

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



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

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# Discussion Overview

- ▶ Global/National Situation
- ▶ Delaware's Women
- ▶ Community Engagement
- ▶ Personal Impact

# Global/National Situation



- ▶ “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.

# Global/National Situation

- ▶ 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?

# Delaware's Women



- ▶ 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

# Delaware's Women

- ▶ 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/>

# 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](http://www.Health.gov/MoveYourWay/Activity-Planner)
- ▶ [www.cdc.gov](http://www.cdc.gov)
- ▶ <https://coronavirus.Delaware.gov>
- ▶ [www.DelawareSHIP.org](http://www.DelawareSHIP.org)
- ▶ <https://www.healthylouisiana.org/Consortium>
- ▶ <https://dhr.delaware.gov/women/reports.shtml>
- ▶ [www.HelpisHereDe.com](http://www.HelpisHereDe.com)

Questions, thoughts, comments, feedback  
– all are welcome.



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