

Get Involved!

Winter - Spring 2006



WOMEN'S HEALTH VIRGINIA

Women's Health Virginia

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Who We Are

Women's Health Virginia (WHV) is a statewide organization dedicated to improving and promoting the health and well being of Virginia women and girls through education, research and information. A private, non-profit, volunteer-based organization, WHV addresses health and wellness comprehensively and as a continuous process. WHV takes a broad perspective concerning health problems that are usually addressed separately in treatment, education, health policy and research. We take a multi-disciplinary approach which includes economic, educational, cultural, environmental, social and medical issues.

You can support Women's Health Virginia with a tax-deductible donation. Your contributions help us expand our programs.

JOIN THE CELEBRATION! APRIL IS WOMEN & GIRLS' WELLNESS MONTH

April 2006 will mark the fifth annual *Women & Girls' Wellness Month* in Virginia. It is a time to recognize the importance of women and girls' well being and raise awareness of the many issues that affect women and girls' wellness. We invite you—as an individual, or your organization, business, school or other group—to join the celebration!

The word "wellness" often makes people think only of disease prevention. But wellness is a broad notion, that includes all factors that affect physical and mental health and ways that girls and women can maintain their health and have full, active lives.

As an individual, think about creating your own celebration, with steps toward healthier living—by eating better, getting regular exercise and learning more about your health. Invite friends to join you. Share a healthy meal, trade healthy recipes, go for walks, make your appointments for routine check ups.

Address your wellness, too, by doing things you enjoy—things that make you feel good, not just healthy. It may be a creative activity, such as painting, drawing, playing a musical instrument, knitting; going to a cultural or sports event; getting involved in your community, or just relaxing by yourself or with your partner or friends.

Your organization or business can become part of this statewide collaboration with a program or event for your members, employees or community. The program can increase understanding about wellness and highlight programs, services and products that address the needs of women and girls in Virginia.

Activities might focus on healthy living—fitness or cooking demonstrations; sporting events such as walks, runs or exercise classes; special health services or education programs. They can be cultural events, artistic or creative programs, or discussions about political issues affecting women. The list is endless!



WHV will work with you to plan your event and publicize it on our website and in other media.

WHV hopes you will consider making a contribution to support *Women & Girls' Wellness Month*. You can pledge a specific amount or a sum based on the proceeds from your event or sales.

We are looking forward to a grand statewide celebration and hope you will be part of it. If you have any questions or want to discuss your participation, contact WHV at 434-220-4500, or whvnet@womenshealthvirginia.org.

Tell us what you are doing to celebrate Women & Girls' Wellness Month!

Write whvnet@womenshealthvirginia.org

You can order a Women & Girls' Wellness Month T-shirts (hot pink with the Wellness Month logo for \$12.50 (includes tax and postage), available in sizes S-XL. Just send your check with your mailing information and phone number to WHV.

Get Involved!

WHV depends on a network of volunteers to assist with planning and implementing education, research, network building and information programs as well as activities related to non-profit organizational management and development. Volunteers' skills and interests are matched with projects or activities of specific interest to them. Whether volunteering a few hours a week or on a regular basis, it's a great way to meet new people involved in a worthwhile cause.

What Interests You?

- Build the WHV Network
- Be a regional contact
- Arrange regional activities
- Develop/work on educational programs
- Develop/work on research projects
- Women & Girls' Wellness Month activities
- Fundraising
- Volunteer Recruitment
- Grant/Funding Research
- Grant Writing
- Event planning
- Monitoring women's and girls' medical advances, events, legislation, or other news
- Identifying and/or managing materials for clearinghouse and resource center.
- Web design/programming
- Maintain WHV web site.
- Office Support
- Speaker on wellness topics.
- Publicity/Marketing

For a complete list of projects, contact Joanne Lattiak, Program Director, 434-220-4500, jlattiak@womenshealthvirginia.org

A financial statement is available upon written request from the Virginia Office of Consumer Affairs, P.O. Box 1163, Richmond, VA 23209

OUR 9TH ANNUAL CONFERENCE:

MIRROR MIRROR ON THE WALL:

SELF-IMAGE & THE CHALLENGE FOR WOMEN & GIRLS' WELLNESS

Friday, June 9, 2006

The Place at Innsbrook – Glen Allen, VA

Register now to attend our 9th Annual Conference on Women's Health, *Mirror, Mirror on the Wall: Self-Image & the Challenge for Women & Girls' Wellness* on June 9.

The all-day program will raise your understanding about physical and mental health issues that are related to female self-image. Experts from around Virginia and Washington, D.C. will discuss the development of women's self-image; concerns regarding dermatological and dental health; the relationship of body image and diet to nutrition and cardiovascular, endocrinological (e.g. thyroid, osteoporosis), and reproductive health; plastic surgery, the impacts of fads and fashions such as body and oral piercing, tattoos, and high fashion foot-

wear; and the relationship of image to healing and wholeness.

Registration (including lunch, materials, parking and continuing education credits) is \$65 until May 10, \$75 after May 10. Student registration is \$40. Continuing education credits for nurses, dietitians, CHES, and social workers are pending.

For more information or to receive a mailed brochure, write mail@womenshealthvirginia.org or call 434-220-4500. You can get complete information and register online with a credit card at www.womenshealthvirginia.org/programs.html after March 5.

FOCUS ON WHV RESEARCH

WHV will soon be publishing *Improving Women's Health Information*, a report of the first phase of our groundbreaking research to identify ways to make health information meet the needs of Virginia's women. The project included a telephone survey of more than 1500 women and discussion and focus groups with women around the state.

We are continuing our research in this area, focusing on the role of the clergy and faith organizations in promoting the health of women. The project is just beginning and you can help plan and implement it as a member of our Research Committee.

We want to thank the members of the Committee who are involved with the project at this time: E. Ayn Wellford and Dace Svikis from VCU, Jayne Quirk Crowther from UVA, Mary Beth Revak from Martha Jefferson Hospital, Linda Singleton-Driscoll of Chleire Consulting and our UVA student intern Armin Razavi who is assisting in the project's development.

OTHER INTERESTING RESEARCH

Recent Women and Girls' Health Research Publications

Girl Scouts Study *The New Normal? What Girls Say About Healthy Living*, survey results of 8- 17-year-old girls about attitudes, knowledge & behavior re health & mother's influence. www.girlscouts.org/news/news_releases/2006/healthy_living.asp=20

Nat'l Institute of Justice Special Report provides new info about rape. www.ncjrs.org/pdffiles1/nij/210346.pdf

The 10 Q Report: *Advancing Women's Heart Health through Improved Research*. Survey of cardiology experts to identify the top ten unanswered research questions concerning heart disease in women. www.womenshealthresearch.org/press/10QReport.pdf

Inst. of Medicine report: *Food Marketing to Children and Youth: Threat or Opportunity?* looks at food and beverage marketing practices aimed at kids. <http://www4.nas.edu/newsnsf/6a3520dc2dbfc2ad85256ca8005c1381/e16a9268798=97583852570cf00535d29?>