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Oklahoma Women Encouraged to Make Their Health a Priority

The Oklahoma State Department of Health joins the U.S. Department of Health and Human Services Office on Women’s Health in taking steps to empower women to make healthy choices. National Women’s Health Week kicks off on Mother’s Day, May 10 and runs through May 16. Women are urged to focus on their wellbeing by taking actions that promote health.

Good health is important to women of all ages. In particular, women of childbearing age can help ensure a healthy pregnancy and baby by being in good health before and between pregnancies. Making healthy choices today can help prevent future health complications as women grow older. Some tips women can use to improve their physical and mental health are:

- Be active by getting at least 30 minutes of moderate physical activity five days a week
- Eat healthy by consuming more fruits and vegetables and reducing unhealthy fat and excess calories
- Take a multivitamin with folic acid daily
- Avoid using tobacco, drugs, and alcohol
- Take prescription medication only as prescribed by your health care provider
- Use birth control until ready to have a family
- Pay attention to mental health, including managing stress
- Get regular checkups and preventive screenings.

For more information about National Women’s Health Week, visit <http://www.womenshealth.gov/nwhw/>. To learn more about ways to improve the health of women who want to become pregnant or are pregnant, visit *The Preparing for a Lifetime, It’s Everyone’s Responsibility* initiative web site at <http://iio.health.ok.gov> or call 405-271-4480.

Partners in the “Preparing for a Lifetime, It’s Everyone’s Responsibility” initiative include: Community Health Centers, Inc./Central Oklahoma Healthy Start, Community Service Council of Greater Tulsa, Coalition of Oklahoma Breastfeeding Advocates, Family Expectations, Indian Health Services, Infant Crisis Services, Inc., March of Dimes, Oklahoma Child Death Review Board, Oklahoma City Area Inter-Tribal Health Board, Oklahoma City-County Health Department, Oklahoma City Indian Clinic, Oklahoma Department of Human Services, Oklahoma Department of Mental Health and Substance Abuse Services, Oklahoma Family Network, Oklahoma Health Care Authority, Oklahoma Hospital Association, Oklahoma State Department of Health, Oklahoma Tobacco Settlement Endowment Trust, Safe Kids Oklahoma, Smart Start Oklahoma, The Parent Child Center of Tulsa, The State Chamber, Tulsa Health Department/Tulsa Healthy Start, Turning Point Coalitions, University of Oklahoma Medical Center, University of Oklahoma Health Sciences Center/Department of OB/GYN and Pediatrics.

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