Women's Health: How Are We Coping & How Can We Do Better?

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Discussion Overview

- Global/National Situation
- Delaware’s Women
- Community Engagement
- Personal Impact
“Women lost $800 billion in income last year. That's more than the combined GDP of 98 countries.” – CNN Business 4/28/21

“On a global scale, women account for more than 64 million jobs lost last year. That's 5% of all jobs held by women, compared to a 3.9% loss for men,” said Gabriela Bucher, executive director of Oxfam International.
News or Noise? - Psychic numbing phenomenon

- Statistical numbers too large to grasp
- Can prevent awareness of serious situation/relaxing behavior or become unmotivated to act
- Instead, we can focus on individuals
- Limit intake of news/media and unplug entirely when you can
- Know you are not alone – this is a normal human reaction to so much loss
Discussion Questions:

- Do you watch/read the news (or engage in social media)? How often?
- What affects you most?
- Do you try to do anything about, for, or because of news you heard?
According to a study conducted by the Office of Women’s Advancement and Advocacy Delaware, women are more likely to:

- Experience health disparities
- Face economic insecurity due to a higher likelihood to live in poverty, earn lower wages, and have higher rates of unemployment
- Be overrepresented as both frontline workers and those in industries affected by closures and reduced capacity
- Bear the brunt of caregiving
The Office of Women’s Advancement and Advocacy produced a report on Domestic Violence and Delaware Women. This new report outlines data related to both domestic violence and poverty in Delaware.

To learn more, visit [https://dhr.delaware.gov/women/](https://dhr.delaware.gov/women/)
Discussion Questions:

- Are you currently accessing any services by state/community agencies?
- Are these services adequate?
- What changes would you like to see?
Community Engagement

- Faith-based
- Community Centers
- Schools/Parents
- Universities
- Businesses
- State Agencies
Discussion Questions:

- Are you engaged in your community?
  - Why? Why not?
- Is there something that would get you more engaged?
Personal Impact

- Coping Mechanisms
  - Yoga – Mindfulness - Exercise – Connecting – Turn it off!
- Impact on Health
  - Eat Healthy – Exercise – Eight Hours of Sleep – Engage with Others
Discussion Questions:

- Do you feel as though you practice good mental health?
- Are you eating healthy? Exercising regularly? Getting enough sleep?
- Is there anything that would help you achieve better health?
References

- www.Health.gov/MoveYourWay/Activity-Planner
- www.cdc.gov
- www.DelawareSHIP.org
- https://www.healthydelaware.org/Consortium
- https://dhr.delaware.gov/women/reports.shtml
- www.HelpisHereDe.com
Questions, thoughts, comments, feedback – all are welcome.

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