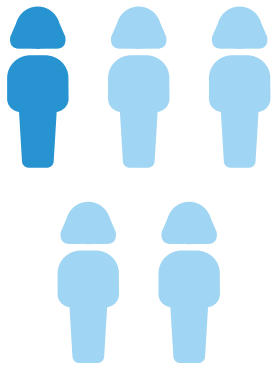


ASTHMA IS A WOMEN'S HEALTH ISSUE



20%

OF ADULT AUSTRALIAN WOMEN REPORTED HAVING ASTHMA IN 2024¹

HOSPITALISATIONS IN 2023-24



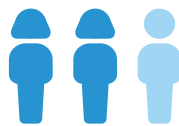
ABOUT

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

(68%) hospitalisations in people 20-29 years



7 in 10

(70%) hospitalisations in people 30-69 years



3 in 4

(74%) hospitalisations in people 70 and over

LIFE COURSE BURDEN

CHILDHOOD / ADOLESCENCE

ASTHMA WAS THE **LEADING CAUSE**

OF DISEASE BURDEN IN 2024 FOR GIRLS aged 1-9 years³



2nd

leading cause for girls aged 10-14 years

8th

leading cause for all ages combined

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 years**⁶

Over **THREE QUARTERS (78%)**

higher in women than men aged **55-64 years**⁶

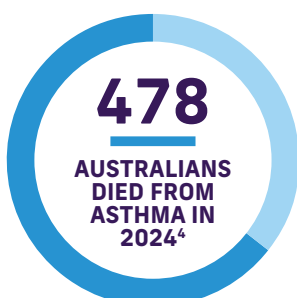
Asthma was the **4TH LEADING CAUSE OF DISEASE BURDEN IN 2024 FOR WOMEN** aged 35-44 years³



5TH LEADING CAUSE for women aged 20-24 years

6TH LEADING CAUSE for women aged 25-34 years

OLDER WOMEN

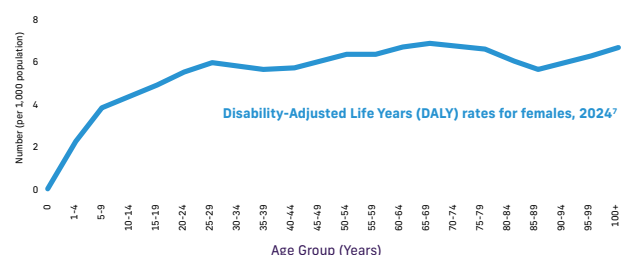


322 females **156** males

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

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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7. Based on AIHW material, Australian Burden of Disease Study 2024, Figure 3.5 [cited 2026 Feb 4], www.aihw.gov.au/reports/burden-of-disease/australian-burden-of-disease-study-2024/contents/interactive-data-on-disease-burden/disease-injury-specific-summary, used under license CC-BY 4.0 <https://creativecommons.org/licenses/by/4.0/>



ASTHMA AUSTRALIA