

- I REALIZE THIS IS A REUNION
FOR MANY PEOPLE HERE.

I'M CINDY HALL, PRESIDENT
OF WOMEN'S POLICY, INC.

WELCOME TO THIS AFTERNOON'S
BRIEFING CELEBRATING

THE PUBLICATION
OF "THE HEALTHY WOMAN,"

AND THE 10-YEAR ANNIVERSARY
OF THE AWARD-WINNING WEB SITE
WOMENSHEALTH.GOV

AND THEIR CALL CENTER,

AND THE 10th ANNIVERSARY
OF NATIONAL WOMEN'S HEALTH WEEK.

WOMEN'S POLICY INC., OR WPI,
AS MANY OF YOU KNOW,

IS A NONPARTISAN, NONPROFIT
PUBLIC POLICY ORGANIZATION,

AND OUR CHIEF MISSION IS TO HELP
ENSURE THAT POLICY MAKERS MAKE

THE MOST INFORMED DECISION
ON KEY WOMEN'S ISSUES.

AND, AS MANY OF YOU KNOW,
WE WORK CLOSELY WITH THE WOMEN'S
CAUCUS AND THEIR STAFF,

AND WE WERE THRILLED
TO PARTNER WITH THE OFFICE
ON WOMEN'S HEALTH 10 YEARS AGO

ON THEIR LAUNCH,
WHEN THIS WEB SITE
WAS FIRST BEGUN.

SO WE ARE THRILLED
TO BE HERE AGAIN.

WE THANK, OBVIOUSLY,
OUR PARTNER FOR THIS EVENT

AND, OF COURSE, THE FOCUS
OF OUR CELEBRATION TODAY,
THE OFFICE ON WOMEN'S HEALTH.

DR. WANDA JONES IS WELL-KNOWN
BY MANY OF YOU HERE

FOR HER DISTINGUISHED CAREER
FOCUSED ON WOMEN'S HEALTH.

WE ARE SO GRATEFUL
FOR YOUR LEADERSHIP
AND CONTRIBUTIONS

TO THE HEALTH AND WELL-BEING
OF WOMEN AND GIRLS EVERYWHERE.

[CHEERS AND APPLAUSE]

I ALSO WANT TO ACKNOWLEDGE
THE DEPUTY DIRECTOR
OF THE OFFICE ON WOMEN'S HEALTH,

FRANCES ASHE-GOINS,
FOR HER MANY CONTRIBUTIONS
OVER THE YEARS.

[CHEERS AND APPLAUSE]

AND ANN ABERCROMBIE
AND VALERIE SCARDINO
AND THEIR TEAM,

WHO HELPED TREMENDOUSLY
WITH THIS EVENT AND ALSO,

OF COURSE, PLAY KEY ROLES
AT THE OFFICE AS WELL.

WE WOULD LIKE TO THANK
OUR CONGRESSIONAL
BRIEFING CO-SPONSORS:

THE CO-CHAIRS
OF THE WOMEN'S CAUCUS--

CONGRESSWOMAN JAN SCHAKOWSKY
AND MARY FALLON;

THE VICE CHAIRS--CONGRESSWOMAN
GWEN MOORE, WHO YOU'RE GOING
TO HEAR FROM IN JUST A MINUTE,

AND KAY GRANGER, VICE-CHAIRS;

AND THEN ALSO CONGRESSWOMEN
LOIS CAPPS AND KAY GRANGER,

THE CO-CHAIRS

OF THE HEALTH TASK FORCE.

TWO FORMER WOMEN MEMBERS
HAVE JOINED US TODAY.

BOTH ARE LONGTIME CHAMPIONS
OF WOMEN'S HEALTH.

WALKING OVER TOWARD THE TABLE
IS FORMER CONGRESSWOMAN
PAT SCHROEDER...

[CHEERS AND APPLAUSE]

WHO, AS EVERYONE KNOWS, WAS
THE CHAIR OF THE WOMEN'S CAUCUS
FOR MORE THAN A DECADE

AND HAS BEEN A PIONEER
ON WOMEN'S HEALTH
ON SO MANY FRONTS.

AND THEN AMBASSADOR AND FORMER
CONGRESSWOMAN CONNIE MORELLA,
WHO SERVED AS CO-CHAIR--

[APPLAUSE]

WHO SERVED AS CO-CHAIR
OF THE WOMEN'S CAUCUS
DURING THE 104th CONGRESS,

AND, LIKE PAT, SHE WAS
AND CONTINUES TO BE A CHAMPION
OF WOMEN'S HEALTH.

ANN, IN FACT, ATTENDED
THE LAUNCH 10 YEARS AGO.

AND I ALSO WANT TO NOTE
THAT BOTH PAT AND CONNIE

ARE FORMER BOARD MEMBERS
OF OUR ORGANIZATION.

THERE ARE SO MANY FOLKS
IN THIS AUDIENCE

FROM THE DEPARTMENT
OF HEALTH AND HUMAN SERVICES
WHO SHOULD BE ACKNOWLEDGED.

WE'RE GOING TO ONLY
ACKNOWLEDGE A FEW OF YOU.

I THINK DR. JONES WILL
BE DOING SO AS WELL,

BUT JUST A FEW NAMES.

SABRINA MATOFF-STEPP,
DIRECTOR OF THE HRSA OFFICE
ON WOMEN'S HEALTH.

I DON'T KNOW IF SABRINA'S
GOTTEN HERE YET.

YVONNE MADDOX, DEPUTY DIRECTOR
OF THE NATIONAL INSTITUTE

OF CHILD HEALTH
AND DEVELOPMENT AT NIH.

[APPLAUSE]

I HAVEN'T SEEN HER, BUT IS
DR. FLORENCE HASELTINE HERE?

NOT YET.

AND THEN DR. SUSAN WOOD,
WHO I KNOW IS HERE. I SAW HER.

[CHEERS AND APPLAUSE]

SUSAN IS NOW
A RESEARCH PROFESSOR
AT GEORGE WASHINGTON UNIVERSITY,

BUT IS THE FORMER DIRECTOR
OF THE OFFICE OF WOMEN'S HEALTH

AT THE FOOD AND DRUG
ADMINISTRATION,

AND ALSO WAS POLICY DIRECTOR FOR
THE HHS OFFICE ON WOMEN'S HEALTH

AND ALSO ONE OF
OUR FOUNDING BOARD MEMBERS.

WE HAVE QUITE A NUMBER
OF THEM HERE TODAY.

AND, OF COURSE, OUR THANKS TO
THIS ESTEEMED PANEL OF SPEAKERS

WHO'VE TAKEN THE TIME
AND WILL TAKE THE TIME
TO ENLIGHTEN US TODAY.

AND WE'RE SO FORTUNATE
TO HAVE SO MANY EXPERTS,

WHO I WILL BE INTRODUCING

IN JUST A FEW MINUTES.

I ALSO WANT TO MENTION
THIS BRIEFING IS BEING WEBCAST.

YOU'LL BE ABLE TO ACCESS IT
PROBABLY WEDNESDAY AFTERNOON

ON EITHER
THE WOMENSHEALTH.GOV WEB SITE

OR OUR WEB SITE,
WOMENSPOLICY.ORG.

SO BEFORE INTRODUCING
SEVERAL WOMEN MEMBERS
WHO ARE SPEAKING,

I WANT TO ALSO ACKNOWLEDGE
CONGRESSWOMAN KATHY DAHLKEMPER,
WHO IS HERE.

[CHEERS AND APPLAUSE]

SHE REPRESENTS THE THIRD
DISTRICT OF PENNSYLVANIA
AS A NEW WOMAN MEMBER,

AND HAS A GREAT INTEREST
IN WOMEN'S HEALTH AS A DIETITIAN

AND SMALL BUSINESSWOMAN,
SO WE'RE THRILLED TO HAVE HER.

SO, WITHOUT FURTHER ADO,
I AM PLEASED TO INTRODUCE
CONGRESSWOMAN GWEN MOORE--

WE'LL GIVE HER A CHANCE
TO GET UP HERE--

VICE-CHAIR OF THE CONGRESSIONAL
CAUCUS FOR WOMEN'S ISSUES.

CONGRESSWOMAN MOORE REPRESENTS
THE FOURTH DISTRICT OF WISCONSIN

AND SERVES ON FINANCIAL SERVICES
AND BUDGET COMMITTEES,

AND HER PRIORITIES
INCLUDE IMPLEMENTING
STRONGER PROTECTIONS

AND SERVICES
FOR BATTERED WOMEN

AND IMPROVING ECONOMIC
CONDITIONS IN LOW-INCOME
COMMUNITIES

AND HAS A GREAT INTEREST
IN WOMEN'S HEALTH.

[APPLAUSE]

- LUNCH IS GOOD, ISN'T IT?

- YEAH!

[LAUGHTER]

- THANKS, CINDY, AND I WANT
TO JOIN IN IN THANKING
ALL OF OUR SPEAKERS

FOR BEING HERE HONORING
OUR FORMER LEGISLATORS.

ONCE A CONGRESSWOMAN,
ALWAYS A CONGRESSWOMAN,

AND AS YOU CAN SEE, THEY'VE
SUSTAINED THEIR INTEREST
IN WOMEN'S HEALTH ISSUES,

AND WE'RE JUST GRATEFUL
FOR THAT.

HUGE THANKS
TO WOMEN'S POLICY, INC.

I MEAN, THEY'RE OUR PARTNERS
HERE IN THE CONGRESSIONAL CAUCUS
FOR WOMEN'S ISSUES,

AND WE'RE PARTICULARLY GRATEFUL
FOR THEM THIS YEAR.

THEY'VE DONE A WONDERFUL JOB.

THEY PLANNED
THIS BEAUTIFUL BRIEFING.

OUR CAUCUS IS THE LARGEST
BIPARTISAN CAUCUS IN CONGRESS,

AND OUR MEMBERS, OF COURSE,
REPRESENT THE GAMBIT
OF THE POLITICAL SPECTRUM,

AND OBVIOUSLY, THAT CAN LEAD
TO A PRETTY LIVELY DEBATE.

AND SO, WHILE WE DON'T

ALWAYS AGREE ON POLICY DETAILS,

THERE'S ABSOLUTELY NO DEBATE
ON THE IMPORTANCE OF FOCUSING

ON THAT THING THAT MAKES US
VERY SPECIAL AND VERY DIFFERENT

AS A GENDER, AND THAT IS
WOMEN'S HEALTH

WITH THE SPECIFIC NEEDS
AND OUR SPECIFIC FOCUS
AND INTEREST.

AND WE SHOULD BE
VERY, VERY PROUD

OF HOW WE HAVE DRIVEN
THE ENGINE IN FORCING RESEARCH

AND FORCING SOME FOCUS
ON WOMEN'S HEALTH

BECAUSE OUR PROBLEMS
PRESENT DIFFERENTLY
FROM THE OTHER GENDER.

I CAN TELL YOU THAT
THERE'S NO BETTER PLACE
TO COME TOGETHER

THAN MAKING SURE
THAT WE AS WOMEN,

AND BECAUSE WE ARE
THE CARETAKER OF EVERYBODY--

JUST TALKING ABOUT THAT,
WHEN WE'RE DOCTOR--

THAT WE HAVE GOT TO FOCUS
ON NOT ONLY OUR OWN
INDIVIDUAL HEALTH,

BUT THE HEALTH
OF OUR FAMILIES.

AND THIS CONGRESSIONAL
WOMEN'S CAUCUS IS WHERE

THOSE CONVERSATIONS
AND THAT WORK TAKES PLACE.

I DO WANT TO JOIN
IN RECOGNIZING THE WORK
THAT WOMEN'S, INC. HAS DONE.

FOR 10 YEARS, WOMENSHEALTH.GOV
HAS BEEN CONNECTING WOMEN
TO RESOURCES

THAT PROVIDE INFORMATION
ABOUT OUR BODIES,

HEALTHY LIVING,
AND HEALTHY EATING.

I CAN'T SAY THAT I'VE ALWAYS
GONE TO THAT WEB SITE
OVER THE LAST 10 YEARS.

[LAUGHTER]

WE'RE HERE TO CELEBRATE
THE RECENT PUBLICATION
OF "THE HEALTHY WOMAN,"

A ONE-STOP RESOURCE COVERING
A BROAD RANGE OF TOPICS

FROM VIOLENCE AGAINST WOMEN
TO CANCER AND HEART DISEASE,

NUTRITION, FITNESS.

I THINK I'M A PRETTY HARD CASE
ON THE FITNESS PART.

AND I'M HONORED TO RECOGNIZE
THE DEDICATION THAT WENT

INTO THAT WEB SITE
AND THIS PUBLICATION,

BUT I WOULD BE REMISS
IF I DIDN'T ACKNOWLEDGE

THE HARD WORK
THAT IS STILL AHEAD OF US.

THERE ARE JUST FAR
TOO MANY WOMEN WHO LACK
HEALTH INSURANCE:

THOSE WHO ARE EMPLOYED AT SALONS
OR WORK AT DAY CARE CENTERS,
OUT OF THEIR HOMES.

WE CAN'T EVEN TALK ABOUT COBRA.

I MEAN, EVEN IF THEY COULD
AFFORD THE COBRA CO-PAY,

THEY DON'T HAVE ACCESS
TO COBRA.

FOR THOSE--THEY DON'T READ
THE PAPER TO FIND OUT

WHAT'S GOING TO HAPPEN
TO THEIR 401(k)

AND DID THEY LOSE MONEY
ON THEIR PENSION.

THEY DON'T HAVE A PENSION.

THEY DON'T HAVE
HEALTH INSURANCE.

IN TERMS OF THE RECESSION
FOR THE PAST TWO YEARS,

YOU KNOW, WHO KNEW THAT
IT WAS ONLY TWO YEARS LONG
FOR MOST WOMEN?

IT'S BEEN A DECADE OR MORE
LONGER FOR THESE WOMEN.

