



NEWS RELEASE

For Immediate Release:
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For More Information, Contact:
Kim Mertz or
Char Rohrich-Reiswig
North Dakota Department of Health
Phone: 701.328.2493
E-mail: kmertz@nd.gov
creiswig@nd.gov

Governor Dalrymple Proclaims *Women's Health Week* in North Dakota

BISMARCK, N.D. – Governor Jack Dalrymple has proclaimed May 8 through 14, 2011, as *Women's Health Week* in North Dakota.

The theme for *Women's Health Week* is “It’s Your Time,” empowering women to make their health a top priority. Women are often the caregivers for their spouses, children and parents and forget to focus on their own health. Research shows that when women take care of themselves, the health of their family improves. The observance encourages women to be examples for all, young and old, by incorporating these important steps into their daily lives:

- Getting at least 2 ½ hours of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week.
- Eating a nutritious diet.
- Visiting a health-care professional for regular checkups and preventive screenings.
- Avoiding risky behaviors, like smoking and not wearing a seatbelt.
- Paying attention to mental health, including getting enough sleep and managing stress.

“*Women's Health Week* is a celebration of women taking responsibility for their own health through greater knowledge and understanding,” said State Health Officer Terry Dwelle, M.D. “I encourage all North Dakota women to take steps for a longer, healthier and happier life.”

As part of *Women's Health Week*, National Women's Checkup Day will be observed Monday, May 9, 2011. Women's Checkup Day encourages women to visit health-care professionals to receive or schedule a checkup and promotes regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections, and other conditions.

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In addition, the eight-week Women and Girls Out Moving Across the Nation (WOMAN) Challenge, an online physical activity program, kicks off on May 8, 2011.

Information about the WOMAN Challenge is available at <http://www.womenshealth.gov/whw/check-up-day/index.cfm#congrat>

Information about recommended screenings and tests for both women and men can be found at <http://www.womenshealth.gov/whw/>. The prevention guide, “A Lifetime of Good Health: Your Guide to Staying Healthy,” is available at www.4woman.gov/pub/pg.cfm or can be ordered by calling 800.944.WOMAN (9662).

For more information about *Women’s Health Week*, contact Kim Mertz or Char Rohrich-Reiswig, North Dakota Department of Health, at 701.328.2493.

PROCLAMATION
WOMEN’S HEALTH WEEK
May 8-14, 2011

WHEREAS, Women’s Health Week is a weeklong health observance with the theme “It’s Your Time”; and

WHEREAS, Women’s Health Week encourages and empowers women to make their health a top priority; and

WHEREAS, North Dakota communities, businesses, government agencies, health organizations and other groups are working together to educate women about steps they can take to improve their physical and mental health and lower their risks of certain diseases; and

WHEREAS, Women’s Health Week is a celebration of women taking responsibility for their own health through greater knowledge and understanding; and

WHEREAS, North Dakota women are encouraged to promote health and prevent disease and illness by taking simple steps for a longer, healthier and happier life.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim May 8-14, 2011, **WOMEN’S HEALTH WEEK** in the state of North Dakota.

Jack Dalrymple
Governor

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600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

Visit the health department home page at www.ndhealth.gov.