



Comité économique et social européen
European Economic and Social Committee

Health Promotion and Disease Prevention

Promoting Women's Wellbeing

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Celebrating 21 Years of Setting the Agenda in Women's Health



Background



- Both biological and socioeconomic factors have a significant impact on health.
 - Importance of early and effective intervention.
- Women play a vital role as patients, healthcare professionals, researchers, family members, caregivers, friends and health managers.
- *How do we best promote health and prevent disease in women in Europe?*

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Central Issues

1. Rise in **unhealthy behaviours** in women, particularly in younger women.
 - Tobacco use, alcohol consumption, inactivity and poor diet
2. Increase in chronic disease burden in the EU in both sexes
 - Leads to increasingly costly health and long-term care if not treated and managed effectively
3. Women outlive men by an average of **6 years**, however difference in **healthy** life expectancy is only **18 months**
 - Sex/gender impacts on susceptibility, prevention, diagnosis and treatment of chronic disease.



Recommendations



1. Develop programming and policies to encourage healthy lifestyles that are tailored for the unique needs of women and men, including vaccination.
2. Provide support and education to women during pregnancy.
3. Empower women to play an active part in their own health and wellbeing
4. Devote particular attention to targeting vulnerable and marginalised groups in health promotion efforts.
5. Ensure social determinants are included in health promotion.

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