



National Women's Health Week Fact Sheet

What is National Women's Health Week?

National Women's Health Week empowers women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH), encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life. During the week, families, communities, businesses, government, health organizations and other groups work together to educate women about steps they can take to improve their physical and mental health and prevent disease, like:

- Engaging in physical activity most days of the week
- Eating a nutritious diet
- Visiting a healthcare provider to receive regular check-ups and preventive screenings
- Avoiding risky behaviors, like smoking and not wearing a seatbelt

Why celebrate National Women's Health Week?

It is important to celebrate National Women's Health Week to remind women that taking care of themselves is essential to living longer, healthier and happier lives. Women are often the caregivers for their spouses, children and parents and forget to focus on their own health. But research shows that when women take care of themselves, the health of their family improves. During National Women's Health Week it is important to educate our wives, mothers, grandmothers, daughters, sisters, aunts and girlfriends about the steps they can take to improve their health and prevent disease. After all, when women take even the simplest steps to improve their health, the results can be significant and everyone will benefit.

When is National Women's Health Week?

The 9th annual National Women's Health Week will kick off on Mother's Day, May 11, 2008 and will be celebrated until May 17, 2008. National Women's Check-Up Day will be Monday, May 12, 2008.

Where is National Women's Health Week celebrated?

Across America—in communities, neighborhoods, towns, cities, counties, the Internet, hospitals and health centers, businesses, schools, places of worship, recreation centers, and wherever else people choose to celebrate women's health.

Who can participate in National Women's Health Week?

Anyone who wants to help make women's health a top priority can become a partner, including:

- Local and national health organizations
- Women's groups
- Local and national businesses
- Social service agencies
- Local, state, and federal governments
- Media organizations
- Libraries
- Schools

To become a National Women's Health Week partner, visit www.womenshealth.gov/whw/partner.

For more information about National Women's Health Week activities, visit the Web site at www.womenshealth.gov/whw or call (800) 994-9662 (TTY: (888) 220-5446).