

National and Statewide Data Series

Healthy living

These key Australian and Victorian datasets and reports may be useful where local government level data is not available in the Women's Health Atlas, or where broader context is needed.

Contents

[Overview](#)

[Physical activity](#)

[Nutrition](#)

[Sleep patterns](#)

[Weight management](#)

[Substance use](#)

[Aboriginal and Torres Strait Islander women](#)

[LGBTIQ+ communities](#)

[Migrant and refugee women](#)

[Older women](#)

[Women with disabilities](#)

[Young women and girls](#)

[Feedback and suggestions](#)

Overview

- [The health of Australia's females](#)
Australian Institute of Health and Welfare, 2023
[Health behaviours and risk factors of Australia's females](#)
 - [National Women's Health Strategy 2020-2030](#)
Department of Health, 2018
 - [National Women's Health Survey](#)
Jean Hailes, 2022
 - [Australian Longitudinal Study on Women's Health](#)
Women's Health Australia, ongoing
-

Physical activity

- [Females and physical activity](#)
VicHealth, 2019
- [Sitting time, physical activity and sleep by work type and pattern: The Australian Longitudinal Study on Women's Health](#)
International Journal of Environmental Research and Public Health, 2017
- [Health and wellbeing of women in midlife: findings from the Australian Longitudinal Study on Women's Health](#)
Women's Health Australia, 2022
4.2 Risk factors for health and wellbeing in midlife

Nutrition

- [Changes in the food and drink consumption patterns of Australian women during the Covid-19 pandemic](#)
Australian and New Zealand Journal of Public Health, 2022
- [How do women's diets compare with the new Australian dietary guidelines?](#)
Public Health Nutrition, 2015
- [Health and wellbeing of women in midlife: findings from the Australian Longitudinal Study on Women's Health](#)
Women's Health Australia, 2022
4.2 Risk factors for health and wellbeing in midlife
- [The commercial determinants of unhealthy diets](#)
Public Health Research and Practice, 2022

Sleep patterns

- [2016 Sleep health survey of Australian adults](#)
The University of Adelaide, 2017
- [Doing gender overnight? Parenthood, gender and sleep quantity and quality in Australia](#)
Australian Institute of Family Studies, 2016

Weight management

- [Health and wellbeing of women in midlife: findings from the Australian Longitudinal Study on Women's Health](#)
Women's Health Australia, 2022
4.2 Risk factors for health and wellbeing in midlife
- [Policies and healthcare to support preconception planning and weight management: optimising long-term health for women and children](#)
Public Health Research and Practice, 2022

- [Weight management barriers and facilitators after breast cancer in Australian women: a national survey](#)
BMC Women's Health, 2020

Substance use

- [Australia's mothers and babies: smoking during pregnancy](#)
Australian Institute of Health and Welfare, 2020

Aboriginal and Torres Strait Islander women: healthy living

- [Health behaviours of Indigenous Australians](#)
Australian Institute of Health and Welfare, 2018
- [Health behaviours during pregnancy](#)
Aboriginal and Torres Strait Islander Health Performance Framework, 2022

LGBTIQ+ communities: healthy living

- [The health and wellbeing of the lesbian, gay, bisexual, transgender, intersex and queer population in Victoria: findings from the Victorian Population Health Survey 2017](#)
Victorian Agency for Health Information, 2020
Chapter 7 Lifestyle factors
- [National Drug Strategy Household Survey 2019](#)
Australian Institute of Health and Welfare, 2020
Chapter 8 Priority population groups: People identifying as gay, lesbian and bisexual

Migrant and refugee women: healthy living

- [Tobacco in Australia: Facts and issues](#)
Cancer Council Victoria, 2022
9A.2: Culturally and linguistically diverse groups
- [Lifestyle behaviours of immigrant and Australian children: evidence from a nationally representative sample](#)
Sports Medicine and Health Science, 2022

Older women: healthy living

- [Older Australians: health risk factors](#)
Australian Institute of Health and Welfare, 2021
- [Thriving in older age: A national survey of women in Australia](#)
Maturitas, 2019

Young women and girls: healthy living

- [Clustering of lifestyle and health behaviours in Australian adolescents and associations with obesity, self-rated health, and quality of life](#)
BMC Public Health, 2023

Women with disabilities: healthy living

- [People with disability in Australia: health risk factors and behaviours](#)
Australian Institute of Health and Welfare, 2022

Feedback and suggestions

We welcome feedback and/or suggestions for key Australian and Victorian datasets to consider including in this resource. Please send an email to: atlas@whv.org.au

Women's Health Victoria
acknowledges the support
of the [Victorian Government](#)

