

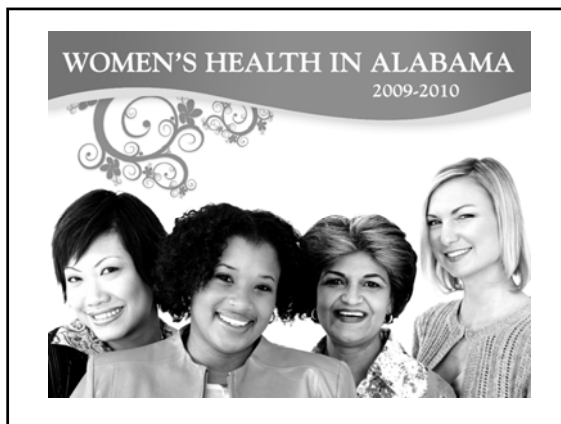
Women's Health in Alabama

**Satellite Conference and Live Webcast
Wednesday, May 18, 2011
2:00 - 4:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division**

Faculty

**Nan Priest, MSHA
Executive Vice President
Chief Strategy Officer
St. Vincent's Health Systems
Birmingham, Alabama**



Services Provided by the Office of Women's Health

- **Office of Women's Health website**
 - www.alabamahealthywomen.com
 - Lists meetings and events featuring women's health issues, informative health articles, and contact information to receive free educational and preventive materials

Services Provided by the Office of Women's Health

- **Annual report on women's health**
 - Provides an overview of the accomplishments of the office to help improve the overall health of women
 - Highlighted activities of the year demonstrate our commitment to improving the health of Alabama women

Services Provided by the Office of Women's Health

- **Publications and educational material**
 - Pamphlets, publications, and fact sheets are available from ADPH programs focusing on women's health issues

Services Provided by the Office of Women's Health

- Additional educational materials can be obtained by visiting the OWH website for downloadable documents or contact information for ordering

Services Provided by the Office of Women's Health

- Public and professional education
 - Staff is available for presentations to any audience interested in learning more about women's health issues and what can be done to improve the health status of Alabama's women

Services Provided by the Office of Women's Health

- Targeted educational programs are planned as requested
- Exhibiting and educational materials are also available

Office of Women's Health Initiatives

- A New Leaf... Choices for Healthy Living
 - A structured nutrition, physical activity, and assessment program for chronic disease risk reduction through weight reduction and the promotion of a healthy lifestyle

Office of Women's Health Initiatives

- BodyWorks: A Toolkit for Healthy Girls and Strong Women
 - A program designed to help parents and caregivers of young adolescent girls (ages 9 to 15) by improving family eating and activity habits

Office of Women's Health Initiatives

- Heart Truth
 - A national awareness and prevention campaign about heart disease in women
 - Sponsored by the National Heart, Lung, and Blood Institute

Office of Women's Health Initiatives

- **Health Women's Network (HWN)**
 - Used to provide information on topics affecting women's health throughout Alabama
 - Membership benefits include a free 12 month subscription to *Health for Women* magazine

Office of Women's Health Initiatives

- **Women's Health Information for the Incarcerated (WHI FI)**
 - Provides health information, education, and facilitates healthcare service referrals for women dislocated and disadvantaged due to their incarceration

Office of Women's Health Initiatives

- Assists incarcerated women in preparing for a more successful reentry into society, nurturing healthy lifestyle changes that will have positive impacts on their life and society as a whole

Office of Women's Health Initiatives

- **Healthy Women license plate campaign**
 - Proceeds will help bring health education and outreach programs to women and their families in Alabama communities
 - Car tag #91

Population and Demographics

- There are almost 2.5 million women in Alabama
- White women account for almost 1.7 million

Population and Demographics

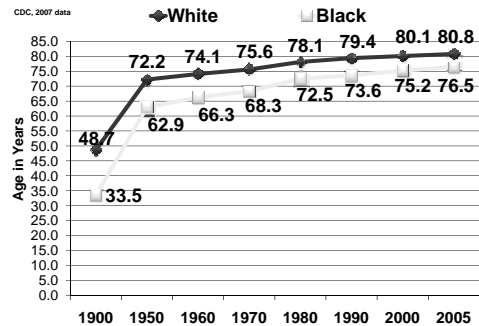
- **Black or African-American women and other races are more than 700,000**
 - Because other races account for such a small percentage of the population in Alabama, they are grouped in this category

Population and Demographics

- There are more than 50,000 women of Hispanic or Latino descent
 - Includes both black and white women

