



How does the health of **males** and **females** compare?



In 2024, **males** experienced **more** of their total disease burden due to:

dying prematurely (52%) than from **living with disease (48%)**



In 2024, **females** experienced more of their total disease burden due to:

living with disease (60%) than from **dying prematurely (40%)**

Leading causes of ill health and premature death, 2024, by age group

Males

Suicide and self-inflicted injuries — 15–44 —
Coronary heart disease — 45–64 —
Coronary heart disease — 65–84 —
Dementia including Alzheimer’s disease — 85+ —

Females

Anxiety disorders
Back pain and problems
Dementia including Alzheimer’s disease
Dementia including Alzheimer’s disease

How healthy are males and females?

57% of males and **56% of females** self-assessed their health status as **excellent or very good**, in 2022.

60% of males and **61% of females** had at least **1 selected long-term health condition**, in 2022.

37% of males and **39% of females** had **2 or more selected long-term health conditions**, in 2022.



Males have a life expectancy of **81.1 years**.

Males born in 2024 are expected, on average, to spend **88%** of their lives in **full health**.



Females have a life expectancy of **85.5 years**.

Females born in 2024 are expected, on average, to spend **86%** of their lives in **full health**.

In 2023, **46% of deaths in males** and **50% of deaths in females** aged under 75 were potentially avoidable.

In 2021–2023, both **males** and **females** in **lower socioeconomic areas** had **twice the rate of potentially avoidable deaths** compared with those in higher socioeconomic areas.



In 2024, males (aged 15+) experienced a larger proportion of the total disease burden from:

- injuries **(69%)**
- kidney and urinary diseases **(63%)**
- cardiovascular diseases **(61%)**
- Endocrine disorders (including diabetes) **(59%)**
- cancer **(56%)**



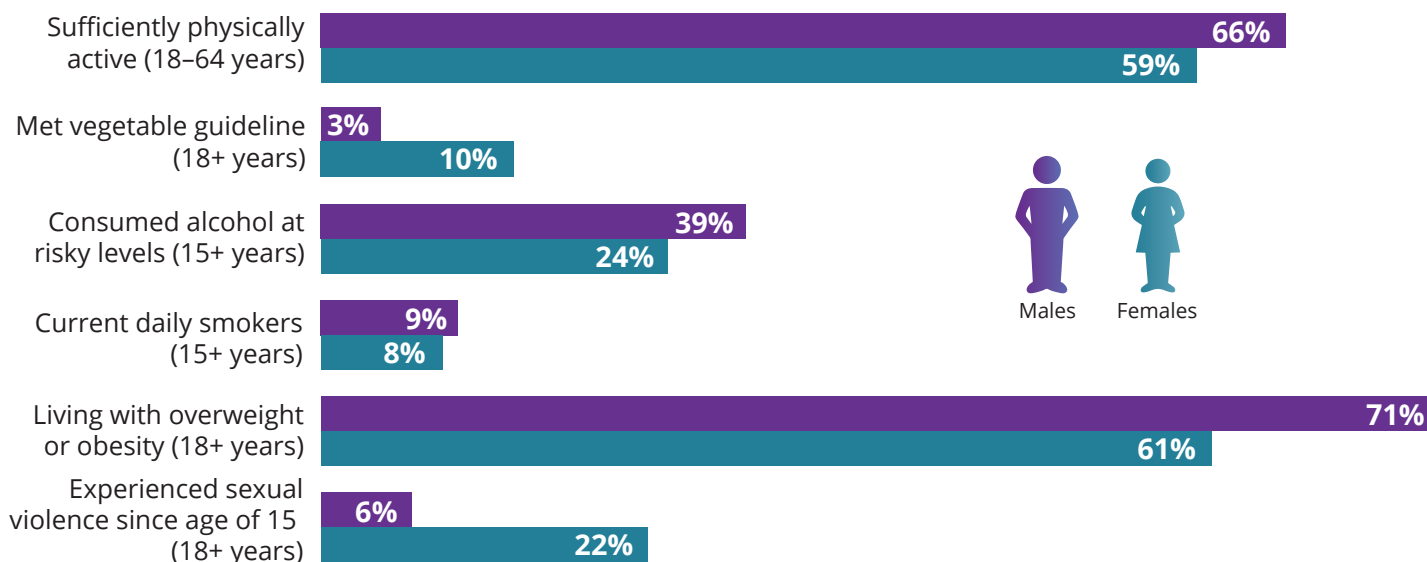
In 2024, females (aged 15+) experienced a larger proportion of the total disease burden from:

- reproductive and maternal conditions **(95%)**
- blood and metabolic disorders (including iron deficiency anaemia) **(59%)**
- neurological conditions (including dementia) **(58%)**
- musculoskeletal conditions **(56%)**
- respiratory diseases **(54%)**

Health behaviours and risk factors

33% of total disease burden in males and **38% in females** could have been potentially prevented by avoiding or reducing exposure to the risk factors included in the Australian Burden of Disease Study.

Proportion of males and females with the following risk factors



Health care use

In 2023–24, **80% of males saw a GP** and claimed **5.2 GP services** per person.

In 2023–24, **8% of males** received Medicare mental health services.



In 2023–24, **88% of females saw a GP** and claimed **7.1 GP services** per person.

In 2023–24, **12% of females** received Medicare mental health services.

This factsheet brings together data from the Australian Institute of Health and Welfare. For more detailed information on men's and women's health, see the reports: *The health of men in Australia* and *The health of women in Australia*. For more information on all AIHW reporting relating to areas of men's and women's health see: [Women's health topic page](#) and [Men's health topic page](#).