Join Us! Spread the Word About

National Women’s Health Week: May 14–20, 2017

Background

[National Women’s Health Week](https://www.womenshealth.gov/nwhw/) is led by the U.S. Department of Health and Human Services (HHS) [Office on Women's Health](http://www.womenshealth.gov/about-us/) (OWH). The 18th annual observance kicks off on Mother’s Day, May 14, and is celebrated through May 20, 2017. National Women’s Health Week encourages women to make their health a priority and reminds them to take steps for better health at every age. HHS OWH encourages women to:

* Visit a doctor or nurse for a well-woman visit (checkup) and [preventive screenings](http://womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/).
* [Get active](http://womenshealth.gov/fitness-nutrition/how-to-be-active-for-health/).
* [Eat healthy](http://womenshealth.gov/fitness-nutrition/how-to-eat-for-health/).
* Pay attention to [mental health](http://womenshealth.gov/mental-health/), including getting enough sleep and managing stress.
* Avoid unhealthy behaviors, such as [smoking](http://women.smokefree.gov/), [texting while driving](http://www.distraction.gov/), and not wearing a seatbelt or bicycle helmet.

Join OWH and a growing network of health professional partners as we encourage women to make their health a priority. We recognize the important relationship that health care providers have with women and families. We hope you’ll join the celebration and help us spread the word to your patients using the ideas below. We’ve included some sample social media messages for you to share, but please feel free to create your own. Remember to use **#NWHW** in any messages you share about the week!

Host an Event

**Host an event for women in your community.** Can your office host or participate in a local health fair or offer free or reduced-cost health screenings? Be creative, and share your activities with us by using the **#NWHW** hashtag.

Promote the NWHW Website Features

**Download, print, and share** the [National Women’s Health Week fact sheet PDF](https://www.womenshealth.gov/nwhw/tools/nwhw-fact-sheet/) with women patients during the week to encourage them to prioritize their health and join the National Women’s Health Week celebration.

**Encourage women to take steps for a healthier life — no matter their age!**

Women’s health needs change as they age. For women in their 20s through 90s, we offer [steps women can take to improve their physical and emotional health](https://www.womenshealth.gov/nwhw/by-age). We encourage women to print their checklists and bring them to their checkups to help start the conversation. Encourage your patients to do the same!

* Social media message: *Need help starting the conversation at your next checkup? Print your #NWHW list for better health.* [*https://go.usa.gov/xXsmg*](https://go.usa.gov/xXsmg)

**Share the National Women’s Health Week “What’s your health style?”** **quiz.**

Get your patients excited about their health by encouraging them to take our [quiz to learn about their health style](https://www.womenshealth.gov/nwhw/whats-your-health-style). Their results will reveal whether they’re taking steps to be their healthiest selves and encourage them to talk to their doctors about any health concerns.

* Social media message: *What’s your health style? Find out if you’re taking steps for better health. Then, schedule your checkup.* [*https://go.usa.gov/xXsmT*](https://go.usa.gov/xXsmT) *#NWHW*

Join Our Social Media Activities

**Join the National Women’s Health Week** [**Thunderclap**](https://www.thunderclap.it/projects/53286-national-women-s-health-week). Please encourage your followers to do the same:

* Social media message: *I’m supporting women’s health by donating a #NWHW message. Are you? Join the* [*@womenshealth*](https://twitter.com/WomensHealth/)[*@ThunderclapIt*](https://twitter.com/thunderclapit)*.* [*http://bit.ly/2lTqGSE*](http://bit.ly/2lTqGSE)

