

2020

**AUSTRALIA'S**  
**GENDER**  
**HEALTH TRACKER**

A brief report card on preventable chronic diseases,  
conditions and their risk factors by gender  
Tracking progress towards a healthier 2025





Males are more likely than females to:



Consume fewer fruit and vegetables



Be overweight/obese



Drink at 'risky levels'



Females are more likely than males to:



Feel depressed



Have higher levels of anxiety



Live with more than two chronic conditions

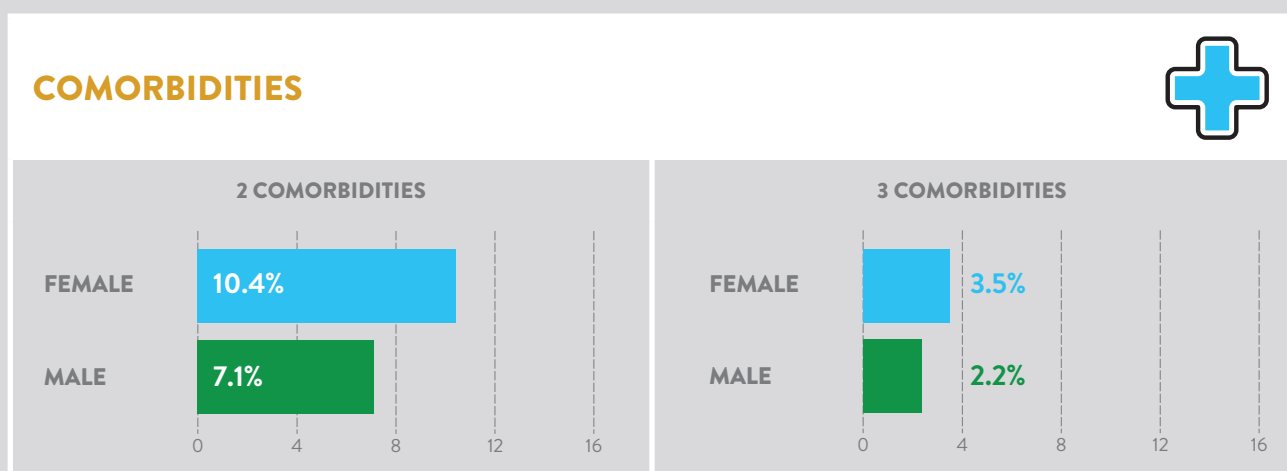
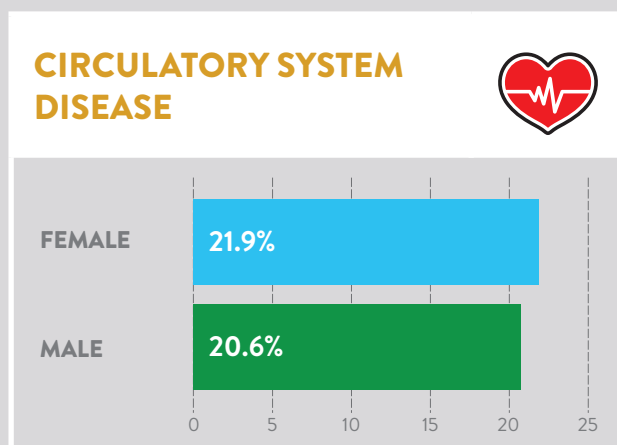
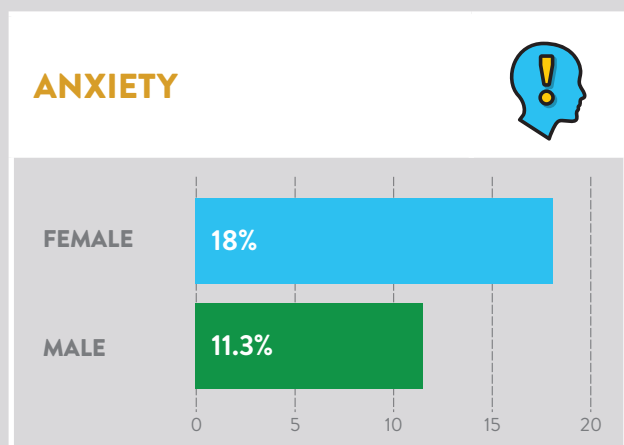
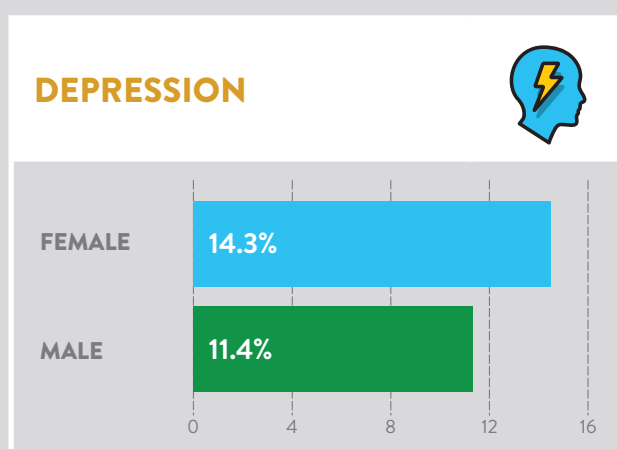
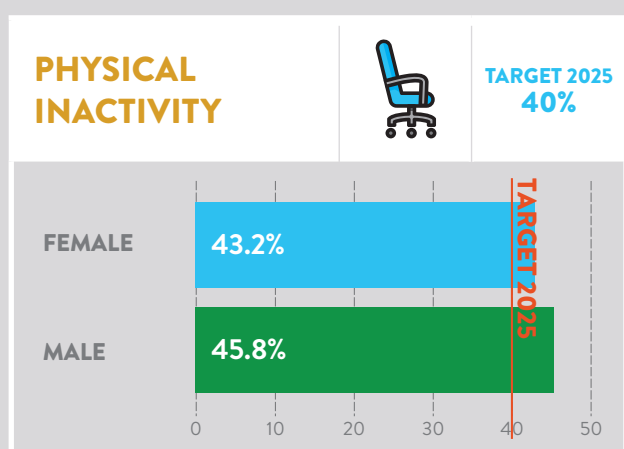


