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DEPARTMENT OF HEALTH  
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[www.kdheks.gov](http://www.kdheks.gov)

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## **KDHE Celebrates National Women's Health Week**

The Kansas Department of Health and Environment (KDHE) is joining the U.S. Department of Health and Human Services' Office on Women's Health in celebrating National Women's Health Week May 10 – 16 to call attention to the importance of women's health.

During the week, families, health organizations, businesses, communities, the government and individuals come together to raise awareness about women's health issues and educate women about simple steps they can take for a longer, healthier and happier life. Here are some steps women can take to improve their health:

- Stop (or don't start smoking). If you are ready to quit, call the free Kansas Tobacco Quitline at 1-866-KAN-STOP. A counselor will work with you to create a plan to quit and fight cravings.
- Enjoy a variety of vegetables, fruits, whole grain products, lean meats, poultry, fish, beans and low-fat dairy products.
- Enjoy at least 2 1/2 hours of moderate physical activity each week.
- See your doctor for a once yearly well-woman checkup.

“National Women's Health Week is important because it encourages women to take time for their health,” said Dr. Jason Eberhart-Phillips, State Health Officer and Director of the KDHE Division of Health. “Women are often the caregivers for their families and as a result forget to make their own health a priority. With National Women's Health Week, we remind women to visit the doctor, make sure their screenings are up-to-date and just take a minute to think about their health.”

Kansas women suffer from heart disease, cancer, diabetes, and arthritis at rates comparable to national averages.

- Heart disease is the leading cause of death in Kansas, accounting for 2,963 female deaths in 2007.
- Cancer is the second leading cause of death of women in Kansas. On average, 6,139 women are diagnosed each year with cancer and an average of 2,569 die.
- In 2007, adult women in Kansas aged 18 years and older account for 31.3 percent of reported doctor-diagnosed arthritis.
- In 2007, 17.1 percent of Kansas women smoked
- More than 70,000 (6.8 percent) women 18 years and older in Kansas are estimated to have diagnosed diabetes. Many more women may have diabetes but are not aware of it.

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National Women's Health Week kicks off on Mother's Day, May 10, and will be celebrated until May 16. National Women's Checkup Day — a day where women across the country are urged to visit their doctor — will be held on May 11. In addition, the WOMAN Challenge, an eight-week online physical activity program, will be held May 10–July 4. For more information about National Women's Health Week, please visit [www.womenshealth.gov/whw](http://www.womenshealth.gov/whw). To learn more about KDHE, please visit [www.kdheks.gov](http://www.kdheks.gov).

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*As the state's environmental protection and public health agency, KDHE promotes responsible choices to protect the health and environment for all Kansans. Through education, direct services and the assessment of data and trends, coupled with policy development and enforcement, KDHE will improve health and quality of life. We prevent illness, injuries and foster a safe and sustainable environment for the people of Kansas.*