

Tuesday, 24 November 2020

Ear, Nose, Throat and Allergies, Colds & Flu down sharply in 2020 as COVID-19 changes living conditions

New data from Roy Morgan shows fewer Australians are experiencing Health Conditions such as Ear, Nose & Throat infections, Allergies/Colds & Flu, Digestive System illnesses, Bones, Joints & Muscles issues and Heart & Circulation conditions than a year ago.

The largest decline from a year ago is for Ear, Nose & Throat conditions experienced by 44.9% of Australians in the last year, down a large 14.4% points on a year ago.

The second largest decline has been for Allergies, Colds and Flu conditions reported by 62.8% of Australians, down 9.8% points on a year ago.

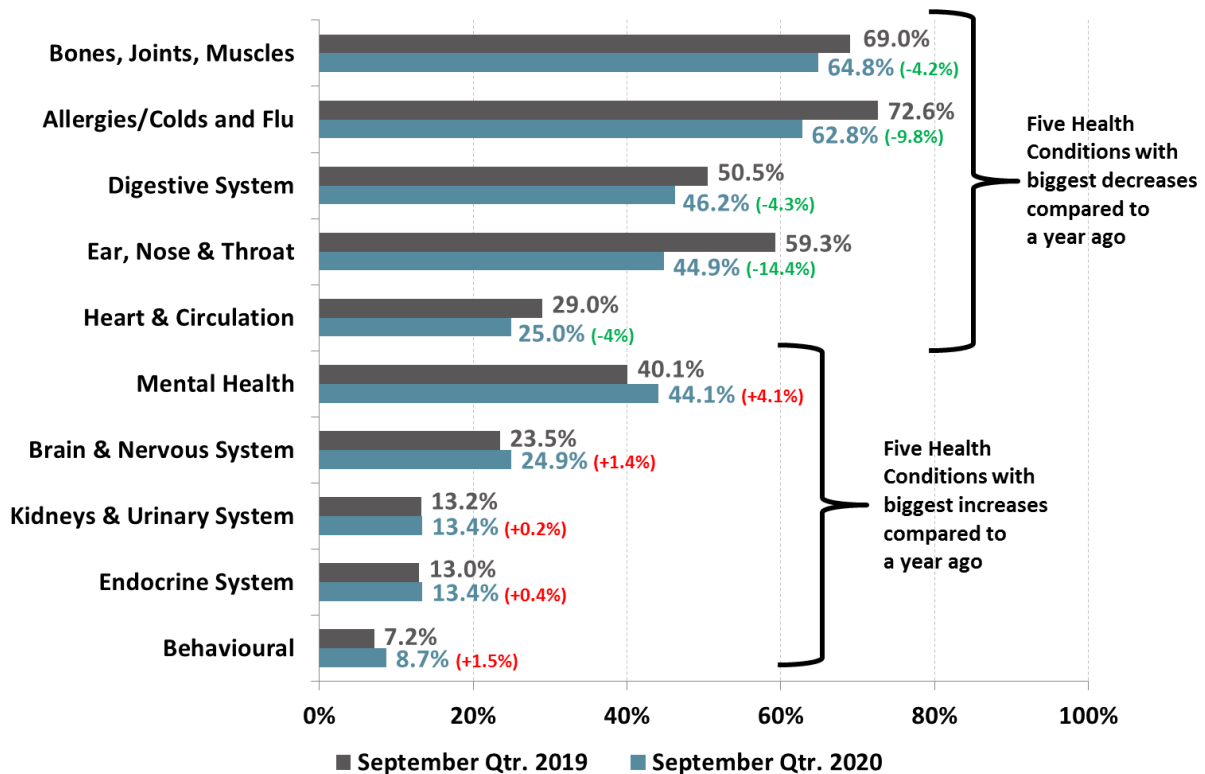
The most widespread health conditions reported by Australians are Bones, Joints & Muscles issues experienced by 64.8%, but this represents a drop of 4.2% points on a year ago.

