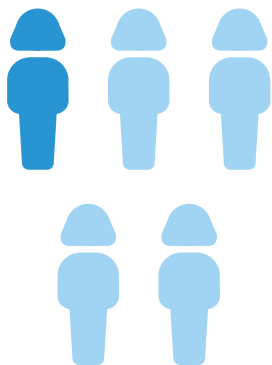


ASTHMA IS A WOMEN'S HEALTH ISSUE



20%

OF ADULT AUSTRALIAN WOMEN REPORTED HAVING ASTHMA IN 2024¹

HOSPITALISATIONS IN 2024-25



ABOUT

17,000

hospitalisations in people 20 years and over were due to asthma²

There were over **TWICE** as many hospitalisations in women aged 20 and over as in men the same age

Women accounted for:



2 in 3

(69%) hospitalisations in people 20-29 years



7 in 10

(71%) hospitalisations in people 30-69 years



3 in 4

(74%) hospitalisations in people 70 and over

LIFE COURSE BURDEN

CHILDHOOD / ADOLESCENCE

ASTHMA WAS THE **1st LEADING CAUSE**

OF DISEASE BURDEN IN 2024 FOR SCHOOL-AGE GIRLS aged 5-14 years⁸



1st

leading cause for young girls aged 1-4 years³

8th

leading cause for all ages combined³

OLDER WOMEN

478

AUSTRALIANS DIED FROM ASTHMA IN 2024⁴



322 females



156 males

2X

more girls or women died from asthma than boys or men



Half (50%) of asthma deaths were in women aged 75 years and over⁵

ADULT & PEAK WORKING YEARS

The proportion of Australians having asthma in 2022 was:

Nearly **TWO THIRDS (61%)**

higher in women than men aged 35-44 years⁶

Over **THREE QUARTERS (78%)**

higher in women than men aged 55-64 years⁶

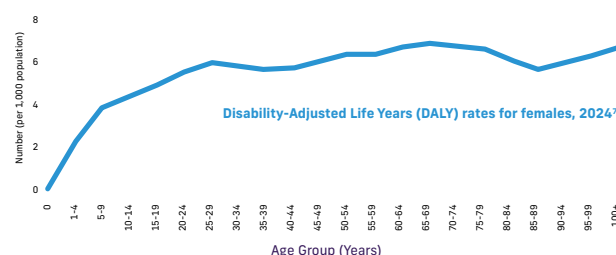
Asthma was the **4th LEADING CAUSE OF DISEASE BURDEN IN 2024 FOR WOMEN** aged 35-44 years³



5th LEADING CAUSE for women aged 20-24 years

6th LEADING CAUSE for women aged 25-34 years

The **burden of disease** caused by asthma increases during childhood and **remains high during all stages of adulthood**



HIDDEN BURDEN¹

PSYCHOLOGICAL BURDEN



53% vs 41%

high/very high psychological distress in women with vs without asthma



72% vs 61%

moderate-severe anxiety/depression in women with vs without asthma



37% vs 26%

women with vs without asthma rate their health as **fair or poor**

CARE GAPS



Only **66%**

of women treating their asthma use anti-inflammatory inhalers



Only **34%**

have an asthma action plan



35%

purchased their reliever mainly over-the-counter (without a prescription)

POLICY FOCUS AREAS



The reflection of asthma within **women's health policy frameworks**



The inclusion of respiratory health within **existing health assessments**



Ongoing **cross-party engagement** to sustain focus on asthma prevention and care

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**ASTHMA
AUSTRALIA**