



Diversity Committee

Women and Public Health

Lillian D. Wald

1867 - 1940

Wald coined the term "public health nurse", which are nurses who worked outside hospitals in poor and middle-class communities. As an advocate for children, women, and immigrants' well-being, she founded the Henry Street Settlement and Visiting Nurse Service to better meet their health needs. She insisted that Henry Street's classes be racially integrated. Wald's efforts to better the lives of women, children, and immigrants also extended internationally.



Citizens Medal by President Clinton in January 2001 for her work on behalf of children, women, people with AIDS, and the poor. She was the first Latina president of the American Public Health Association.

Kathleen R. Annette

1955 -

Dr. Kathleen R. Annette, a member of the White Earth Band of Chippewa, is the first Minnesota Ojibwe woman to become a physician and the first woman in the Bemidji Indian Health Service in Minnesota to serve as an area director. Dr. Annette develops and presents annual health care providers conferences that focus on health issues impacting American Indians, serves on an advisory committee for a joint Centers for Disease Control and Prevention and state "Emerging Infectious Disease" project, and is a frequent speaker on Indian health at medical schools and other institutions. Dr. Annette has won numerous professional awards for her work in American Indian health, including the United States Public Health Service Outstanding Service Award, Presidential Award for sustained superior accomplishments in public health, and the Mead Johnson Award from the American College of Family Practice.



Lillie Rosa Minoka-Hill

1876 - 1952

Dr. Lillie Rosa Minoka-Hill was a member of the New York-based Mohawk tribe. She was one of the first American Indian women to become a medical doctor. Determined to help other Indians who were not fortunate to have the same opportunities and advantages given to her, Dr. Minoka-Hill interned at the Woman's Clinic, and set up a private practice at the Lincoln Institute. She set up a boarding school for American Indian children, where she spent her life tending to the needs of the poor and underserved. In her later years, Dr. Minoka-Hill kept a "kitchen-clinic" where she accepted the occasional chicken as payment for services. The Oneida Indian community adopted her by giving her the name "You-da-gent," or "she who serves." There is a monument dedicated to her, which reads, "I was sick and you visited me."



Joycelyn Elders

1933-

She received her M.D. degree from the University of Arkansas Medical School in 1960 and an M.S. in Biochemistry in 1967. She became known as an expert on childhood sexual development. In 1987, Elders was appointed Director of the Arkansas Department of Health by then-Governor Bill Clinton. Her accomplishments in this position included a ten-fold increase in the number of early childhood screenings annually. Elders became Surgeon General of the Public Health Service on September 8, 1993, appointed by President Clinton. She was the first African American to serve in the position. As Surgeon General, Elders argued the case for universal health coverage, and was a spokesperson for President Clinton's health care reform effort. She was a strong advocate for comprehensive health education, including sex education, in schools. She was outspoken in her views, and was forced to resign after only 15 months in the position as a result of a controversial remark about sex education. Her last day in office was December 31, 1994. She returned to the University of Arkansas Medical Center as a professor of pediatrics.



Margaret Louise Higgins Sanger

1879-1966

Sanger was trained as a nurse and began her career working in the Lower East Side of New York. While working with poor women who had to face unplanned pregnancies, she realized the importance of birth control. In 1912 she devoted her work fulltime to help the health of women and women's health through the distribution of information on birth control. In 1916 Sanger set up the first birth control clinic in the United States and continued to write many books and articles on this topic, despite pressure from various organizations and political groups and several arrests. She founded the organization that would eventually become the Planned Parenthood Federation and is known as one of the pioneers in women's health and birth control.



