

# The Office on Women's Health

*Improving the Health of Women and Girls*



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 111<sup>th</sup> 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

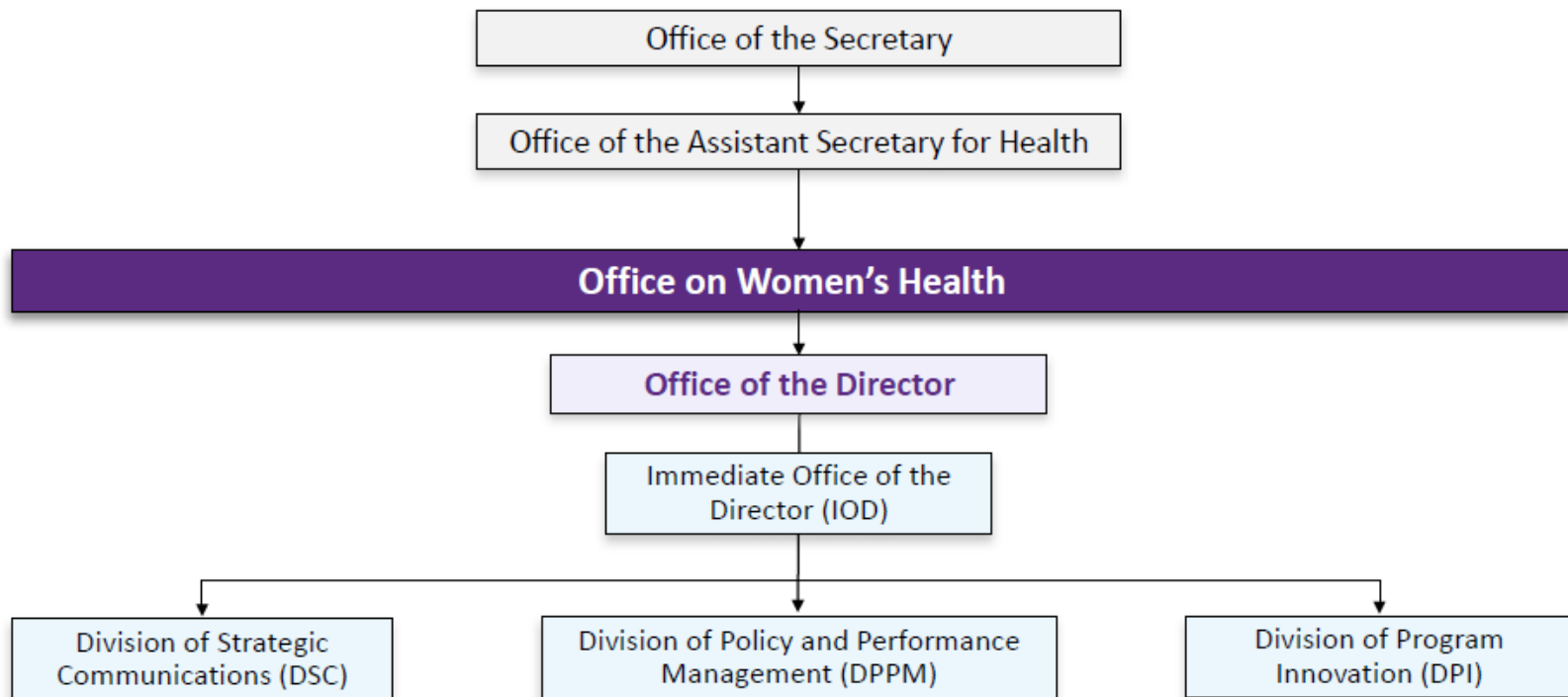
- ▶ Inform and influence policies
- ▶ Educate the public
- ▶ Educate professionals
- ▶ Develop and expand innovative approaches





# Office on Women's Health

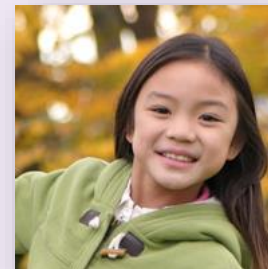
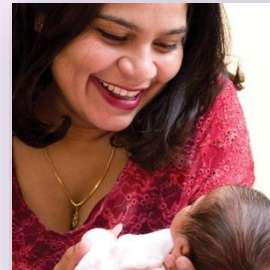
## U.S. Department of Health & Human Services



# Office 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 2<sup>nd</sup> most popular HHS twitter channels
- ▶ OWH Helpline answers over 300 calls each month



## Annual Observances

- ▶ **National Women and Girls HIV/AIDS Awareness Day**
- ▶ March 10<sup>th</sup> each year
  
- ▶ **National Women's Health Week**
- ▶ May 14-20, 2017, Mother's Day week





## Screening Tests and Vaccines

### ▶ Screening Tests and Vaccines

#### ▶ Screening tests for men

#### ▶ Vaccines



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## Screening Tests and Vaccines

[This information in Spanish \(en español\)](#)

### 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:

#### Print a chart of this information

- Screening tests for women (PDF, 117 KB)

#### Related information

- How to talk to your doctor or nurse (PDF, 193 KB)
- My family health portrait
- Understanding genetics and your health (PDF, 230 KB)
- Understanding risk factors (PDF, 263 KB)



## 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](#).

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
<b>Blood pressure test</b>	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 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	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 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	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 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	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 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.
<b>Bone mineral density test</b> (osteoporosis screening)			Discuss with your doctor or nurse if you are at <u>risk of osteoporosis</u> .	Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
<b>Breast cancer screening</b> (mammogram)		Discuss with your doctor or nurse.	Starting at age 50, get screened every 2 years.	Get screened every 2 years through age 74. Age 75 and older, ask your doctor or nurse if you need to be screened.
<b>Cervical cancer screening</b> (Pap test)	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.	Get a Pap test and HPV test together every 5 years if you have a cervix.	Get a Pap test and HPV test together every 5 years if you have a cervix.	Ask your doctor or nurse if you need to get a Pap test.

[www.womenshealth.gov](http://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>





## 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.





Office on Women's Health, U.S. Department of Health and Human Services



OFFICE ON WOMEN'S HEALTH

En Español

Call the OWH HELPLINE: **800-994-9662**  
9 a.m. – 6 p.m. ET, Monday – Friday



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## National Women's Health Week

- About National Women's Health Week
- Steps for better health by age
- Quiz: What's your health style?
- Ambassadors
- Partners 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



NATIONAL WOMEN'S HEALTH WEEK

**May 14 – 20, 2017**

## 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 #NWHW

## 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



Select  
your age  
group

20s

30s

40s

50s

60s

70s

80s

90s

### 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!*



Select  
your age  
group

20s

30s

40s

50s

60s

70s

80s

90s

### 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/](http://minorityhealth.hhs.gov/)
  - <https://www.minorityhealth.hhs.gov/espanol/>
- ▶ CDC.gov
  - <https://www.cdc.gov/healthyweight/index.html>



## OWH: How to connect with us



**W**omenshealth.gov  
**girlshealth.gov**



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OWH Helpline: 1-800-994-9662 | [womenshealth@hhs.gov](mailto:womenshealth@hhs.gov)

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