Regardless of gender, greater investment into the shared risk factors unhealthy diet, physical inactivity, smoking and harmful use of alcohol is vital

Gender matters in policy and practice

## AUSTRALIA'S GENDER HEALTH TRACKER – 2020

This report card looks at the health of Australian women and men in relation to health risk factors and chronic diseases. Australia's Gender Health Tracker is a companion report card and should be read in conjunction with the Australia's Health Tracker 2019.



We have known for a long time that women and men experience unique health concerns. On average, Australian women tend to live longer compared to men but are likely to live with multiple chronic conditions. Men, especially young men, often engage in risky health behaviours and die prematurely from injury rather than living with disease.

This gender disparity is not unique to Australia. Countries with reliable health data collection also report that women live longer than men.

The purpose of this report card is to graphically highlight how women and men's health needs are different and that policies and services must recognise gender as a significant factor in health risk and outcomes.

An earlier (2015) report produced by the Mitchell Institute highlighted that current policy, funding and service models are failing women and therefore having serious impacts on social and economic consequences including unemployment, reduced productivity and increased costs of healthcare and welfare. We must also make sure that men live better.



**52%**  
OF FEMALES

**48%**  
OF MALES

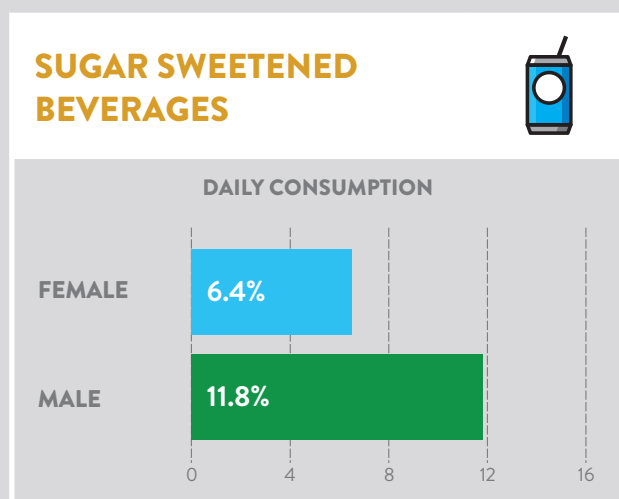
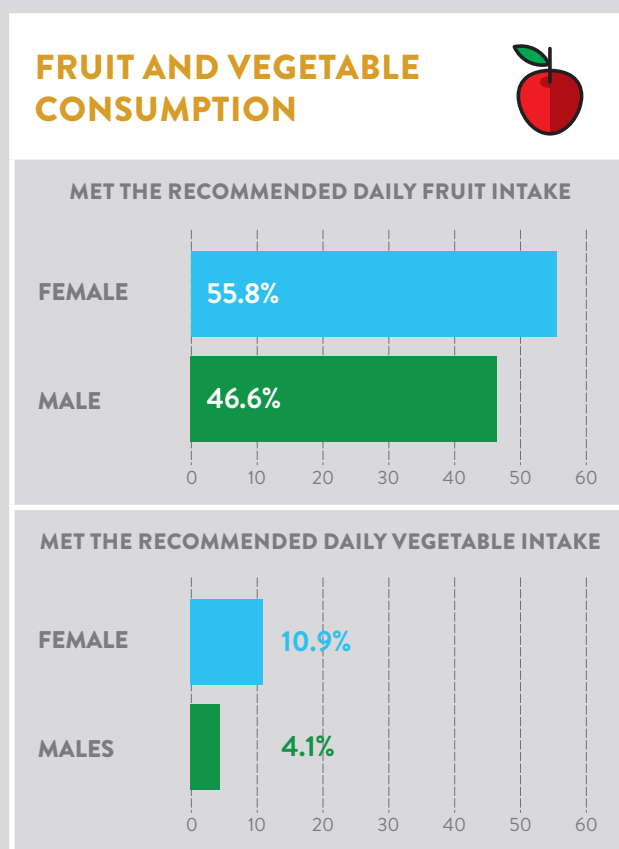
have at least one chronic disease



