



Women's Health Week (WHW):

May 8 - May 14, 2011, marks Ohio's third WHW celebration. In 2008, WHW replaced Women's Health Month which Ohio recognized for the past 23 years. This change allowed Ohio to join in national efforts to encourage good health in women.

National WHW empowers women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health, encourages women to make their health a top priority and take simple steps for longer, healthier and happier lives. During the week, families, communities, businesses, government, health organizations and other groups work together to educate women about steps they can take to improve their physical and mental health and prevent disease, such as:

- Engaging in physical activity most days of the week
- Eating a nutritious diet
- Visiting a health care provider to receive regular checkups and preventive screenings
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt

In order to conduct programs during this week, the Ohio Department of Health partners with Area Health Education Centers (AHECs) based at medical colleges in Ohio as a means to implement the WHW activities in their respective regions. Through contracts with the AHECs, community organizations and agencies throughout the state are funded at amounts ranging from \$500 to \$1,500 to plan and conduct conferences, workshops and health fairs focused on women's health issues.



For more information on Women's Health Week, please visit:

<http://www.womenshealth.gov/whw/>.