



Women Health Matters - Understand her Health Needs

We live in a world where gender has a direct impact on our lifestyles. Gender difference dictates almost every aspect of our lives and the healthcare system is no different. Women in India live 2.7 years longer than men on average but the difference in healthy life expectancy between the two is just 0.1 years which indicates that women do not necessarily live a healthier lifestyle than men. This disparity, according to experts, is due to the lack of bodily autonomy and lack of resources that affect women's health. Social Norms and stigma around women's intimate health also play an important role in creating the gender gap.

The Indian Women's Health Report 2021 surveying 1000 working women aged between 25 to 55 years across seven cities has revealed that around half of the women surveyed are not comfortable talking about one or more women's health issues due to the prevalent societal taboo and stigmas associated with them.

The study has been conducted by Emcure Pharmaceuticals in association with Ipsos Research Private Limited (Ipsos India) to gain insights on the social, cultural and medical outlook for working women and eventually find solutions involving various stakeholders.

Through this survey, women working in white-collar jobs shared details of stigmas they face related to health, and how it all leads to social pressures and professional issues.

The Indian Women's Health Report 2021 surveying 1,000 working women aged between 25 and 55 years, across seven cities, has revealed that about half the women surveyed were not comfortable talking about one or more women's health issues due to the prevalent societal taboo and stigma associated with them.

On the occasion of National Women's Health Checkup Day', the observance serves as a reminder of the importance of regular checkups in maintaining a healthy lifestyle and detecting illnesses on.

Star Wellness & Care Foundation has organised a Health Camp for women's in collaboration with National women's and children foundation offered them free medical checkups which includes Eye Checkup, CBC, Blood Sugar and Blood pressure and also Sensitizing the people about the advantages of maintaining a good health and hygiene was also done.

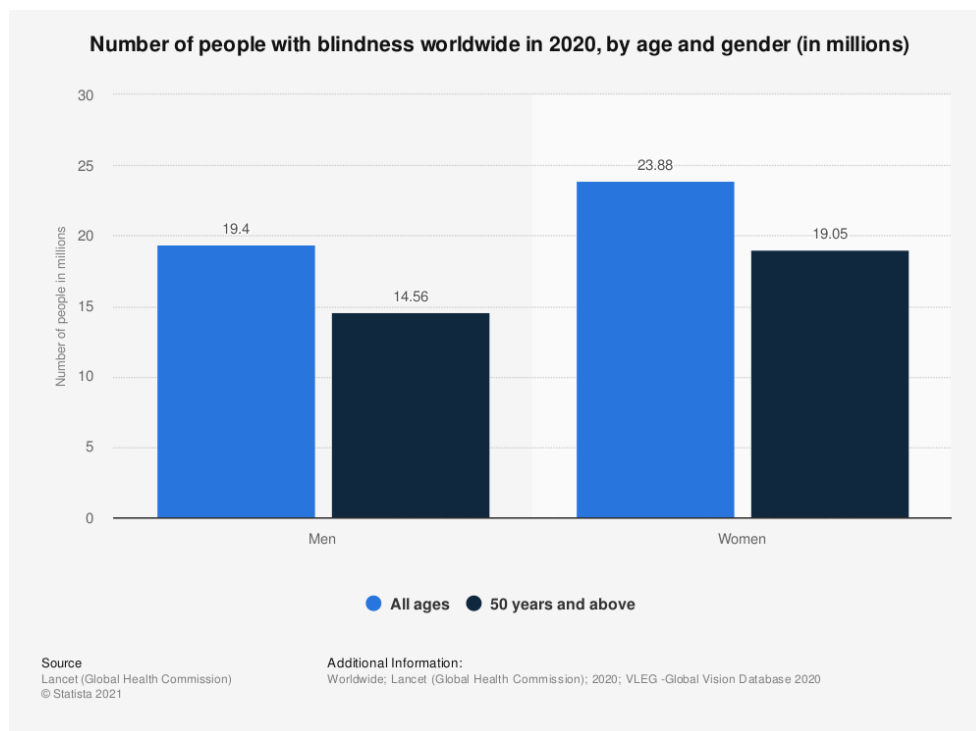
This initiative has a vision to promote health awareness among the women's who majorly ignore their health due to other responsibilities.

Women's and Children's Foundation is a Non-Profit organization that works to enhance the Current Living Standard of Several communities and Our Volunteers Work towards the empowerment of marginalized women and children.