YOU KNOW, WHEN THEY GO
TO VISIT A DOCTOR, IT'S
IN THE EMERGENCY ROOM.

THEIR CHILDREN DON'T HAVE ACCESS
TO PROPER NUTRITION.

WE KNOW THAT FRUITS
AND VEGETABLES ARE
VERY EXPENSIVE.

THEY'RE NOT UP TO DATE
ON THEIR MAMMOGRAMS,

AND THEY DELAY OR AVOID
HEALTH CARE FOR THEMSELVES
AND THEIR CHILDREN

BECAUSE OF HIGH CO-PAYS
WHEN THEY DO HAVE INSURANCE.

YOU KNOW, AND WE'RE
JUST SICK AND TIRED OF BEING
SICK AND TIRED OF THIS,

AND DAILY, AS WE LOOK AROUND
AT WOMEN AROUND US,

WE SEE THE FACES OF PEOPLE
WHO ARE IN THESE DIRE STRAITS.

BUT WE'VE GOT A CHANCE.
WE'VE GOT AN OPPORTUNITY.

AND SO WHEN THE STAKEHOLDERS
ON HEALTH CARE COME TO
THE TABLE,

AND PRESIDENT OBAMA
HAS THEM THERE,

WOMEN ARE GOING TO BE
RIGHT THERE AT THE HEAD OF
THE TABLE WITH OUR ISSUES.

[APPLAUSE]

SO I'M GLAD WE'RE HERE TODAY
TO RECOGNIZE THE POSITIVE WORK

THAT WOMENSHEALTH.GOV
HAS BEEN ABLE TO ACCOMPLISH--

THE PUBLICATION OF OUR BOOK--
AND IT'S TIME.

AND, YOU KNOW,
IT'S A POWER THING, YOU ALL,

WOMEN'S POWER, AND SO THANK YOU
SO MUCH FOR JOINING US TODAY,

AND I'M GOING
TO FINISH MY LUNCH.

[APPLAUSE]

- THANK YOU SO MUCH,
CONGRESSWOMAN MOORE.

WE APPRECIATE YOUR COMMITMENT
TO THE CAUCUS

AND YOUR WORK IN CONGRESS
ON WOMEN'S HEALTH.

AND WE ALSO WANT TO POINT OUT
THE INSPIRATION YOU'VE PROVIDED

NOT JUST TO WOMEN,
BUT TO GIRLS,

AS WAS SO ABLY
DEMONSTRATED ON THURSDAY

AT OUR CAPITOL HILL
"TAKE OUR DAUGHTERS

TO WORK DAY."

- I'M JUST ONE OF THE GIRLS.

[LAUGHTER]

- INDEED. YOU ARE FABULOUS.

WE ARE EXPECTING CONGRESSWOMAN
DEBBIE WASSERMAN SCHULTZ,

WHO HASN'T GOTTEN HERE YET,
I DON'T BELIEVE,

SO WE WILL GO AHEAD WITH
THE PROGRAM AND INTRODUCE
OUR FIRST PANELIST.

OUR 3 PANELISTS TODAY WILL FOCUS
THEIR REMARKS NOT ONLY

ON THIS 10th ANNI--
OH, AND HERE SHE IS.
PERFECT TIMING.

HA HA!

[CHEERS AND APPLAUSE]

SO WE ARE VERY PLEASED
TO INTRODUCE CONGRESSWOMAN
DEBBIE WASSERMAN SCHULTZ,

WHO REPRESENTS
THE 20th DISTRICT OF FLORIDA.

SHE CHAIRS THE LEGISLATIVE
BRANCH SUBCOMMITTEE
OF APPROPRIATIONS

AND ALSO SERVES
ON JUDICIARY.

THE CONGRESSWOMAN
RECENTLY INTRODUCED

THE EDUCATION AND AWARENESS
REQUIRES LEARNING YOUNG ACT,
ALSO KNOWN AS THE EARLY ACT,

INSPIRED BY
HER OWN SUCCESSFUL BATTLE
AGAINST BREAST CANCER.

[APPLAUSE]

- THANK YOU. WOW.

I'M GLAD I MADE IT JUST IN HERE
JUST UNDER THE WIRE.

SORRY ABOUT THAT.

- OH, I TALKED SO LONG, DEBBIE.
- HA HA HA HA!

WELL, IT IS JUST ABSOLUTELY
A THRILL TO BE SHARING
THE SAME STAGE

AS MY WONDERFUL AND CLOSE
FRIEND, GWEN MOORE, WHO DOES
AN ABSOLUTELY AMAZING JOB.

WE WERE ELECTED TOGETHER
4 YEARS AGO,

AND SHE HAS REALLY TAKEN
WASHINGTON BY STORM,

IS DOING AN AMAZING JOB,
AS ONE OF THE MEMBERS

OF THE LEADERSHIP TEAM
OF THE WOMEN'S CAUCUS.

AND I KNOW, SINCE YOU WERE JUST
GIVEN AN OPPORTUNITY TO HEAR,

THE ENERGY THAT SHE PUTS FORTH
WHEN SHE TALKS ABOUT THE ISSUES

THAT SHE'S--ABOUT WHICH
SHE'S PASSIONATE,

THAT YOU CAN SEE WHY
SHE IS SO POPULAR AMONG MEMBERS
AND HER CONSTITUENTS ALIKE,

SO IT IS GREAT TO BE HERE
WITH YOU, GWEN.

IT'S ALSO WONDERFUL
TO BE HERE TO HELP GEAR UP

FOR THE 10th ANNUAL
NATIONAL WOMEN'S HEALTH WEEK.

AND, CINDY, THANK YOU
FOR THAT BRIEF,

WHICH WAS FORTUNATE,
AND THE KIND INTRODUCTION.

I REALLY TEND TO GET ON MY STAFF

ABOUT HOW LONG MY BIO IS,

AND NO MATTER WHAT WE DO
TO TRY TO GET PEOPLE TO READ
AN ABBREVIATED VERSION,

SOMEHOW, IN INTRODUCTIONS,
THEY END UP BEING
EXTREMELY LENGTHY.

SO THAT WAS GREAT.
THANK YOU VERY MUCH,

AND YOU HAVE DONE
AN ABSOLUTELY INCREDIBLE JOB

WITH WOMEN'S POLICY, INC.
AND GIVING THE ASSISTANCE
THAT YOU PROVIDE

AND THAT YOUR MEMBERS PROVIDE
TO THE WOMEN'S CAUCUS.

AND MY COLLEAGUES
ON THE WOMEN'S CAUCUS,
WHO ARE ABLY LED

BY JAN SCHAKOWSKY
AND MARY FALLON,
WHO ARE THE CO-CHAIRS,

REALLY ARE
VERY FORTUNATE AS WELL.

I REALLY WAS SO EXCITED
WHEN CINDY CALLED
TO INVITE ME HERE.

AS SOON AS I HEARD
THAT THIS WAS A CELEBRATION

OF 10 YEARS OF ADVANCES
IN WOMEN'S HEALTH
AND PREVENTION,

I KNEW THAT I HAD TO COME
BECAUSE I KNOW THAT WE SHARE
SO MANY OF THE SAME GOALS

BECAUSE WE TRULY HAVE
A LOT TO CELEBRATE.

IN 1999, WOMENSHEALTH.GOV,
A ONE-STOP RESOURCE

AND REFERRAL SERVICE,
HAD ONE MILLION VISITORS.

NEARLY 10 YEARS LATER,

WOMENSHEALTH.GOV BOASTED
22 MILLION VISITORS.

WOMEN'S HEALTH AND PREVENTION
MUST BE A PRIORITY NOT ONLY
FOR ADVOCACY GROUPS

AND HEALTH PROFESSIONALS,
BUT FOR POLICY MAKERS AS WELL.

AND THANKS TO THE EFFORTS
OF THE OFFICE OF WOMEN'S HEALTH,

WOMEN NOW HAVE GREATER ACCESS
TO HEALTH EDUCATION.

THEIR RECENT PUBLICATION,
WHICH I HOPE MANY OF YOU
ALREADY OWN,

IS CALLED "HEALTHY WOMAN:
A COMPLETE GUIDE FOR ALL
THE AGES."

THIS EDUCATIONAL TOOL
HELPS KEEP WOMEN AWARE OF KEY
HEALTH TOPICS AFFECTING WOMEN;

THE LATEST RECOMMENDATIONS
FOR HEALTH SCREENINGS, EXAMS,

AND IMMUNIZATIONS BY AGE
AND HEALTH-RISK PROFILE;

AND A GLOSSARY
OF MEDICAL TERMS.

AND I'M SO PROUD OF THE PROGRESS
WE'VE MADE IN WOMEN'S HEALTH
NEEDS OVER THE PAST 10 YEARS,

ESPECIALLY IN TERMS
OF HEALTH EDUCATION.

AND LET ME TELL YOU THAT ONE
OF THE MOST DISTURBING THINGS

THAT I LEARNED
OVER THE LAST NUMBER
OF YEARS WAS THAT--

AND I KNOW WHEN OUR GOOD FRIEND
PAT SCHROEDER WAS IN CONGRESS,

THIS WAS SOMETHING
THAT SHE CHAMPIONED.

WHEN WE LEARNED THAT THE STUDIES
THAT WERE FUNDED AT NIH

FOR YEARS AND YEARS
AND THE RESULTS THAT
WE ALL RELIED UPON

NEVER LOOKED AT A WOMAN--
HEH--THAT WAS SO GALLING
AND OUTRAGEOUS THAT IT IS--

I KNOW THE RESULTS OF THE
EFFORTS OF THIS ORGANIZATION
AND WOMEN'S ORGANIZATIONS

ACROSS THIS COUNTRY THAT HELPED
CHANGE THAT FUND THE OFFICE
OF WOMEN'S HEALTH

AND MAKE SURE THAT WE COULD GET
OUR STUDIES DONE, TOO,

BECAUSE OBVIOUSLY WE FACE
UNIQUE HEALTH CHALLENGES
MUCH DIFFERENT THAN THAT OF MEN.

SO AS WE WORK ON THESE
CRITICAL WOMEN'S HEALTH ISSUES,

WE CAN'T LOSE SIGHT OF THE FACT
THAT HEALTH AND PREVENTION

ARE INEXTRICABLY LINKED
TO EDUCATION AND AWARENESS.

SIMPLY STATED,
HOW CAN WE EXPECT WOMEN
TO TAKE CARE OF THEIR HEALTH

IF THEY DON'T KNOW HOW,
OR IF THEY DON'T HAVE
HEALTH EDUCATION

AND INFORMATION
AVAILABLE TO THEM?

HOW CAN WOMEN BE HEALTHY
IF THEY DON'T KNOW THE SYMPTOMS
AND WARNING SIGNS OF DISEASE?

FOR EXAMPLE, IF A WOMEN GOES
TO THE DOCTOR WITH
BREAST REDNESS AND SWELLING,

AND HER DOCTOR TELLS HER
TO COME BACK IN 6 MONTHS,

MAYBE SHE WOULD THINK
ABOUT GETTING A SECOND OPINION.

MAYBE. WE ALL HAVE
A LOT ON OUR PLATES.

IF YOU WERE JUST DISMISSED
AND SENT HOME AND TOLD
TO COME BACK IN 6 MONTHS,

MOST OF US HAVE TOO MUCH TO DO,
AND WE WOULD JUST TRUST
THAT THE DOCTOR KNEW

WHAT HE OR SHE WAS DOING,
AND THAT'S EXACTLY WHAT WE'D DO.

BUT WOULD
A 20-SOMETHING-YEAR-OLD
WHO MAY BE HAVING ONE

OF HER FIRST WOMEN'S HEALTH
APPOINTMENTS FEEL COMFORTABLE
QUESTIONING HER DOCTOR'S ADVICE?

AND EVEN IF SHE HAD
A QUESTION FOR HER DOCTOR,

WOULD SHE FEEL COMFORTABLE
ENOUGH TO TURN THAT THOUGHT
INTO ACTION AND ACTUALLY ASK?

32-YEAR-OLD MAYMA CARMEL
THOUGHT TO ASK,

BUT ENDED UP WAITING 6 MONTHS
LIKE HER DOCTOR ORDERED,

AT WHICH POINT THE LUMP
THAT SHE FIRST CAME IN WITH
HAD DOUBLED IN SIZE.

AS MANY OF YOU--
AND I CAN TELL YOU
THAT OVER THE LAST MONTH,

I HAVE HEARD COUNTLESS STORIES
JUST LIKE MAYMA'S.

AS MANY OF YOU KNOW,
I FOUND A LUMP IN MY BREAST
A LITTLE OVER A YEAR AGO.

WHAT YOU MAY NOT KNOW IS

THAT IT WAS 6 WEEKS AFTER
A CLEAN MAMMOGRAM,

AND I STILL DIDN'T HESITATE
TO GO TO MY DOCTOR RIGHT AWAY.

WHY? BECAUSE I HAD KNOWLEDGE
AND AWARENESS OVER THE YEARS

FROM THE BREAST CANCER
AND HEALTH ADVOCATES
JUST LIKE YOU IN THIS ROOM.

I WAS ALSO FORTUNATE
THAT I WAS RAISED TO BELIEVE

THAT NOTHING IS MORE IMPORTANT
THAN MY HEALTH.

MY PARENTS INSTILLED IN ME
AN UNDERSTANDING THAT I MUST
ALWAYS SPEAK UP FOR MYSELF,

WHICH I DO ON OCCASION.
HA HA HA HA!

AND I KNOW THE WOMEN
IN THIS ROOM DO, TOO,

WHETHER WE'RE IN
A CLASSROOM OR A CROWD
OR IN A DOCTOR'S OFFICE.

BUT TOO MANY YOUNG WOMEN
HAVE NOT BEEN EDUCATED,

AND TOO MANY YOUNG WOMEN
ARE NOT AWARE.

TOO MANY YOUNG WOMEN WAIT
FOR A LUMP IN THEIR BREAST
TO GET BIGGER,

OR THEY'RE AFRAID
OF WHAT IT MIGHT BE.

