

National Women's Health Strategy

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Why do women need a strategy?

- Women spend significantly greater proportion of their lives in ill health and disability compared to men
- Male as default approach seen in:
 - Research and clinical trials
 - Education and training for healthcare professionals
 - Design of healthcare policies and services
- Gaps in data and evidence



National Ambition



Ambition:

- Boosted health outcomes for all women and girls
- Improve how health systems engage and listen to women and girls

How

- Take a life course approach
- Focus on women's health policy
- Embed hybrid and wrap around services
- Increase representation of women

How



1. Ensuring women's voice is heard
2. Improve Access
3. Address disparities
4. Better information and education
5. Improved understanding of impact on workplace
6. Improving evidence base

6 Priority Areas

- Menstrual Health and gynaecological conditions
- Fertility, pregnancy, pregnancy loss and postnatal support
- Menopause
- Mental health and wellbeing
- Cancers
- Health impacts of Violence against women and girls
- Health ageing and long-term conditions



Life Course Approach


ADOLESCENTS AND YOUNG ADULTS
 PUBERTY-24


MIDDLE YEARS
 25-50


LATER YEARS
 51+

