

## NEWS RELEASE

For Immediate Release:  
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### **The North Dakota Department of Health Encourages Women to Make Their Health a Priority During Women's Health Week**

BISMARCK, N.D. – The 17<sup>th</sup> annual National Women's Health Week kicks off on Mother's Day, May 8, and is celebrated until May 14, 2016. During May 8-14, 2016, the North Dakota Department of Health would like to encourage women to make their health a priority and help them understand what steps they can take to improve their health.

#### **What steps can women take for better health?**

- Visit a healthcare provider for a well-woman visit 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

#### **What is a well-woman visit and why is it important?**

A well-woman visit is a checkup. It is a time to see your health care provider to:

- Discuss your family history, reproductive health needs, and personal habits such as alcohol and tobacco use
- Set health goals, such as being active and maintaining a healthy weight
- Schedule recommended screenings such as blood pressure, cholesterol, diabetes, Pap smear, mammogram, take home stool test or colonoscopy

More information about screening tests for women and National Women's Health Week is available by visiting [www.womenshealth.gov/nwhw](http://www.womenshealth.gov/nwhw). For more information, contact Cora Rabenberg, North Dakota Department of Health, at 701.328.4535.

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