TOO MANY YOUNG WOMEN WAIT UNTIL
THEY CAN SAVE UP ENOUGH MONEY
TO SEE A DOCTOR

BECAUSE TOO MANY YOUNG WOMEN
CHOOSE NOT TO HAVE
HEALTH INSURANCE

BECAUSE IT'S AN EXPENSE
THEY DON'T THINK THEY NEED
TO MAKE OR TAKE ON

BECAUSE THEY THINK THEY'RE
INVINCIBLE AND THEY WILL
BE HEALTHY FOREVER.

AND EACH YEAR, 10,000
OF THOSE YOUNG WOMEN
WILL GET BREAST CANCER,

AND AT THE END OF A YEAR,
1,000 OF THEM WILL DIE.

IF THEY'RE UNDER 45 YEARS OLD,

THAT NUMBER JUMPS UP
TO 28,000 YOUNG WOMEN.

SEVERAL WEEKS AFTER
THE SUCCESSFUL REMOVAL
OF MY TUMOR--

IS THAT MY TIME? HA HA HA!

AM I GETTING THE HOOK?
HA HA HA HA!

SEVERAL WEEKS AFTER
THE SUCCESSFUL REMOVAL
OF MY TUMOR,

MY DOCTOR ADVISED ME
THAT I CARRIED A BRCA2
GENETIC MARKER

THAT SUGGESTS A GREATER
SUSCEPTIBILITY TO BREAST
AND OVARIAN CANCERS.

AFTER CAREFUL CONSIDERATION
AND FURTHER CONSULTATION WITH
MY DOCTORS AND MY HUSBAND,

I DECIDED TO HAVE
A DOUBLE MASTECTOMY AND
HAVE MY OVARIES REMOVED

TO REDUCE THE LIKELIHOOD
OF A RECURRENCE OF CANCER.

AS MY OWN PERSONAL STORY
INDICATES,
DESPITE THE PERCEPTION,

YOUNG WOMEN CAN AND DO
GET BREAST CANCER.

MORE THAN 10,000 WOMEN UNDER 40

ARE DIAGNOSED WITH BREAST CANCER

EVERY YEAR IN THE UNITED STATES,
AND AS I SAID A MINUTE AGO,

THAT NUMBER RISES TO 28,000
IF YOU'D COUNT WOMEN
YOUNGER THAN 45,

WHICH, NOW THAT I'M 42,

I DEFINITELY WANT THAT 5 YEARS
TO BE ADDED. HA HA HA!

ALTHOUGH THE INCIDENCE
OF BREAST CANCER IN YOUNG WOMEN

IS MUCH LOWER THAN THAT
OF OLDER WOMEN,

YOUNG WOMEN'S BREAST CANCERS ARE
GENERALLY MORE AGGRESSIVE,

ARE DIAGNOSED AT A LATER STAGE,
AND RESULT IN LOWER
SURVIVAL RATES.

ADDITIONALLY,
CERTAIN ETHNIC GROUPS,

INCLUDING ASHKENAZI JEWS
AND AFRICAN-AMERICAN
YOUNG WOMEN,

HAVE AN INCREASED RISK
OF BREAST CANCER.

KNOWING ALL OF THIS, I DECIDED
TO SPONSOR LEGISLATION
TO EMPOWER YOUNG WOMEN

TO LEARN THE FACTS,
KNOW THEIR BODIES,

SPEAK UP FOR THEIR HEALTH,
AND EMBRACE SUPPORT.

ON MARCH 26, 2009,

WITH A CLEAN BILL OF HEALTH
AND CANCER-FREE,

I INTRODUCED THE EARLY ACT,

THE BREAST CANCER EDUCATION
AND AWARENESS REQUIRES
LEARNING YOUNG ACT OF 2009.

THANK YOU. THANK YOU.

[APPLAUSE]

AND I AM SO PROUD TO TELL YOU
THAT WE NOW HAVE 266 CO-SPONSORS
OF THE BILL IN THE HOUSE,

A BIPARTISAN GROUP OF MEMBERS
INCLUDING SPEAKER PELOSI

AND MANY OF THE WOMEN MEMBERS
HERE TODAY.

VERY EXCITED.
THANK YOU VERY MUCH.

SOON, SENATORS AMY KLOBUCHAR
OF MINNESOTA
AND OLYMPIA SNOWE OF MAINE

WILL BE INTRODUCING
THE EARLY ACT IN THE SENATE,

AND THEY ALREADY HAVE MORE
THAN A DOZEN CO-SPONSORS
IN THE SENATE.

THE EARLY ACT ENCOURAGES
YOUNG WOMEN TO BE FAMILIAR

WITH THE LOOK AND FEEL
OF THEIR BREASTS.

BY KNOWING WHAT FEELS NORMAL,
A YOUNG WOMAN HAS
A BETTER CHANCE

OF KNOWING WHEN SOMETHING
FEELS DIFFERENT.

THE EARLY ACT WILL
ENCOURAGE YOUNG WOMEN
TO BE THEIR OWN VOICE,

TO SPEAK UP FOR THEMSELVES,
AND KNOW WHEN THEY NEED
TO GO TO THE DOCTOR.

THE EARLY ACT WILL TEACH
BOTH YOUNG WOMEN

AND MEDICAL PROFESSIONALS ALIKE
ABOUT RISK FACTORS,

WARNING SIGNS OF BREAST CANCER,

AND PREDICTIVE TOOLS
SUCH AS GENETIC TESTING

THAT CAN HELP WOMEN MAKE
INFORMED DECISIONS
ABOUT THEIR HEALTH.

IT WILL ALSO PROVIDE GRANTS
TO ORGANIZATIONS DEDICATED
TO SUPPORTING YOUNG WOMEN

AND UNIQUE ISSUES THAT
THEY FACE WHEN DIAGNOSED
WITH BREAST CANCER,

AS WELL AS MANAGING
AND UNDERSTANDING THOSE RISKS.

WE NEED TO CHANGE
THE EDUCATIONAL DIALOGUE AND
EMPOWER NOT ONLY YOUNG WOMEN,

BUT EVERYONE TO TAKE CONTROL
OF THE RISKS THAT THEY FACE,

AND THAT BEGINS WITH EDUCATION
AND AWARENESS

BECAUSE THE OLD SAYING
RINGS TRUE: KNOWLEDGE IS POWER.

I THOUGHT I KNEW ALL OF
MY PERSONAL RISK FACTORS
FOR BREAST CANCER.

BECAUSE OF THOSE RISK FACTORS,
I PERFORMED SELF-EXAMS, WENT
TO MY DOCTOR REGULARLY,

AND HAVE BEEN A LONGTIME
LEGISLATIVE ADVOCATE IN
THE FIGHT AGAINST BREAST CANCER.

BUT WHEN I WAS DIAGNOSED,
I FOUND OUT

THAT THERE WERE MORE
RISK FACTORS THAT I WAS
NOT AWARE OF.

BY MAKING SURE THAT YOUNG WOMEN
KNOW THEIR RISK FACTORS,

THE EARLY ACT IS A FIRST STEP
IN TRANSFORMING HOW WE APPROACH
THE FIGHT AGAINST BREAST CANCER.

IN HEARING MY STORY,
SOME PEOPLE MIGHT SAY
THAT I WAS LUCKY.

WELL, I WAS CERTAINLY FORTUNATE
ENOUGH TO HAVE ACCESS
TO GOOD HEALTH CARE.

I DIDN'T FIND MY TUMOR
EARLY BECAUSE OF LUCK.

I FOUND MY TUMOR EARLY
BECAUSE OF KNOWLEDGE
AND AWARENESS.

I KNEW THAT I SHOULD PERFORM
BREAST SELF-EXAMS REGULARLY.

EVEN THOUGH I DIDN'T ALWAYS
DO IT REGULARLY, I WAS LUCKY
THE ONE TIME THAT I DID DO IT,

AND I WAS AWARE OF WHAT MY BODY
WAS SUPPOSED TO FEEL LIKE.

IT IS MY HOPE
THAT BY SHARING MY STORY,

WE WILL PASS THE BREAST CANCER
EDUCATION AND AWARENESS REQUIRES
LEARNING YOUNG ACT OF 2009

INTO LAW THIS YEAR AND FURTHER
REDUCE THE DEATH RATE

OF YOUNG WOMEN DIAGNOSED
WITH BREAST CANCER.

WE NEED TO ENSURE
THAT EVERY YOUNG WOMAN
IN AMERICA OF EVERY BACKGROUND

CAN RELY ON MORE THAN LUCK;
THEIR SURVIVAL DEPENDS ON IT.

AND THAT BRINGS ME BACK
TO WHERE WE STARTED,

TO THE 10th ANNIVERSARY
OF WOMEN'S HEALTH WEEK

AND THE FAR-REACHING
PROGRESS THAT WE'VE MADE
IN ONLY 10 YEARS.

WITH YOUR HELP,
IN 10 YEARS FROM NOW,

WE CAN CELEBRATE EDUCATING
A GENERATION OF WOMEN
ABOUT BREAST HEALTH

AND CELEBRATE THE FIRST 10 YEARS
AFTER THE PASSAGE OF LANDMARK
UNIVERSAL HEALTH CARE REFORM,

WHICH WE PLAN TO PASS
BEFORE THIS YEAR ENDS.

AGAIN, THANK YOU SO MUCH
FOR INVITING ME HERE TODAY.

I LOOK FORWARD TO CONTINUING
TO WORK WITH ALL OF YOU.

THANK YOU VERY MUCH.

[APPLAUSE]

- THANK YOU SO MUCH, DEBBIE,

FOR YOUR COURAGE
AND YOUR WILLINGNESS
TO SHARE YOUR STORY

IN ORDER TO INSPIRE YOUNG WOMEN
TO TAKE CONTROL OF THEIR HEALTH,

AND THAT IS REALLY
WHAT THIS EVENT IS ABOUT TODAY.

ABSOLUTELY APPROPRIATE
AND PERFECT, AND WE ARE THRILLED
THAT THE BILL IS MOVING QUICKLY

AND YOU ARE A ROLE MODEL
FOR ALL OF US.

OUR 3 PANELISTS TODAY
WILL FOCUS THEIR REMARKS

NOT ONLY ON THIS 10th
ANNIVERSARY CELEBRATION

AND THE PROGRESS THAT HAS BEEN
MADE DURING THESE 10 YEARS,

BUT ALSO ON THE CRITICAL
IMPORTANCE OF HEALTH PROMOTION
AND PREVENTION EFFORTS,

JUST AS WE'VE HEARD FROM
CONGRESSWOMAN WASSERMAN SCHULTZ
AND CONGRESSWOMAN MOORE.

IN THE INTEREST OF TIME,
I WILL BE USING
VERY BRIEF INTRODUCTIONS,

AS I HAVE BEEN ALREADY,
AND THE FULL BIOS ARE IN
YOUR PACKET.

OUR FIRST SPEAKER IS
DR. WANDA KAYE JONES,

DEPUTY ASSISTANT SECRETARY
FOR WOMEN'S HEALTH

AT THE DEPARTMENT OF HEALTH
AND HUMAN SERVICES

AND THE DIRECTOR OF
THE OFFICE ON WOMEN'S HEALTH.

SINCE HER SELECTION
IN FEBRUARY 1998,

DR. JONES HAS FOCUSED
HER EFFORTS ON ELIMINATING
HEALTH DISPARITIES FOR WOMEN

THROUGH A VARIETY OF PROGRAMS
AND INITIATIVES.

DR. JONES ALSO SERVES
AS THE U.S. PRINCIPAL DELEGATE

TO THE INTER-AMERICAN
COMMISSION OF WOMEN,

OPERATING UNDER THE ORGANIZATION
OF THE AMERICAN STATES.

SHE WILL DISCUSS THE HISTORY
OF WOMENSHEALTH.GOV AND
NATIONAL WOMEN'S HEALTH WEEK,

AS WELL AS THE PUBLICATION
OF "THE HEALTHY WOMAN."

[APPLAUSE]

- THANK YOU, CINDY,
AND IT'S REALLY QUITE
HUMBLING TO BE HERE.

I'M PARTICULARLY GRATEFUL,
NOT JUST TO CONGRESSWOMAN
WASSERMAN SCHULTZ

AND TO CONGRESSWOMAN MOORE FOR
THE VERY KIND OPENING REMARKS

AND TO YOUR CHAMPIONING
OF THE CAUSES--

I THINK CHAMPIONING IS A WORD,
BUT WE'LL SAY IT IS.

THAT HAVING THE CAUCUS--
THE CO-CHAIRS
AND THE VICE-CHAIRS--

SO STRONGLY SUPPORTIVE
OF SO MANY EFFORTS ON BEHALF
OF WOMEN AND GIRLS,

AND HAVING A WOMEN'S HEALTH
TASK FORCE IN OUR CORNER
AS WELL,

GIVES US A TREMENDOUS AMOUNT
OF CONFIDENCE AND IMPETUS

TO MOVE FORWARD IN REACHING
WOMEN AND FAMILIES

WITH INFORMATION
ABOUT THEIR HEALTH,

THINGS THEY CAN DO
DAY IN AND DAY OUT

TO TAKE BETTER CARE
OF THEMSELVES AND THOSE
THEY CARE FOR AS WELL.

IT'S ALSO HUMBLING TO SEE FORMER
CONGRESSWOMAN CONNIE MORELLA

AND FORMER SENATOR
PAT SCHROEDER HERE. I'M JUST--

DID I GET THAT RIGHT?

OK, CONGRESS--SEE?

I DON'T FOLLOW POLITICS.

[LAUGHTER]

HA HA HA HA!

BUT IT'S STILL AN HONOR
TO HAVE YOU HERE TODAY

BECAUSE I HAVE A BUMPER STICKER

ON THE WINDOW IN MY OFFICE.

IT SAYS, "WELL-BEHAVED WOMEN
RARELY MAKE HISTORY."

