



Australian Longitudinal Study  
on Women's Health

# Study News

December 2020

**Throughout 2020 ALSWH's research staff and the study's data users have continued to shine a light on women's health, and their health service needs.**

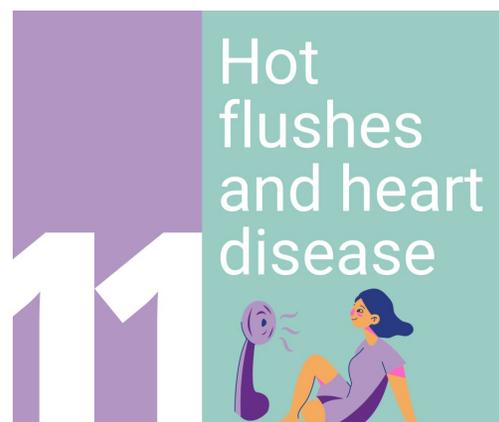
Our teams in Brisbane and Newcastle will be back in 2021. Until then, we wish you a peaceful and relaxing holiday period.

To the tune of *12 days of Christmas*, we present: 12 months at ALSWH.



Increased use of community aged care services delayed admission to permanent residential care amongst the 1921-26 cohort.

[Find out more >>](#)



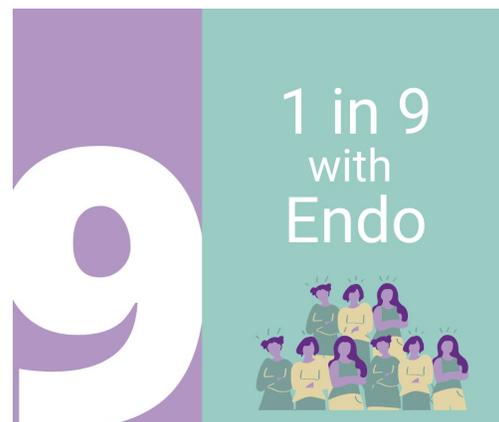
Women who have hot flushes and night sweats after menopause are 70 per cent more likely to have heart attacks, angina and strokes.

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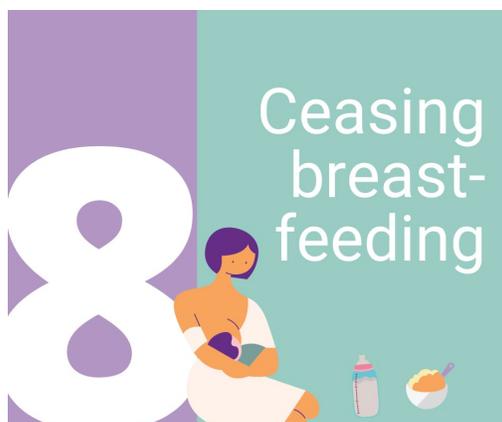
The more frequently women experience PMS, the more likely they are to also experience postnatal depression.

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ALSH survey data and linked administrative data were used to determine that by age 44, one in 9 (11%) of women from the 1973-78 cohort had either clinically confirmed or suspected Endometriosis.

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Research from the Mothers and their Children's Health (MatCH) substudy brings nuance to the breast vs. bottle debate and sheds light on mothers' reasons for ceasing exclusive breastfeeding before the recommended 6-months.

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ALSWH's 2020 Major Report examines the impact of multimorbidity on women's quality of life, and their use of health services. Comments from the women's surveys were give voice to women's experiences.

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ALSWH was honoured to give evidence at the House of Representatives Inquiry into Family, Domestic and Sexual Violence. Our submission and the Hansard transcript of the public hearing is now online.

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Eating a diet high in traditional fruit and vegetables before pregnancy is linked to a reduction in pre-term births.

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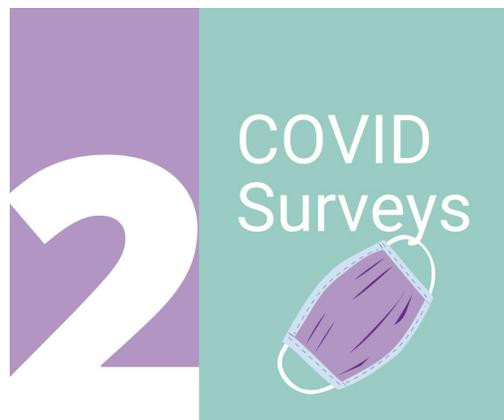
Consuming alcohol before heading to a licenced venue (pre-loading) adds to women's risk of harm from drinking and should be considered as a separate risk factor in guidelines.

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The Minister for Health, Greg Hunt, and the Minister for Women, Senator Marissa Payne, announce a further three years funding for ALSWH.

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Fortnightly COVID-19 surveys captured women's experiences of the pandemic. Each rapid survey assessed a different topic. These include stress, financial stress, homeschooling, domestic violence, housing, access to healthcare, drinking behaviours, work and more.

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Numbers have improved, but 1 in 5 pregnant Australian women still don't receive the recommended perinatal mental health screening.

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