

What do women want to know?

Women's health information needs in Australia survey 2015

jeanhailes.org.au



Background

The health information needs of Australian women are largely unmet. Few studies have directly consulted women and their health providers at a national level about health concerns and information needs of women. Jean Hailes collaborates with stakeholders across diverse industry sectors to ensure inputs into research outcomes represent women in workplaces across Australia.

In early 2015, Jean Hailes conducted an online survey of women and health professionals in order to:

- Examine the perceived gaps in women's health information and services as identified by women and health professionals
- Understand the future health needs of women living in Australia as identified by women and health professionals
- Inform and collaborate with employers of women to deliver the health information that women want and need

Results

2798 women completed the survey

35% were from regional or remote Australia

7% had a culturally and linguistically diverse background



Average participant age was with a range of 18 - 87 years

49 YEARS

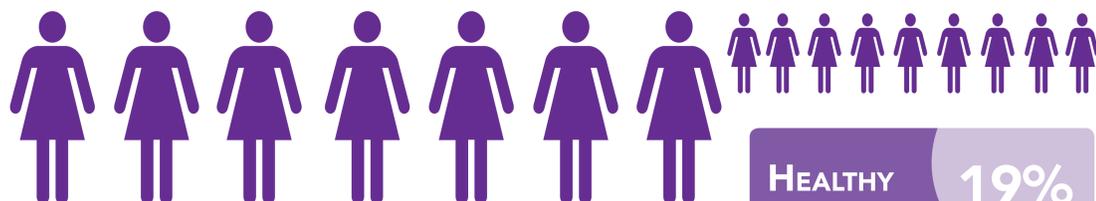
527 health professionals completed a separate survey

55% worked in regional or remote Australia

27% nurses

14% allied & community health services

8% general practitioners



Health concerns & worries:

When asked what health problems women worry about, women nominated **four main concerns and worries.**

TOP 4 HEALTH CONCERNS OF WOMEN INCLUDING SUB-THEMES

HEART HEALTH 5%
hypertension
stroke
cholesterol

CANCER 11%
breast cancer
skin cancer
ovarian cancer

MENTAL & EMOTIONAL HEALTH 11%
anxiety & depression
stress
dementia
memory

HEALTHY LIVING 19%
weight
ageing
physical activity
fatigue
diet
sleep

Next steps

This national consultation is the first of its kind to provide insight into the unmet health information needs of Australian women, and represents a significant shift towards the 'ground up', consultative process. The findings of the survey will help inform how we collaborate with employers of women, and the information resources we will develop for workplaces. Specifically, the survey will now drive the development of the Jean Hailes online workplace hub and in September 2015 informed the Jean Hailes Women's Health Week national campaign.

The full report can be accessed via womenshealthweek.com.au