Males and females  
**HAVE DIFFERENT HEALTH NEEDS**

**DISADVANTAGE**  
is associated with poorer health outcomes for **MEN** and **WOMEN**

Future health policy should apply  
**A GENDER LENS**



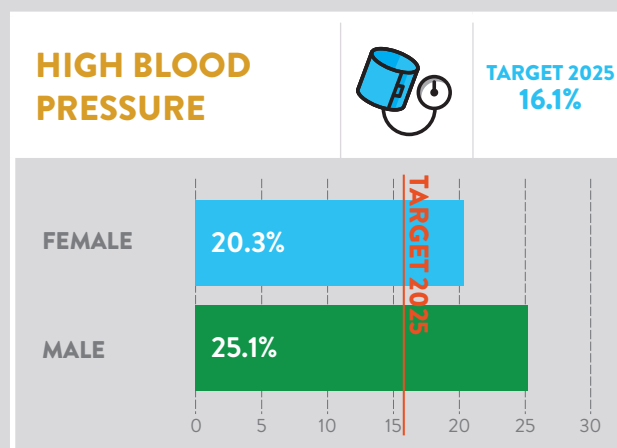
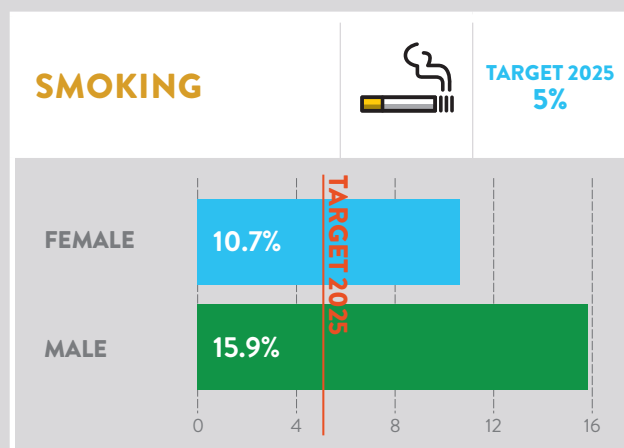
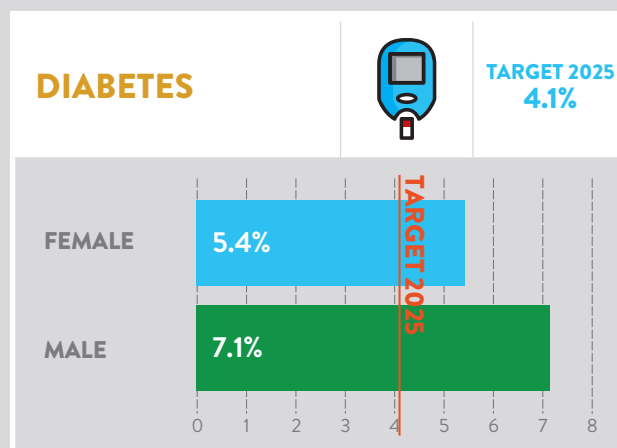
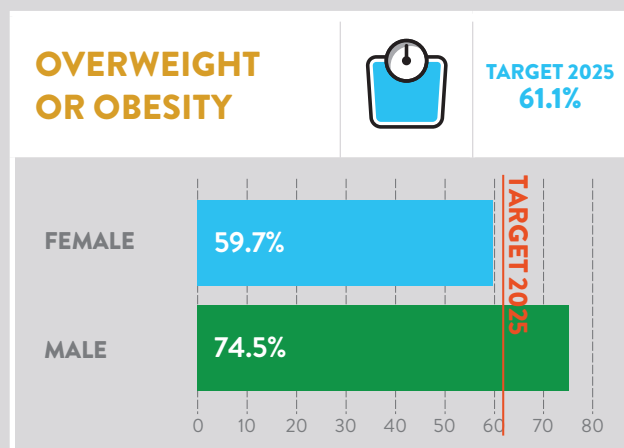
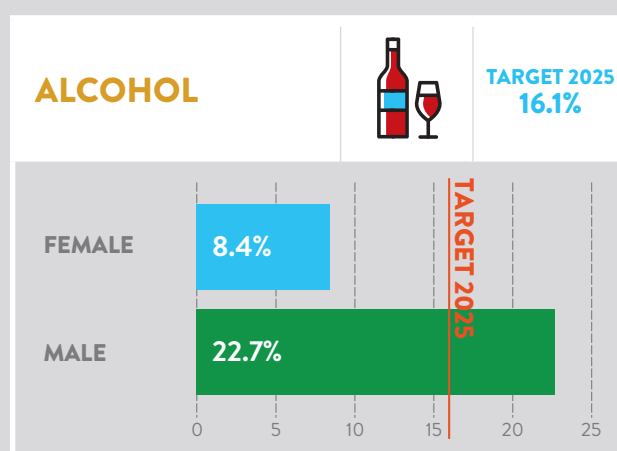
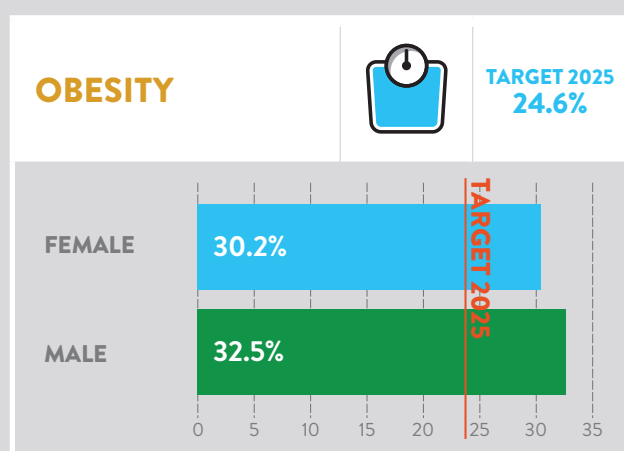
The recent release of the National Women’s and Men’s Health strategies will provide a platform to drive improvement in the health and wellbeing of men and women in Australia. Both strategies also recognise the importance of the multiple areas of intervention points and opportunities at each life stage for health promotion, illness prevention, early intervention and treatment as well as promotion of self-care.

