



www.womenshealth.gov

800-994-9662

TDD: 888-220-5446

**National
Headquarters**

Washington, DC

202-690-7650

202-205-2631 fax

About the HHS Office On Women's Health

WHO WE ARE

The Office on Women's Health (OWH) in the U.S. Department of Health and Human Services (HHS) was established in 1991 to improve women's health. We want all U.S. women and girls to be healthier and have a better sense of well-being. OWH educates and motivates individuals to live healthier lives by giving them trustworthy and accurate health information through our innovative programs.

OWH serves as the focal point for women's health activities within HHS through our leadership and collaboration efforts. Three major goals guide us:

- 1) To develop and impact national women's health policy;
- 2) To develop, adapt, evaluate, and replicate model programs on women's health; and
- 3) To educate, influence, and collaborate with health organizations, health care professionals, and the public.

To achieve these goals, we work with many partners, including federal government agencies; non-profit organizations; consumer groups; associations of health care professionals; tribal organizations; and state, county, and local governments.

OWH MANAGEMENT STRUCTURE

Nancy C. Lee, M.D., is the Director of the Office on Women's Health and also serves as the HHS Deputy Assistant Secretary for Women's Health. Frances E. Ashe-Goins,

RN, MPH, is the Deputy Director. Our central office is located in Washington, DC, and consists of the Office of the Director and two operational divisions: the Division of Outreach and Collaboration (DOC) and the Division of Program Coordination (DPM). The DOC Director is Valerie Borden, MPA, and the DPM Director is Barbara James, MPH.

In addition to our DC-based staff, we have 10 Regional Women's Health Coordinators (RWHCs) who are located throughout the country and its territories. (They consist of the Commonwealth of Puerto Rico; U.S. Virgin Islands—St. Thomas, St. Croix, and St. John—and U.S. Pacific Island Jurisdictions: American Samoa, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Guam, Republic of the Marshall Islands, and Republic of Palau.) The RWHCs administer women's and girls' health programs and lead initiatives at the regional, state, and local level.

WHAT WE OFFER

I. GRANTS AND CONTRACTS FOR MODEL PROGRAMS ON WOMEN'S HEALTH

Through grants and contracts, OWH funds a wide spectrum of activities and programs that promote the health of women and girls by emphasizing the importance of preventing disease and illness, by encouraging them to adopt healthier behaviors, and providing them with up-to-date and reliable health information and resources. We develop and implement



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model initiatives that help women of all ages attain high-quality, longer lives free of preventable disease, disability, injury, and premature death. We fund these programs in communities throughout the United States and its territories. By doing so, we work to create comprehensive and culturally appropriate prevention, education, and treatment services for women and girls.

2. WEBSITES & RESOURCE CENTER

We manage websites on health issues of particular interest to women and girls as well as an Information and Referral Helpline. OWH makes it easy for women and girls to get health information online or by phone, in English or Spanish.

- OWH's **womenshealth.gov** website provides reliable, up-to-date, and commercial-free health information that has been vetted by the federal government. Health issues range from reproductive health to healthy aging. The website provides easy-to-understand health information, daily announcements and updates about the most current information on women's health, links to thousands of free health publications and websites, and statistics on women's health. Information is also available in Spanish. Visitors can sign up to receive women's health e-newsletters.

OWH also engages online with the public through Facebook, Twitter, and YouTube. Connect with OWH through our Facebook page (www.facebook.com/HHSOWH). Follow us for women's health information on Twitter (in English at twitter.com/womenshealth or in Spanish at twitter.com/SaludDLaMujer) and see educational videos on our YouTube channel (www.youtube.com/womenshealthgov).

- The **Information and Referral Helpline** offers a toll-free telephone number for health information: 800-994-9662 (TDD 888-220-5446), Monday through Friday, 9 a.m. to 6 p.m., EST. Trained English- and Spanish-speaking information and referral specialists answer questions on women's and girls' health. They can also find and order free health information or make referrals to relevant websites and health organizations.

Also available at 800-994-9662 (TDD 888-220-5446) are trained breastfeeding peer counselors who give support and encouragement in English or Spanish. Information is available on issues ranging from latching to pumping and storage. The helpline is open to anyone who wants to learn more about breastfeeding: moms, partners, prospective parents, family members, and health professionals.

- OWH's **girlshealth.gov** website promotes healthy, positive behaviors in girls between the ages of 10 and 16. The site provides reliable, useful information on health issues that girls face. It uses an interactive, user-friendly format to keep them engaged and interested in learning more about their health. This website was launched in 2002.

Girls and teens can connect online with OWH through the girls' health Facebook page (www.facebook.com/girlshealth) or by following the OWH girls' health Twitter feed (twitter.com/girlshealth) for health tips and links.

- The **couldihavelupus.gov** website describes lupus, lists symptoms of the disease, and discusses how lupus affects women. The website, which is part of a national lupus awareness campaign, provides a much-needed online community for women to share their stories and connect with other women battling the disease. The



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podriayotenerlupus.gov website is the Spanish-language equivalent to OWH's English-language website on lupus, couldihavelupus.gov.

3. NATIONAL DATABASES

Quick Health Data Online was developed by OWH and can be accessed at www.healthstatus2010.com. It provides state- and county-level data on many women's and men's health topics for all 50 states, District of Columbia, and U.S. territories and possessions. Data are available by sex, race, and ethnicity. The system houses the *Women's Health and Mortality Chartbook, 2010 Edition*, as well as other publications, reports, a how-to-guide, and more. It was previously known as the *National Women's Health Indicators Database*.

