

Event Kit

GENERAL EDITION

www.womenshealth.gov • www.girlshealth.gov

Order free materials for your event such as:

- Brochures
- A Lifetime of Good Health
- Breastfeeding guides
- Teen Survival Guides

Call us at 800-994-9662.

Also print out our fact sheets (<http://www.womenshealth.gov/pub/faq.cfm>).

Thank you for collaborating with [womenshealth.gov](http://www.womenshealth.gov)! We hope this will be a long-standing relationship, which will benefit many, many women. Our combined efforts can bring health care and health education to women throughout the country.

What is [womenshealth.gov](http://www.womenshealth.gov)?

We are a reliable information resource on women's health. We offer FREE, up-to-date, women's health information on more than 800 topics through our Web site and information referral center.

What's the difference between [womenshealth.gov](http://www.womenshealth.gov) and other women's health information services?

Because we are sponsored by the federal government, as a service of the Office on Women's Health within the U.S. Department of Health and Human Services, we don't represent any commercial interests or try to sell anything. We are here simply to provide unbiased and trustworthy information on a wide range of women's health issues.

What kinds of resources do we offer?

- Mom-to-Be Tools
- Quit Smoking Tools
- Heart Health Tools
- Food and Diet Tools
- Immunization and Screening Charts
- Information on Symptoms and Tests
- Tips on Working With Your Doctor or Nurse
- National Breastfeeding Helpline



Contact Us:

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

[girlshealth.gov](http://www.girlshealth.gov)

800-994-9662 • 888-220-5446 (TDD)

Monday through Friday (9:00 a.m. to 6:00 p.m., Eastern Time)

What kinds of information do we offer?

- Health information on special topics like pregnancy, breastfeeding, body image, HIV/AIDS, girls' health, heart health, menopause, mental health, quitting smoking, violence against women, and much more
- Health information and resources for special populations: minority women, women with disabilities, girls, men, and Spanish speakers
- Thousands of health publications
- Up-to-date statistics on women's health
- Daily news on women's health
- A calendar of women's health events
- A monthly newsletter and more!

Did you know...

- Heart disease is the number one killer of women?
- Human milk straight from the breast is always sterile?
- Women suffer twice as often as men from most forms of depression and anxiety, and 9 times as often from eating disorders?
- Worldwide, women make up more than half of all people living with HIV?
- 28 million women in the U.S. are living with disabilities?
- About 75 percent of caregivers are women and 2/3 of caregivers in the U.S. have full- or part-time jobs?



What do our users want to know?

Our most requested topics include information on:

- Pregnancy
- Breast Cancer and Mammography
- Eating Disorders
- Heart Disease
- Nutrition and Physical Fitness
- Cancers in Women
- Menopause and Menopausal Hormone Therapy
- Osteoporosis
- Birth Control/Reproductive Health Issues
- Sexually Transmitted Infections



What is the National Breastfeeding Helpline?

This is a toll-free number women can call to speak to our trained breastfeeding peer counselors. Our counselors can give encouragement and support and help with basic questions and concerns. If someone is having a hard time with breastfeeding, tell them not to give up!

Call us at 1-800-994-9662.

What can you do to help?

You can help us improve the health and well-being of women and girls by passing along our information to as many people as possible. Together, we can make a difference! ♦



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

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Talking Points

These talking points are meant to help you promote women's health at your event. You can use them in a variety of ways such as a speech, workshop, round table, or in printed materials. Our General Edition consists of 4 main messages, each with a number of supporting points. We wish you success during your event!

Healthy Eating & Physical Activity

Main Message

Making healthy and balanced food choices gives you energy and may lower your risk for some diseases. Engaging in regular physical activity promotes health, psychological well-being, and a healthy body weight.

- Healthy eating — along with physical activity — helps you to maintain a healthy weight. It also can help you lose weight if you are overweight. Taking time to shop for and cook healthy meals might be last on your to-do list. But, planning ahead and learning a few food prep and shopping “short-cuts” will help you to fit healthy eating into your lifestyle. Don't be surprised if you have some fun in the process!
- An active lifestyle is good for all women and goes hand-in-hand with healthy eating. Regular physical activity may offer you these benefits and more:
 - Lowers risk of dying from heart disease or stroke
 - Helps prevent heart disease, stroke, high blood pressure, type 2 diabetes, osteoporosis, as well as breast and colon cancer
 - Helps to reduce high blood pressure
 - Maintains bone and muscle strength and joint health
 - Boosts mood and may improve mild to moderate symptoms of anxiety and depression
 - Helps control weight gain
 - Boosts energy level
 - Reduces stress
 - Improves sleep
 - Boosts self-esteem
- How much physical activity should I do? Health benefits are gained by doing the following each week:
 - 2 hours and 30 minutes of moderate-intensity aerobic physical activity
 - or**
 - 1 hour and 15 minutes of vigorous-intensity aerobic physical activity
 - or**
 - A combination of moderate and vigorous-intensity aerobic physical activity
 - and**
 - Muscle-strengthening activities on 2 or more daysYou can gain even more benefits by boosting activity to 5 hours of moderate-intensity or 2 hours and 30 minutes of vigorous-intensity aerobic physical activity each week.

