

JUNE 2019

HEALTHY WOMEN & CHILDREN COALITION NEWSLETTER



HEALTHY
WOMEN &
CHILDREN
COALITION

**Working to ensure all women and
children of color in Waco-McLennan
County are healthy**



PROJECT UPDATES

YOUR HEALTH MATTERS



Your Health Matters booklets stress the importance of waiting at least 18 months after birth to become pregnant again. They also inform women of ways to improve their health after and between pregnancies, through proper dieting and exercising, using effective contraception methods and understanding their mental wellbeing. To date, there have been 335 booklets distributed in the Waco community.

HEALTHY WACO WOMEN



We encourage all women to get their annual well women exam! Accessing preventative care is an important way for you to improve and maintain your health. To date, 65 wellness bags have been given across all participating sites, including all 13 Family Health Center locations.

WOMEN'S HEALTH ADVOCACY COMMITTEE



The Women's Health Community Advisory Board now has a new name, the Women's Health Advocacy Committee (WHAC)! Their purpose statement is, "*Where young women are guiding the community discussion about solutions to decrease barriers and enrich women's health.*" WHAC members are currently analyzing women's health data and discussing possible solutions related to women's health issues.



EVENTS

FREE! 2019 Texas Regional Fatherhood Summit

WHEN/ Houston: June 4th

WHERE: Dallas: June 25th
Lubbock: July 15th

WHO: Professionals who engage with and/or impact policies about fathers and families, including local policymakers and agencies, researchers, and representatives from parent and family programs, nonprofits, and other community groups.

WHAT: Hear speakers and participate in meetings on cutting edge research about how to best support dads, and moms to be the best parents they can be.

Healthier Texas Summit

WHEN: October 17-18, 2019

WHERE: AT&T Executive Education and Conference Center, Austin, TX

WHO: All members of Texas communities involved in creating a Healthier Texas. Professionals, policy-makers, community members, and students are all welcome.

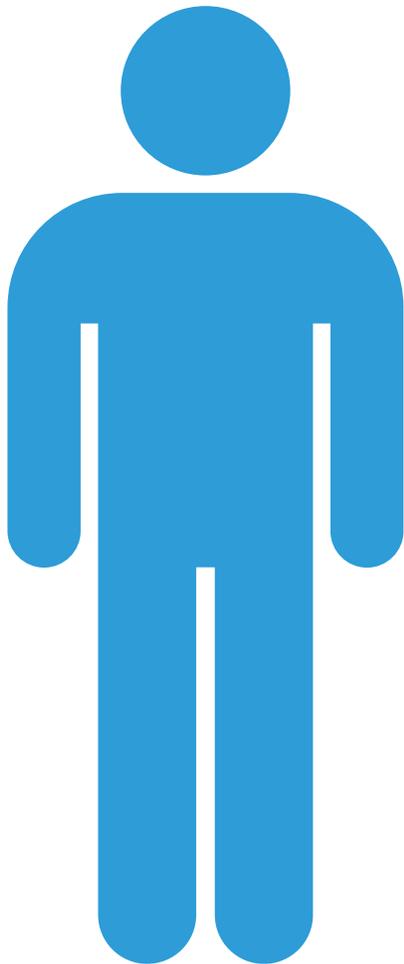
WHAT: Hear stories and enter into conversations about collaborative successes, and how challenges can be resolved, so professionals can more fully unite for a Healthier Texas.



MEN'S HEALTH TIPS

JUNE IS MEN'S HEALTH MONTH!

Whether it's your father, friend, brother or spouse, let the men in your life know you care by encouraging them to take better care of their health. Below are a few tips for how men can improve their health and have a better quality of life.



Healthy Living Tips!

- Aim for 2 1/2 hours of physical activity each week.
- Include a variety of fruits and vegetables in your diet, and limit sugar, salt, fat, and alcohol.
- Try to quit smoking, call 1-800-QUIT-NOW for help.
- Recognize and work to reduce stress in your life.
- See your doctor for regular check-ups.



