

# Migraine across Australia

## An Electorate Snapshot

Migraine is a neurological condition, not just a headache. It drives disability, hospital care, emergency presentations and health-system spending across Australia.

It is an invisible disability, not a temporary condition, nor something that will go away. There is no cure for migraine, however, in most cases, it can be managed.

Women bear the greatest burden, but migraine affects families, workplaces and communities nationwide.

Those who live with migraine do not always get a lot of support and understanding as most people think of migraine as just being a headache.

Despite the prevalence of migraine, it continues to be misunderstood, dismissed and deprioritised - both in the health system and in public policy.

This must change. Without urgent action, Australians will continue to face delayed diagnosis, limited access to care and unnecessary disability. Raising awareness is not optional - it is essential.

Governments must recognise migraine as a serious neurological condition and commit to a coordinated national response, including a migraine action plan, improved frontline diagnosis and better support for those living with the condition.

Across every electorate in Australia- urban, regional and rural - migraine represents a large and largely invisible constituency. In many communities, tens of thousands of people are living with migraine, and the broader community must be better equipped to understand, support and advocate for them. The scale of this issue demands decisive and sustained action.

**4.9 million**

Australians Experience  
Migraine

**Only 1 in 20**

People with migraine are  
accurately diagnosed and treated

**25,700**

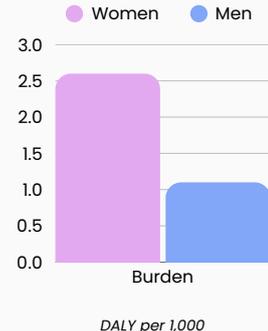
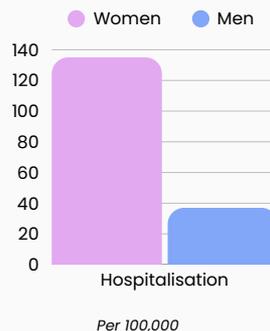
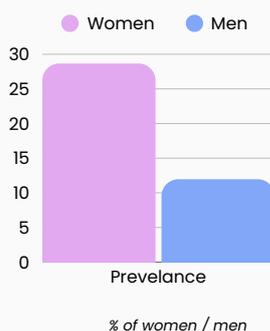
Hospitalisations had migraine and  
headache disorders as the principal  
diagnosis in 2023-24.

**\$592.6 million**

in migraine health-system  
costs was recorded in 2023-24.

## How the burden differs for women and men

Women account for 72% of migraine burden, but migraine also affects men across every electorate



# Key Facts

Migraine is the **second leading cause of disability worldwide**



Migraine affects about **one in four Australian households**



## Electorate Migraine Snapshot

Migraine represents a large and visible constituency in every Australian electorate, with women bearing most of the burden but men still accounting for thousands of affected individuals in each community. This pattern is consistent across the country, highlighting migraine as a nationally distributed health burden affecting tens of thousands of voters in every electorate. The following electorate snapshot illustrates the prevalence of migraine across a selection of seats, demonstrating its scale at a local level. Across both metropolitan and regional communities, migraine affects people across all ages, occupations and backgrounds.

Seat	Enrolled voters	Women with migraine	Men with migraine	Total adults with migraine
Hunter (NSW)	132,272	19,300	7,700	27,000
Werriwa (NSW)	117,827	17,200	6,900	24,100
Lalor (Vic)	114,533	16,400	6,800	23,200
Blair (Qld)	142,021	20,700	8,300	29,000
Braddon (Tas)	84,278	12,500	4,900	17,400
Kingston (SA)	127,943	18,800	7,400	26,200
Brand (WA)	112,519	16,400	6,600	23,000
Moncrieff (Qld)	109,300	15,900	6,300	22,200
Boothby (SA)	120,900	17,500	7,000	24,500
Pearce (WA)	131,200	19,100	7,600	26,700
Mallee (Vic)	111,600	16,200	6,500	22,700
Lingiari	92,600	13,400	5,300	18,700
Canberra (ACT)	145,300	21,100	8,400	29,500

Indicative estimates using Australian Electoral Commission enrolment data and Deloitte's sex-specific prevalence rates. These estimates are conservative because they exclude children, adolescents and adults who are not enrolled to vote.

# What is needed?

A national **migraine action plan** with measurable priorities and accountability.



**Better frontline diagnosis**, especially in general practice and emergency care.



**Public awareness** that migraine is a neurological condition and a major cause of disability.



Practical support to **reduce stigma** and help people stay engaged in family, study and work.



Migraine has been overlooked for too long. With leadership and commitment, that can change. The question is no longer whether action is needed, but whether we are willing to act now and deliver for the people living with it every day.

For more information contact



[headacheaustralia.org.au](http://headacheaustralia.org.au)



[brainfoundation.org.au](http://brainfoundation.org.au)



[migraine.org.au](http://migraine.org.au)

[painaustralia.org.au](http://painaustralia.org.au)

AIHW, *Migraine and headaches in Australia*.  
Deloitte Access Economics, *Migraine in Australia whitepaper, 2018*.  
Deloitte Access Economics, *The cost of pain in Australia*.  
Australian Electoral Commission, *Elector Count by Division, Age Groups and Gender*.