[LAUGHTER]

AND WHAT I AM GRATEFUL FOR
IS THAT THIS IS A ROOM OF
VERY POORLY BEHAVED WOMEN--

AND MEN, QUITE A FEW MEN.

BUT PARTICULARLY,
OUR CONGRESSIONAL
LEADERSHIP OVER THE YEARS

HAS JUST BEEN PHENOMENAL ALLIES
TO ALL OF US IN HELPING ADVANCE
AND PROMOTE

NOT JUST ON SPECIFIC ISSUES
LIKE BREAST CANCER,

BUT ON FAR BROADER ISSUES
THAT AFFECT WOMEN'S LIVES,

WHETHER IT'S FAMILY CAREGIVING,
WHETHER IT IS SUPPORT
IN THE WORKPLACE, REGARDLESS.

ALL THOSE DIMENSIONS ARE
SO CRITICAL TO WOMEN
AND TO WOMEN'S HEALTH.

AND SHARING OUR VISION.

MEMBERS OF CONGRESS
AND OUR OFFICE ENVISION

THAT ALL WOMEN AND GIRLS
ARE HEALTHIER

AND HAVE A BETTER SENSE
OF WELL-BEING.

IT'S NOT A DREAM.
IT'S NOT A HALLUCINATION.

IT IS A VISION FOR HOW
WE SEE OUR FAMILIES,

OUR GIRLS, OUR WOMEN
ADVANCED IN THIS COUNTRY.

WE HAVE 3 MILESTONES
TO CELEBRATE HERE.

TWO OF THEM ARE
10th ANNIVERSARIES.

10 YEARS IS A LONG TIME.
I HADN'T APPRECIATED IT.

I BROUGHT A PICTURE
WITH ME FROM THE LAUNCH EVENT.

IF THERE'S TIME, AND BEFORE
I HAVE TO RUN OUT LATER,

YOU CAN HAVE A LOOK, BECAUSE
THE MEMBERS WHO SUPPORTED
THE LAUNCH OF OUR WEB SITE,

AND US IN THE OFFICE
ON WOMEN'S HEALTH
AND DONNA SHALALA

WERE ALL CHILDREN...

[LAUGHTER]

10 YEARS AGO.

10 YEARS IS A LONG TIME,
BUT WE'RE JUST SO PLEASED

THAT THE WEB SITE HAS
NOT ONLY GROWN,

AS CONGRESSWOMAN
WASSERMAN SCHULTZ INDICATED,

FROM A MILLION TO 22 MILLION
NEW VISITORS--

THAT'S NEW VISITORS PER YEAR--

BUT THAT NATIONAL
WOMEN'S HEALTH WEEK,

FOR WHICH WE DIDN'T
ASK PERMISSION--

WE JUST RENTED UNION STATION,
A LITTLE CORNER OF
THE LOBBY THERE

AND INVITED SOME OF OUR FRIENDS
AND FAMILY MEMBERS AND WENT UP

AND WAVED THE FLAG
FOR SOMETHING WE CALLED
NATIONAL WOMEN'S HEALTH WEEK.

AND NOW IT'S TAKEN OFF
10 YEARS LATER.

OVER A THOUSAND EVENTS
NATIONWIDE,

PRACTITIONERS, PROVIDERS,
YOU NAME IT.

SO MANY PARTNERS IN THAT EFFORT,

SO WELL-BEHAVED WOMEN,
THERE'S A PLACE FOR THEM,
I SUPPOSE.

[LAUGHTER]

THE WEB SITE BEGAN
EVEN BEFORE I GOT TO WASHINGTON,
AS A COOPERATIVE EFFORT--

AND I'M GLAD TO SEE AT LEAST
ONE DoD COLLEAGUE HERE--

BETWEEN HHS AND DoD, BUT WE HAD
TO GO OUR SEPARATE WAYS

BECAUSE OF DIFFERENT NEEDS
FOR OUR POPULATIONS.

SO ONE OF MY FIRST TASKS
WHEN I GOT HERE WAS
TO ROLL OUT THE WEB SITE,

AND IT BEGAN SIMPLY
AS A GATEWAY, AS A POINTER
TO A VARIETY OF HHS RESOURCES.

BUT NOW, 10 YEARS LATER,
IT HAS GARNERED SO MANY AWARDS
FOR ITS ORIGINAL CONTENT,

FOR ITS PUBLICATIONS,
FOR ITS LINKS
TO FEDERAL RESOURCES,

AND FOR THE CREDIBLE, APPROVED
ORGANIZATIONS THAT WE LINK TO
THROUGH THAT WEB SITE.

MORE THAN 800 HEALTH TOPICS
ARE FEATURED ON THE WEB SITE,

AND WE HAVE SPECIALTY
SECTIONS ON HIV/AIDS,

PREGNANCY, BREASTFEEDING,
SMOKING CESSATION,

FITNESS AND NUTRITION,
AND MENTAL HEALTH.

WE HAVE 11 SPECIALTY SECTIONS
IN SPANISH

AND FACT SHEETS
ON 123 HEALTH TOPICS.

SO WE'VE BEEN BUSY
OVER THESE PAST 10 YEARS.

PRINTED PUBLICATIONS.

SAMPLES ARE PROVIDED
IN YOUR PACKETS OR ON
THE TABLE OUT THERE.

THE WOMEN'S HEALTH CALENDAR,
"A LIFETIME OF GOOD HEALTH,"

AND OUR "EASY GUIDES
TO BREASTFEEDING,"

WHICH WE'RE VERY PLEASED
ARE AVAILABLE NOT JUST
IN ENGLISH,

BUT IN SPANISH AND CHINESE,
AND HAVE ALSO BEEN ADAPTED

BY THE INDIAN HEALTH SERVICE
FOR USE WITH TRIBAL POPULATIONS.

SO WE'RE VERY, VERY PLEASED
WITH HOW THAT EFFORT HAS
TAKEN OFF.

OUR CALL CENTER.

IT'S STILL NECESSARY
IN THIS DIGITAL AGE

TO HAVE A TELEPHONE WITH
NOT JUST "WE'RE HAPPY
TO TAKE YOUR CALL.

YOUR CALL IS IMPORTANT
TO US,"

WITH REAL, LIVING,
BREATHING PEOPLE TO TAKE CALLS

BECAUSE REAL, LIVING, BREATHING

PEOPLE ALSO HAVE PROBLEMS.

THEY MIGHT NOT HAVE
INTERNET ACCESS.

THEY MAY HAVE QUESTIONS
ABOUT THE INFORMATION THEY FIND,

AND SO OUR INFORMATION
AND REFERRAL SPECIALISTS

CAN HELP THEM NAVIGATE
THE INFORMATION

AND CAN TAILOR
A SEARCH FOR THEM

TO FIND PUBLICATIONS THAT WILL
REALLY, REALLY HELP THEM.

AND IT'S NOT JUST IN ENGLISH.
IT'S IN SPANISH AS WELL.

WE HAD ONE OF THE FIRST SITES,
OR BUCKETS ON OUR SITE, TO SERVE
WOMEN WITH DISABILITIES,

AN IMPORTANT AND OFTEN
OVERLOOKED POPULATION OF WOMEN,

SO RESOURCES THAT WE HOPE WILL
REACH AND TOUCH EVERY WOMAN'S
LIFE IN THIS NATION.

THE NUMBER OF CALLS ALONE HAS
INCREASED FROM AN ANNUAL NUMBER
OF ABOUT 11,500 WHEN WE STARTED

TO NOW OVER 34,000 CALLS,
SO THERE IS STILL A DEMAND OUT
THERE FOR TELEPHONIC SERVICES.

AND WE ALSO, IF I DIDN'T SAY IT,
WE CAN TAKE CALLS IN SPANISH,

AS WELL AS TDD, TTY,
AND THOSE SERVICES FOR
THE DEAF AND HEARING-IMPAIRED.

OUR CALL CENTER
ALSO SERVES AS THE NATIONAL
BREASTFEEDING HELP LINE.

WE ROLLED THAT OUT IN 2004
TO PROVIDE MOTHERS AND FAMILIES

WITH BREASTFEEDING

INFORMATION AND SUPPORT

AS A COMPLEMENT
TO OUR THEN ACTIVE
BREASTFEEDING CAMPAIGN.

WE HAVE PEER COUNSELORS
WHO ARE TRAINED BY LA LECHE
LEAGUE INTERNATIONAL,

AND THEY AS WELL CAN TAKE
THOSE CALLS IN ENGLISH
AND IN SPANISH.

AND NOW WE GET MORE THAN
5,000 CALLS A YEAR
ON BREASTFEEDING.

YOU'D THINK NATURAL,
SELF-EFFICACY,

AND YET THE MYTHS
AND THE CHALLENGES
AND THE ISSUES

THAT WOMEN FACE TRYING
TO BREASTFEED STILL
REMAIN HUGE TODAY,

SO THIS IS ANOTHER
GREAT SERVICE WE PROVIDE.

I HAVE TO POINT OUT
JUST A HANDFUL OF FOLKS
WHO I KNOW ARE HERE,

WHO HAVE HAD SO MUCH TO DO
WITH WHERE WE ARE TODAY.

AND YOU'VE ALREADY HEARD
VALERIE SCARDINO
AND ANN ABERCROMBIE MENTIONED,

BUT THEY GUIDE AND MONITOR
THE CONTRACT,

BUT ALSO THE TECHNICAL AND
THE INFORMATIONAL ASPECTS
OF OUR WEB SITE.

DID YOU GET TO STAND EARLIER
WHEN YOUR NAMES WERE CALLED?

WELL, YOU SHOULD STAND. OK.

[CHEERS AND APPLAUSE]

AND CAROL KRAUSE IS BACK THERE.

CAROL WAS OUR
COMMUNICATIONS DIRECTOR

AND MANAGED THE SITE
WHEN IT FIRST WENT LIVE

AND WORKED SO HARD
AT ENSURING GREAT CONTENT
AND MARKETING IT.

AND SHE'S LEFT US FOR
A SIBLING AGENCY WITHIN HHS NOW,

BUT AT LEAST SHE'S STILL PART
OF THE HHS FAMILY.
CAROL, THANK YOU.

[APPLAUSE]

AND DR. SUZANNE HAYNES,
WHO JUST--

IF YOU'VE BEEN
AROUND WASHINGTON,

AND IF YOU'VE BEEN AROUND
THE OFFICE ON WOMEN'S HEALTH,

SUZANNE IS EITHER THE
OR SECOND-LONGEST EMPLOYEE
IN THE OFFICE.

YOU TALK ABOUT PASSION
AND YOU TALK ABOUT COMMITMENT.

SHE GRABS AN ISSUE
AND WILL NOT LET GO

UNTIL IT IS PUSHED THROUGH
AND HAS COME TO FRUITION.

SO THE WEB SITE WAS
ONE OF HER CHILDREN
WHEN IT WAS EARLY ON

AND THEN, YOU KNOW,
GOT LIFTED UP AND MOVED
INTO COMMUNICATIONS,

BUT, SUZANNE, THANK YOU
FOR ALL YOU'VE DONE AS WELL.

[APPLAUSE]

AND TWO LONG-TERM CONTRACTORS,

THEY'VE BEEN WITH US
SINCE WE STARTED THIS WEB SITE,

WHICH IS ALSO PRETTY PHENOMENAL,
AS CONTRACTING GOES
IN WASHINGTON.

BERNADETTE CRUZ-BATES
AND TOM SAMUELSON.

ARE YOU BOTH HERE?
AH, THERE'S TOM. GREAT.

AND BERNADETTE, I...OK.
BUT THANK YOU.

THE OTHER COOL THING WE'VE DONE
WITH THE WEB SITE WAS

THE SPIN-OFF
AT GIRLSHEALTH.GOV WEB SITE.

WE WERE ALL GIRLS ONCE.
SOME OF US STILL ARE.

LAUNCHED IN 2002,
IT PROVIDES RELEVANT,

TRUSTWORTHY, AND COMMERCIAL-FREE
HEALTH INFORMATION
FOR GIRLS 10 TO 16,

IT HAS A PARENTS'
AND CAREGIVERS' SECTION,
AND AN EDUCATORS' SECTION.

SO IT PROVIDES JUST A WEALTH
OF INFORMATION FOR GIRLS

AND FOR THE ADULTS WHO LOVE
AND CARE FOR GIRLS:

THEIR PARENTS,
THEIR TEACHERS, CAREGIVERS.

AND WE NOW YEARLY HAVE ALMOST
1 1/2 MILLION VISITORS.

IT DOESN'T SOUND LIKE A LOT,
BUT WE HARDLY MARKET IT,

SO IT'S REALLY,
REALLY TAKING OFF.

NATIONAL WOMEN'S HEALTH WEEK
YOU'VE HEARD ABOUT.

WE DECLARED IT,
AND NOW IT'S TAKEN OFF,

AND KICKS OFF ON MOTHERS' DAY.

WE HAVE A NATIONAL WOMEN'S
CHECK-UP DAY ON MONDAY,

REMINDING WOMEN TO GET
THOSE CHECK-UPS, TO SCHEDULE
THAT APPOINTMENT,

AND IN FACT, THERE WILL
BE MANY PROVIDERS

WHO WILL PROVIDE
SOME BASIC SCREENING
AT SITES ACROSS THE NATION.

THE WEB SITE HAS A LISTING
OF EVENTS AND RESOURCES

THAT ARE BEING PLUGGED IN,
THAT'S UPDATED ON A DAILY BASIS

ANYWHERE IN THIS NATION.

SO, STAFF MEMBERS WHO ARE HERE,
YOU MIGHT WANT TO BE SURE

YOU LINK BACK TO YOUR DISTRICTS
SO FOLKS KNOW WHAT'S GOING ON,

AND THEY CAN PARTICIPATE
IN THESE EVENTS.

WE HAVE AN 8-WEEK
WOMAN CHALLENGE.

