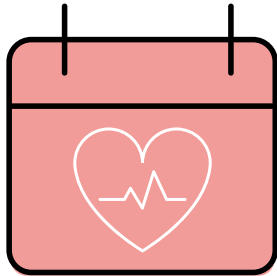


Women's Health Week

May 9-15, 2021



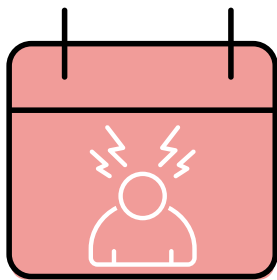
PREVENTATIVE HEALTH

Did you know?

Before the pandemic, 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.



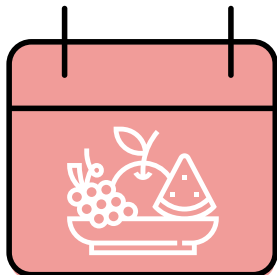
STRESS REDUCTION

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...

Taking a little time to do something that makes you happy can help relieve stress.



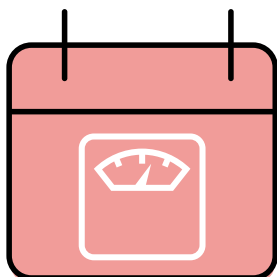
HEALTHY EATING/NUTRITION

Did you know?

Only 16% of women in TN report eating at least one serving of vegetable and 39% report eating at least one fruit per day.

What you can do...

Cook meals with fresh ingredients when possible. Try to add one cup of veggies or focus on healthy protein for each meal.



HEALTHY WEIGHT

Did you know?

About 30% of women in TN are considered overweight.

What you can do...

By simply going for a brief walk a couple of times a week, you can reduce your risk of heart disease and it can help you get to 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.

TN

Department of
Health

Need to get care? Call your local health department to set up an appointment.
tn.gov/health/health-program-areas/localdepartments.html