

2018 Snapshot Women's Health Survey



Our fourth annual Women's Health Survey reveals the health needs and behaviours of women across the country. This year, 15,262 women aged 18 years or older and living in Australia responded to the survey. Here are some highlights:

Physical health

50.8%

of women described themselves as **overweight or obese**

9.5% of women reported **drinking daily**

50.4% of women described their overall health as **very good or excellent**

70.3% reported doing at least **two hours of moderate physical activity** per week

Mental and emotional health

Two thirds of women (66.9%)

reported **feeling nervous, anxious or on edge** nearly every day or on more than seven days in the last four weeks

More than

a third of women (34.3%)

reported **not getting time to themselves** on a weekly basis

Almost

half of women (46.1%)

who responded to the survey had been **diagnosed with depression or anxiety** by a doctor or psychologist

Health needs

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 last 12 months

Almost

one in four (23.9%)

could **not afford to see a health professional** when they need one

Health information

Top 5 health topics **women want to know about**

- 1 Weight management (34.9%)**
- 2 Healthy eating /nutrition (31.7%)**
- 3 Mental and emotional health (29.3%)**
- 4 Anxiety (28.3%)**
- 5 Menopause (24.9%)**

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