**Share our social media messages or create your own.** Use **#NWHW** in any messages you share about the week.

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| **Facebook or LinkedIn** | **Twitter** |
| Happy Mother’s Day and National Women’s Health Week! I’m helping my patients take steps for better health: <https://go.usa.gov/xXsmZ>. #NWHW | Happy Nat’l Women’s Health Week! I’m helping my patients take steps for better health: <https://go.usa.gov/xXsmQ>. #NWHW #MothersDay  |
| Need help meeting your health goals? Who doesn’t? No matter your age, scheduling an annual well-woman visit can help you get started. <https://go.usa.gov/xXsmE> #NWHW | Need help meeting your health goals? No matter your age, scheduling a well-woman visit can help. <https://go.usa.gov/xXsmm> #NWHW |
| Whether you’re dancing, running, or hiking, get moving! Make sure you’re getting 30 minutes of physical activity every day. <https://go.usa.gov/xXsmp> #NWHW | Whether you’re dancing, running, or hiking, get moving for 30 minutes a day! <https://go.usa.gov/xXsmd> #NWHW |
| It’s never too late to improve your eating habits! Pick ONE change you can make today. Try drinking water instead of soda or eating whole-grain bread instead of white bread. <https://go.usa.gov/xXsmw> #NWHW | Swap chips for apples or soda for water. Make 1 change to improve your eating habits. It’s never too late! <https://go.usa.gov/xXsmf> #NWHW |
| Do you need help making a quit plan? Don’t wait! Schedule your appointment this week. <https://go.usa.gov/xXHAU> #NWHW | Do you need help making a quit plan? Don’t wait! Schedule your appointment this week. <https://go.usa.gov/xXHAm> #NWHW #smokefree |
| Healthy bodies need healthy minds. Schedule an appointment to talk about stress, depression, or any other mental health concerns you may have. <https://go.usa.gov/xXsmG> #NWHW | Your mind is as important as your body. Schedule an appointment to talk about any mental health concerns. <https://go.usa.gov/xXsmA> #NWHW |
| It may be the last day of National Women’s Health Week, but it’s not too late to schedule your annual well-woman visit! <https://go.usa.gov/xXsme> #NWHW | It may be the last day of #NWHW, but it’s not too late to schedule your well-woman visit! <https://go.usa.gov/xXsmt>  |

**Like OWH on** [**Facebook**](https://www.facebook.com/HHSOWH) **and follow us on** [**Twitter**](https://twitter.com/WomensHealth/) **and** [**Pinterest**](https://www.pinterest.com/womenshealth/)**.** Then share, retweet, and save our content!

Discuss National Women’s Health Week

**Record a video.** Share information about National Women’s Health Week through a short video. For example, you can use Facebook Live, or you can post a video to your blog.

**Build National Women’s Health Week into your presentations.** If you’re talking about women’s health at an upcoming event or conference, create a few PowerPoint slides with information about National Women’s Health Week and how women and organizations can participate. [**Please find the suggested slides and talking points separately attached in the email.**]

Add Information to Your Website and Resources

**Add the National Women’s Health Week** [**logo or web banner**](https://www.womenshealth.gov/nwhw/tools/logo-banner/) **to your website.** Use the [logo](https://www.womenshealth.gov/nwhw/tools/logo-banner/) on any materials you create for the week.

**Share the National Women’s Health Week** [**infographics**](https://www.womenshealth.gov/nwhw/tools/infographics/)**.**

**Write about National Women’s Health Week.** Share information about the week through your newsletter, blog, or website. For messaging ideas, check out our [National Women’s Health Week fact sheet](https://www.womenshealth.gov/nwhw/tools/nwhw-fact-sheet/), our [ideas for celebrating](https://www.womenshealth.gov/nwhw/tools/ideas-for-celebrating/), or use the language below.

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| **Sample Newsletter, Blog, or Website Text** |
| Say **Yes!** to your health this National Women’s Health Week by taking steps toward a healthier you. Led by the U.S. Department of Health and Human Services (HHS) Office on Women’s Health (OWH), National Women’s Health Week reminds women to take simple, manageable steps to improve their overall well-being. HHS OWH encourages women to:* Visit a doctor or nurse for a well-woman visit (checkup) and [preventive screenings](http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/).
* [Get active](http://www.womenshealth.gov/fitness-nutrition/how-to-be-active-for-health/).
* [Eat healthy](http://www.womenshealth.gov/fitness-nutrition/how-to-eat-for-health/).
* Pay attention to [mental health](http://www.womenshealth.gov/mental-health/), including getting enough sleep and managing stress.
* Avoid unhealthy behaviors, such as [smoking](http://women.smokefree.gov/), [texting while driving](http://www.distraction.gov/), and not wearing a seatbelt or bicycle helmet.

As women age, their health needs change. However, there’s one thing all women need — an annual checkup! Your checkup is a time to check in on how you’re doing, how you’d like to be doing, and what changes you can make to reach your health goals. Don’t delay — now’s the time to schedule your checkup with your doctor. For ideas on how to get the conversation going, HHS OWH offers lists with [steps you can take toward a healthier you at every age](https://www.womenshealth.gov/nwhw/by-age/). Decide that today is the day to take at least one step for better health, because you’re worth the investment! For more information about National Women’s Health Week, visit [www.womenshealth.gov/nwhw](http://www.womenshealth.gov/nwhw). You also can follow HHS OWH on [Facebook](https://www.facebook.com/HHSOWH), [Twitter](https://twitter.com/WomensHealth/), and [Pinterest](https://www.pinterest.com/womenshealth/). |