The findings and conclusions in this presentation are those of the author and do not necessarily represent the views of the U.S. Department of Health and Human Services’ Office on Women’s Health.
Office on Women’s Health

History

- Established in 1991 (42 U.S.C. 202 et seq)
- Continuous focus on women’s health as a specialized issue for government attention and action
- Public Law 111-148 section 3509 of the 111th Congress provides for legislative authority
Office on Women’s Health

Vision
- All women and girls achieve the best possible health

Mission
- The Office on Women’s Health provides national leadership and coordination to improve the health of women and girls through policy, education, and innovative programs

Goals
- Inform and influence policies
- Educate the public
- Educate professionals
- Develop and expand innovative approaches
Office on Women’s Health

U.S. Department of Health & Human Services

Office of the Secretary

Office of the Assistant Secretary for Health

Office on Women’s Health

Office of the Director

Immediate Office of the Director (IOD)

Division of Strategic Communications (DSC)

Division of Policy and Performance Management (DPPM)

Division of Program Innovation (DPI)
Office on Women’s Health
Current Priorities

- Violence Against Women
- Health across the lifespan
- Reducing Health Disparities
- Access to health care and preventive services
- Health information for women & girls
OWH connects women and girls to information

- Websites and social media provide reliable, accurate health information (expert blogs, fact sheets) on any device
- 14 million visitors each year to womenshealth.gov
- 2.8 million visitors each year to girlshealth.gov
- Twitter, Facebook, Pinterest, YouTube
- @womenshealth is the 2nd most popular HHS twitter channels
- OWH Helpline answers over 300 calls each month
Annual Observances

- National Women and Girls HIV/AIDS Awareness Day
  - March 10th each year

- National Women’s Health Week
  - May 14-20, 2017, Mother’s Day week
Screening Tests and Vaccines

Screening tests for women

- Where do these guidelines come from?
- Screening tests
- More information on screening tests for women

Check the guidelines listed here to find out about important screening tests for women. These guidelines are recommended by the U.S. Preventive Services Task Force. Keep in mind that these are guidelines only. Your doctor or nurse will personalize the timing of the screening tests you need based on many factors. Ask your doctor or nurse if you don’t understand why a certain test is recommended for you. Check with your insurance plan to find out which tests are covered. Insurance companies are required to cover many preventive services for women at no cost to you because of the Affordable Care Act.

Where do these guidelines come from?
The screening guidelines listed here are recommended by the U.S. Preventive Services Task Force (USPSTF). The USPSTF is a group of non-Federal experts in prevention (stopping disease before it starts). USPSTF recommendations are evidence-based. This means that science supports USPSTF screening guidelines. The USPSTF is made up of primary care providers (such as internists, pediatricians, family physicians, gynecologists/obstetricians, nurses, and health behavior specialists).

Get regular checkups
Your doctor or nurse can help you stay healthy. Ask your doctor or nurse how often you need to be seen for a routine checkup. Use this time to bring up any health concerns or questions you have. Make sure to ask about:
# Screening Tests for Women

Check the guidelines listed here to find out about important screening tests for women. These guidelines are recommended by the U.S. Preventive Services Task Force. Keep in mind that these are guidelines only. Your doctor or nurse will personalize the timing of the screening tests you need based on many factors. Ask your doctor or nurse if you don’t understand why a certain test is recommended for you. Check with your insurance plan to find out which tests are covered. Insurance companies are required to cover many preventive services for women at no cost to you because of the Affordable Care Act.