– U.S Census Bureau, 2006 Community Survey

Life Expectancy for Women



Leading Causes of Death for Women, 2007

Cause	Number	Rate
1. Heart Disease	5,165	219.0
2. Cancer	4,416	186.4
3. Cerebrovascular Disease	1,590	67.1
4. Chronic Lower Respiratory Disease	1,140	48.1
5. Alzheimer's Disease	1,075	45.4
6. Accidents	856	36.1
7. Diabetes Mellitus	782	33.0
8. Nephritis and Kidney Disease	591	24.9
9. Influenza and Pneumonia	483	20.4
10. Septicemia	451	19.0

*Alabama Center for Health Statistics, 2008

Heart Disease

- Heart disease is the #1 cause of death of women in Alabama
 - Black women and Hispanic women have disproportionately high rates of heart disease
- The major risk factors are:
 - Obesity, physical inactivity, high blood pressure, diabetes

Heart Disease

- Risk factors you can control or treat are:
 - Cholesterol
 - Blood pressure
 - Smoking
 - Lack of physical activity
 - Obesity
 - Diabetes

Heart Disease

- Modifying your lifestyle, and proper medication can add years to your life
- Risk factors you cannot control:
 - Age
 - Race
 - Gender
 - Heredity

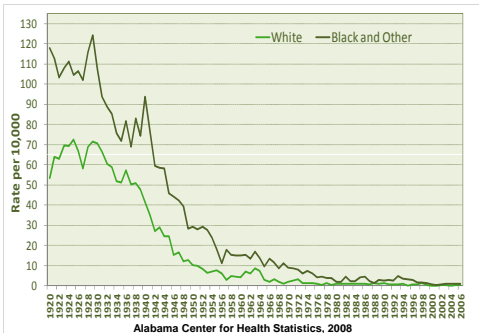
Heart Disease

- Because women’s heart attack symptoms may be different than men’s, women often do not seek medical assistance in a timely fashion
 - Women may have “classic” chest pain but the more common tendency is to have “atypical” chest pain

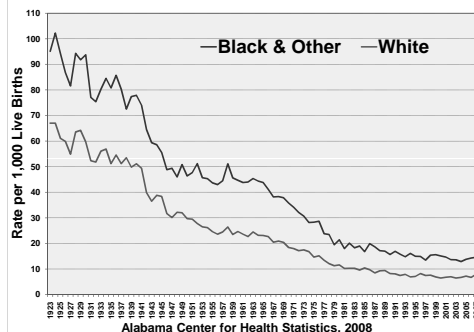
Heart Disease

- During a heart attack, women often complain of abdominal pain, shortness of breath, nausea/vomiting, cold sweats, light-headedness, back or jaw pain, and/or unexplained fatigue

Maternal Mortality, 1920-2006

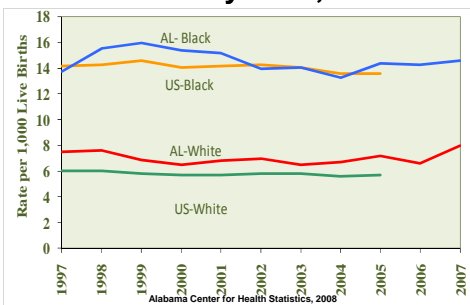


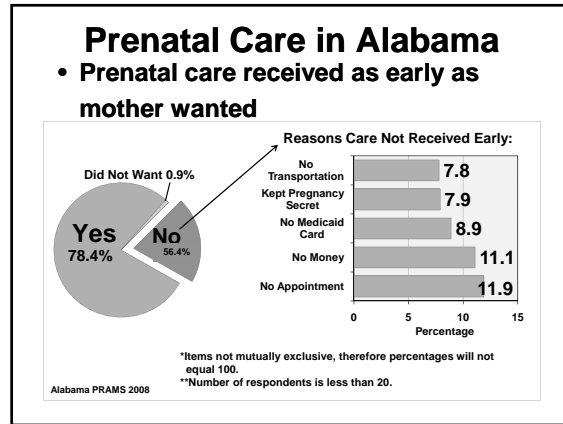
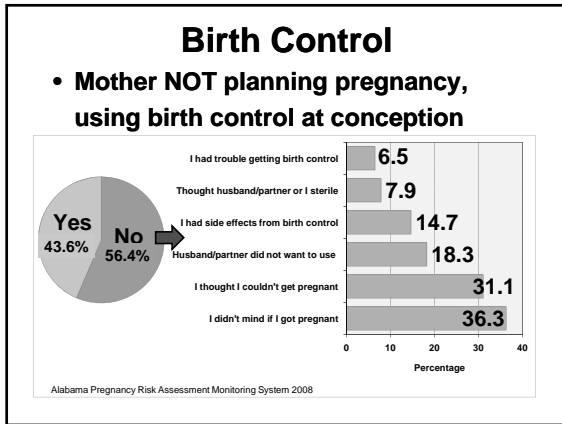
Alabama Infant Mortality 1923-2007