CHECK IT OUT

HEALTHY WACO WOMEN WEBSITE

healthywacowomen.org is now live! Share it with women between the ages of 18-25 who have never had a baby and encourage them to sign up to get a free wellness bag after their well-woman exam at participating clinics!



GET A FREE
WELLNESS BAG

EACH BAG INCLUDES A VARIETY OF ITEMS SUCH AS

Free multivitamins with folic acid*, water bottle, earbud headphones, lip balm, Women's Health magazine, and nail file!

Available in limited quantities at participating locations, so schedule your well-woman exam today!

*Folic acid makes your hair shine, nails grow and skin glow and helps prevent birth defects.

Your First Name

Your Last Name

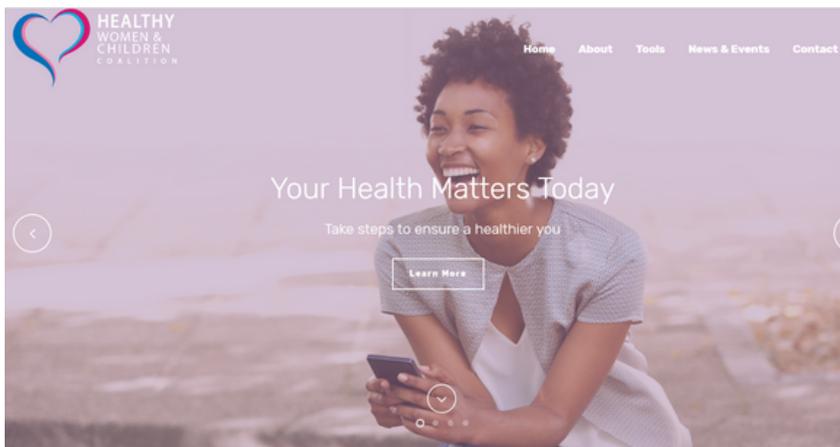
Your Email Address

Your Zip Code

SIGN UP

By signing up, you will receive an email with a ticket to collect your bag at the checkout after your well woman exam and be subscribed to our monthly newsletter with free health tips.

HEALTHY WOMEN & CHILDREN COALITION WEBSITE



healthybabieswaco.org is a great resource for both men & women throughout their lives. Whether you've never had a baby, are pregnant, are a mother or father, or even if you have lost a baby, there are resources here for you!



GET INVOLVED!



Know a woman between the ages of 18-25 that has never had a baby? Invite her to join the Women's Health Advocacy Committee, and have her voice heard on important women's health issues in our community! We meet monthly at 225 W. Waco Dr. There will be snacks and a raffle for a giftcard! Contact Haley Love at haley1@wacotx.gov for meeting information.



Does your organization work closely with women who have at least one child? Are you interested in using the "Your Health Matters" booklets with your clients? If so, reach out to the Healthy Women and Children Graduate Assistant at healthei2@wacotx.gov.



The Healthy Women & Children Coalition meets on the third Thursday of the month from 2-4pm at the Waco-McLennan County Public Health District (225 W Waco Dr). Join us for a meeting! Email healthei2@wacotx.gov for details.



Share the Healthy Women & Children Waco Facebook content on your organization's page to help us spread the word about the collective work and voice of the coalition!



NEWS

WOMEN IN THE UNITED STATES

THE VIOLENCE AGAINST WOMEN ACT (H.R. 3355)

The Violence Against Women Act turns 25 in 2019! First passed in 1994 by President Bill Clinton, the act provides resources for the investigation and prosecution of violent crimes against women. The act also established the Office on Violence Against Women within the Department of Justice.

TEXAS SENATE BILL 22

The Texas Senate has recently passed legislation that would prohibit any government official or employee from officially affiliating or providing resources to an abortion provider. The bill provides exceptions for individuals acting as private citizens, and providers that do not fall under Chapter 245 of the Health and Safety Code. SB22 must pass in the Texas House of Representatives in order to take effect.

FEDERAL DE-FUNDING OF TITLE X GRANTS

Title X, is a federal grant program that provides funding and resources to family planning clinics throughout the United States. In February of this year, federal government officials announced that Title X grants will be removed from any family planning centers that provide abortion referrals.