Women's Health Week

May 8-12, 2023





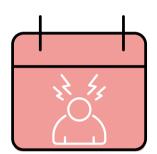
PREVENTATIVE HEALTH

Did you know?

About 82% of women in TN reported going for a check-up in the last year.

What you can do...

Call to schedule your yearly wellness visit. If you don't have a primary care provider, contact your local health department.



MENTAL HEALTH

Did you know?

A majority of women are likely to say that they have at least one thing that causes stress in their everyday life.

What you can do...

Take a little time to do something that makes you happy.



HEALTHY BEHAVIORS

Did you know?

Only 47% of women in TN reported eating at least one fruit per day.

What you can do...

Cook meals with fresh ingredients when possible. Start by adding one cup of fruits or veggies to your favorite meal.



HEALTHY BEHAVIORS

Did you know?

About 35% of women in TN are considered overweight.

What you can do...

Go for a brief walk a couple of times a week. Moderate exercise can help you get to or maintain a healthy weight.

Yearly wellness exams are important for maintaining good health. These visits start conversations with your healthcare provider to help you understand your risks for certain diseases and detect any problems early. Encourage the women in your life to get their annual wellness exams and be the example by getting yours as well.