Women's and Children's Foundation has started by their Trustee Mr. Jitendra Kumar Mehta. His aim is to start a Non-Profit Organization. Creating some

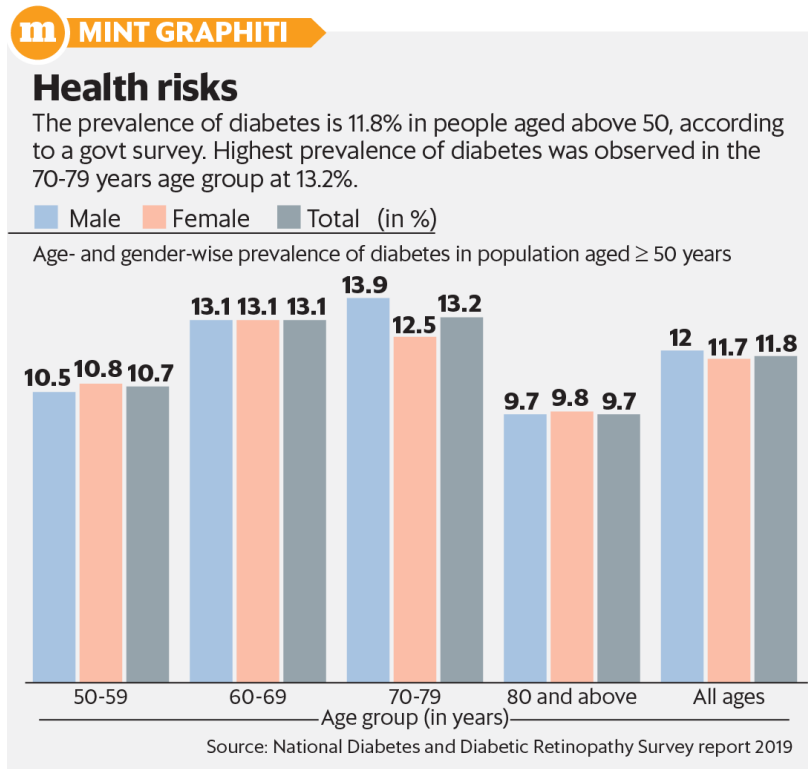
differences in Peoples Life, Empower to Increase their Life's Living, Runs Multiple Programs to Empower the marginalized women and children and other communities in the Rural and Urban areas.

In 2020, around 55 percent of people living with blindness were women, this amounts to almost 24 million women. From the 19 million men living with blindness, 75 percent were 50 years and over. This statistic shows the number of people with blindness worldwide in 2020, by age group and gender.



Many studies have supported that the burden of diabetes is shared differently by different genders due to various factors associated with it. This study aims at capturing whether women and men with a similar background, dietary and smoking habits, and biological conditions (blood pressure and body mass index (BMI)) are being affected equally or differently by diabetes. We have used cross-sectional data of NFHS-4 by covering the age group 15–49 years. Association between socio-economic background, dietary habits, biological conditions, and diabetes has been estimated using two separate multivariate logistic regression models. Results show that the overall prevalence of diabetes is higher among men (2.63%) than women (2.35%).

India has an estimated 77 million people (1 in 11 Indians) formally diagnosed with diabetes, which makes it the second most affected in the world, after China. Furthermore, 700,000 Indians died of diabetes, hyperglycemia, kidney disease or other complications of diabetes in 2020. One in six people (17%) in the world with diabetes is from India. (India's population as calculated in October 2018 was about 17.5% of the global total) The number is projected to grow by 2045 to become 134 million per the International Diabetes Federation.



Through this survey, women working in white-collar jobs shared details of stigmas they face related to health, and how it leads to social pressures and professional issues. Among the key findings are that 90 per cent of working women face a conflict of interest while balancing familial, personal and professional obligations. 86 per cent of working women have observed their colleagues, relatives or friends drop out of the workforce, 59 per cent of whom cited health issues as the main reason.

Encouraging women to monitor their own blood pressure levels is essential to helping reduce and control high blood pressure – one of the most preventable causes of pregnancy-related deaths and overall mortality for women. The Centers for Disease Control and Prevention (CDC) estimates that nearly half of women who have hypertension (high blood pressure) do not have it under control.

Self-measured blood pressure, also called self-monitoring, combined with health care provider support, are two important strategies to reduce hypertension and improve overall heart health. Self-measured blood pressure monitoring is also a component of Million Hearts, a national initiative led by the Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS) to prevent 1 million heart attacks and strokes within 5 years. Another target set within HHS is to achieve blood pressure control in 80% of women of reproductive age living with hypertension. Through National Women’s Blood Pressure Awareness Week, we are working to help make this happen.



A healthy woman means a healthy family as today's woman is sharing the responsibilities in the household as well as at the workplace equally..!!