Also reported by fewer people than a year ago are Digestive System illnesses by 4.3% points to 46.2% and Heart & Circulation conditions, down 4% points to 25.0%.

However, as reported previously, there are some Health Conditions that are higher than a year ago led by Mental Health conditions, up 4.1% points to 44.1% of Australians, Behavioural issues, up 1.5% points to 8.7% and Brain & Nervous System conditions, up 1.4% points to 24.9%.

These findings are derived from the latest Roy Morgan health research into illnesses and medical conditions spanning over a decade from detailed in-depth interviews with over 50,000 Australians each year as part of the Roy Morgan Single Source survey.

% of Australians experiencing selected Health Conditions* Sep. Qtr. 2020 cf. Sep. Qtr. 2019



Source: Roy Morgan Single Source Australia, July – Sep 2020, n=16,541 and July – Sep 2019, n=3,400.
Base: Australians 14+.*See below for a full list of illnesses and conditions contained within each broader category.

FOR IMMEDIATE RELEASE

Michele Levine, CEO Roy Morgan, says:

“The COVID-19 pandemic and the lockdowns enforced around Australia during 2020 have hugely impacted the way Australians conduct their daily lives and these effects are playing out in the illnesses and medical conditions Australians report experiencing this year.

“The closure of the international border, and many internal State borders, has not only stopped the spread of COVID-19 but also seasonal infections such as the Flu & Colds and other Ear, Nose & Throat infections – all of which are down significantly on a year ago.

“At the same time the societal lockdowns that forced some [4.3 million Australians to work from home](#) (most of whom are still working from home even in November) and also closed down many sporting and other activities have had a demonstrable impact.

“These measures restricting the movement and interaction of Australians have meant far fewer Australians than a year ago report suffering from Bones, Joints & Muscles issues such as Fractures (broken bones), Knee pain, Shoulder pain, Tendonitis and Tennis Elbow that are often exacerbated, or even caused, by strenuous physical activities.

“However, there are some exceptions to this trend with illnesses and conditions that have seen an increase in prevalence from a year ago led by [Mental Health issues such as Anxiety, Stress & Depression](#) and also Behavioural illnesses including Anorexia, Bulimia and Binge drinking & eating.

“The biggest increases in Mental Health issues have come in the States of Victoria and Tasmania while only in Western Australia has there been a drop from a year ago. Behavioural illnesses have increased in all mainland States with the largest increase in Victoria which remained in a 16 week lockdown until the last week of October.

“These results illustrate a clear correlation between lockdowns and isolation from friends and family and increases in Mental Health and Behavioural issues that must be carefully considered when deciding on the correct response to future outbreaks of COVID-19 before a vaccine becomes widely available sometime next year.”

Click here to purchase [Roy Morgan's Health and Wellbeing Profiles](#). These profiles provide a broad understanding of the target audience, in terms of demographics, attitudes, activities & media usage in Australia.

Visit the [Roy Morgan Online Store](#) to access an extensive range of profiles on illnesses & conditions including: [Allergies/Cold and Flu](#), [Behavioural](#), [Blood](#), [Bones, Joints and Muscles](#), [Brain & Nervous System](#), [Cancers](#), [Digestive System](#), [People who are Pregnant](#), [People who Snore](#), and more.

For comments or more information about Roy Morgan illnesses and medical conditions data, please contact:

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A breakdown of the Illnesses & Conditions covered above:

Allergies/Colds & Flu includes: Bee stings, Colds, Dust allergies, Flu, Food allergies, Hay Fever, Mould allergies, Pet allergies and Pollen allergies.

Behavioural issues include: Anorexia, Binge drinking, Binge eating and Bulimia.

