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.

**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.