

Women's Health Month

May 2021



**HUMAN
PERFORMANCE**
MCCS | SEMPER FIT

Eat Healthy



Did you know? We make 200 decisions about food each day.¹ That's a lot of chances to eat healthy every day. All of your food and drink choices matter!



Nearly **2 out of 3** women in the United States die from chronic diseases like heart disease, cancer, or diabetes.² A healthy diet and weight can help protect you from many chronic diseases. Choose lots of fruits, vegetables, whole grains, low-fat dairy, and lean proteins to keep you healthy.

Fruits and vegetables are a great way to get the vitamins and nutrients you need!³

- **Potassium** can help lower blood pressure.
- **Fiber** from fruits and vegetables can help lower cholesterol.
- **Vitamin A** keeps eyes and skin healthy and helps to protect against infections.



Tips

Switch some of your everyday foods for healthier options.

- ✓ Eat whole-grain bread instead of white bread, and brown rice instead of white rice.
- ✓ Try whole fruit, like apples and oranges, instead of fruit bars or fruit-flavored snacks.
- ✓ Drink water, seltzer, or unsweetened tea instead of energy or fruit drinks or soda.



Get Active



Did you know? Women of all ages who get enough physical activity can reduce their risk of heart disease and cancer — the most common diseases women have to worry about. Men get more physical activity than women. We can change this — let's move!



Women need 2.5 hours of moderate-intensity physical activity every week — about **30 minutes a day**.¹ But fewer than 50% of women are getting enough aerobic activity, and only 20% get enough muscle-strengthening activity.²

Just **30 minutes** of brisk walking a day is enough to **lower your risk of breast cancer**.³



The more exercise you do, the more your risk of early death goes down. A woman who exercises 30 minutes every day can lower her risk of dying early by 27% compared with someone who exercises just 30 minutes once a week.⁴

Tips

Try these ideas for fitting more physical activity into your daily routine.

- ✓ Add walking or biking to your commute.
- ✓ Take the stairs instead of the elevator.
- ✓ Turn on your favorite music and dance.



Engage in Safe Behaviors

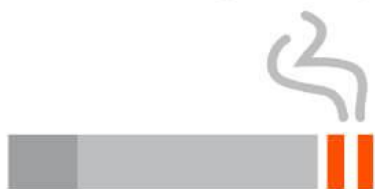


Did you know? Risky behaviors can put you, your loved ones, and the people around you in danger. It's up to you to take control!



Seat belts lower your risk of dying in a car crash by **45%** and cut your risk of serious injury by **50%**.¹

Women are more likely than men to talk on the phone while driving.² You're more than **2x** as likely to crash (or have a near miss) when dialing a cell phone.³



Smoking causes **80%** of lung cancer deaths among women.⁴



Tips

Start engaging in safe behaviors today to improve your health and lower your risk for injury and illness!

- ✓ Wear a helmet when you bike.
- ✓ Pull over if you need to use your phone.
- ✓ Call 1-800-784-8669 for help quitting smoking.



Pay Attention to Your Mental Health



Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.



Each year, **1 in 5** women in the United States has a mental health problem such as depression, post-traumatic stress disorder, or an eating disorder.¹

More than **twice** as many women as men have been diagnosed with **anxiety**.¹

Women are almost **twice** as likely as men to experience **depression**.¹



Tips

Take time for yourself with activities you enjoy like dancing, reading, or talking with friends!

- ✓ Yoga can lower stress while helping with anxiety, depression, or insomnia.²
- ✓ Reach out to friends and family for help when you need it.
- ✓ Call 1-800-662-4357 for confidential treatment referral and information on mental health and substance abuse.



Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:



- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for depression or alcohol and tobacco use
- ▶ Discuss whether you should consider medicine, therapy, or other treatments for mental health and substance use disorders
- ▶ Set health goals, such as being active and maintaining a healthy weight

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- ▶ For support and help finding mental health services near you, visit findtreatment.samhsa.gov.
 - ▶ Learn more about mental health at nimh.nih.gov or mentalhealth.gov.
 - ▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw.



Sources

¹ www.samhsa.gov/data/sites/default/files/NSDUH-DR-N2MentalDis-2014-1/Web/NSDUH-DR-N2MentalDis-2014.htm

² www.nccih.nih.gov/health/yoga/introduction.htm