



Health Promotion Toolbox

October: Women's Health Month

Activity Ideas

As a health information disseminator, we know you are always looking for new ways to provide compelling and relevant information about promoting overall health and well-being to your female Sailors, Marines, beneficiaries, and DoD civilians. Information that is targeted and easy to understand and follow will give your audience the best chance of developing healthier lifestyle behaviors. Below are a few ideas you can use to help female audiences learn how to make healthier choices across the spectrum of women's health topics throughout the month. Click on the hyperlinked blue, underlined text to access resources.

Provide materials with information specific to women's health topics

- **Develop a women's health rack of materials or set up a women's health display.**
 - Pack the rack with materials and resources from the NMCPHC HPW [Women's Health Toolbox](#) or the [Office of Women's Health](#) to include fact sheets, brochures, and handouts. Display materials in areas of high traffic and visibility such as entrances, galleys, gyms, offices, and waiting areas.
 - Resources are also available from the [Office of Women's Health](#), [Operation Live Well](#), and the [Centers for Disease Control and Prevention](#).
- **Host an event or support the command in the promotion of common women's health concerns.**
 - Promote women's health topics by including command level support at your event.
 - Ask your medical departments such as the Women's Health Clinic to participate by having a medical provider there to answer questions. They can also address recommended preventive medical screenings and common diseases or illnesses that affect females.
 - Have your health promotion staff provide information on women's health topics, such as quitting smoking to prevent potential reproductive health issues.
- **Display posters.** You can find posters that promote women's health in the [Women's Health Month Toolbox](#).
- **Share infographics.** You can find infographics that promote women's health in the [Women's Health Month Toolbox](#), including the [Get the Message on Women's Health infographic](#).



- **Encourage your women to stay healthy at any age.** Share [Steps for better health by age](#).

Recognize those who are adopting healthier behaviors

- **Encourage a healthier lifestyle competition.** Encourage Sailors, Marines, beneficiaries, and DoD civilian staff to participate in the [One Day at a Time: 31-Day Challenge for a Healthier Life](#). The healthy lifestyle habits promoted in the challenge will help participants increase physical activity, develop healthier eating habits, and manage stress. At the end of the month recognize those who successfully complete the challenge and ask them to share what they learned.
- **Have your command take the quiz [What's your health style?](#)** in October to see how they score. Encourage them to take steps to improve their health based on quiz results and to talk with their health care provider on any questions or concerns.

For more information about women's health please visit the [Women's Health Month Toolbox](#).