

National Women's Health Week

May 13 – 19, 2012

Women: This Is Your Time!

☒ Women are traditionally the primary caregivers and nurturers, those frequently in charge of their family's health and wellness. But do women devote enough time to their own health and well-being? The Delaware Office of Women's Health joins the national Office on Women's Health in celebrating "Women's Health Week." The weeklong observance beginning with Mother's Day each year raises awareness about the manageable steps women can take to maintain or achieve personal good health. This year's theme is "This is your time." Your time to take care of yourself, your health, and your life.

"Mothers are instinctively focused on ensuring the health, safety and well-being of their loved ones, but their own personal health and wellness is just as important. It's fitting, then, that Mother's Day coincides with the beginning of National Women's Health Week," said Delaware Governor Jack Markell.

"As a state and as a society, we must create a culture of wellness, and that includes supporting women and girls in taking responsibility for healthy choices throughout their lives," DHSS Secretary Rita Landgraf said. "While many things are beyond our control, maintaining a healthy weight, being active and not smoking are all health behaviors that women and girls can start today."

To encourage women to make good health choices a priority, Delaware's Office of Women's Health (OWH) has created a quarterly newsletter filled with health-related links and information for women and girls. The first issue will be

launched on May 13 in observance of Women's Health Week and features articles on teen health, the symptoms of heart disease, menopause, and more. Each newsletter will feature a message from a Delaware woman; the first issue includes a heartfelt message from the Secretary Rita M. Landgraf.

"OWH's goal is to reach all women and girls in Delaware to increase their awareness and connect them to information and services that can help them lead healthier lives," said Delaware OWH Director Karen McGloughlin. "This newsletter will offer a variety of topics and resources to encourage women and girls to consider learning more about their health."

DPH Director Dr. Karyl Rattay added, "Now is the time to act because sometimes you don't get that second chance to take better care of yourself. And yet it can be one of the most challenging things to do. Good health promotes so many positive things in a person's life. Any efforts to improve health makes the statement that you care about yourself and sends a positive message to loved ones around you."

The Delaware OWH was created in 2001 by State Senator Margaret Rose Henry. Said Senator Henry, "I sponsored the legislation to create this office many years ago to have a focused and specialized voice for women's health in Delaware. This week and every week, women deserve to take time for themselves and to concentrate on their own health."

The national OWH offers a variety of resources on their website to encourage:

- Scheduling the recommended health screenings at each age, a critical step in preventive health care. To learn more about life-saving screenings, visit [Preventive screenings](#) .
- Starting a daily exercise routine that best suits women and their environment. Regardless of where a person lives or how busy they are, exercise should be a

priority. Simply put, movement encourages health, improves mood, and inoculates against chronic disease. For more information on getting active, visit [Get active](#).

- Creating healthier meal recipes that women and their families can both benefit from and enjoy. For information on eating better, reading food labels, nutrient facts, and more, visit [Eat healthy](#).

The examples listed above may not seem difficult but in today's busy environment it's hard to find the time. "This is your time" reminds women they have the right to make healthier changes for themselves and their families.

To sign up for the Delaware OWH newsletter or with questions, e-mail owh@delaware.gov.

The national OWH has many helpful articles, statistics, and links pertaining to women's health and wellness. It is a must-visit for girls and women of all ages at <http://www.womenshealth.gov/whw/>.