



# How does the health of **males** and **females** compare?



In 2022, **males** experienced **more** of their total disease burden due to:



In 2022, **females** experienced more of their total disease burden due to:



## Leading causes of ill health and premature death, 2022, by age group

### Male

Suicide and self-inflicted injuries — 15–44  
Coronary heart disease — 45–64  
Coronary heart disease — 65–84  
Dementia — 85+

### Female

Anxiety disorders  
Back pain and problems  
Chronic obstructive pulmonary disease (COPD)  
Dementia

## How healthy are males and females?



**58% of males** and **55% of females** rated their health as **excellent or very good**, in 2020–21.



**49% of males** and **56% of females** had at least **1 of 10 selected chronic conditions**, in 2020–21.

**6.8% of males** and **11% of females** had **3 or more selected chronic conditions**, in 2020–21.



**Males** have a life expectancy of **81.3 years**.

Males born in 2022 are expected, on average, to spend **88%** of their lives in **full health**.



**Females** have a life expectancy of **85.4 years**.

Females born in 2022 are expected, on average, to spend **87%** of their lives in **full health**.



**Premature** deaths account for **40% of all deaths in males** and **27% of all deaths in females**.



In 2020, both **males** and **females** in **lower socioeconomic areas** had **twice the rate of potentially avoidable deaths** compared with those in higher socioeconomic areas.



In 2022, males experience more than half of total ill health and premature deaths from:

- injuries **(70%)**
- kidney and urinary diseases **(62%)**
- cardiovascular diseases **(60%)**
- Endocrine disorders (including diabetes) **(58%)**
- cancer **(56%)**



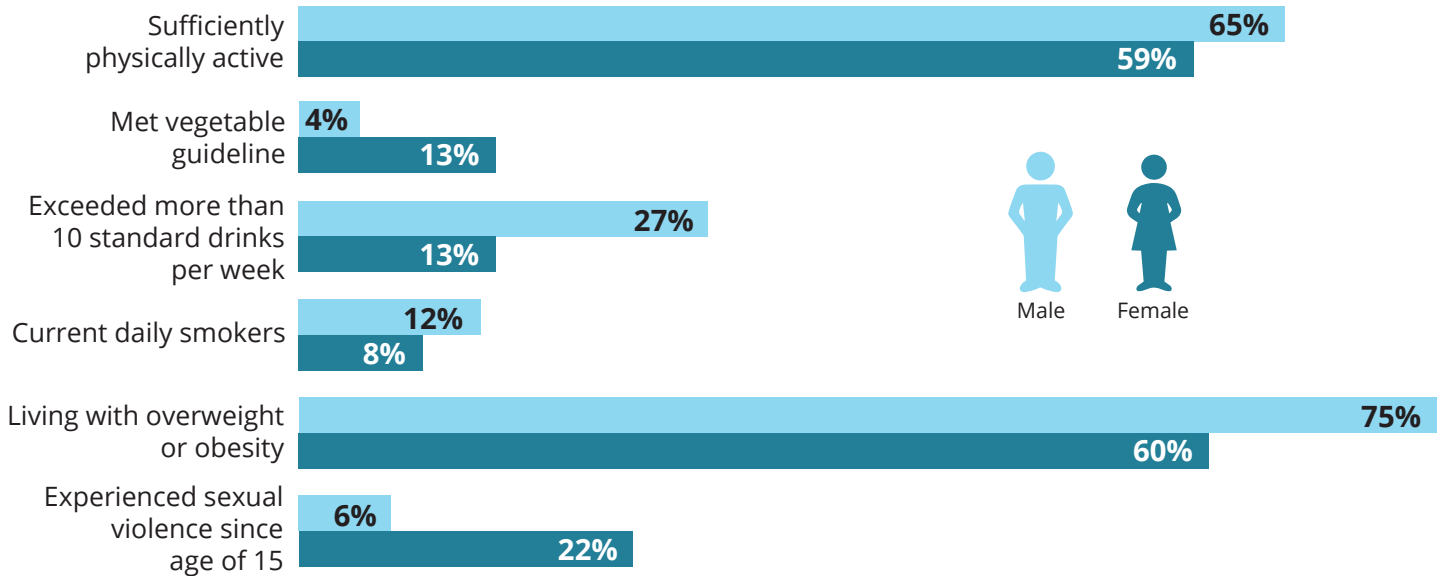
In 2022, females experience more than half of total ill health and premature deaths from:

- reproductive and maternal conditions **(94%)**
- blood and metabolic disorders (including iron deficiency anaemia) **(59%)**
- neurological conditions (including dementia) **(57%)**
- musculoskeletal conditions **(56%)**
- respiratory diseases **(52%)**

### Health behaviours and risk factors

**40%** of ill health and premature death in **males** and **35%** in **females** could have been potentially prevented by avoiding or reducing exposure to the 40 risk factors included in the Australian Burden of Disease Study.

#### Proportion of males and females with the following risk factors



### Health care use

In 2021-22, **79%** of males saw a GP and claimed **3.3 GP services** per person.



In 2021-22, **88%** of females saw a GP and claimed **4.1 GP services** per person.

In 2021-22, **12%** of males saw a health professional for their mental health.



In 2021-22, **21%** of females saw a health professional for their mental health.

This factsheet brings together data from the male and female health reports on a number of key risk factors and health outcomes that apply to both males and females. For more detailed information on each of these risk factors and outcomes, see the main reports: *The health of Australia's males* and *The health of Australia's females*.