



State of Wisconsin

Department of Health and Family Services

Jim Doyle, Governor

Karen E. Timberlake, Secretary

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Stephanie Marquis, Department of Health and Family Services, (608) 266-1683

Secretary Timberlake Observes Women's Health Week

Women's Health Week is May 11th to 17th

Department of Health and Family Services Secretary Karen Timberlake today praised the important role women play in keeping Wisconsin a healthy, strong and safe place to live, and reminded them to focus on their own health.

There are several steps women can take to improve their health and prevent disease:

- Engage in physical activity most days of the week.
- Eat a nutritious diet.
- Visit a healthcare provider to receive regular checkups and preventive screenings.

There are a number of health and nutrition programs for Wisconsin women that are uninsured and underinsured:

- **Wisconsin Well Woman Program:** provides breast and cervical cancer screening services to women with little or no health insurance coverage.
- **Women, Infants and Children Program:** provides supplemental nutritious foods, nutrition and breastfeeding information, and referral to other health and nutrition services to help mothers and their young children obtain healthy and nutritious foods.
- **BadgerCare Plus Program:** provides affordable, comprehensive health care to all children in the state and more parents, caretaker relatives and pregnant women
- **FoodShare Program:** helps people with limited money buy the food they need for good health.
- **Family Planning Waiver:** provides family planning services and supplies for women who are seeking contraception, age 15 through 44, who meet federal income requirements. Through the program, eligible women applying for family planning services may receive services immediately.

In addition, today marks Fibromyalgia Awareness Day. In March, the Wisconsin Legislature passed Senate Joint Resolution 104, establishing May 12, 2008 as the awareness day. Fibromyalgia is a chronic pain disorder that can affect any part of the body and can be very difficult to diagnose. Both men and women can get fibromyalgia, but the condition is much more common in women, who account for 80 to 90 percent of diagnosed cases.

For more information about fibromyalgia, go to www.FMaware.org

For more information on issues affecting women's health, visit the Women's Health Web page at <http://dhfs.wisconsin.gov/womenshealth/>

For more information about BadgerCare Plus or to apply, go to www.BadgerCarePlus.org

For more information about FoodShare, go to <http://dhfs.wisconsin.gov/foodshare/index.htm>

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