



## PRIORITIZING WOMEN'S HEALTH DURING COVID-19

### National Women's Health Week 2021

May 4, 2021- District Health Department #10 (DHD#10) understands it is not always easy to prioritize your health, especially during a pandemic. National Women's Health Week, May 9-15, serves as a reminder for women and girls to pause, take care of yourselves, and make your health a priority. It is extremely important for all women and girls, especially those with underlying health conditions, to take care of your health now.

What can women do to prioritize their health?

- Routinely visit a healthcare provider for checkups and preventative screenings.
- Create a personal goal to reach 2 ½ hours of physical activity per week.
- Work toward and maintain a healthy weight.
- Make a conscious effort to add more fruits and vegetables into your diet and limit foods high in calories, sugar, salt, and fat.
- Take care of your mental health by practicing good sleep habits and finding healthy ways to manage stress.
- Avoid unhealthy behaviors, such as smoking, drugs and alcohol, texting while driving, and not wearing a seatbelt or bicycle helmet.

Additionally, because of COVID-19, many are still working from home, and this can make it difficult to take care of yourself. Below are some practical ways to be mindful of your health while at home.

- Set a timer to remind yourself to stand up and walk around regularly during the day.
- Start a friendly virtual competition with coworkers. Track your steps, water intake, or other healthy activities.
- Take a walk during conference calls.
- Use free online videos or apps to exercise at home.

DHD#10 offers several services for women including breast and cervical cancer screenings, diabetes prevention programs, tobacco cessation programs, birth control, sexual health services, and immunizations, including the COVID-19 vaccine. Pfizer, Moderna, and Johnson and Johnson are available at all DHD#10 offices to eligible individuals on Tuesdays from 8:30am - 6:20pm via walk-in or by appointment. To schedule a COVID-19 vaccine appointment, go to [www.dhd.org/schedule](http://www.dhd.org/schedule) or call 888-217-3904.

To learn more about DHD#10's services for women, go to [www.dhd10.org](http://www.dhd10.org) or call 888-217-3904.

#### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations,



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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



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Infectious Disease Control, STD Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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