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**THE PASCO COUNTY HEALTH DEPARTMENT CELEBRATES MAY AS NATIONAL
WOMEN'S HEALTH WEEK**

NEW PORT RICHEY – Florida Women's Health Month and National Women's Health Week 2009 is here and the Pasco County Health Department urges you to participate. Women's Health Month is a time to educate women about how they can lead healthy lifestyles and the importance of taking appropriate health actions based on individual background and risk factors.

"Women of all ages are encouraged to take simple steps to improve their health," said County Health Officer David Johnson M.D., M.S., M.H.A. "In addition to maintaining good nutrition and exercising, having regular check-ups and recommended screenings are critical to maintaining good health."

The 10th annual National Women's Health Week initiative kicks off on Mother's Day, May 10 and is celebrated until May 16. With the theme "It's Your Time," the week encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life. The initiative includes the eight-week Woman Challenge, an online physical activity program that will start May 10.

Simple steps include:

- Getting at least 2 ½ hours of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week
- Eating a nutritious diet
- Visiting a health care professional for regular checkups and preventive screenings
- Avoiding risky behaviors, such as smoking or not wearing a seatbelt
- Paying attention to mental health, including getting enough sleep and managing stress

During National Women's Check-Up Day on May 11, the health department encourages women of all ages to be proactive with their personal health and schedule regular checkups that are vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections and other conditions.

For more information about National Women's Health Week or National Women's Check-Up Day, visit the U.S. Department of Health and Human Services, Office on Women's Health website at www.womenshealth.gov.

DOH promotes, protects and improves the health of all people in Florida. For more information about the Pasco County Health Department, visit www.doh.state.fl.us/chdpasco/default.html.

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