



About National Women's Health Week



During National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life. The 19th annual National Women's

Health Week kicks off on Mother's Day, May 13, and is celebrated through May 19, 2018. The U.S. Department of Health and Human Services' Office on Women's Health leads National Women's Health Week to encourage all women to be as healthy as possible.

What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.

- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

Why should I take these steps?

These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible, whether you're 20 or over 100! Find out what additional steps you can take, based on your age, for good health.

How can I participate in National Women's Health Week?

The Office on Women's Health invites you to:

- Learn what steps you can take for good health, no matter your age.
- Take the National Women's Health Week quiz to see how much you know about healthy living.
- Show your friends how you're making your health a priority with our easy-to-use social media resources. Use the **#NWHW** hashtag.
- Show your support for women's health by joining the National Women's Health Week Thunderclap.
- Organize events or activities in your community.

Visit womenshealth.gov/nwhw for resources and more information on how you can participate.