

Health

Chronic conditions and health insecurity disproportionately impact women and gender diverse people with disabilities, yet national data overlooks this. Insights from the **2025 WWDA Economic Security Survey** show urgent action is needed, but national data systems are failing to capture the full picture.

Health insecurity means delaying or missing GP or specialist visits, or being unable to access prescription medication due to money shortages.¹

75%

of respondents reported living with one or more chronic health conditions.

75%

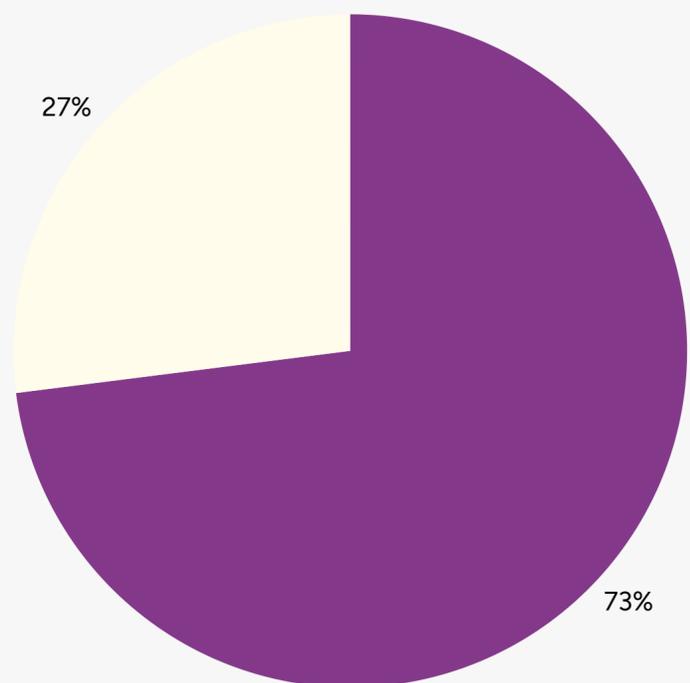
reported experiencing health insecurity in the past 6 months.

60%

said their physical health created a barrier to seeking or keeping work.

57%

said their mental health created a barrier to seeking or keeping work.



73%

were missing some form of support they needed because services were either fee-based, metro-centric or contingent on NDIS eligibility.²

(2024 Foundational Supports survey).

What national data shows:

- Women are more likely than men to live with multiple chronic health conditions.³
- Autoimmune diseases are a leading cause of death in women under 65, and they are four times more likely to develop in females than males.⁴
- Women lose more healthy years of life from living with disease and injury (58%) than from dying prematurely (42%).⁵
- Adults with chronic health conditions accounted for 56,000 declined NDIS access requests between 2013 and 2022, over half of all people deemed ineligible.⁶

What is missing from national data?

- **Disaggregated health data:** National health surveys rarely show results by both sex and disability, leaving women with disabilities invisible in reporting.
- **Exclusion patterns:** Data does not capture how women are disproportionately impacted by chronic health conditions and experience increased rates of exclusion from NDIS eligibility.
- **Access barriers:** Gaps remain in data on delays in diagnosis, discriminatory treatment, and the impact of financial costs on missed care.
- **Cost of care:** National affordability surveys do not show the cumulative impact of healthcare costs on people with disabilities.

1. Botha, F., Gamarra Rondinel, A. and Payne, A. (2023) Not able to save for a rainy day. *Melbourne Institute Research Insight*. Melbourne Institute, The University of Melbourne. p.3.

2. Women with Disabilities ACT, Women With Disabilities Australia and Women with Disabilities Victoria. (2024). Survey Report: Foundational Supports. *Women With Disabilities Australia*. p.21

3. Australian Institute of Health and Welfare (AIHW). (13 May 2021) 'Chronic Condition Multimorbidity'. *Australian Government*.

4. Haupt, S., Graham, B. and Huxley, R. (5 Sep 2024) 'Unravelling sex differences in autoimmune diseases'. *University of New South Wales*.

5. AIHW. (27 Jun 2023) 'The health of Australia's females'. *Australian Government*.

6. National Disability Insurance Agency (2023) Working together to deliver the NDIS - supporting analysis. *NDIS Review*. Australian Government. p.29.