<table>
<thead>
<tr>
<th>Screening tests</th>
<th>Ages 18–39</th>
<th>Ages 40–49</th>
<th>Ages 50–64</th>
<th>Ages 65 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure test</td>
<td>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 130/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</td>
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</tr>
<tr>
<td>Bone mineral density test (osteooporosis screening)</td>
<td>Discuss with your doctor or nurse if you are at risk of osteoporosis.</td>
<td>Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast cancer screening (mammogram)</td>
<td>Get a Pap test every 3 years if you are 21 or older and have a cervix. If you are 30 or older, you can get a Pap test and HPV test together every 5 years.</td>
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</tr>
</tbody>
</table>

www.womenshealth.gov | 800-994-9662
Leading Causes of Death (and Morbidity) for Hispanic Women in the United States

- Cancer: 22.6% (77.1% Over weight and obesity)
- Heart Disease: 20.0%
- Stroke: 5.8% (31% hypertension and 21% high cholesterol)
- Diabetes: 5.0% (18% of the population)
- Unintentional Injuries: 4.4%
National Women’s Health Week 2017

✓ **When:** May 14–20, 2017
✓ **Goal:** We want all women to make their health a priority. We also want women to learn what steps they can take to live healthier lives.

✓ [https://t.co/hHIzuWWKVC](https://t.co/hHIzuWWKVC)
Key Messages for #NWHW

✓ Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
✓ Get active.
✓ Eat healthy.
✓ Pay attention to mental health, including getting enough sleep and managing stress.
✓ Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.
National Women's Health Week

About National Women's Health Week
Steps for better health by age
Quiz: What's your health style?
Ambassadors
Partner and supporters
Social media and promotional tools

What's your health style?
Take the National Women's Health Week Quiz!

Subscribe
To receive NWHW email updates

Enter email  Submit

Your health at every age
What steps can you take for better health?

Select your age group: 20s  30s  40s  50s  60s  70s  80s  90s

It's never too early or late to work toward being your healthiest you! This National Women's Health Week, we want to help you take control of your health.

Take the first step! Join the National Women's Health Week celebration and learn what you can do to lead a healthier life at any age.
Call to Action for #NWHHW

Steps for better health by age

Whether you’re in your 20s or your 90s, we’ve got you covered. Choose your decade below to find out what steps you can take for good health.

Select your age group

You’re in your 50s! What can you do to live a healthier life?

Be healthier with one, or all, of the steps below! Get the conversation started at your next well-woman visit with this list.

A well-woman visit is a yearly preventive checkup with your doctor. It’s a time to check in on how you’re doing, how you’d like to be doing, and what changes you can make to reach your health goals.

In addition to talking with your doctor or nurse about your health, you may also need certain vaccines (shots) and medical tests. You do not need every test every year!

You’re in your 30s! What can you do to live a healthier life?

Be healthier with one, or all, of the steps below! Get the conversation started at your next well-woman visit with this list.

A well-woman visit is a yearly preventive checkup with your doctor. It’s a time to check in on how you’re doing, how you’d like to be doing, and what changes you can make to reach your health goals.

In addition to talking with your doctor or nurse about your health, you may also need certain vaccines (shots) and medical tests. You do not need every test every year!
Heart Attack Intervention

- Heart disease is the number one killer of women. Every 90 seconds, a woman in the United States has a heart attack.

- Women having a heart attack wait longer before seeking help than men do.

- The good news is that if you seek help quickly, treatment can save your life and prevent permanent damage to your heart muscle.
Heart Attack Intervention

- For both women and men, the most common heart attack symptom is **pain or discomfort in the center of the chest**.
  - The pain or discomfort can be mild or strong. It can last more than a few minutes, or it can go away and come back.
- However, women had distinctly different symptoms of heart attacks, that must not be ignored.
Heart Attack Intervention
Resources for Staying Healthy

- OWH HELPLINE: 800-994-9662
- https://findahealthcenter.hrsa.gov/index.html
- minorityhealth.hhs.gov/
  - https://www.minorityhealth.hhs.gov/espanol/
- CDC.gov
  - https://www.cdc.gov/healthyweight/index.html
OWH: How to connect with us

facebook.com/HHSOWH

twitter.com/womenshealth
twitter.com/SaludDLaMujer
twitter.com/girlshealth

youtube.com/WomensHealthGov
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