%	43.9%	45.6%	55.6%	45.6%	49.6%	48.9%
I can afford to see a health professional when I need to	78.3%	74.0%	83.9%	71.4%	75.4%	76.1%	77.8%	75.1%	76.2%
I have enough time in my day to attend appointments for health checks	55.1%	56.4%	61.5%	56.8%	63.1%	57.7%	60.2%	57.1%	59.0%
I am able to get an	59.4%	61.6%	64.3%	65.0%	61.6%	58.3%	67.3%	66.2%	63.5%

Women's Health Survey 2018

appointment when I need one									
I understand most of the information that my doctor tells me	89.2%	86.6%	88.1%	86.3%	87.5%	87.9%	87.5%	85.2%	87.0%
I know where to go to find reliable information on mental health (depression, anxiety etc.)	71.8%	65.9%	72.0%	64.3%	67.7%	71.3%	65.7%	64.4%	67.3%
I have many friends in my local community	53.0%	44.6%	44.1%	39.7%	39.1%	44.9%	46.3%	39.9%	42.7%
I know a lot of people in my local community	38.7%	45.5%	47.6%	35.5%	40.5%	41.7%	43.0%	36.1%	41.4%
None of the above	1.0%	1.7%	0.7%	1.8%	1.1%	1.8%	1.2%	1.6%	1.4%

Women's Health Survey 2018

Health information delivery preferences

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	National ave.
Fact sheets	61.0%	58.2%	57.3%	57.4%	61.8%	63.7%	59.6%	58.8%	59.6%
Face-to-face education	39.2%	39.2%	43.4%	41.3%	41.4%	44.6%	43.3%	43.3%	42.4%
Apps	35.1%	29.1%	35.0%	30.7%	29.4%	29.9%	31.3%	28.1%	30.5%
Social media	32.1%	29.5%	31.5%	30.1%	29.1%	27.1%	26.7%	26.5%	28.6%
Interviews with experts	29.1%	27.1%	28.7%	29.4%	29.7%	30.3%	30.8%	28.3%	29.2%
Booklets	28.5%	31.4%	28.0%	29.3%	35.6%	33.1%	31.8%	32.7%	31.7%
Podcasts	26.5%	22.2%	28.0%	20.6%	19.9%	18.8%	23.5%	21.8%	22.1%
Videos	17.2%	16.0%	18.9%	15.7%	15.0%	11.4%	16.0%	15.4%	15.5%
Magazine	16.9%	19.6%	24.5%	18.6%	19.9%	18.4%	19.5%	21.3%	20.3%
Webinars	15.5%	17.4%	29.4%	18.6%	15.0%	17.8%	18.3%	15.9%	18.9%

Barriers to healthy eating

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	National average
Not having time to prepare or eat healthy foods because of job	32.8%	25.9%	24.3%	24.7%	18.5%	28.7%	24.5%	25.0%	25.6%
Not being motivated to eat a healthy diet	29.2%	25.6%	30.6%	26.7%	27.2%	26.2%	25.9%	27.6%	27.4%
Cost	17.8%	17.8%	14.6%	19.8%	15.3%	17.5%	13.8%	19.5%	17.0%
Not having time to prepare or eat healthy foods because of family commitment	16.1%	11.6%	10.4%	12.3%	7.9%	12.8%	11.2%	13.2%	12.0%

Women's Health Survey 2018




Not enjoying eating healthy foods	9.0%	8.2%	2.8%	8.1%	7.4%	7.5%	6.3%	8.7%	7.3%
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