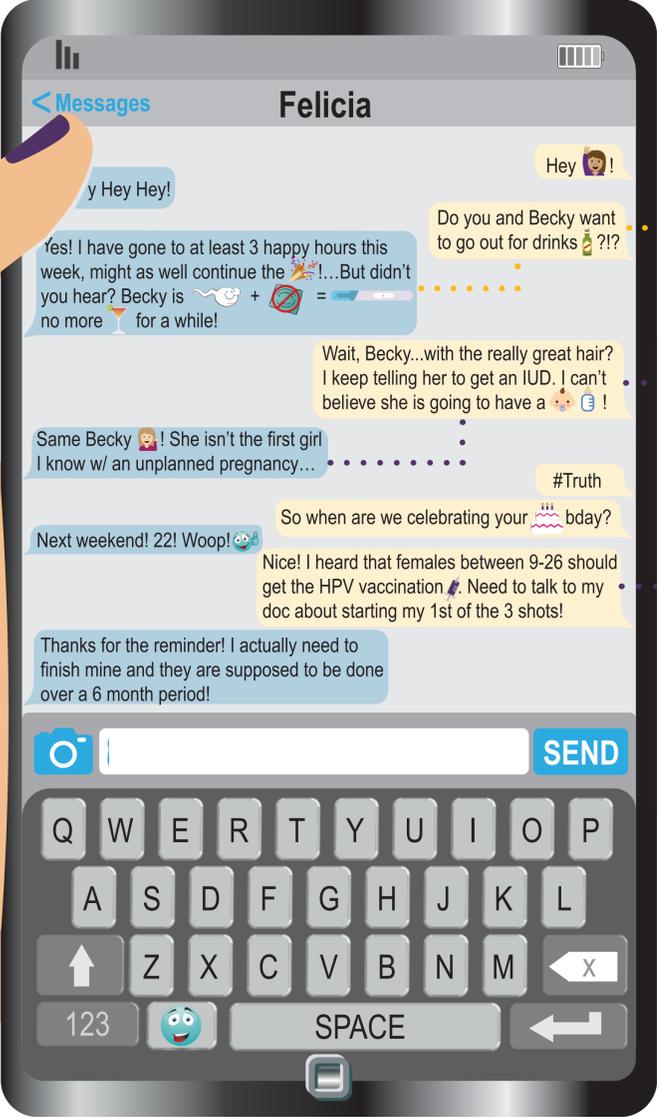




Get the Message on Women's Health

"Women who seek to be like men lack ambition" - Marilyn Monroe



Keeping Up With the Boys?
Women's drinking patterns differ from men's and their bodies react differently. Pound for pound, women have less water in their bodies than men do. Hormonal differences also matter.¹

In 2015, **15%** of active duty female Marines and **12%** of active duty female Sailors reported **unhealthy heavy drinking**.²

ONLY 4 of 10 Navy enlisted women say her last pregnancy while in the Navy was planned.³

Planning on getting pregnant in the next 12 months?

If not, choose the most reliable birth control option that works for you.

About 1 in 5 Navy and Marine Corps women say she is at current risk of an unplanned pregnancy.²



Have you started? Have you finished?

3 doses of the HPV vaccine (Gardasil HPV9) given to females aged 9-26 over a six-month period protect against the types of HPV that cause 90% of genital warts and 90% of cervical cancers.⁵

IUDs and the hormonal implant are **20x MORE RELIABLE** than birth control pills.⁴