Infant Mortality Rates Alabama and United States by Race, 1997-2007

Infant Mortality Rates Alabama and United States by Race, 1997-2007





Elderly Women in Alabama

- **441,000 women rely on Social Security benefits ***
- **Women represent 60% of all people 65 and older who rely on Social Security benefits ***
- **Without Social Security 61% of elderly women would be poor ****

*Social Security Administration
**Center on Budget and Policy Priorities, compiled by the National Women's Law Center

Elderly Women in Alabama

- **14% of the total population are 65 years and over**
- **Alabama ranks 14th in elderly population *****
- **Alabama ranks 5th in percent of grandparents responsible for their grandchildren – 57% *****

*** U.S. Census Bureau, 2005 American Community Survey

Domestic Violence in Alabama

- **There were 29,042 domestic simple assaults in 2007**
 - Represents 35% of all simple assaults reported
- **74% of victims were females**
 - 51% were black
 - 49% were white
 - 77% had male offenders

Domestic Violence in Alabama

- **50% of the victims were injured**
- **Weapons:**
 - Firearm – 19%
 - Hands, fists, or feet – 47%
 - Knife – 15%
 - Other dangerous weapons – 19%

Sexual Violence in Alabama

- There were 1,408 rapes reported in 2007
 - Data from statewide crisis centers indicate that only 35-40% of all sexual assaults are reported
- On average there were 4 rapes reported per day
 - Of these, 509 were solved with 398 males arrested for rape

Sexual Violence in Alabama

- 28 is the average age of the rape offender
 - Range from 11-79 years
- Victims range from 11 to over 80 years of age

– Alabama Criminal Justice Information Center, 2007
– Injury Prevention Center, ADPH, RPE Program

Poverty Status in Alabama

- 2006
 - 431,607 females, or 19% of the population, lived below the poverty level
 - 85,545 were employed in civilian labor force
 - 31,654 were unemployed

Poverty Status in Alabama

- Of those living in poverty, 34% did not have high school degrees
 - 16% were high school graduates
 - 11% had some college or an associate's degree
 - 4% had a bachelor's degree
 - 3% had a graduate or professional degree

Poverty Status in Alabama

- 49% of married couple families have both husband and wife in the labor force
- Alabama ranks 47th in the U.S. for number of families living in poverty

– U.S. Census Bureau, 2006 American Community Survey

Labor Force Participation

- In 2006, 67% of women were in the labor force
 - Includes seasonal employment during part of the year
- During 2006, 62% of women were employed
 - Includes part-time and full-time employment

Labor Force Participation

- The earnings of all women, 16 years and older, averaged \$18,854
 - This included part-time, seasonal, and full-time workers
- Full-time, year-round female workers averaged \$21,460 in 2006
 - Men in the same category had average earnings of \$32,488

Labor Force Participation

- Because women earn less than men, their Social Security benefits are less, and they live longer
- Nationally, women earn 78 cents for every \$1 men earn
 - In Alabama, women earn 66 cents for every \$1
- 1998 national earnings rate
 - U.S. Census Bureau, 2006 American Community Survey

Educational Attainment

- Alabama ranks 46th in the percentage of people 25 years and older who have completed high school – 80%
- Alabama ranks 45th in the percentage of people 25 years and older who have completed a Bachelor's degree – 21%

Educational Attainment

- Currently, in Alabama, more women than men are enrolled in college or graduate school
 - This is true of all age groups 18+

Educational Attainment

- The wage disparity between men and women increases as education level increases

Educational Attainment

Educational Attainment	Women's Earnings	Men's Earnings
Less than high school	\$11,560	\$21,257
High school graduate	\$17,881	\$31,170
Some college/Associate's degree	\$22,952	\$37,055
Bachelor's degree	\$33,290	\$53,459
Graduate or Professional degree	\$42,376	\$70,418

U.S. Census Bureau, 2006 American Community Survey

The Future...

Clearly the health of women in Alabama depends upon many factors: access to healthcare, insurance benefits, wages, living conditions, education, personal health habits, age, and many other things.

The Future...

The most important factor is knowledge and willingness to change behavioral factors to lower the known risks.

More Information

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www.alabamahealthywomen.com