Helen Rodriguez-Trias

1929 - 2002

Throughout her career, Dr. Rodriguez-Trias focused on the health needs of various populations, their access to care, and the integration of all aspects of reproductive health for women. She began her career as a pediatrician in Puerto Rico in the 1960s, but became increasingly concerned with social factors that affected health and access to health care. When she moved to New York, she practiced community medicine and supported grassroots efforts for change in the Puerto Rican community served by Lincoln Hospital in the South Bronx. She also mentored medical students. Over time, she focused increasingly on policies related to women's reproductive health, the health of children, and on the needs of those with HIV and AIDS. Dr. Rodriguez-Trias was awarded the Presidential



Sara Josephine Baker

1873 - 1945

After graduating New York Infirmary for Women and Children in 1898, she interned at the New England Hospital for Women and Children and worked at an out-clinic in one of Boston's worst slums. This experience led her to understand the association between poverty and poor health. Dr. Baker helped establish programs in preventive medicine and public health. She was the first woman to earn a doctorate in public health from the New York University and Bellevue Hospital Medical College (later New York University School of Medicine). She also expanded the scope of public health care as the first director of New York's Bureau of Child Hygiene. This bureau was the first of its kind and served as a model for the nation.



Women and Public Health

Women's Health Across their Lifespan

"4girls" developed by the Office on Women's Health in HHS is to promote healthy, positive behaviors in girls between the ages of 10 and 16. www.4girl.gov

"Girl Power!" is a national public education campaign sponsored by the HHS to encourage 9- to 13-year-old girls to become involved in their health. www.girlpower.gov

"¡Soy Unica! ¡Soy Latina!" is a public education bilingual initiative for Latino girls ages 9-14, and their mothers/caregivers sponsored by the SAMHSA to help them build and enhance their self-esteem, mental health, decision-making skills. www.soyunica.gov

The "Pick Your path to Health Campaign", sponsored by the Office on Women's Health, promotes ways women may improve their health and their loved ones. www.4woman.gov/pypth

Women of Color: For information about health risks and concerns of African American, Latina, Asian American, Pacific Islander, Native Hawaiian, and American Indian, and Alaska Native Women go to www.4woman.gov/minority/index.htm

Older Women: For information about older women's health please go to www.4woman.gov/owh/older.htm

Other Women's Health Resources

National Women's Health Resource Center, Inc.
www.healthywomen.org

National Asian Women's Health Organization
www.nawho.org

Black Women's Health Imperative
www.blackwomenshealth.org

American Indian and Alaska Native Women Health
www.ihs.gov/MedicalPrograms/MCH/WH.asp

Jacobs Institute of Women's Health
www.jiwh.org

What screening tests are important for women to be healthy?

The AHRQ Task Force has made the following recommendations, based on scientific evidence:

- ~ Mammograms
 - ~ Pap Smear
 - ~ Cholesterol Checks
 - ~ Blood Pressure
 - ~ Colorectal Cancer Tests
 - ~ Diabetes Screening Test
 - ~ Depression
 - ~ Osteoporosis Tests
 - ~ Chlamydia Test and Tests for Other Sexually Transmitted Diseases
- ~ For the screening tests timeline please go to <http://www.ahrq.gov/ppip/healthywom.htm>

Screening Test Checklist

Take this checklist with you to your doctor's office and fill it out when you have had any of the tests listed below.

	Previous Screening was (mm/yr)	Should schedule next test for (mm/yr)
Mammogram		
Pap Smear		
Cholesterol		
Blood Pressure		
Colorectal Cancer		
Osteoporosis		
Chlamydia		

	Última pruebas fue (mes/año)	programar la siguiente prueba (mes/año)
Mamografía		
Papanicolaou		
Colesterol		
Presión arterial		
Cáncer colorrectal		
Osteoporosis		
Clamidia		

For information on what medicines one should take to prevent disease and other steps to stay healthy, please visit "Women: Stay Healthy at Any Age—Checklist for Your Next Checkup" at <http://www.ahrq.gov/ppip/healthywom.htm>.

It is also available in Español "Cómo puede la mujer mantenerse saludable a cualquier edad" at <http://www.ahrq.gov/ppip/healthywomsp.htm>.

Reference:

Women: Stay Healthy at Any Age—Checklist for Your Next Checkup. AHRQ Publication No. APPIP03-0008, January 2004. Agency for Healthcare Research and Quality, Rockville, MD. <http://www.ahrq.gov/ppip/healthywom.htm>