



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Office of Women's Health to celebrate National Women's Health Week

FOR IMMEDIATE RELEASE

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The Alabama Department of Public Health Office of Women's Health joins with the U.S. Department of Health and Human Services to celebrate the 11th annual National Women's Health Week, which begins on Mother's Day, May 9, and will be celebrated until May 15, 2010.

National Women's Health Week is a nationally recognized initiative that encourages women to take simple steps for a longer, healthier and happier life. This year's theme, "*It's Your Time*," has a goal to educate wives, mothers, grandmothers, daughters, sisters, aunts and girlfriends about steps that can be taken to improve their health and prevent chronic diseases.

The Alabama Department of Public Health Office of Minority Health and Office of Women's Health will hold a live satellite and webcast town hall meeting that will be broadcast on May 13 from 2-4 p.m. (central). This is the eighth program in its continuing series on Alabama health disparities titled, "*The Impact of Social and Health Disparities in Women*."

This program will provide an overview of health and social disparities impacting women, especially minority women in Alabama. Partners include: Alabama Department of Mental Health, Auburn University, the University of Alabama at Birmingham, and Jefferson County AIDS in Minorities. The topics of discussion will be on substance abuse, eating disorders, sexually transmitted diseases and mental health.

Jessica Hardy, director of the Office of Women's Health, said, "Women are often the caregivers for their families and, as a result, forget to make their own health a priority. With National Women's Health Week, we remind women that they too need to visit the doctor, make sure their screenings are up-to-date and just take a minute to think about their health." National Women's Checkup Day is on Monday, May 10.

In addition, the Woman Challenge, an eight-week online physical activity program, will be held May 9–July 3. For more information about National Women's Health Week, please visit www.womenshealth.gov/whw.

May is also National Physical Fitness and Sport Month. To find out more visit the Nutrition and Physical Activity Web site at www.adph.org/nutrition.

To learn more about the free satellite and webcast conference, go to the Alabama Public Health Training Network at www.adph.org/alphtn/ and click on "Satellite Conference and Webcast Schedule" to view program information. To see the other programs in the series which are now

available as on demand webcasts, click on “On Demand Programs” and then select “Minority Health.”

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The Alabama Department of Public Health Office of Minority Health mission is to improve the health status of minority populations by improving access to quality health care services and by promoting minority presence and participation in health planning and policy formation. For additional information, go to www.adph.org/minorityhealth