

Study News

December 2023

Welcome to the ALSWH Study News — your roundup of research outcomes, news and events from the Australian Longitudinal Study on Women's Health.

Spread the word

We're recruiting participants for the first time in a decade

While the ALSWH Cohorts were representative of the general population of women at the time of their recruitment, changes in immigration to Australia have altered the population's cultural landscape. Many women have migrated to Australia from South, Southeast, and Northeast Asian countries since we started the Study in 1996. We are looking for women from these areas to join the ALSWH 1973-78 and 1989-95 Cohorts.

► [Visit the recruitment page](#) to read the participant information statement and find out if you or someone you know may be eligible.

► [Contact alswh@newcastle.edu.au](mailto:alswh@newcastle.edu.au) for recruitment materials to share with your friends and colleagues.



ALSWH funding extended

In the [2023-24 Women's Budget Statement](#), the Australian Government announced another four years of funding for the ALSWH to extend support for research and data collection activities supporting women and girls' health outcomes. We are incredibly grateful to the Department of Health and Aged Care for their continued funding and to the women who provided the survey data.

National Women's Health Advisory Council

ALSWH Directors Professor Gita Mishra (pictured right) and Professor Deb Loxton (pictured left) are honoured to be members of the new National Women's Health Advisory Council. The council brings together leaders and experts from women's health organisations, consumer groups and peak bodies. As part of this collaborative effort, they will provide the Australian Government with advice and recommendations on reducing inequalities and improving health outcomes for Australian women and girls.



► [Read more about the council](#)

Reports

Health and wellbeing of women in midlife: Findings from the Australian Longitudinal Study on Women's Health

ALSWH's report on health and wellbeing in midlife contrasts the experiences of the 1973-78 cohort as they enter mid-age with the women of the 1946-51 cohort, who have traversed mid-age and are now entering their 70s. The report also contrasts the 1946-51 cohort's experiences with those of the 1921-26 cohort.

The report's findings help identify intervention points at earlier stages of women's lives and can be used to inform preventative health policy and targeted intervention strategies. The report also identifies areas to monitor, such as declining mental health and rising rates of diabetes and other diseases, which may, in part, be linked to increasing rates of obesity.

► [Download the report](#)



Midlife then and now:
Comparing two cohorts of women in their forties

10 insights
from the ALSWH report on the health and wellbeing
of women in midlife

[Read now](#)

COVID-19 and its impact on health care use: Findings from the Australian Longitudinal Study on Women's Health

This report compares women's use of health services during the first two years of the coronavirus disease (COVID-19) pandemic with that of previous years to assess the impact of the pandemic. We also consider the differential impact of the pandemic on health service use for women in different subpopulations, with particular focus on women's health status (presence of chronic condition/s), area of residence, financial status, and domestic violence history. Furthermore, data from the ALSWH COVID-19 mini-surveys deployed in 2020 have been analysed to examine health service use at the onset of the pandemic, including analysis of qualitative data to give voice to the lived experience of

women during this period.

The findings aim to highlight the impact on women's health service use of both the COVID-19 pandemic and the strategies that were implemented to prevent the spread of the disease. Findings may also help inform government responses to future pandemics to minimise disruptions to women's access to health services.

► [Download the report](#)

Intergenerational research: Tracking the health and development of the 1973-78 cohort's children

With the addition of the Mothers and their Children's Health (MatCH) substudy in 2016, ALSWH added family data to its extensive portfolio. The MatCH substudy investigates the intergenerational determinants of child health and development by combining over 25 years of longitudinal data on mothers from ALSWH's 1973-78 cohort with data on up to three of their children aged under 13. To date, the MatCH substudy has shed light on preconception health and child development, adherence to screen time guidelines, play equipment, perinatal mental health, first foods, infant feeding, and more.



We are now pleased to make data from the MatCH substudy available free of charge to approved researchers. The initial MatCH data collection was funded by the National Health and Medical Research Council 2014 – 2019. The MatCH data sharing is made possible by The Australian Government Department of Health and Aged Care, which funds the ALSWH Data Access Program. ALSWH has also received funding from the Department for MatCH 2, a second-wave follow-up of the original families.

► [Read more about the MatCH substudy.](#)

In the Media

How 57,000 women are shaping health policy in Australia

INSPIRE Magazine

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Is my period normal?

INSPIRE Magazine

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Endometriosis increases likelihood of severe symptoms, new research finds

Women's Agenda

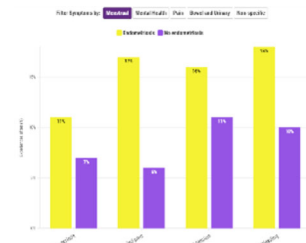
► [Read more](#)



Which of these 24 symptoms are associated with endometriosis, and how common are they?

ALSWH Interactive Infographic

► [Read more](#)



1 in 7 women in their late 40s suffer from endometriosis, new report finds

Women's Agenda

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Preventative health checks reaching women who need it most

Insight+ Medical Journal of Australia

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Young women can 'bank' exercise for better heart health

Health news

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