Women Health

• Women play an essential role in maintaining their family and community health.

• According to World Health Organization, "Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity."

• Each woman is unique with a different set of expectations about her lifestyle, her health and her sense of well-being.

• From adolescence to pregnancy, childbirth to menopause and beyond, a woman's body and health needs dramatic change over time.

• Thus, improving the health status of women will require improvement of health care behaviors (Nutrition, Physical activity) and being free from health issues.
Significance of Women Health

- Women play a critical role in maintaining the health and well being of their family as well as the entire community.
- The health of the families and the communities are tied to the health of women.
- They are the ones who are most aware of sickness and suffering in the community because of their social role as care takers of the young, the old, the sick and the handicapped.
- Women play multiple roles for their families and communities but tend to neglect their health which increases health risks like Anemia, Decreased Bone Density, Arthritis etc.
- Women should value their personal and interactive health experiences that focus on their physical and emotional health and wellness.
Significance of Women Health

• Since the phases of women's life are very crucial for their health and they face health challenges at every stage of their lives from early childhood to old age, they need special care in every stages. The vital stages are-

■ Puberty:
  ➢ The age of first menstruation along with rapid physical, emotional and cognitive development in female adolescents.
  ➢ But they tend to skip meals more often and have a diet high in sweets, highly processed foods, fried and fast foods, resulting in poor nutrition. Thus, extra care should be given at this period.

■ Reproductive age:
  ➢ It is a period of sexual maturation from the late teens to premenopause in the late 40s in women.
  ➢ Women of childbearing age are at particular risk of poor health due to micronutrient (Vitamins and minerals like Calcium, Iron, Vitamin D etc) deficiencies. But it is the time in a women’s life that needs increased nutrition awareness.
Significance of Women Health

- **Menopausal age:**
  - A phase when no menstruation occurs for 12 consecutive months and this usually occurs in the mid-40s to mid-50s in a woman's life, is known as Menopausal Phase.
  - Since women at this stage pass through from many health related issues (Hot flashes, Sleep disturbance, Hormonal changes, Deficiency of some vital nutrients like Calcium), they need attention to necessary medical and health care.

- **Post-menopausal age:**
  - It is a stage when ovarian function is almost at its end and issues associated with aging begin to grow. Usually, postmenopausal starts from the moment of menopause occurs until the end of life of a woman.
  - In this time, women need to be more concern for their wellness by regular clinical check ups as drastic changes occur at this period.
Factors Influencing Women Health

- **Diet:** Women's nutritional needs change during each phase (menstruation, pregnancy, breastfeeding and menopause) of their life.

- A well balanced diet that gives energy, maintains weight, boosts fertility, maintains the blood health, supports the strength of bones, combats stress, makes pregnancy and nursing easier and eases symptoms of Menopause for all women consisting of:
  
  - Complex Carbohydrates as well as Dietary Fibres (Oats, Brown Rice, Whole Wheat Products)
  - High quality sources of Protein (Lean Chicken, Fish, Egg, Pulses, Milk & Milk Products)
  - Healthy Fats (Sunflower Oil, Rice Bran Oil, Flaxseeds, Fish Oil)
  - Iron rich sources (Dark Green Leafy Vegetables, Liver, Dry Fruits like Dates)
  - Calcium rich foods (Milk and Milk Products)
Factors Influencing Women Health

• **Physical Activity:** Exercise is an important part of a lifetime of good health. It involves performance of the heart and lungs and the muscles of the body. It can decrease other health related problems. It offers great mental and social benefits as well.

• **Illness:** Illness is the ill feeling or symptoms associated with health issues or circumstances that upsets the physical health and it hampers the daily life of women.

• **Medications:** Women should be aware that they metabolize a number of drugs differently than men. For some medications, the rate of metabolism may be slower and in some others the rate may be faster. Therefore, it is essential that women are well informed about the kinds and correct dosages of any drugs they are taking.
Factors Influencing Women Health

• **Smoking:** Smoking increases the health risks including Cancer, Heart Related Problems, Decreased Bone Density, Breathing Problems and so on to anyone's health as well as the health of those around them.

• **Alcohol:** Women are much more vulnerable to the harmful effects of alcohol. Consumption of too much alcohol can lead to increase the risk of Infertility, Breast Cancer, Liver Disease in the women.
Thank You!