IT'S AN ONLINE
PHYSICAL ACTIVITY PROGRAM

THAT KICKS OFF ON MOTHER'S DAY
AND RUNS THROUGH JULY 4

AND YOU CAN CONTINUE TO TRACK
YOUR ACTIVITIES AS AN INDIVIDUAL

OR AS A FAMILY
ON THAT WEB SITE.

WE HAVE A VERY SIMPLE MESSAGE
ABOUT WHAT IT TAKES

TO BE HEALTHY
AND STAY HEALTHY.

TWO AND A HALF HOURS
OF MODERATE PHYSICAL
ACTIVITY A WEEK

OR ONE HOUR AND 15 MINUTES
OF VIGOROUS PHYSICAL ACTIVITY
PER WEEK,

OR COMBINATION.
I SAID IT WAS SIMPLE.

IT WASN'T VERY EASY FOR ME
TO SAY, WAS IT?

EAT A NUTRITIOUS DIET.

GET REGULAR CHECKUPS
AND PREVENTIVE SCREENINGS.

AVOID RISKY BEHAVIORS
LIKE SMOKING AND NOT
WEARING A SEAT BELT.

AND PAY ATTENTION TO MENTAL
HEALTH, TO MANAGING STRESS,
AND GETTING ENOUGH SLEEP

BECAUSE THOSE ARE ALL
ESSENTIAL ELEMENTS.

SO FINALLY, "THE HEALTHY WOMAN,"

OUR COMPLETE GUIDE FOR WOMEN
OF ALL AGES.

YOU GOT A COMPLIMENTARY COPY
WHEN YOU CAME IN.
I HOPE YOU DID.

IT WAS RELEASED LAST NOVEMBER,
AND IT'S WITH THE COLLABORATION

OF THE GOVERNMENT
PRINTING OFFICE.

IT'S BEING SOLD
IN BOOKSTORES NATIONWIDE.

CHAPTERS ON MANY CHRONIC
OR LONG-TERM DISEASES

AND HOW TO STAY HEALTHY
DURING KEY PHASES OF LIFE.

THAT BOOK WAS QUITE
A GESTATION,

AND WE COULD NOT HAVE DONE IT
WITHOUT OUR HHS FAMILY
OF AGENCIES,

MANY OF WHOM ARE
ALSO HERE IN THE ROOM.

I SEE THE OFFICE
OF MINORITY HEALTH,

ALSO THE OFFICE OF PUBLIC HEALTH
AND SCIENCE WHERE WE SIT,

I SEE THE HHS BUDGET OFFICE,
I SEE THE ADMINISTRATION
ON CHILDREN AND FAMILIES,

AND LAST BUT NOT LEAST,
I ALSO SEE THE NIH OFFICE
OF RESEARCH ON WOMEN'S HEALTH.

HAVE I MISSED OTHER AGENCIES?

'CAUSE I HAVE BEEN SITTING
BLOCKED OUT PARTIALLY
TO THE ROOM,

SO IF I'VE MISSED--
AND IF SABRINA CAME IN, HRSA.

OK. IS JILL DAUGHERTY HERE?

OH! SHAME ON ME. WELL...

JILL DAUGHERTY'S A VERY,
VERY SPECIAL WOMAN.

SHE WAS THEN
THE U.S. AFFAIRS EDITOR
FOR CNN INTERNATIONAL,

AND SHE WROTE THE FOREWORD
FOR OUR "HEALTHY WOMAN" BOOK,

SO IF YOU HAVE IT HANDY,
MAYBE YOU CAN GET AN AUTOGRAPH,

'CAUSE I'M NOT AUTOGRAPHING.
HA HA HA HA!

[APPLAUSE]

SHE PROVIDED A COMPELLING
INTRODUCTION TO THE BOOK.

WE ARE SO GRATEFUL TO YOU
FOR THAT, AND SHAME ON ME

FOR NOT JUST FIGURING OUT
WHO YOU WERE
AND INTRODUCING MYSELF.

SHE TOLD US THAT WHAT SHE NEEDED
WAS A GUIDE JUST LIKE THIS ONE,

WRITTEN AND REVIEWED
BY EXPERTS WHO KNOW WHAT
THEY'RE TALKING ABOUT.

AND, JILL, I DIDN'T KNOW
IF YOU WANTED TO SAY
A FEW WORDS.

IS THERE TIME IN THE AGENDA
FOR A BRIEF GREETING OR JUST--

OR YOU CAN COME UP TO THIS MIC.
IT WOULD SAVE YOU A--

JILL, THERE'S A--OK.

IT'S GOING--THAT'S ALL RIGHT.
THAT'S TRUE. WE DO WANT YOU TO--

- NOBODY REALLY WANTS TO GET,
YOU KNOW, TOO LONG IN HERE,
BUT I'LL JUST SAY ONE THING.

AS I WAS SITTING THERE,
I WAS THINKING, 10 YEARS AGO,
WHAT I NEEDED WAS A WEB SITE

BECAUSE THAT'S WHAT--DEBBIE WAS
TALKING ABOUT IN TERMS OF GOING
TO A DOCTOR AND BEING TOLD,

"OH, LET'S WAIT.
LET'S SEE WHAT HAPPENS."

AND I DIDN'T, AND
THE ONLY REASON I DIDN'T
WAS KIND OF A FLUKE,

BUT IT WAS BECAUSE I HAD
SOME BACKGROUND.

I HAD READ CANCER SOCIETY
BOOKLETS REMINDING ME

THAT A DENT IN YOUR BREAST
IS NOT A GOOD THING TO HAVE,

AND THAT'S WHAT I HAD--
AN INDENTATION.

YOU KNOW, VERY STRANGE.
BUT I DID FOLLOW UP,

AND EVENTUALLY, YOU KNOW,
I'M HERE TO TELL THE TALE.

BUT I JUST THINK IT'S--
I WAS ALSO THINKING TODAY,

I'VE HAD TWO PHONE CALLS
IN THE PAST COUPLE OF WEEKS.

ONE FRIEND WHO WAS DIAGNOSED.
BOTH HAD LUMPS.

ONE JUST TODAY FOUND OUT
THAT SHE'S FINE, NO PROBLEM.

THE OTHER ONE HAS BREAST CANCER,
BUT IT'S EARLY-STAGE,

AND THIS IS THE THING THAT--

IF WE KEEP AT IT AND WE KEEP
WATCHING FOR OUR HEALTH,

WE CAN CATCH THESE THINGS.

AND THERE IS SO MUCH TREATMENT
OUT THERE THAT WE GO ON

AND IT JUST BECOMES
PART OF LIFE.

BUT, YOU KNOW,
I WORKED A LOT IN MOSCOW,
AND THERE ARE WOMEN WHO,

ESPECIALLY THERE,
ARE VERY FEARFUL OF WHAT
IT'S GOING TO BRING.

AND THE WORST THING IS TO HIDE
OUR HEADS IN THE SAND,

SO I JUST THINK
THAT IT'S WONDERFUL.

THESE ARE THE TOOLS THAT PEOPLE
REALLY, REALLY NEED.

AND THANK YOU VERY MUCH.
GLAD TO BE HERE.

[APPLAUSE]

- THANK YOU SO MUCH, JILL,

AND LET ME JUST WRAP BY SAYING
AGAIN TO EVERYONE IN THIS ROOM,
THANK YOU,

BECAUSE WHETHER
YOU KNOW IT OR NOT,

YOU DID HAVE A HAND
IN OUR SUCCESS.

WE WOULD BE NOTHING WITHOUT YOU,
AND NOW I'M REALIZING

THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS IS HERE AS WELL,

SO I APOLOGIZE
FOR OVERLOOKING YOU ALL.

OK. WELL, THANK YOU ALL
VERY MUCH. CINDY?

[APPLAUSE]

- THANK YOU SO MUCH, WANDA,
FOR SUCH AN IMPRESSIVE LIST
OF ACCOMPLISHMENTS.

WE REALLY ARE THRILLED
TO BE HERE TO SALUTE YOU

AND THE ACCOMPLISHMENTS OF
THE OFFICE OVER THE 10 YEARS,
SO ANOTHER HAND.

[APPLAUSE]

YEAH, THAT'S A GOOD IDEA.
EVERYONE FROM THE OFFICE,

CAN YOU JUST STAND
SO WE SEE WHO'S HERE FROM
THE OFFICE ON WOMEN'S HEALTH?

TAKE A BOW. HA HA!

[APPLAUSE]

AND THANK YOU, ALSO, JILL,
FOR SHARING THAT AS WELL.

AGAIN, FURTHER EVIDENCE OF
THE IMPORTANCE OF EDUCATION
AND PREVENTION.

OUR SECOND SPEAKER IS
DR. ELENA RIOS,

PRESIDENT AND CEO
OF THE NATIONAL HISPANIC
MEDICAL ASSOCIATION, NHMA,

REPRESENTING HISPANIC POSITIONS
IN THE UNITED STATES.

AS PRESIDENT OF THE NHMA'S
NATIONAL HISPANIC
HEALTH FOUNDATION,

WHICH IS AFFILIATED WITH
THE GRADUATE SCHOOL AT NYU,

DR. RIOS ALSO DIRECTS
THE FOUNDATION'S EDUCATIONAL
RESEARCH ACTIVITIES.

AND, PRIOR TO HER CURRENT
POSITIONS, DR. RIOS SERVED
AS THE ADVISOR

FOR REGIONAL AND MINORITY
WOMEN'S HEALTH FOR THE HHS
OFFICE ON WOMEN'S HEALTH.

SHE WILL EXPLAIN THE IMPORTANCE
OF HEALTH PROMOTION
AND PREVENTION EFFORTS

IN REDUCING HEALTH DISPARITIES.

[APPLAUSE]

- WELL, IT'S AN HONOR
TO BE HERE, AND 10 YEARS
DOES GO BY FAST.

10 YEARS AGO I WAS IN
THE OFFICE ON WOMEN'S HEALTH
WITH WANDA AND ALL HER CREW,

AND I HAVE TO SAY
THAT I MISS ALL THE HARD WORK
FOR WOMEN ACROSS THE COUNTRY.

I JUST WANTED TO SAY A FEW
WORDS ABOUT THE IMPORTANCE
OF DISPARITIES IN HEALTH

AND RELATE IT TO
YOUR CELEBRATION TODAY.

YOU KNOW, "HEALTHY PEOPLE 2010"
WAS THE FIRST DOCUMENT, I THINK,
OF THE GOVERNMENT

REALLY TO BRING ABOUT THIS...

THE FOCUS ON A DOUBLE STANDARD
THAT WE'VE HAD IN OUR COUNTRY,

WHERE CAUCASIAN PEOPLE
WOULD HAVE CERTAIN GOALS

AND PEOPLE OF COLOR WOULD
HAVE OTHER GOALS,

AND TO DECREASE THAT GAP
WAS THE IMPORTANCE
OF "HEALTHY PEOPLE 2010."

WHEN PRESIDENT CLINTON
AND DR. SATCHER, WHO WAS THEN

THE SURGEON GENERAL,

BROUGHT ABOUT THIS ANNOUNCEMENT
OF THE IMPORTANCE OF
A HEALTH DISPARITIES APPROACH

TO COINCIDE WITH
"HEALTHY PEOPLE 2010,"

I THINK EVERYBODY TOOK NOTICE
THAT WE NEEDED TO GET RID

OF THIS DOUBLE STANDARD
IN OUR COUNTRY.

AND THE OFFICE
ON WOMEN'S HEALTH, WITH
THEIR GREAT LEADERSHIP

AND VISION TO HAVE ALL WOMEN--
WHETHER THEY'RE WHITE WOMEN
OR HISPANIC, AFRICAN-AMERICAN,

NATIVE AMERICAN, ASIAN--
TO HAVE THEM ALL BROUGHT
TOGETHER UNDER THE UMBRELLA

OF THE OFFICE ON WOMEN'S
HEALTH WAS REALLY
A TRUE ACCOMPLISHMENT,

AND I THINK THAT WANDA NEEDS
TO BE COMMENDED FOR ALL

OF THE HEALTH DISPARITIES

EFFORTS THAT THIS OFFICE
HAS DONE.

[APPLAUSE]

SO NOW, AS WE LOOK TOWARDS
THE FUTURE, THERE'S BEEN
SEVERAL DIFFERENT REPORTS

ABOUT THE FUTURE OF AMERICA,
AND I JUST WANTED TO LEAVE YOU
WITH ONE ITEM.

THERE IS A NEW AMERICA COMING
IN THE YEAR 2042.

THE CENSUS BUREAU NOW PREDICTS
THAT OVER 50% OF THE UNITED
STATES POPULATION WILL BE

WHAT WE NOW CALL MINORITIES--
AFRICAN-AMERICAN,
NATIVE AMERICAN,

ASIAN-AMERICAN,
HISPANIC AMERICAN--
OVER 50% OF THE POPULATION.

AND FOR HISPANICS--
AND I'M MEXICAN-AMERICAN,
FROM CALIFORNIA.

FOR HISPANIC POPULATIONS,
ONE OUT OF 4 AMERICANS
WILL BE OF HISPANIC ORIGIN,

SO WE HAVE TO REALLY COMMEND
THE OFFICE AND ALL

THE COMMUNICATIONS PROJECTS
THAT WE'RE CELEBRATING TODAY

FOR HAVING
THE MULTILINGUAL CAPACITY,

FOR HAVING THE LEADERSHIP
FROM OUR DIFFERENT
MINORITY WOMEN'S GROUPS,

FOR HAVING OUR CONGRESSIONAL
AND SENATE SPONSORS
OF LEGISLATION

THAT INCLUDES DIVERSITY
WITHIN OUR LEGISLATION,

FOR THINKING ABOUT TRAINING

THE WORKFORCE OF THE FUTURE

TO HAVE MORE CULTURAL
COMPETENCE TRAINING

AND TO HAVE WOMEN OF COLOR

BE PART OF THE WORKFORCE.