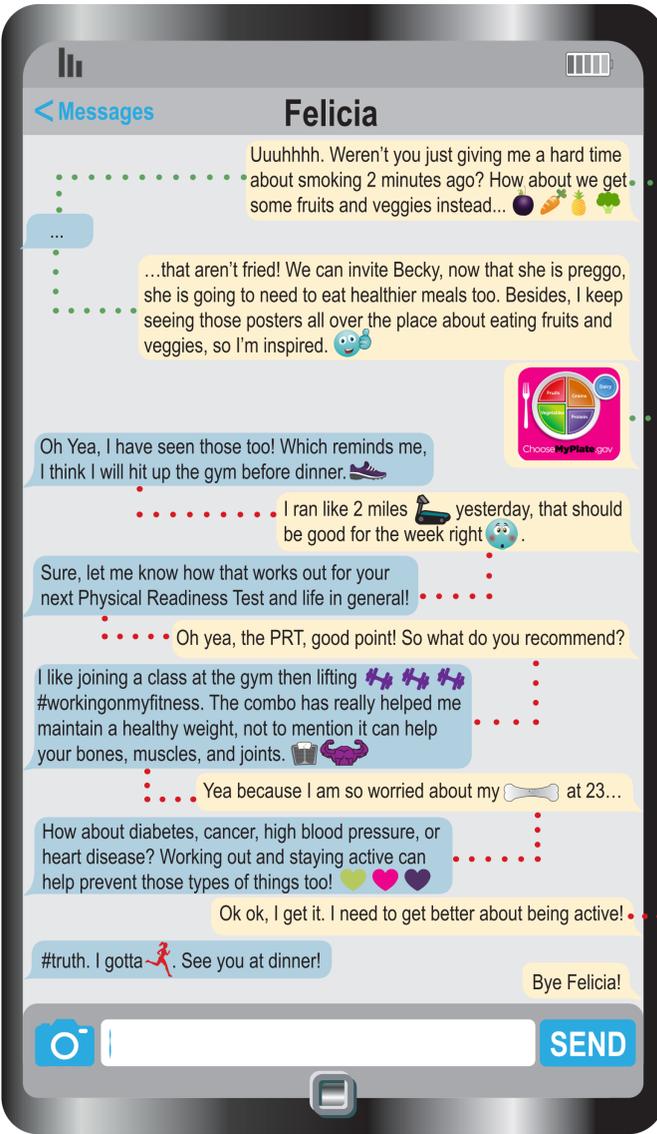
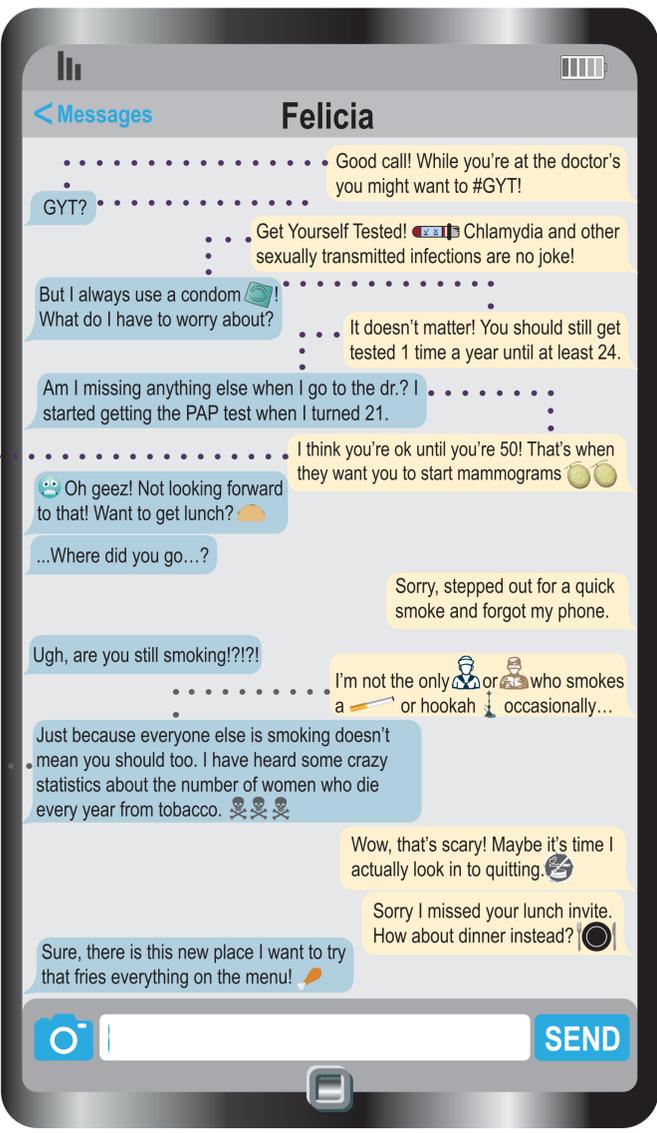
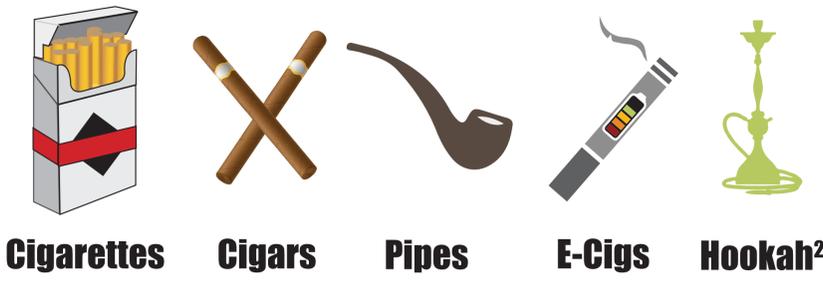