The *Women's Health and Mortality Chartbook, 2010 Edition*, is a statistical resource on women's health for each of the 50 states, District of Columbia, and Puerto Rico. The 2010 edition was developed by OWH as a tool to help identify changes in vulnerable and underserved populations at the state level, where most decisions about health policy are developed and implemented. It provides data on health, health care, and risk behavior for all populations in each state for which data are collected. The information presented in the *Chartbook* represents only one of the many sets of extensive data available from *Quick Health Data Online*.

Another report on the *Quick Health Data Online* website is the *2010 Health Disparities Profiles*. It examines key health indicators at the state level for different racial and ethnic populations in each of the 50 states, District of Columbia, and Puerto Rico. Twenty-one health indicators are presented. They highlight some of the key areas related to health disparities among different populations. The report can be used as a reference for policymakers and program managers to identify the areas in which major health disparities exist in each state.

4. PUBLICATIONS

All our publications are free and can be ordered by calling our toll-free number at 800-994-9662 (TDD, 888-220-5446). You can also view and print many of our materials directly from www.womenshealth.gov and www.girlshealth.gov, plus subscribe to our monthly, online newsletter *Healthy Women Today*. Some of our publications follow:

- *A Lifetime of Good Health: Your Guide to Staying Healthy* (in English and Spanish)
- *Your Guide to Breastfeeding* (in English, for different populations of minority women)
- *Your Guide to Breastfeeding for African-American Women*
- *An Easy Guide to Breastfeeding* (in Spanish and Chinese)
- Common Screening and Diagnostic Tests
- How to Get a Second Opinion
- How to Talk to Your Doctor or Nurse
- State Domestic Violence Resources
- Symptoms of Serious Health Conditions
- *Teen Survival Guide*
- *Healthy Women Today*

WHAT WE DO

I. OWH CAMPAIGNS AND EVENTS

NATIONAL WOMEN'S HEALTH WEEK

Each year beginning with Mother's Day in May, OWH celebrates this weeklong women's health observance. Held annually since 1999, this national effort raises awareness about manageable steps all women can take to improve their health. OWH, along with state and local governments, organizations, and community partners, promotes health fairs, fun physical activities, and preventive health screenings during this



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time. In 2011, more than 1,850 events took place across the nation during National Women's Health Week.

NATIONAL WOMEN'S CHECKUP DAY

During National Women's Health Week, OWH celebrates its National Women's Checkup Day the day after Mother's Day. This annual nationwide effort was established in 2002 and is coordinated by OWH. It encourages women to visit health care professionals to receive regular, preventive check-ups and screenings. On this day, hundreds of health care providers offer free preventive screenings or screenings at reduced rates. OWH brings together communities, hospitals, clinics, schools, tribal leaders, businesses, government agencies, state public health offices, and others to promote women's health.

MAKE THE CALL. DON'T MISS A BEAT.

This national public education campaign seeks to educate, engage, and empower women and their families to learn the seven most common symptoms of a heart attack and encourages them to call 9-1-1 as soon as those symptoms arise. A woman suffers a heart attack every 90 seconds in the United States. According to a 2009 American Heart Association survey, however, only one-half of women indicated they would call 9-1-1 if they thought they were having a heart attack, and few were aware of the most common heart attack symptoms.

BESTBONESFOREVER!

This national campaign is designed to promote bone-healthy behaviors in girls ages 9 to 14. It encourages young women to get active and build stronger bones by eating more foods rich in calcium and vitamin D. Childhood and adolescence are the key windows of opportunity for building strong

bones and warding off osteoporosis. In girls, almost 90 percent of bone mass is built by age 18. Girls, in particular, are at greatest risk for bone problems. Osteoporosis is four times more common in women than men. The **bestbonesforever.gov** website is an integral component of our campaign.

NATIONAL WOMEN'S AND GIRLS' HIV/AIDS AWARENESS DAY

March 10, 2011, marked the 6th annual National Women and Girls' HIV/AIDS Awareness Day. Through community events, it raises awareness of the increasing impact of HIV/AIDS on the lives of women and girls. The day promotes discussion and provides facts on how women and girls can prevent infection as well as how they can live with the disease.

NATIONAL LUPUS AWARENESS CAMPAIGN

This national campaign was designed to increase awareness of the health effects and symptoms of lupus. It provides information for individuals who may be at risk for lupus in the hope of motivating them to seek professional medical evaluation. The campaign also brought long-overdue public attention for lupus, a significant national public health problem that disproportionately affects young women of color. The campaign was launched in March 2009. Campaign information can be found at **www.couldihavelupus.gov**.

2. EXHIBITS

Each year OWH staff attend national conferences and health fairs to share information on women's and girls' health. Our display booth, publications, and knowledgeable staff highlight the importance of better understanding your health and that of your loved ones. OWH also provides women's and girls' health educational materials to other groups and organizations in support of their health programs and activities.



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3. OWH PROGRAM AREAS

- Bone Health
- Breastfeeding
- Chronic Disease Prevention
- Chronic Fatigue Syndrome
- Girls' Health
- Heart Health
- HIV/AIDS in Women
- Incarcerated Women
- Leadership Institute for Community Health Care Workers
- Lupus Education and Awareness
- Mental Health
- Minority Women's Health
- Obesity Prevention
- Oral Health
- Public Health System Approaches to Care
- Single-Parent Caregivers
- Sustainability of Programs
- Tobacco
- Trauma
- Violence Against Women

OUR LOGO: *We adopted the "Every Woman" logo because it embodies the true spirit of our office. These diverse women serve as a constant reminder that we strive to improve the health of all women and girls throughout their lifespan.*