

# THE AUSTRALIAN VEGAN STUDY

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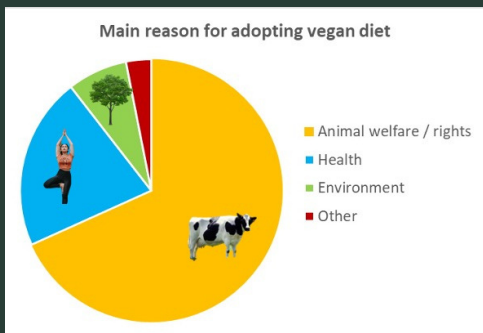
## CHARACTERISTICS OF VEGAN WOMEN AGED 18-44 YEARS\*

### Why this was investigated

No studies have previously been done on vegan women in Australia, until now. This part of the study describes the participants, comparing them to the general population.

### What was done

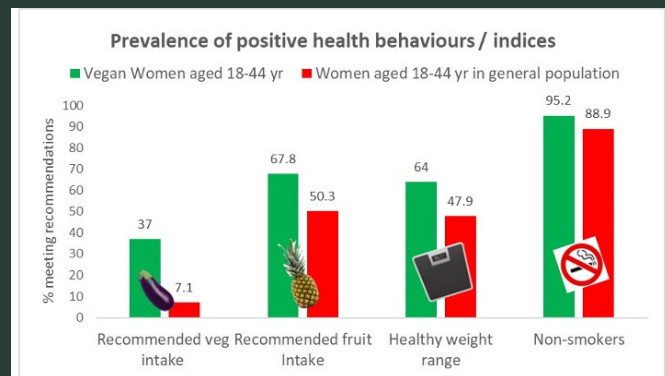
Data from 1,530 women aged 18-44 years on a vegan diet was collected via an online survey. This first paper reports their demographics and health characteristics.



**BACKGROUND** - participants were more likely to have been born in Australia and speak English than that of the general population

**EDUCATION** - they were also more likely to have completed Year 12 or a degree and twice as likely to have completed postgraduate studies

**ECONOMIC STATUS** - over half lived in areas of high socio-economic status



### CONCLUSION

- Vegan women are generally **better educated** and more likely to live in areas of higher socio-economic status
- Vegan women are more likely to be in the **healthy weight range** and to have **other positive health behaviours** than women of comparable age in the general population, BUT
- 30% of participants were **overweight or obese** (compared to 50% of general population), increasing their risk of negative health outcomes, AND
- Almost 2/3 of participants were **not meeting the recommended intake for vegetables**, AND
- Over 2/3 were **not using iodised salt**, jeopardising their iodine intake which could negatively impact thyroid function, AND
- 27% were **not supplementing vitamin B12** at all, risking serious health issues for themselves and infants (if pregnant or lactating).

\*Benham, A. J., Gallegos, D., Hanna, K. L., & Hannan-Jones, M. T. (2021). Intake of vitamin B12 and other characteristics of women of reproductive age on a vegan diet in Australia. *Public Health Nutrition*, 1–11.