

# Office of Women's & Men's Health

The Nebraska Office of Women's and Men's Health (OWMH) was created to assist, and encourage all women and men in Nebraska to lead healthier lives. The Office fosters a system that includes policy development and education.

Through health education, mentoring and training, the Office of Women's and Men's Health supports and guides women and men on their journey toward a healthy life. As part of the Nebraska Department of Health and Human Services, the Office of Women's and Men's Health partners with a variety of local, state and federal agencies to bring Nebraskans the best services possible.

Our Mission is to *help women and men of all ages in Nebraska lead healthier lives.*

Our Vision is that *all women and men throughout Nebraska will be healthy.*

## Programs, Campaigns and Advisory Council

**Every Woman Matters (EWM)** provides free or low-cost screening services for **women** ages 40 through 74 who have limited or no health insurance, and low or medium incomes. The EWM program pays for screening and diagnostic testing for breast and cervical cancers; including pelvic exams and Pap tests, clinical breast exams and mammograms. In addition, the program pays for height, weight, waist circumference, blood pressure, cholesterol and glucose checks. For more information, go to [www.dhhs.ne.gov/womenshealth/ewm](http://www.dhhs.ne.gov/womenshealth/ewm).

### From 1992-2011 the program has:

- Screened 164,000 Women 18+
- Performed 110,465 Mammograms, 129,291 Pap Smears and 10,415 Clinical Breast Exams
- Screened 45,601 women 40+ for cardiovascular disease
- Provided 27,800 sessions of lifestyle counseling



### and has diagnosed...

- 914 Breast Cancers
- 68 Cervical Cancers
- 1,135 Cervical pre-cancers
- 7,544 cases of elevated cholesterol
- 7,480 cases of elevated blood pressure
- 3,318 cases of elevated glucose



**Nebraska Colon Cancer Screening Program (NCP)** provides colorectal cancer screening services to Nebraska **women** and **men** who are 50-74 years of age who have a low or medium income. Colon cancer is the #2 cancer killer of Nebraskans. For more information, go to [www.dhhs.ne.gov/crc](http://www.dhhs.ne.gov/crc) or [www.StayInTheGameNE.com](http://www.StayInTheGameNE.com).

### From 2006-2011 the program has:

- Screened 5,000 Women and Men 50+
- Performed 1,294 colonoscopies
- Removed 501 polyps and 10 cancers

*(more on back)*

Be Active // Be Healthy

**The Health Marketing Consumer Group** is a consulting tool used to gather valuable public opinion on the various educational materials and media campaigns that are developed and distributed by the Nebraska Office of Women's and Men's Health.

The **Healthy Weights/Healthy Behaviors Grant** promotes healthy lifestyles for women by developing or adapting community-driven, family-centered, culturally relevant models that promote healthy weights among women.

The **Women's Health Symposium** is an event hosted by the Office of Women's Health. This day long conference focuses on a variety of women's health issues.



**The Heart Truth** is a campaign dedicated to raising awareness of the signs and symptoms of cardiovascular disease in women. Heart Disease is the #1 killer of women.

**Statewide Walking Campaign** the OWMH frequently provides free pedometers, walking journals and other incentives to the public to promote the health benefits of daily walking.

**Bright futures for Nebraska Women** promotes physical activity among women and girls. A scorecard campaign was developed to help make communities "physical activity friendly" by offering a variety of free and reduced price physical activity opportunities. Participants keep track of their activities and turn in scorecards for incentives.

**Office of Women's Health Advisory Council** assists the Office of Women's Health in setting priorities and/or selecting activities that have an impact on the health of women in Nebraska. A directive of the *Women's Health Initiative of 2000*, the Council provides as guidance and serves as a strategic planning resource for the Office and helps carry out duties established by the Legislature.



The **Office of Men's Health** assists men in Nebraska by offering education about men's health topics. Popular to men's health is the Stay in the Game campaign that promotes colon cancer awareness. The Office of Men's Health developed a Men's Health Cookbook: Kitchen Quarterbacks. They are also responsible for creating a Men's Health Scorecard.

**For More Information:**

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[www.dhhs.ne.gov/womenshealth](http://www.dhhs.ne.gov/womenshealth) and [www.dhhs.ne.gov/menshealth](http://www.dhhs.ne.gov/menshealth)