Do you know your women's health screening schedule?

- Annual chlamydia test every year for women up to age 24.⁶
- Breast mammography test every 2 years starting at age 50.⁷
- Cervical cancer screening (Pap test) at least every 3 years starting age 21-65.⁸

More Than 170,000 American Women die of diseases caused by smoking each year, with additional deaths coming from the use of other tobacco products such as smokeless tobacco.⁹

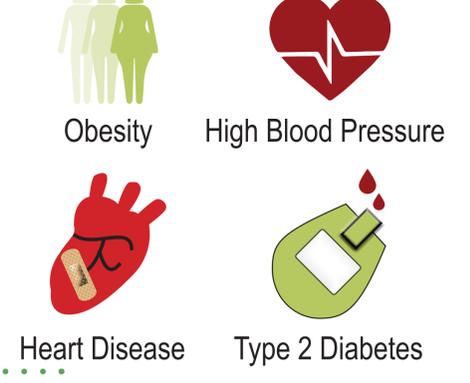
DID YOU KNOW? 19% of active duty Marine Corps women & 17% of active duty Navy women report smoking:



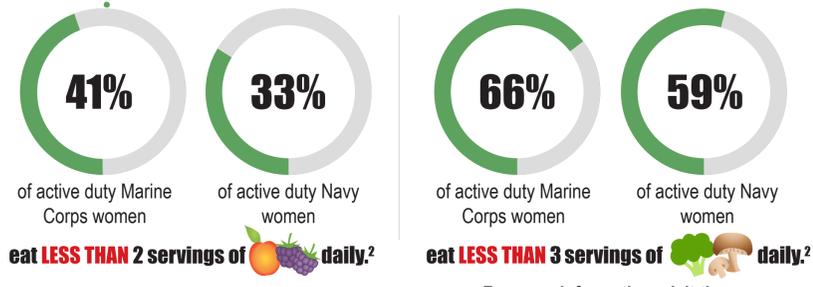
Eat Fruits and Veggies



A lifetime of healthy eating helps to prevent chronic diseases like:



Are You Active ENOUGH? Get at least **150** minutes of **moderate intensity** or **75** minutes of **vigorous intensity** of aerobic activity each week!



20% of active duty Marine Corps women and **31%** of active duty Navy women DID NOT get at least 150 minutes of aerobic activity at least 3 weeks per month.²

14% of active duty Marine Corps women and **25%** of active duty Navy women DID NOT get muscle-strengthening activity at least 2 days per week.²

For more information, visit the [HPW Women's Health Toolbox](#):

