Region V Informational Guide to 2014 NWHW
www.womenshealth.gov/nwhw

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WEBINAR SERIES
View and learn...share with friends, family, and coworkers
HHS Region V will host a series of webinars throughout NWHW to address different topics on what it means to be a well-woman. Join us for the following sessions!

All presentations will take place at 2:00pm Central Time

**Your Annual Well-Woman Visit – Free Preventive Screenings, Thanks to the Affordable Care Act**
**Monday, May 12 • National Women’s Check-up Day!**
2:00pm-2:30pm
Presented by HHS Region V Director Kathleen Falk
NWHW Meet-up Link: www.meetup.com/NWHW2014/Chicago-IL/1146462/
**REGISTER HERE!**
For more information on National Women’s Check-up Day visit www.womenshealth.gov/nwhw

**Why is Healthful Living so Difficult to Achieve? And how to make it easier...**
**Tuesday, May 13**
2:00pm-2:45pm
Presented by HHS Region V Regional Women’s Health Coordinator Michelle D. Hoersch
NWHW Meet-up Link: www.meetup.com/NWHW2014/Chicago-IL/1146472/
**REGISTER HERE!**

**Don’t just sit there! Do something! – Sedentarism and your health**
**Thursday, May 15**
2:00pm-2:30pm
Presented by HHS Region V Regional Health Administrator Dr. Jim Lando
NWHW Meet-up Link: http://www.meetup.com/NWHW2014/Chicago-IL/1146452/
**REGISTER HERE!**
SOCIAL MEDIA

Share it...through social media

Use these prewritten social media messages and resources to share through Facebook, Twitter, Pinterest, and other social media channels. Spread the word! Don't just share it! Email it and post it, too.

Sample Facebook posts

- Today kicks off National Women's Health Week! Each day, the Office on Women's Health – U.S. Department of Health and Human Services, will share a different tip for improving your health, so stay tuned! Learn more by visiting: www.womenshealth.gov/nwhw.

- Small steps can make a big difference in your health! During National Women's Health Week, learn about the five steps the Office on Women's Health – U.S. Department of Health and Human Services recommends for a healthier you. Visit this website to learn more: www.womenshealth.gov/nwhw/learn

- Join women across the country by pledging to take steps for better health during National Women's Health Week! www.womenshealth.gov/nwhw/learn/pledge

Sample Twitter posts

Make sure you include the #NWHW hashtag in all your tweets!

- Join the Nat'l Women's Health Week celebration May 11–17! @womenshealth encourages you to find a Meetup: http://go.usa.gov/Kt8m #NWHW

- It's Nat'l Women's Health Week! Each day, @womenshealth will share a different tip for improving your health, so stay tuned! #NWHW

- Nat'l Women's Health Week is your time! Celebrate by focusing on your health! http://go.usa.gov/Kt8J #NWHW

- What pledges will you take during #NWHW? Take control of your health & sign up here: http://go.usa.gov/Kt9Y #WellWoman

Sample Daily posts

Daily posts that you can use throughout NWHW. They focus on what it means to be a well-woman. However, please also keep in mind that each day, @womenshealth will share a different tip for improving your health, so stay tuned there as well!

- 5/11: Understand what it means to be well! Make your health a priority-What pledges will you take during #NWHW? Take control of your health & sign up here!

- 5/12: It's Nat'l Women's Checkup Day! Schedule a well-woman visit. Thanks to the ACA, it's a preventive service & must be covered by most health plans at no cost to you. #NWHW

- 5/13: Create opportunities for activity! Park your car farther away; bus or train? get off a stop early; walk or bike to work. Make it fun, make it social & get moving! #NWHW

- 5/14: You can eat healthy foods that taste great! Get healthy with recipes that are full of flavor! + 10 tips to make better food choices! #NWHW

- 5/15: Your mental health is important. Try to set aside at least 15-minutes each day to do something for yourself-take a bubble bath, go on a walk, or call a friend. #NWHW

- 5/16: Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet. #NWHW

- 5/17: Celebrate yourself by focusing on your health! Take control of your health & sign up here: http://go.usa.gov/Kt9Y #WellWoman #NWHW
NEWSLETTER INSERTS

Email or mail it...to friends, family, and coworkers
Let your friends, family, and coworkers know about National Women's Health Week by sending an email! Don't just email it! Post it and share it, too.

