

Women in NSW 2012 – Health and Wellbeing

Women live longer than men in NSW and suffer fewer traumatic injuries during their lifetime. However there are some areas where their health is worse than that of men.

Topic 1: Women’s injury and disease rates and causes of death

In the 2007-2008 National Health Survey, **77%** of NSW women reported one or more long-term health conditions, such as cancer or diabetes, compared with **71%** of NSW men.

Older women (65+ years) had a far higher incidence of hospitalisations related to falls (**3,444** per **100,000**) than men (**2,684** per **100,000**).

Women are more likely than men to die of Cerebrovascular Disease, Dementia and Alzheimer’s Disease.

Topic 2: Mental health

12.4% of NSW women aged 16 years and over report high or very high levels of psychological distress, compared to **9.6%** of NSW men.

Psychological distress gender gaps (percentage points)



Young women (15 to 24 years) in NSW are **2.15** times as likely to be hospitalised for self-harm as are young men.

Across all age cohorts of the population, the difference in rates of hospitalisation for intentional self-harm is 1.5 times higher for women than for men.



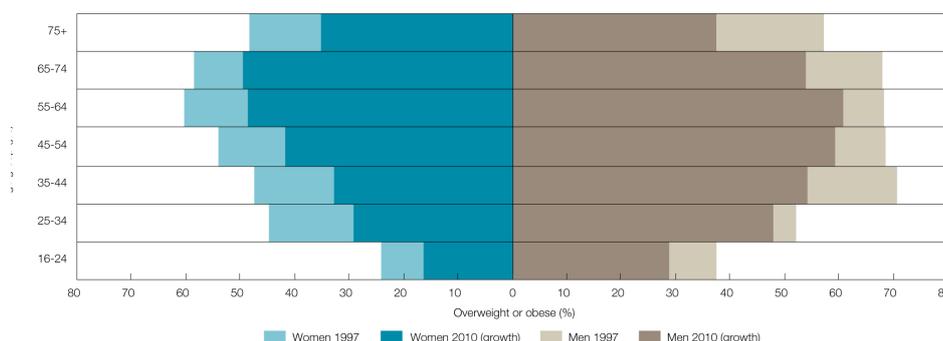
Topic 3: Health care services

Over the two years 2009 and 2010, **53%** of NSW women in the target age group of 50 to 69 years were screened for breast cancer, the most common women’s cancer. During the same period **56%** of women aged 20 to 69 were screened for cervical cancer.

Topic 4: Feeling healthy and engaging in healthy behaviour

Women are less likely than men to smoke or drink at risky levels, but more likely to be overweight and do insufficient exercise. In 2010:

- **14%** of women in NSW were current smokers compared to 18% of men.
- **20%** of women and 40% of men aged 16 and over reported risky levels of drinking.
- **46%** of women aged 16 and older reported that they were overweight or obese compared to 60% of men.
- **51%** of women aged 16 and older reported that they undertook adequate levels of physical activity compared to **60%** of men.



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Most NSW children (**93%**) are breastfed at some time and more babies than in the past are fully breastfed for up to six months (**27%** in 2010 compared to **14%** in 2001).

Topic 5: Social capital

Similar numbers of women and men feel ‘most people can be trusted’, but **21%** more men than women agree or strongly agree that they feel safe walking down their street after dark.

For more details you can download the *Women in NSW 2012* Report from www.women.nsw.gov.au

You can also provide feedback on the report at womennsw@facs.nsw.gov.au, or you can call Women NSW on (02) 9248 1840.



Family &
Community Services
Women NSW

August 2012

Translation service

Arabic	خدمة الترجمة الخطية والشفهوية المجانية اتصل على الرقم 131 450
Chinese	免費的翻譯傳譯服務 致電 131 450
Spanish	Servicio Gratuito de Traducción e Interpretación Llame al 131 450
Vietnamese	Dịch vụ Phiên dịch và Thông dịch Miễn phí Điện thoại 131 450