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

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight or obese</td>
<td>50.8%</td>
</tr>
<tr>
<td>Very good or excellent health</td>
<td>50.4%</td>
</tr>
<tr>
<td>Moderate physical activity per week</td>
<td>70.3%</td>
</tr>
<tr>
<td>Drinking daily</td>
<td>9.5%</td>
</tr>
</tbody>
</table>

### 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.
- **Almost half of women (46.1%)** who responded to the survey had been diagnosed with depression or anxiety by a doctor or psychologist.
- **More than a third of women (34.3%)** reported not getting time to themselves on a weekly basis.
- **Almost one in four (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 needs

- **More than one in four women (25.5%)**

### 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%)