

SANTA BARBARA COUNTY BOARD AGENDA LETTER



Clerk of the Board of Supervisors
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Santa Barbara, CA 93101
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Agenda
Number:
Prepared on: 4/17/02
Department Name: Public Health Department
Department No.: 041
Agenda Date: 5/7/02
Placement: Administrative
Estimate Time:
Continued Item: NO
If Yes, date from:

TO: Board of Supervisors

FROM: Roger E. Heroux, MPA, Director
Public Health Department

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SUBJECT: National Women's Health Week May 12-18, 2002

Recommendation(s):

That the Board of Supervisors:
Adopt a resolution proclaiming National Women's Health Week May 12-18, 2002.

Alignment with Board Strategic Plan:

Goal No. 2: A Safe and Healthy Community in Which to Live, Work, and Visit
Goal No. 5: A High Quality of Life for All Residents
Goal No. 7: A Community that Fosters the Safety and Well-Being of Families and Children

Executive Summary and Discussion:

All across America the 3rd annual National Women's Health Week will celebrate the role of good health practices in the lives of women. This is a national effort to raise awareness about key health issues among all women and manageable steps that women can take to improve their health. The focus is on the importance of incorporating simple preventative and positive health behaviors into everyday life. Most women have busy lives and multiple demands on their time. It is usually their health and well-being that is made a low priority. However, when a woman takes a simple step such as eating more fruit or taking the stairs instead of the elevator, the health benefits can be significant.

The Santa Barbara County Health Department encourages health awareness among all women. Women need to be informed so they can take actions to improve their own health and lower their risks. For example, 25 percent of Latinas have been diagnosed with type 2 diabetes. However, even a 10 percent weight loss can reduce a person's risk. On the other hand, Asian and Pacific Islander women are at a high risk for osteoporosis. To reduce this risk, women may choose to eat foods rich in calcium such as cheese, low-fat milk, yogurt, and broccoli; do weight-bearing exercises; and limit alcohol consumption. When women take even the simplest steps to improve their health, the results can be significant.

Women need to be informed and take responsible actions to improve their own health. For example, heart disease is the number one killer of all women, but for Asian/Pacific Islander women, cancer is the number one cause of death. When it comes to lung cancer, however, white women have the highest mortality rate from lung cancer among all women. At the same time, African American women have the highest mortality rates from heart disease of all women.

Stroke is the third leading cause of death for American women, but it occurs at a higher rate among African American and Hispanic American women compared with white women. These differences show the importance of taking appropriate health actions based on individual backgrounds and risk factors.

Sunday, May 12th, is Mother's Day and the beginning of National Women's Health Week, May 12 to May 18, 2002. To celebrate women and to help them live longer, healthier lives, Santa Barbara County Health Department is committed to helping women take positive steps to improve their health.

Let it be resolved that this Board of Supervisors of the County of Santa Barbara proclaim May 12-18, 2002 to be National Women's Health Week and urge all citizens to join in this important observance.

Mandates and Service Levels:

Acceptance of the Resolution will not result in any change in mandates or service levels.

Fiscal and Facilities Impacts:

Acceptance of the Resolution will not result in additional General Fund contribution or use of County Wide Cost Allocation overhead services.

This Resolution will not result in any additional need for facilities.

Special Instructions:

None

Concurrence:

None