IT'S ALL SO IMPORTANT
TO PREPARE FOR THE NEW AMERICA,

AND I THINK LASTLY I JUST
WANT TO SAY THAT I WAS ALSO
PART OF THE OFFICE

WHEN WE CREATED MINORITY WOMEN'S
HEALTH CONFERENCES, MINORITY
WOMEN'S HEALTH PANEL OF EXPERTS,

AND I KNOW FRAN AND OTHERS
HAVE CONTINUED TO DEVELOP
THE LUPUS INITIATIVE,

HIV/AIDS INITIATIVES,
AND I THINK IT ALL
TELLS THE STORY

OF THE LEADERSHIP OF
THE OFFICE ON WOMEN'S HEALTH,

THAT TOGETHER WE HAVE TO
RAISE UP ALL OF OUR COMMUNITIES

IN ORDER TO IMPROVE
THE HEALTH OF AMERICA.

WELL, THANK YOU VERY MUCH.

[APPLAUSE]

- THANK YOU, ELENA,
FOR YOUR LEADERSHIP

IN ADDRESSING
HEALTH DISPARITIES,
AS WELL AS, OF COURSE,

NOTING THE OFFICE
ON WOMEN'S HEALTH
AND ALL ITS WORK,

AND ALSO, I HAVE TO MENTION,
ALSO A FORMER BOARD MEMBER
OF WOMEN'S POLICY.

[LAUGHTER]

OUR FINAL SPEAKER IS
DENISE AUSTIN,

A PIONEER IN THE EXERCISE
AND SPORTS INDUSTRY.

SHE HAS SOLD
MORE THAN 20 MILLION
EXERCISE VIDEOS AND DVDs,

AUTHORED 10 BOOKS ON FITNESS,
AND STARRED IN

THE LONGEST-RUNNING FITNESS SHOW
IN THE HISTORY OF TELEVISION.

DENISE'S TRADEMARK ZEST
FOR LIFE, POSITIVE OUTLOOK,

AND CAN-DO ATTITUDE
HAVE ENDEARED HER
TO MILLIONS OF FANS

ACROSS THE COUNTRY
AND AROUND THE WORLD,

AND EARNED HER THE REPUTATION
AS AMERICA'S FAVORITE
FITNESS EXPERT.

SHE HAS CHAMPIONED
THE BENEFITS OF HEART HEALTH

AND GOOD NUTRITION
THROUGHOUT HER CAREER

AND IS SERVING HER SECOND TERM
ON THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS AND SPORTS,

AND WILL DISCUSS THE IMPORTANCE
OF PHYSICAL FITNESS
FOR WOMEN'S HEALTH.

[CHEERS AND APPLAUSE]

- IT'S SO GREAT
TO BE HERE, EVERYBODY!

WE ARE GOING TO EXERCISE
A LITTLE, BUT NOT JUST YET,
STRETCH A LITTLE.

I'M SO HAPPY TO BE PART OF THIS
BECAUSE I'M A BIG BELIEVER
IN WOMEN'S HEALTH.

AND I WAS HONORED,
WITH DR. WANDA JONES,
TO RECEIVE A RED DRESS AWARD

BY "WOMAN'S DAY" MAGAZINE,
AS WELL AS AMERICAN
HEART ASSOCIATION,

FIGHTING HEART DISEASE,
STILL THE NUMBER-ONE KILLER
FOR ALL OF US WOMEN TODAY.

AND ONE OF THE BEST THINGS TO DO
IS PREVENTION THROUGH EXERCISE
AND EATING RIGHT.

SO I AM A TRUE BELIEVER
IN EXERCISE.
I WAS A GYMNAST AS A CHILD.

GOT A FULL ATHLETIC
SCHOLARSHIP TO COLLEGE.

GOT MY DEGREE SPECIALIZING
IN EXERCISE PHYSIOLOGY
30 YEARS AGO.

I'M 52. YES, ALL NATURAL,
BABY! HA HA HA!

AND I HAVE TWO
TEENAGED DAUGHTERS,

AND SO I'M VERY, VERY EXCITED
TO BE PART OF THIS
WITH WOMEN'S HEALTH.

AND I ALSO ENDORSE
THE "HEALTHY WOMAN" BOOK
THAT'S OUT THERE

AND YOU ALL GET A FREE DVD
THAT I'VE DONATED,

MY NEW "DENISE AUSTIN'S
DAILY DOZEN."

AND THE WHOLE IDEA IS
12 MINUTES A DAY.
THAT'S ALL IT TAKES.

WELL, JUST TO GET STARTED, BABY.
HA HA HA!

BUT ONE OF THE KEY PRINCIPLES
IN PHYSICAL FITNESS IS TO DO

SOMETHING, TO TAKE YOUR TIME,

AND THAT'S THE NEW THEME
THIS YEAR FOR THE BIG
WOMAN'S WEEK,

AND THAT IS CALLED
"IT'S YOUR TIME" TO KNOW

THAT YOU WILL FEEL BETTER IF YOU
DO SOMETHING FOR YOURSELF.

I KNOW. I'M A WORKING MOM
EVERYTHING'S ALWAYS BUSY.

BUT I PERSONALLY WAKE UP
30 MINUTES EARLY

AND JUST WORK OUT
FOR 30 MINUTES 5 DAYS A WEEK.

5 DAYS, AND MONDAY
THROUGH FRIDAY'S ALREADY
REGIMENTED ANYHOW,

SO WHY NOT MAKE THAT PART
OF YOUR ROUTINE,

MAKE IT A STAPLE IN YOUR DAY?

THAT WAY, YOU HAVE DONE IT
AND YOU FEEL GOOD,

AND IT TRULY IS A LOT EASIER
TO MAKE IT A PART OF YOUR DAY,

ON YOUR SCHEDULE,
IN YOUR APPOINTMENT BOOK,
BECAUSE HEALTH IS WORTH IT.

YOU CAN HAVE ALL
THE MONEY IN THE WORLD,

BUT IF YOU DON'T HAVE
GOOD HEALTH, IT MEANS NOTHING.

SO TAKE CARE OF YOUR BODY
THROUGH EXERCISE,

AND LET ME TELL YOU SOMETHING
THAT I TRULY BELIEVE IN--
WELL-BALANCED WORKOUTS.

AT THE END OF THE WEEK,
I WOULD LOVE EVERYONE TO HAVE
3 WELL-BALANCED WORKOUTS,

AND THESE ARE THE 3 COMPONENTS
THAT I BELIEVE ARE SO IMPORTANT

TO LOOK YOUR BEST, TO FEEL GOOD,
AND TO HAVE ENERGY.

WHEW! AND ONE OF THE BIGGEST,
OF COURSE, IS CARDIO--

SOMETHING 3 DAYS A WEEK
TO BURN FAT, TO BURN CALORIES,

TO GET RID OF ALL
THE EXCESS WEIGHT IN OUR BODY.

AND ALL YOU HAVE TO DO IS WALK
3 DAYS A WEEK FOR 30 MINUTES.

IF YOU COULD JUST DO THAT,
GET OUT THERE IN A FAST WALK,
ANY TYPE OF AEROBIC EXERCISE--

IT COULD BE SWIMMING, BIKING,
ANY FORM OF AEROBIC CAPACITY--

AND THAT WILL HELP FIGHT
HEART DISEASE.

CARDIOVASCULAR WORKOUTS,
AND YOUR HEART IS A MUSCLE,
JUST LIKE YOUR BICEP MUSCLE,

SO YOU HAVE TO CONDITION IT,
SO TRY TO DO THAT 3 DAYS A WEEK.
THAT'S WHAT I DO.

I LEAN TOWARDS 4 DAYS A WEEK
OF CARDIO FOR 30 MINUTES.

THAT'S MY ULTIMATE GOAL
TO STAY FIT, TO STAY HEALTHY--

AND THEN TWO DAYS A WEEK,
I DO STRENGTH TRAINING.

THAT'S THE SECOND IMPORTANT
ELEMENT OF PHYSICAL FITNESS--

STRENGTH TRAINING
OUR 640 MUSCLES OF THE BODY
FROM HEAD TO TOE.

AND IT DOESN'T TAKE THAT LONG;
I CAN DO IT IN 12 MINUTES.

I DO MY ARMS, MY BUTT,

MY LEGS, MY THIGHS, MY TUMMY.

THE KEY THING IS TO STAY FIT,
AND THAT'S THE KEY.

THAT'S OK. I CAN HOLD IT.
I GOT MUSCLES.

[LAUGHTER]

AND THE BEAUTIFUL THING
ABOUT OUR MUSCLES ARE
THEY'RE ACTIVE AT REST,

WHILE FAT CELLS ARE
VERY SEDENTARY,

SO OUR GOAL IS TO GET
A LITTLE MORE MUSCLE CELLS
IN OUR BODY.

SO AS WE AGE, IF WE LOSE
OUR MUSCLE CELLS, WE START
TO GAIN WEIGHT,

AND THAT'S ONE OF THE MOST
IMPORTANT THINGS THAT I WANT TO
FACE AND REALLY TELL EVERYBODY,

IS TONING-UP EXERCISES WORK,
AND THEY CAN BE SO EASY

AS--THIS IS WHAT I DO
WHEN I'M BLOW-DRYING MY HAIR.
I DO LEG SQUATS.

OR I'M COOKING TV--
COOKING MY LITTLE TOAST
FOR THE KIDS IN THE MORNING,

I DO PUSH-UPS AGAINST
THE KITCHEN COUNTER.

EVERY TIME
YOU WORK THOSE MUSCLES,
YOU'RE TONING THEM,

AND GUESS WHAT--YOUR MUSCLES
DON'T KNOW IF YOU'RE IN
THE KITCHEN OR A FANCY GYM,

SO YOU COULD IMPLEMENT
THESE LITTLE ONE-MINUTE
EXERCISES TO TONE UP.

NOW TONING UP IS DIFFERENT
THAN CARDIO.

CARDIO, I LIKE TO GO STRAIGHT
TO REALLY CONDITION THE HEART.

BUT MUSCLE CONDITIONING
AND STRETCHING, YOU COULD
DO A MINUTE HERE,

A MINUTE THERE, AND REAP
ALL THE BENEFITS.

AND THE THIRD OTHER IMPORTANT
ELEMENT OF PHYSICAL FITNESS
IS STRETCHING.

FLEXIBILITY, ESPECIALLY
AS WE AGE, IS SO IMPORTANT

BECAUSE WHEN YOU REACH
FOR SOMETHING, YOU DON'T--
YOUR BACK GO OUT.

STAY HEALTHY. SO CARDIO,

STRENGTH TRAIN TO TONE UP
OUR MUSCLES FROM HEAD TO TOE,
AND STRETCHING.

SO RIGHT NOW, EVERYBODY STAND UP
AND WE'RE GOING TO STRETCH
A LITTLE, JUST FOR ONE MINUTE!

- WHY DON'T WE LOOP IT?

DO THIS.

[INDISTINCT MURMURING]

- OK, EVERYBODY.

- CAN WE HAVE
THE FLOOR MIC, PLEASE?

- OK, EVERYBODY--
IT'S NOT ON.

JUST STRETCH YOUR ARMS UP...

[CONTINUING INDISTINCTLY]

BEAUTIFUL. THIS IS
SO GOOD TO YOUR BACK.

NOW STRETCH IT TO THE SIDE.
INHALE AND EXHALE.

GO DEEPER, GO DEEPER.

OK, INHALE.

UP. SWITCH TO THE OTHER SIDE.

YOUR SPINE IS YOUR LIFE LINE.
KEEP IT HEALTHY.
KEEP IT STRONG.

THAT'S RIGHT. LIFT UP
ALL THE WAY NOW.
HANDS TOGETHER.

[INDISTINCT]
AND NOW PLACE THEM BEHIND YOU.

OPEN UP YOUR CHEST
FOR BETTER OXYGEN.
INTAKE. INHALE.

AND EXHALE. GOOD. ONE MORE.
OPEN UP THE CHEST.

REALLY GOOD. OPENS IT ALL UP
THROUGH THE TENSION
IN THE SHOULDERS, THE CHEST.

AND RELEASE.
NOW SHOULDER SHRUGS UP

AND DOWN, RELEASING THE TENSION.

DID YOU KNOW THAT A MUSCLE
WILL STAY IN A STATE OF TENSION

UNLESS THERE'S A CHANGE
OF ACTIVITY? SO MOVE.
MOVE THOSE MUSCLES.

OK, ONE ARM UP AND OVER.
FEEL THE LENGTH THROUGH
THE SPINE. THAT'S IT.

STRETCH, STRETCH,
STRETCH, STRETCH.

IT'S SO GOOD FOR YOUR
WAISTLINE, YOU GUYS.
COME ON.

TO THE OTHER SIDE.
ALSO, WE'RE GETTING THE OXYGEN
TO FLOW THROUGH THE BODY.

REMEMBER, CIRCULATION IS
THE KEY TO REALLY HEAL THE BODY.

NOW TWIST AND TURN.

NOW, WHEN YOU'RE
DOING THIS, EVERYBODY,

TO TONE IT, TIGHTEN UP
THE TUMMY, PULL THE TUMMY IN,

BELLY BUTTON TOWARDS THE SPINE,
TIGHTEN UP THE TUMMY AND TWIST.

COME ON. SLIM AND TRIM
THE WAIST LINE.

WHOO! GET THAT OXYGEN FLOWING!

THAT'S RIGHT! WE'RE NOT
WELL-BEHAVED, ARE WE,
DR. JONES?

[LAUGHTER]

OK, AND TAKE IT EASY.

INHALE UP...

AND TAKE A DEEP BREATH OUT.

[EXHALES]
GOOD. ONE MORE TIME.

INHALE THROUGH YOUR NOSE
AND LET IT ALL OUT.

NO MORE STRESS. OUT.
BEAUTIFUL. SIT DOWN.

[APPLAUSE]

THERE. YOU'VE DONE
SOMETHING HEALTHY.

DID YOU KNOW JUST ONE MINUTE
HERE AND THERE GIVES YOU ENERGY?