Bones, Joints & Muscles issues include: Arthritis, Back pain, Carpal Tunnel Syndrome, Fractures (broken bones), Gout (joint inflammation), Knee pain, Leg cramps, Muscular aches and pains, Muscular Dystrophy, Muscular weakness, Osteoarthritis, Osteoporosis, Rheumatism, Rheumatoid Arthritis, Rickets, Scoliosis, Shoulder pain, Spinal disorders, Tendonitis and Tennis Elbow.



Brain & Nervous System conditions include: Alzheimer's Disease, Cerebral Palsy, Chronic Fatigue Syndrome, Epilepsy, Face pain, Fibromyalgia, Frequent headaches, Memory problems, Meningitis, Migraine headaches, Motor Neurone Disease (MND), MS (Multiple Sclerosis), Nerve Damage, Neuralgia, Neuritis, Neuropathy, Parkinson's Disease, Spinal Stenosis, Stroke, Mini Stroke (TIA) and Tingling sensations.

Digestive System illnesses include: Acid Reflux, Bowel problems, Cirrhosis, Coeliac Disease, Colic, Colitis, Constipation, Crohn's Disease, Diarrhoea, Digestive problems, Diverticulitis, Gall stones, Gas/Bloating, Heartburn, Haemorrhoids, Hernia, Indigestion, Intestinal Cystitis, Intestinal pain, Irritable Bowel Syndrome, Jaundice, Lactose Intolerance, Liver problems, Malabsorption Syndrome, Malnutrition, Nausea, Obesity and Ulcers.

Ear, Nose & Throat conditions include: Dizziness & Vertigo, Ear infections, Hearing loss, Motion sickness, Nasal congestion, Nasal dysfunction, Sinus problems, Sinusitis, Sore throat, Tinnitus, Oral Thrush and Tonsillitis.

Endocrine System issues include: Adrenal disorders, Cushing's disease, Diabetes Type 1, Diabetes Type 2 – treated with diet, Diabetes Type 2 – treated with tablets, Diabetes Type 2 – treated with insulin, Diabetes (unspecified), Hormone imbalance, Hypoglycaemia/Low blood sugar, Sjogren's disease and Thyroid problems.

Heart & Circulation conditions include: Angina, Arteriosclerosis, Stenosis – Cardiac, Cardiovascular Disease, Cholesterol problems, Circulatory problems, Deep Vein Thrombosis (DVT), Heart attack, Heart disease, High blood pressure, Irregular heartbeat, Low blood pressure, Oedema, Raynaud's Disease, Rheumatic Fever, Stroke, Varicose veins and Vasculitis.

Kidneys & Urinary System conditions include: Bladder problems, Colic (Renal), Incontinence, Kidney disorders/ Renal problems, Kidney stones, Prostate enlargement, Urinary tract infections and problems.

Mental Health issues include: Anxiety, Attention Deficit Disorder (ADD, ADHD), Autism, Bipolar, Depression, Mood Disorder (not Depression or Bipolar), Obsessive Compulsive Disorder (OCD), Panic attack, Schizophrenia and Stress.

About Roy Morgan

Roy Morgan is the largest independent Australian research company, with offices in each state of Australia, as well as in the United States and the United Kingdom. A full service research organisation specialising in omnibus and syndicated data, Roy Morgan has over 75 years' experience in collecting objective, independent information on consumers.

Margin of Error

The margin of error to be allowed for in any estimate depends mainly on the number of interviews on which it is based. Margin of error gives indications of the likely range within which estimates would be 95% likely to fall, expressed as the number of percentage points above or below the actual estimate. Allowance for design effects (such as stratification and weighting) should be made as appropriate.

Sample Size	Percentage Estimate			
	40%-60%	25% or 75%	10% or 90%	5% or 95%
5,000	±1.4	±1.2	±0.8	±0.6
10,000	±1.0	±0.9	±0.6	±0.4
20,000	±0.7	±0.6	±0.4	±0.3
50,000	±0.4	±0.4	±0.3	±0.2

