



**It's Your Time!**

May 8–14, 2011

[www.womenshealth.gov/whw](http://www.womenshealth.gov/whw)

## National Women's Health Week Fact Sheet

### What is National Women's Health Week?

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. The theme for 2011 is "It's Your Time." National Women's Health Week empowers women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases. Those steps include:

- Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week
- Eating a nutritious diet
- Visiting a health care professional to receive regular checkups and preventive screenings
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt
- Paying attention to mental health, including getting enough sleep and managing stress

### Why celebrate National Women's Health Week?

We all have a role to play in women's health. Women often serve as caregivers for their families, putting the needs of their spouses, children, and parents before their own. As a result, women's health and wellbeing becomes secondary. As a community, it is our responsibility to support the important women we know and do everything we can to help them take steps for longer, healthier, and happier lives.

It is also now easier than ever before for women to take charge of their health, thanks to the Affordable Care Act, a landmark health care reform law enacted last year. This

law gives Americans greater choice and better control over their own health care and includes changes that are especially meaningful to women. For instance, new plans must cover recommended preventive services, including mammograms, colonoscopies, immunizations, and well-baby and well-child screenings without charging deductibles, co-payments, or co-insurance. It also assures women the right to see an OB/GYN without having to obtain a referral first. To learn more about the new benefits and cost savings available, please visit <http://www.HealthCare.gov>.

### When is National Women's Health Week?

The 12th annual National Women's Health Week kicks off on Mother's Day, May 8, 2011 and is celebrated until May 14, 2011. National Women's Checkup Day is Monday, May 9, 2011.

### How is National Women's Health Week celebrated?

The nationwide observance is celebrated across America in communities, neighborhoods, towns, cities, counties, hospitals, health centers, businesses, schools, places of worship, recreation centers, and online. Anyone who wants to help make women's health a top priority can celebrate, including local and national health organizations, local, state, and federal governments, women's groups, local and national businesses, social service agencies, media organizations, libraries, and schools. Organizations large and small hold events, such as free screenings and health fairs, give out educational materials, issue proclamations, conduct media outreach, spread the word through social media, and more.

For more information about National Women's Health Week activities or to become a partner, visit <http://www.womenshealth.gov/whw> or call 800-994-9662 (TDD: 888-220-5446).



U.S. Department of Health and Human Services  
Office on Women's Health

[womenshealth.gov](http://womenshealth.gov)

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