IT GETS THE BLOOD CIRCULATING,
AND THAT'S THE BEST FEELING
OF ALL--

TO FEEL GOOD, TO WAKE UP IN
THE MORNING AND TO FEEL GREAT.

HOW DO YOU FEEL?

[APPLAUSE]

OK.

GOOD. OK.

HERE'S A COUPLE OTHER
SIMPLE STEPS THAT I TAKE
TO TONE AND TIGHTEN.

YOU KNOW, IN THE LINE,
AT CARPOOL LINE, PICKING UP
MY KIDS FROM SCHOOL,

TRY THIS EXERCISE.
IT'S GOT ISOMETRIC EXERCISES
THAT TARGETS THE TUMMY.

NOW, RIGHT NOW,
PULL IN YOUR TUMMY.

TO NE AND TIGHTEN UP
THE TUMMY FOR 5 SECONDS.

TIGHT, TIGHT, TIGHT, TIGHT
AND RELEASE.

ISOMETRIC EXERCISES WORK
ANYTIME, ANYWHERE.

THEY'RE SIMPLE, THEY'RE EASY.
NOW SQUEEZE THE BUTTOCKS.

COME ON. TIGHTEN THAT TUSHIE.
IF YOU DON'T SQUEEZE IT,
NO ONE ELSE WILL. COME ON.

OK, AND RELEASE.

REMEMBER, DO THESE TONING-UP
LITTLE STRETCHES

AND LITTLE THINGS
THAT YOU CAN DO
ANYTIME, ANYWHERE.

IF YOU REST, YOU'LL RUST,
SO STAY IN SHAPE.

I TRULY ONLY WORK OUT
FOR 30 MINUTES MOST DAYS.

I WORK OUT 30 MINUTES MOST DAYS,
AND I REALLY STAY IN SHAPE
BY EVEN SITTING.

DID YOU KNOW THAT
THE AVERAGE PERSON SITS
FOR 7 1/2 HOURS A DAY?

OK, SO WHAT ARE WE GOING TO DO?

THAT BURNS THE LEAST
AMOUNT OF CALORIES.

WORST IS LYING DOWN,
SITTING IS NEXT,

AND STANDING IS BURNING
A LITTLE MORE CALORIES.

SO ANYTIME YOU COULD
STAND UP, YOU DO IT

BECAUSE IT'S BETTER FOR YOU,
YOU'RE BURNING MORE CALORIES.

IT'S ALL ABOUT HOW MANY CALORIES
YOU BURN IN THE COURSE OF A DAY

AND HOW MANY CALORIES ARE YOU
EATING IN THE COURSE OF A DAY.

INTAKE, OUT TAKE, SO YOUR GOAL
IS TO BE A KIND OF
BURNING MACHINE

BY BURNING MORE CALORIES
THROUGHOUT THE DAY.

I LOVE FOOD.
I'M FROM A HUGE FAMILY.

ALL WE DO IS THINK
ABOUT FOOD, WHAT WE'RE
GOING TO COOK FOR DINNER.

SO ONE OF THE BEST THINGS TO DO
IS TO MAKE SURE YOU'RE EATING
HEALTHY 80% OF THE TIME

AND THEN TO HAVE YOUR TREATS
20% OF THE TIME, IF YOU'RE
EXERCISING.

SO TONING UP, STRETCHING,
AND CARDIO ARE THE
3 WELL-BALANCED WORKOUTS

THAT I TRULY BELIEVE IN.
I MIX IT UP ALL THE TIME.

I STARTED IN 1981
ON JACK LaLANNE'S SHOW.

HE GAVE ME MY FIRST START.
HE'S 94 YEARS OLD,
TOTALLY BUFF, TOTALLY FIT.

I GOT TO GIVE HIM
A LIFETIME ACHIEVEMENT AWARD

WITH THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS,

AND HE IS TO THIS DAY
TOTALLY IN SHAPE,

AND HE BELIEVES EXERCISE
AND EATING RIGHT

AND CHANGING UP YOUR ROUTINE--
MIX IT UP. TRY A LITTLE YOGA.
TRY A LITTLE PILATES.

AND ON THE DVD, THERE'S A LITTLE
SOMETHING FOR EVERYONE.

THERE'S 12 MINUTES,
MONDAY THROUGH FRIDAY,
SOMETHING DIFFERENT

TO TONE, TO FIRM YOUR ARMS,
YOUR WAIST LINE, THE WHOLE BODY.

SO THE KEY THING IS
TO TRY TO STAY IN SHAPE
BY JUST MOVING.

MOVE, MOVE, MOVE.
GARDEN, GO FOR WALKS,
TAKE BREAKS.

ANYTIME YOU'RE GETTING UP
AND MOVING, YOU'RE HELPING
YOURSELF, SO YOU FEEL BETTER.

AND TRY NOT TO OVEREAT
LATE AT NIGHT. AS WE ALL KNOW,
THAT'S NOT GOOD ON OUR BODIES,

AND TRY TO DRINK LOTS OF WATER.
I GET MY KIDS--

MY TWO DAUGHTERS ARE IN--
YOU KNOW, THEY'RE BOTH ATHLETES.

ONE'S GOING OFF TO UNIVERSITY
OF VIRGINIA NEXT YEAR ON
A LACROSSE SCHOLARSHIP.

SO MY DAUGHTERS--
I'M A TRUE BELIEVER IN,
YOU KNOW, THE SAME THING.

MAKE SURE YOU DO THE BEST
THAT YOU CAN BE AND DO
AS MUCH AS YOU CAN.

YOUR HEALTH MEANS MORE
THAN ANYTHING.

TAKE GOOD CARE OF YOUR BODY.
IT'S YOUR TIME.

AND CONGRATULATIONS
ON THE 10th ANNIVERSARY,

AND THANK YOU ALL
SO MUCH FOR HAVING ME.

OK, FEEL MY TUMMY!
FEEL MY TUMMY!

JUST FEEL IT.
FEEL MY TUMMY.
COME ON.

FEEL MY TUMMY.
ROCK-HARD. COME ON.

HA HA! OK.

[LAUGHTER]

- THAT WAS INCREDIBLE.
HA HA HA HA!

I--I'M SPEECHLESS.

- I BET NOBODY'S COME
TO THE HILL AND HAD THEM
FEEL THEIR TUMMY.

- YEAH. YOU KNOW, HONESTLY,
I'VE WORKED ON THE HILL FOR
A VERY LONG TIME.

I DON'T EVER REMEMBER DOING
STRETCHING EXERCISES
ON THE HILL BEFORE.

- [INDISTINCT]
- HA HA HA HA!

YOU ARE DEFINITELY
AN INSPIRATION AND ROLE MODEL
TO WOMEN AND GIRLS OF ALL AGES.

I THINK WE CAN AGREE.

[APPLAUSE]

WE WILL NOW GO TO QUESTIONS.

CAN ANYONE TOP THIS?

PLEASE IDENTIFY YOUR NAME
AND AFFILIATION.

- JUST JOG ON OVER, HONEY!

[LAUGHTER]

- HYSTERICAL.

- HA HA!

- GOOD AFTERNOON.
THIS IS SO FABULOUS.

MY NAME IS JANICE FEREBEE.
I'M THE DIRECTOR OF THE BETHUNE
PROGRAM DEVELOPMENT CENTER

AT THE NATIONAL COUNCIL
OF NEGRO WOMEN.

I AM ALSO THE CREATOR OF
THE "GOT IT GOIN' ON" MOVEMENT,

WHICH IS A CURRICULUM
FOR ADOLESCENT FEMALES
OF AFRICAN DESCENT

HERE IN THE U.S.
AND SOUTH AFRICA AND GHANA.

AND I WOULD LIKE TO FIND OUT
MORE ABOUT WHAT WE CAN DO

TO ENCOURAGE OUR GIRLS
TO GET THIS INFORMATION.

YOU KNOW, I DO IT THROUGH
MY HIP-HOP FITNESS TEAM,

BUT I'D LIKE TO KNOW MORE ABOUT
HOW WE CAN ENCOURAGE OUR GIRLS
TO GET THIS INFORMATION.

[THUMPING]

- DIDN'T MEAN TO POUND THE MIC.
WANTED TO MAKE SURE
IT WAS WORKING.

I THINK--AND I'M GOING
TO STAND, JUST SO I CAN
SEE FOLKS OVER THERE

BECAUSE I HATE BEING
A DISEMBODIED VOICE.

I THINK ONE OF THE BEST
APPROACHES TO HELPING GIRLS
UNDERSTAND AND RECOGNIZE

WHAT GOES ON WITH THEIR BODIES,
HOW TO BE HEALTHY, HOW TO ADOPT
HEALTHY AND ACTIVE LIFESTYLES

ARE TWO APPROACHES.

ONE IS A FAMILY, HAVING,
YOU KNOW, SUPPORT OF FAMILY
IN A COMMUNITY ENVIRONMENT

THAT REALLY ENCOURAGES
AN ACTIVE LIFESTYLE.

AND THE OTHER APPROACH WOULD BE
THROUGH THE SCHOOLS BECAUSE
GIRLS ARE SPENDING, YOU KNOW,

A BIG CHUNK OF THEIR DAY
IN SCHOOLS, MAYBE
IN AFTER-SCHOOL PROGRAMS.

THEY MAY BE LUCKY ENOUGH TO HAVE
A BOYS AND GIRLS CLUBS

OR GIRL SCOUT OR SOME OTHER
AFTER-SCHOOL ACTIVITY AS WELL.

BUT THESE ARE ALL AVENUES
THROUGH WHICH NOT NECESSARILY
ALL OF THIS INFORMATION,

BUT CHUNKS OF IT CAN BE PROVIDED
IN AN AGE-APPROPRIATE MANNER

AND IN WAYS IN WHICH
GIRLS CAN FIND IT FUN.

AND I THINK THE MORE FUN
AND ENGAGING SOMETHING IS,

THE MORE LIKELY IT IS
TO BE ADOPTED AND REALLY
PUT INTO YOUR LIFESTYLE.

I KNOW THAT'S TRUE FOR ME.

I CAN'T REMEMBER HOW IT WAS LIKE
WHEN I WAS A GIRL, BUT I KNOW
I LIKED DOING FUN STUFF,

AND I THINK AS ADULTS, SOMETIMES
WE DO THINGS FOR KIDS
THAT AREN'T FUN,

AND I THINK, YOU KNOW,
WE SHOULD THINK A LITTLE
MORE CREATIVELY, MAKE IT FUN

BECAUSE HEALTH IS ABOUT FUN,
AND YOU CAN'T HAVE FUN
IF YOU'RE NOT HEALTHY, SO...

YEAH, MAYBE WE CAN JUST--
SINCE THERE'S ENOUGH CORD,
WE CAN JUST HAND IT OFF.

- IT'S VERY TIGHT
IN HERE BECAUSE THERE'S
SO MANY PEOPLE HERE.

- HI. I'M KAREN TANNENBAUM--

SORRY. I'M KAREN TANNENBAUM
WITH THE OVARIAN CANCER
NATIONAL ALLIANCE,

AND I THINK THAT THE HEALTH AND
FITNESS COMPONENT IS AMAZING.

A LOT OF THE WOMEN WE WORK WITH
ARE ALREADY SICK.

WHERE CAN WE FIND INFORMATION
ABOUT NUTRITION AND EXERCISE

THAT'S TAILORED FOR PEOPLE
WHO DON'T HAVE FULL CAPACITY,

WHO MAY BE IN CHEMOTHERAPY
OR OTHER THINGS AND HAVE
LIMITED CAPACITY?

- WOW, THAT'S A GREAT QUESTION,

AND I DON'T KNOW IF
THE NATIONAL CANCER INSTITUTE
MIGHT ACTUALLY HAVE SOME,

YOU KNOW, RESOURCES
FOR PHYSICAL ACTIVITY.

I KNOW THE PRESIDENT'S COUNCIL
WEB SITE HAS HUNDREDS

OF DIFFERENT ACTIVITIES

THAT HAVE ALL BEEN EVALUATED
FOR THEIR CONTRIBUTION
TO HEALTH AND WELLNESS,

AND YOU CAN ACTUALLY TRACK THOSE
IN ADDITION TO STEPS.

SO, IF SOMEONE
WITH SERIOUS ILLNESS IS
ABLE TO WALK, MAYBE NOT FAR,

BUT IS ABLE TO AT LEAST WALK,
THAT'S A START, YOU KNOW,
BECAUSE WE DO ENCOURAGE--

THE PHYSICAL ACTIVITY GUIDELINES
OBVIOUSLY ARE FOR PEOPLE
ABLE TO ENGAGE,

BUT MANY PEOPLE
WITH DISABILITIES,
PEOPLE WITH CHRONIC ILLNESS,

PEOPLE WITH SERIOUS
MEDICAL CONDITIONS,

MAY NOT BE ABLE TO PARTICIPATE
AT THAT FULL LEVEL.

BUT THERE ARE ADAPTATIONS
IN THOSE NATIONAL PHYSICAL
ACTIVITY GUIDELINES NOW

FOR PEOPLE WITH CHRONIC ILLNESS,

THERE ARE ADAPTATIONS
FOR PEOPLE--FOR WOMEN
WHO ARE PREGNANT,

ADAPTATIONS--HELP ME OUT,
ANYBODY ELSE WHO'S FAMILIAR

WITH THE PHYSICAL
ACTIVITY GUIDELINES.

THERE ARE 5 SPECIAL SECTIONS.
PEOPLE WITH DISABILITIES

AND, I THINK, FOR PEOPLE
IN ADVANCED AGE.

BUT I'D AT LEAST START
WITH THE CHRONIC ILLNESS
COMPONENT

OF THE PHYSICAL ACTIVITY
GUIDELINES.

OK?

IF I TALK LONG ENOUGH,
I'LL GET TO THE ANSWER.

[CHUCKLING]

BACK BEHIND THIS THING.

- OK, I HAPPEN TO SPEAK
PRETTY LOUD.