Regardless of gender, it is vital to address the shared and modifiable risk factors for chronic disease: unhealthy diet, physical inactivity, smoking and harmful use of alcohol. These risk factors can and do lead to increased levels of chronic disease and higher risk of early death from preventable causes.

Improvement and commitment to these areas, with a gendered approach across the life course, should be a priority for future health policies.

The 2025 targets for a healthier Australia have been developed through the collective effort and guidance of Australia’s leading scientists, researchers and clinicians.

A gendered approach on future health policy and practice will benefit every one, address the gender disparities and improve health and societal outcomes.



The Australian Health Policy Collaboration led by the Mitchell Institute for Education and Health Policy works with and supports a collaborative network of organisations and leading chronic disease experts, bringing together Australia's leading thinkers to translate rigorous research into good policy.

The national collaboration has developed health targets and indicators for 2025 that together, will reduce preventable chronic diseases and reduce the health impacts of chronic conditions.

Australia's Health Tracker and Getting Australia's Health on Track are the policy focussed reports compiled by the national collaboration. Australia's Gender Health is the latest report card as part in the Australia's Health Tracker series.

More than 50 organisations continue to support a systemic and sustained approach to the prevention and management of chronic diseases in Australia.

Australia needs a healthier future for all. We can, and we must, do better.

#### Technical note

Technical details are available at <https://www.vu.edu.au/mitchell-institute>.

#### Preferred citation

Fetherston H & Craike, M. 2020. Australia's Gender Health Tracker Technical Appendix. Australian Health Policy Collaboration, Mitchell Institute, Victoria University.

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#AusHealthTracker

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## Collaborating Organisations

Alliance for Research in Exercise, Nutrition and Activity (ARENA)  
Australia and New Zealand Obesity Society  
Australian Centre for Health Research (ACHR)  
Australian Dental Association  
Australian Disease Management Association  
Australian Federation of AIDS Organisations  
Australian Health Care Reform Alliance (AHCRA)  
Australian Indigenous HealthInfoNet  
Australian Institute for Musculoskeletal Science  
Australian Health Promotion Association  
Australian Healthcare & Hospitals Association  
Australian Physiotherapy Association  
Australian Psychological Society  
Australian Women's Health Network  
Baker IDI Heart and Diabetes Institute  
Better Health Plan for the West  
Brimbank City Council  
Cabrini Institute  
Cancer Council Australia  
Catholic Health Australia  
Charles Perkins Centre, University of Sydney  
Chronic Illness Alliance  
Caring & Living As Neighbours  
CoHealth  
Confederation of Australian Sport  
CRANaplus  
Deakin University  
Diabetes Australia  
Foundation for Alcohol Research and Education  
George Institute for Global Health  
HealthWest Partnership  
Inner North West Primary Care Partnership  
Jean Hailes for Women's Health  
Kidney Health Australia  
Lowitja Institute  
Mental Health Australia  
MOVE Muscle, Bone & Joint Health  
National Heart Foundation  
National Rural Health Alliance  
National Stroke Foundation  
NCDFREE  
Network of Alcohol and other Drugs Agencies  
Obesity Australia  
Overcoming Multiple Sclerosis  
People's Health Movement OZ  
Public Health Association of Australia  
Royal Flying Doctor Service  
School of Medicine, University of Notre Dame  
School of Psychology and Public Health, La Trobe University  
Services for Australian Rural and Remote Allied Health  
Social Determinants of Health Alliance  
South Australian Health & Medical Research Institute  
Suicide Prevention Australia  
The Telethon Institute for Kids  
Victorian Health Promotion Foundation  
Victoria University  
YMCA