



# October Health Promotion Toolbox

## Women's Health Month

### Plan of the Week Notes

Each week during Women's Health Month, share one of the paragraphs below with your command to inform them of resources and information specific to Women's Health. You can access additional information, tools, and resources by clicking on the blue, underlined hyperlink text.

#### Week 1

##### **Maintaining Good Health is Critical to Readiness and the Military Mission**

According to the [2019 NMCPHC Workplace Health Risk Assessment Annual Report](#), 26% of females were classified as high risk, based on their total number of unhealthy responses. Many factors play a role in staying healthy, such as [proper nutrition](#), [daily physical activity](#), [maintaining a healthy weight](#), [sufficient sleep](#), [abstaining from tobacco use](#), [limiting alcohol use](#), and [practicing safe sex](#). In turn, maintaining good health can decrease your risk of developing certain conditions, such as, type 2 diabetes, heart disease, stroke, some cancers, and injuries. In addition to the factors listed above, you should make time for whole body health. Visit your primary care provider for your regular [screenings](#), to include oral hygiene and eye care. Adopting a healthier lifestyle increases the chance of maintaining good health over the course of your career and lifetime.

#### Week 2

##### **Exercise During Pregnancy and Postpartum**

Strong scientific evidence shows that the risks of moderate-intensity activity done by healthy women during pregnancy are very low, and do not increase risk of low birth weight, preterm delivery, or early pregnancy loss. If you're healthy during pregnancy or postpartum, participating in physical activity is good for your overall health. According to the [2018 Physical Activity Guidelines for women during the pregnancy and postpartum period](#), healthy women who are not already highly active or doing vigorous-intensity activity should get at least 150 minutes of moderate-intensity aerobic activity over the course of each week. Women who habitually engage in vigorous-intensity aerobic activity or who were physically active before pregnancy can continue these activities during pregnancy and the postpartum period, provided that they remain healthy and discuss with their health care provider how and when activity should be adjusted over time. Physical activity during the pregnancy and postpartum period will help one transition back to mission readiness by maintaining health and fitness level.



The American College of Obstetricians and Gynecologists provides [frequently asked questions on exercise during pregnancy](#).

## Week 3

**Approximately 12 million women in the United States experience clinical depression each year, with one in eight experiencing depression in her lifetime, according to the National Institute of Mental Health.** [Depression](#) is more common among women than men, likely due to certain biological, hormonal, and social factors that are unique to women, such as pregnancy, the postpartum period, perimenopause, and the menstrual cycle.<sup>3</sup> Additional causes may include family history, stress, pain, or dealing with health issues. Depression is a medical condition that should be properly diagnosed and treated. You should see your health care provider for proper treatment, should you experience any [signs or symptoms](#) lasting more than two weeks.<sup>3</sup> [Resources](#) are available to you and your peers in helping to recognize and treat this condition.

## Week 4

**Maintain a healthy weight.** Excess weight, especially around the waist, can increase your risk for certain diseases like type 2 diabetes, high blood pressure, and coronary artery disease.<sup>4</sup> If you are non-pregnant woman with a waist more than 35 inches, you may be at greater risk for some of these health issues.<sup>4</sup> Safely lose weight by eating a healthy diet and exercising. Set goals for yourself, learn about new workouts and ways to incorporate physical activity into your busy lifestyle, and track your mood and food triggers.

## References

<sup>1</sup> American Academy of Family Physicians. What You Can Do to Maintain Your Health.

<https://familydoctor.org/what-you-can-do-to-maintain-your-health/?adfree=true>. Updated 3 August 2020.

<sup>2</sup> Alcohol and Public Health. Centers for Disease Control and Prevention. Fact Sheets- Excessive Alcohol Use and

Risks to Women's Health. <https://www.cdc.gov/alcohol/fact-sheets/womens-health.htm>. Reviewed 30 December 2019.

<sup>3</sup> National Institute of Mental Health. Depression in Women: 5 Things You Should Know.

<https://www.nimh.nih.gov/health/publications/depression-in-women/index.shtml#pub5>. Updated 27 March 2019.

<sup>4</sup> Office on Women's Health, U.S. Department of Health and Human Services. Overweight, obesity, and weight loss.

<https://www.womenshealth.gov/a-z-topics/overweight-obesity-and-weight-loss>. Revised 2020.