



National Women's Health Week

**Empowering Women, Cultivating Health:
Celebrating Voices, Wellness,
and Resilience**

Every year, the U.S. Department of Health and Human Services (HHS), Office on Women's Health (OWH) leads the National Women's Health Week (NWHW) observance beginning on Mother's Day. The observance, which takes place on **May 12 - May 18, 2024**, shines a light on health issues and priorities affecting women and girls across the lifespan. This observance aims to help women and girls maintain and improve their health by offering education, highlighting resources, and uplifting calls to action around behaviors that promote health and well-being.

NWHW 2024 Theme: *Empowering Women, Cultivating Health: Celebrating Voices, Wellness, and Resilience*

The 2024 National Women's Health Week theme aims to support women and girls to feel empowered in their health journey which includes physical, mental, and emotional well-being. Throughout the week, messages and resources will be available to support women of all ages by providing tools and education to meet their unique needs and stage of life. Topics will include self-advocacy in making health decisions, maternal mental health, stigma reduction around women's health issues, safe sexual health, the importance of maintaining routine healthcare, reproductive health across the lifespan, and women's heart health.

National Women's Health Week Live Event

OWH will host a webinar on **May 16th, 2024, at 2 pm ET** to discuss frequently asked questions about maternal mental health with experts and women who got help for postpartum depression (PPD). This panel discussion will highlight the various signs and symptoms of PPD,



the disparities that exist in maternal mental healthcare for underserved and underrepresented communities, the importance of support from loved ones, including ways they can help, and resources to help women and families who may be looking for support. To learn more and register, visit www.womenshealth.gov/nwhw/events.

Daily Topics for the Week

Learn more about this year's focus areas and access helpful resources at: <https://www.womenshealth.gov/nwhw>:

- » **Sunday, May 12:** Empowering Women in their Health Journey
- » **Monday, May 13:** Safe Sexual Health
- » **Tuesday, May 14:** Shining a Light on Maternal Mental Health
- » **Wednesday, May 15:** Talk About It – Reducing Women's Health Stigma
- » **Thursday, May 16:** Understanding Care Is There
- » **Friday, May 17:** Reproductive Health from Puberty to Menopause and Beyond
- » **Saturday, May 18:** Women and Heart Health

Visit [womenshealth.gov/nwhw](https://www.womenshealth.gov/nwhw) for resources and more information.



How can I participate in National Women's Health Week?

The Office on Women's Health invites you to:

- » Share the ways you advocate for yourself to stay healthy and well.
- » Use our NWHW toolkit and share on social media. Use **#NWHW** in any social media messages you share.
- » Lead NWHW events or activities in your community that support the 2024 theme and topics.
- » Explore our online resources to find the support you're looking for. Share them with your network, friends, and family to help support the women in your lives.

Sample Social Media Messages

- » 🎉 Today kicks off National Women's Health Week! Women face unique health challenges but are often overlooked. Let's empower every woman to advocate for better care. **#NWHW @womenshealth womenshealth.gov/nwhw**
- » Heading to the doc? 📝 Make a list of your concerns & questions you have. This little prep can make a big difference in getting the right care for you. Don't forget, it's okay to ask for another opinion if you need it. **#NWHW @womenshealth womenshealth.gov/nwhw**
- » 🧑🏻 National Women's Health Week continues! Today's theme is safe sexual health. According to **@CDCgov**, young women aged 15-24 have the highest rates of STIs. Let's empower women with knowledge for prevention. **#NWHW #SafeSexualHealth @womenshealth womenshealth.gov/nwhw**

- » 🧠 DYK? Perinatal mood and anxiety disorders impact 1 in 5 women. Let's raise awareness and support those struggling with **#MaternalMentalHealth. #NWHW @womenshealth womenshealth.gov/nwhw**
- » 🗣️ Breaking the stigma around **#WomensHealth** is crucial for better care and support. Let's normalize conversations about menstruation, fertility, breastfeeding, and more. **#NWHW @womenshealth womenshealth.gov/nwhw**
- » Open discussions about **#WomensHealth** issues can make patients feel more comfortable sharing concerns, leading to better outcomes. As health care professionals, let's foster an environment free from shame. **#NWHW @womenshealth womenshealth.gov/nwhw**
- » Ladies, investing in yourself is key to a healthier life! Prioritize regular check-ups, self-care, & stress reduction. Schedule exams, find a primary care provider, & make **#SelfCare** a daily habit. Your future self will thank you! **#NWHW @womenshealth womenshealth.gov/nwhw**
- » 🌸 Every woman's journey through reproductive health is unique. From puberty to menopause, our bodies undergo many changes and developments. Connect with a healthcare professional to explore health care options that work best for you. **#NWHW @womenshealth womenshealth.gov/nwhw**
- » Regular physical activity is key to a healthy heart. Aim for at least 30 minutes most days. Whether it's a brisk walk or dance class, find what brings joy and gets your heart pumping. ❤️ **#HeartHealthyHabits #NWHW @womenshealth womenshealth.gov/nwhw**



To access our full NWHW toolkit, including more social media messages, graphics, digital stickers, infographics, videos, and more, visit **www.womenshealth.gov/nwhw**

Thank you for celebrating National Women's Health Week with us!



Office on
Women's Health

www.womenshealth.gov | 1-800-994-9662



facebook.com/hhsowh



twitter.com/womenshealth



youtube.com/womenshealthgov



pinterest.com/womenshealth