Prewritten text
Send information through a newsletter or listserv using the text below.

The 15th annual National Women’s Health Week kicks off on Mother’s Day, May 11, and is celebrated until May 17, 2014. Led by the U.S. Department of Health and Human Services Office on Women’s Health, National Women’s Health Week empowers women to make their health a priority. Join me in celebrating!

- Organize a Meetup.
- Pledge to be a well-woman.
- Spread the word through social media.
- Post the National Women’s Health Week web buttons to your website or blog.

Learn more about National Women's Health Week by visiting womenshealth.gov/nwhw.

QUICK FACTS ON WOMEN’S HEALTH

Present or share...with friends, family, and coworkers

Breast cancer affects 1 in 8 women during their lives, and many of us know someone — a mother, sister, friend — who has had it. It is the second-leading cancer killer of women in the United States, next to lung cancer. Thanks to screening, breast cancer often can be found early, when the chance of successful treatment is best. In fact, many women are even cured of the disease.

Cardiovascular disease is the leading cause of death in women in the United States. Women of any age can have heart disease. But your risk goes up sharply after menopause.

Heart disease is the leading cause of death in the United States. Women usually develop heart disease about 10 to 15 years later than men. You can control many risk factors by making lifestyle changes.

Smoking is the number one cause of preventable illness and death in the United States. It's never too late to benefit from quitting.

About 25 percent of people living with HIV infection in the United States are women.

Young women in the United States are at risk of getting HIV. The Centers for Disease Control and Prevention (CDC) estimates that more than half of 13- to 24-year-olds living with HIV infection are undiagnosed.

RECIPES

More information...on healthy recipes
You really can eat healthy foods that taste great! Explore other publications and websites

WomensHealth.gov Healthy Recipes
http://www.womenshealth.gov/fitness-nutrition/how-to-eat-for-health/healthy-recipes.html

Choose MyPlate Sample Menus and Recipes
http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html
**USDA Recipe Finder**
http://recipefinder.nal.usda.gov/

**Healthier Recipes Now Just a Click Away**
http://www.letsmove.gov/blog/2013/02/26/healthier-recipes-now-just-click-away

**Healthy and Kid-Friendly Recipes to Try at Home**
http://www.letsmove.gov/blog/2012/02/09/healthy-and-kid-friendly-recipes-try-home

**Delicious Recipes from the Healthy Lunchtime Challenge**
http://www.letsmove.gov/blog/2012/08/19/delicious-recipes-healthy-lunchtime-challenge

**NWHW FACT SHEETS**

More information...on National Women’s Health Week
Below are ready-made fact sheets that you can share with your networks!

**National Women's Health Week fact sheet**
Download a copy (PDF, 162 KB)
Use this fact sheet to spread the word about National Women’s Health Week. It explains what National Women’s Health Week is and how women can get involved.

**National Women’s Checkup Day fact sheet**
Download a copy (PDF, 296 KB)
Learn about the well-woman visit and why visiting your health care provider regularly is important.

**WEB RESOURCES**

More information...on National Women’s Health Week
Below are NWHW websites and social media pages to connect to!

**National Women's Health Week Home**
www.womenshealth.gov/nwhw

**Office on Women’s Health Blog**
www.womenshealth.gov/blog/

**Office on Women’s Health Facebook Page**
www.facebook.com/HHSOWH

**Office on Women’s Health Twitter Page**
twitter.com/womenshealth

**GirlsHealth.gov**
girlshealth.gov/