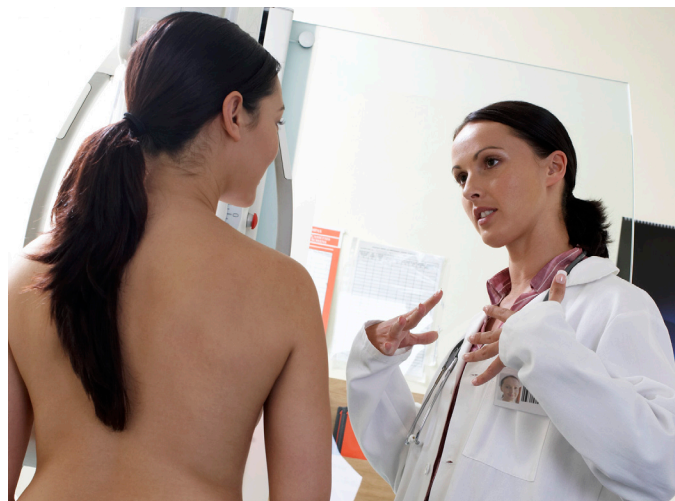


Routine Health Check Ups & Screenings

Main Message

Seeing your doctor for routine health exams and screenings is important to good health.

- All women should see their doctors for routine health exams and screenings. Your doctor can tell you about your risk factors — the things in your life that increase your chances of getting certain diseases. Many risk factors can be controlled with a healthy lifestyle. Your doctor also can tell you about the screening tests women need to stay healthy.
- Long-term stress — as well as day-to-day stress that builds up — can increase your risk for some health problems, like depression and high blood pressure. Stress can also make health problems you already have worse. Talking to friends and loved ones and learning skills to ease stress can keep it in check.



Healthy Lifestyle

Main Message

Women are living longer today than ever before. By adopting a healthy lifestyle now, you can help maintain your health and independence throughout your golden years.

- Most women today will live 25 to 30 years — one-third of their lives — after menopause. Learning what to expect can make the change of life easier. You also will know what steps you can take now to safeguard your health in your later years.
- About 1 in 5 women in America smokes. And, women are starting to smoke at younger and younger ages. There is no good reason to start smoking. But there are many reasons to quit. After one year of quitting, your risk of heart disease is half that of a smokers. After 15 years of quitting, your risk is the same as someone who never smoked.
- A woman who is 65 today can expect to live about 19 more years — to age 84. Older women are enjoying many outlets — from hobbies, to volunteer work, to travel and spending time with family. How you care for your body and mind counts at every stage of life, and is the key to a lifetime of good health.
- Wearing a seatbelt, practicing safe sex, applying sunscreen, installing a fire alarm in your home, and washing hands are just some steps women of all ages can take to protect their health now and in years to come. These steps are simple, but they are worthwhile! Consider that about half of home fire deaths occur in homes without smoke alarms. Or, that handwashing is the single best way to prevent the spread of infection.
- Millions of women in the United States experience violence. Experiencing violence can greatly impact how you feel about yourself, relationships, and the world around you. The impact on physical and mental health can last for years — even a lifetime. But there are people and places women can turn to for help. Learning how to spot unhealthy relationships also can prevent partner abuse.

Mental Health

Main Message

Learning healthy ways to cope with daily demands and stress will support life-balance and your emotional well-being. Juggling multiple roles can lead to strain and stress. A woman's mental health is more at risk for problems at certain stages of life, such as after having a baby or in the years leading up to menopause.

- Most people with depression get better with treatment. Depression is a serious illness that can cause both emotional and physical pain. It's not your fault if you are depressed, and you can get better with help.
- High self-esteem is crucial to a woman's happiness and well-being. Don't judge yourself by other people's standards. Accept the qualities that make you unique and build on your strengths.



How We Can Help:

- The Office on Women's Health was created to give women free, reliable health information and to encourage researchers to consider women's special health needs. We do this through our Web site (www.womenshealth.gov), toll-free information referral center (800-994-9662), and printed publications.
- The womenshealth.gov information referral center is staffed by information and referral specialists who speak both English and Spanish. They are trained to help women find information about their health concerns.
- We are also the National Breastfeeding Helpline (800-994-9662), a toll-free number people can call for encouragement, support, and answers to breastfeeding-related questions or concerns.
- People in the United States and its territories can order free womenshealth.gov publications.

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