SOCIAL ISSUES AND TRENDS IN WOMEN’S HEALTH AND WELLNESS

Health Services Administrator
Office of Minority Health
Alabama Department of Public Health

Discussion Points
- Address social determinants in women’s health including addiction, domestic violence, mental health and human sexuality
- Identify stress related factors that increase chronic disease diagnosis in women
- List best practices for addressing social and health disparities in women across the life span

Chronic and Infectious Diseases Impacting Women
- Mental Health
- HIV and Sexual Transmitted Diseases
- Cardiovascular Disease
- Diabetes
- Breast and Cervical Cancer
- Infant Mortality Issues

Social Determinants Impacting Minority Women
A social determinant is a factor that impacts or interferes with a person’s natural ability to access or perform in an acceptable, traditional capacity or within the norm.

Other definitions???

What are some social issues?
- Substance Misuse or Chemical Addiction
  - Heroin Use
  - Crystal Methamphetamines (Meth Labs)
  - Alcohol Use
  - Crack/Cocaine Use
  - Prescription Drugs
  - Huffing
  - Polysubstance Use

Who are our minority women?
- Hispanic/Latino
- Asian/Pacific Islander
- American Indian
- African American
- Guatemalan
- Cambodian
- Vietnamese
**Social Issues continued**

- Domestic Violence
  - Physical abuse within the dating or marital relationship
  - Verbal abuse, bullying or intimidation within the dating or marital relationship
  - Sexual intimidation or sexual abuse
  - Child on parent abuse (verbal and/or physical)
  - Parent/elderly abuse (verbal and/or physical)
  - Female to Female abuse issues

**More Social Issues**

- Mental Health
  - Depression and Suicide
  - Post Traumatic Stress Syndrome
  - Separation and Adjustment Issues
  - Bipolar and Paranoid Schizophrenia
  - Dementia and Alzheimer’s
  - Anxiety and Panic Issues
  - Somatoform Disorders

**Additional Social Issues**

- Human Sexuality
  - GLBTQ Issues in women, children, adolescents
  - Same Sex Parenting (Roles and Responsibilities)
  - Gender Identity Issues
  - Sexual Identity Issues
  - Continuum of Sexuality
  - Human Trafficking
  - Commercial Sex Industry

**High Profile Social Issues**

- Female veterans returning from active duty deployment
- Parenting and child care issues
- Bullying issues with children and adolescents
- Incarcerated women and ex-offenders
- Parental and child custody issues
- Teen pregnancy
- Obesity and overweight concerns
- Menopause

**Women in the Media**

- Professor at University of Alabama at Huntsville
- Heidi Fleiss (former Hollywood Madam)
- Mackenzie Phillips (One Day at a Time)
- Sexual Assaults Against Women in the military
- Mother and Child at the Tanning Bed
- Anna Nicole Smith, Paris Hilton, Brittany Spears
- Grandmother who was charged with granddaughter running around the house
- Whitney Houston, Demi Moore

**Stress Related Factors**

How many of you know a woman who:

- Served in the military
- Has a child who has been the victim of bullying
- You suspect is abusing prescription drugs
- Who is exploring the sexual continuum
- Is involved in an abusive relationship
- Has spent long term residency with a law enforcement agency
Think About It….

- Church, mosque, cathedral, temple or synagogue, storefront
- Neighborhood community
- Place of employment
- Social or Civic Group
- Academic or Education Venue
- Sorority, Club
- Professional Associations

Physiological Symptoms that Increase Chronic Diseases in Women – Dr. Angela Martin

- Acne
- Allergies
- Anger
- Anxiety
- Headache
- Mood swings
- Blood sugar imbalance
- Bone loss
- Breathing
- Depression
- Fatigue
- Feelings of being lazy
- Hot flashes
- Hypothyroidism
- Incontinence
- Joint pain
- Leg cramps
- Menstrual cycle irregularities
- Memory problems
- Menstrual irregularities
- Menstrual problems
- Menstrual pain
- Menstrual problems
- Mood swings
- Muscle weakness
- Painful sexual intercourse
- Skin aging and dryness
- Skin spots (benign spots)
- Stomach cramps
- Swollen ankles and/or feet
- Urinary infections
- Urinary incontinence
- Vaginal dryness
- Vaginal infections

Best Practices for Addressing Social and Health Disparities

- Talk about it. Engage in small group discussions, promote dialogue and keep talking.
- Do a self assessment…..what are your unresolved issues?
- What issues are you facing today?
- Identify what belongs to you vs. what belongs to someone else.
- Talk about what you don’t want to talk about.
- Set boundaries around what you accept and take on.
- Its okay to say no!!

Best Practices….

- Attend conferences and workshops on women’s issues
- Step outside of your comfort zone…connect with different types of women
- Establish collaborative partnerships with organizations that serve primarily women
- Subscribe to women’s publications, journals and magazines…..

Enlarge Your Thinking - Increase Your Knowledge Around Women’s Issues

- Women in Religion
- Women’s Health and Wellness
- Women in Politics
- Women in Entertainment
- Women in Acting
- Women in the News
- Women in Sports
- Women in the Media
Enlarge Your Thinking – Increase Your Knowledge Around Women’s Issues

- Women in Education
- Women in History
- Women in Business
- Women in Your Profession
- Women of Inspiration
- Women in Poetry and the Arts
- Women in Medicine
- Women in the Military

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