- WELL, WE'D LIKE TO HAVE
YOUR VOICE, AT LEAST,
ON THE WEBCAST

BECAUSE WE'RE GOING
TO BE IN POSTERITY.

THIS WEBCAST WILL BE AVAILABLE.

NOT POSTERIOR,
BUT POSTERITY FOR TWO YEARS,

AND ON THE INTERNET,
TWO YEARS IS LIKE A LIFETIME.

- WELL, GOOD AFTERNOON.
MY NAME IS CAMILLA
MARTIN-PROCTOR.

I WORK WITH MULTIPLE SCLEROSIS
ALLIANCE FOUNDATION,

AND WE FUNDAMENTALLY TRY
AND ADDRESS MULTIPLE SCLEROSIS

SPECIFICALLY
IN COMMUNITIES OF COLOR.

AND I COME ACROSS THE BARRIER OF
"WELL, I DIDN'T KNOW PEOPLE OF
COLOR GOT MULTIPLE SCLEROSIS."

AND I WAS WONDERING IF THERE
WERE ANY KEY POINTS OR
ANYBODY HERE OR IN AN AUDIENCE

THAT COULD HELP ME
WITH REGARDS TO TRYING
TO GET THE MESSAGE ACROSS

THAT A LOT OF

THESE CHRONIC DISORDERS
REALLY DON'T HAVE--

THEY DON'T CARE
WHAT COLOR YOU ARE.

- THAT REALLY IS
THE FUNDAMENTAL MESSAGE
AND, YOU KNOW,

EVEN ON A NATIONAL DATA,
FROM OUR NATIONAL HEALTH DATA,

I'M NOT SURE
THAT WE NECESSARILY HAVE
REALLY GOOD RACIOETHNIC DATA

ON THINGS LIKE
AUTO-IMMUNE CONDITIONS,
MULTIPLE SCLEROSIS INCLUDED,

WHICH IS NOT
NATIONALLY REPORTABLE.

YOU KNOW, WE MIGHT GET IT
THROUGH SECONDARY DATA SOURCES,

THROUGH HOSPITAL DISCHARGE,
THROUGH OUTPATIENT VISITS,

BUT TO ACTUALLY BE ABLE TO SAY--
YOU KNOW, THOSE WOULD ALL
BE ESTIMATES,

AND I KNOW THE MULTIPLE
SCLEROSIS SOCIETY
DOES A LOT OF WORK

IN TRYING TO ESTIMATE
HOW MANY PEOPLE ARE AFFECTED.

BUT THANK YOU FOR BRINGING
THAT TO OUR ATTENTION.

- [INDISTINCT]

- OK. THERE'S A BILL--
IF YOU COULDN'T HEAR HER,

A BILL COMING TO CREATE
A DATABASE OF MULTIPLE
SCLEROSIS AND...

- PARKINSON'S.
- PARKINSON'S. GREAT.

OK. YES?

- HI. BETH E. YOUNG
WITH CINDY FITHIAN
AND ASSOCIATES.

WE'RE FIGHTING FOR RESPONSIBLE
HEALTH CARE REFORM,

AND I SEE CONNIE MORELLA'S
STILL IN THE AUDIENCE.

AND MY QUESTION HAS TO DO
WITH SMALL, INNOVATIVE COMPANIES

BEING SHUT OUT OF THE MARKET
WHEN WE'RE LOOKING AT
HEALTH CARE REFORM.

ALL THE THINGS
THAT HOSPITALS BUY MOSTLY COME

FROM BIG MONOPOLY KIND
OF COMPANIES INSTEAD OF

THE SMALL, INNOVATIVE COMPANIES
OF WHICH MANY WOMEN
AND MINORITIES ARE OWNERS.

WHAT CAN WE DO TO MAKE
THE PROCESS TRANSPARENT

AND OPEN THE COMPETITIVE FIELD
IN THE HEALTH CARE MARKET

TO ENSURE THAT THERE'S
FAIR PLAY?

BECAUSE THE COST SAVINGS
FROM CUTTING DOWN--

YOU KNOW, IF A CATHETER COSTS
\$2.00, AND IT'S PURCHASED
BY THE HOSPITAL FOR \$50,

BY THE TIME IT'S ON
YOUR HOSPITAL BILL, IT'S \$150.

WELL, A LOT OF THE COST SAVING
IS IN THAT PROFIT MARGIN,

SO WE NEED TO KIND OF WORK
ON THE M&Ms, YOU KNOW,
THE MONOPOLIES,

AND THE MARKET SHARE, BRINGING

THAT DOWN TO LET THE SMALL,

INNOVATIVE COMPANIES

INTO THE PLAYING FIELD
AND PROTECT THE HEALTH CARE
CONSUMER WITH LOWER PRICES.

- CINDY,
AS FAR AS I'M CONCERNED,
YOU'VE MADE YOUR POINT.

I DON'T HAVE A SOLUTION
FOR YOU, UNFORTUNATELY.

I DON'T KNOW IF ANYBODY IN
THE AUDIENCE NECESSARILY DOES
BECAUSE IT'S--

OUR OFFICE IS NOT ENGAGED
IN THE HEALTH REFORM
DISCUSSION, SO...

OTHERS? YES?

HANG ON.

- HI. I'M MARIE DOMINGUEZ
AND, AS YOU CAN SEE,
I'M IN THE ARMY,

BUT MY COMMENTS ARE MORE FROM
A PARENT'S PERSPECTIVE.

AND PREVENTION--
I'M A PHYSICIAN IN THE ARMY--

AND PREVENTION
IS ONE OF THOSE THINGS
THAT, ACROSS THE BOARD,

WE, I DON'T THINK, DO
A VERY GOOD JOB IN
THE UNITED STATES.

AND ONE OF THE THINGS
I'M CONCERNED ABOUT
AS A PARENT

IS THAT, WHEN I WENT TO SCHOOL,
WE HAD MORNING RECESS,

WE HAD LUNCH RECESS,
AND THEN WE HAD
AFTERNOON RECESS.

AND KIDS WERE UP AND MOVING,
PLUS THEY ALSO HAD P.E. CLASS,

AND NOW MY KIDS ARE LUCKY
IF THEY GET 15 MINUTES
FOR A LUNCH RECESS

AND THEY HAVE TO EAT
THEIR LUNCH INCREDIBLY FAST

TO GET 15 MINUTES
OF LUNCH RECESS.

IN FACT, WHEN I VISIT
MY KIDS' SCHOOL, I NOTICE

THAT THE BOYS OFTEN DON'T EAT
THEIR LUNCH BECAUSE THEN,

IF THEY DID, THEY WOULDN'T
GET LUNCH RECESS.

SO IS THERE SOMETHING
THAT WE CAN DO TO SET
THE EXAMPLE TO OUR YOUNG PEOPLE

IN THEIR SCHOOL ENVIRONMENT
THAT MAINTAINING A FIT DAY

IS THE KEY
TO MAINTAINING HEALTH?

- THAT'S A TREMENDOUS QUESTION.
I KNOW CDC--AND I WAS AT CDC
BEFORE I CAME TO WASHINGTON--

IT HAS CONTINUED TO ADVOCATE
FOR PUTTING PHYSICAL ACTIVITY,

RECESS, ANY SORT OF MOVEMENT,
THAT SORT OF PROGRAMMING
BACK INTO SCHOOLS

BECAUSE WE'VE WATCHED NATIONALLY
THOSE NUMBERS DECLINE.

AND I WAS IN SCHOOL
WAY BEFORE YOU WERE, AND YEAH,
YOU KNOW, I REMEMBER WELL.

BUT IT WAS A DIFFERENT DAY,
WHEN YOU COULD, YOU KNOW,
BE ACTIVE

AND WORK OUT THOSE STRESSES
AND FRUSTRATIONS AND COME BACK
INTO THE CLASSROOM,

AND NOW YOU DON'T HAVE
THOSE OUTLETS.

I THINK SCHOOLS ARE BEGINNING
TO WRAP BACK AROUND
AND UNDERSTAND

THAT THERE ARE SUBSTANTIVE
BENEFITS IN THE CLASSROOM
TO PHYSICAL ACTIVITY,

BUT IT'S GOING
TO TAKE LEGISLATIVE ACTION.

IT'S GOING TO TAKE
STRONG PUBLIC HEALTH
AND EDUCATION PARTNERSHIPS

AND COMMUNITY ADVOCACY,
AS WELL AS PARENTS AND FOLKS
INVOLVED IN THE SCHOOLS

TO MAKE THAT HAPPEN.

OH, YEAH.

- [INDISTINCT]
- ABSO--WITHOUT A DOUBT.

THERE'S A LOT OF OTHER FACTORS,
BUT, YEAH, LEAST OF WHICH.

- YEAH, I JUST WANTED
TO SAY THAT HEALTH CARE REFORM
DISCUSSIONS ARE REALLY LOOKING

AT THE IMPORTANCE
OF CHANGING THE PARADIGM
IN THE HEALTH CARE SYSTEM,

THAT WE GO FROM A DISEASE,
MEDICAL-MODEL APPROACH
TO A PREVENTION APPROACH.

AND I AM ONE OF THOSE
ADVOCACY STAKEHOLDER GROUPS--

OUR NATIONAL HISPANIC MEDICAL
ASSOCIATION, WORKING WITH LOTS
OF OTHER GROUPS--

VERY INTERESTED IN THE MESSAGING
THAT WILL GET TO OUR COMMUNITIES

THROUGH THE COMMUNITY,
NOT JUST THE HEALTH CARE SYSTEM,
BUT THROUGH THE COMMUNITIES.

AND WE HAD STAKEHOLDER MEETINGS

LAST YEAR WITH THE OFFICE
OF MINORITY HEALTH FUNDING,

AND OUR RECOMMENDATIONS
FOR PREVENTION INCLUDED LOOKING
AT THE SCHOOLS AND CHANGING

THE K-THROUGH-12 CURRICULUM,
AND NOT JUST THE PHYSICAL
ACTIVITY, RECESS, ETC.,

BUT THE WHOLE CONCEPT OF HEALTH
WITHIN K-THROUGH-12 NEEDS TO BE

ABOUT EXERCISE AND KNOWLEDGE
ABOUT NUTRITION,

SO IT'S A MORE
COMPREHENSIVE APPROACH.

AND WE CAN'T DO THAT IN
THIS SYSTEM THE WAY IT IS NOW,

SO HAVING A HEALTH CARE REFORM
THAT REALLY LOOKS AT MAKING
PREVENTION FRONT AND CENTER

WILL ALLOW US TO SEE--I THINK,
TO BRING PEOPLE TOGETHER
AND CHANGE MAJOR--

TO HAVE MAJOR INCENTIVES
ON HOW SCHOOLS GET FUNDED,

HOW DOCTORS GET FUNDED,
HOW HOSPITALS GET FUNDED.

AND THE REIMBURSEMENT INCENTIVES
AND THE DATA COLLECTED WILL BE
BASED ON OUTCOMES

BECAUSE OF PREVENTION,
NOT BECAUSE OF A DISEASE.

- YEAH, I WOULD LIKE TO SEE US
THINK MORE IN TERMS OF SYSTEMS

BECAUSE I DON'T THINK
WE'VE GOT ANY SORTS
OF SYSTEMS TODAY.

WE CALL THEM THAT,
BUT IT'S--THEY'RE NOT--

AND REALLY INTEGRATE
ACROSS THESE DIFFERENT SECTORS
AND MAKE THINGS HAPPEN THAT WAY

IS GOING TO BE
ABSOLUTELY ESSENTIAL.

THE AFRICAN PROVERB
THAT "IT TAKES A VILLAGE
TO RAISE A CHILD"--

IT TAKES A VILLAGE TO MOVE
THINGS LIKE THIS FORWARD.

IT'S NOT JUST ABOUT
CHILD-RAISING, BUT THAT'S THE
MOST IMPORTANT RESPONSIBILITY.

- HI. I KNOW WE HAVE A QUESTION.
I JUST WANTED TO ALSO
RESPOND TO THAT.

I AM ON THE D.C. OBESITY
PREVENTION AND REDUCTION
STATE PLAN COMMITTEE,

AND THEY HAVE A LOT--
YOU KNOW, AROUND THE COUNTRY,

AND ONE OF THE THINGS
THAT WE ARE TALKING
ABOUT WITH STAKEHOLDERS,

PARENTS, YOU KNOW,
GROCERS IN THE COMMUNITY,

IS TO REALLY GET THE COMMUNITY
TO START TALKING ABOUT THAT,

AND THAT'S ONE OF THE WAYS
THAT WE HAVE GOTTEN A LOT
OF PARENTS TO TALK

TO THE DEPARTMENT OF EDUCATION
HERE IN THE DISTRICT,

TO TALK TO OUR GROCERS HERE
IN THE DISTRICT,

WHERE THERE ARE A LOT
OF "JUNK FOOD JUNGLES,"
AS, YOU KNOW, WHAT WE CALL THEM,

AND THE DESERTS IN
THE COMMUNITY, AS WELL
AS INCREASING ACCESS

TO PLACES WHERE YOUNG PEOPLE
CAN RUN AND JUMP, YOU KNOW,

WHERE THERE ARE PLACES,
YOU KNOW, THAT ARE SAFE,
BUT ALSO IN THE SCHOOLS.

SO THAT'S ONE OF THE THINGS
THAT I'VE BEEN DOING
AS NOT JUST A PROFESSIONAL,

BUT SOMETHING THAT I WANT TO DO,
YOU KNOW, PERSONALLY.

- THANKS, JANICE.
YOU'RE A GREAT CHAMPION
AND ROLE MODEL.

YOU CAN WRESTLE YOUR WAY
OVER HERE, A LITTLE CLOSER
TO THE MIC.

- THANK YOU. I JUST WANTED
TO MAKE A COMMENT.

I'M EILEEN BEARD.
I'M THE SENIOR PRACTICE ADVISOR

FOR THE AMERICAN COLLEGE
OF NURSE-MIDWIVES,

THE OLDEST WOMEN'S ORGANIZATION
IN THE UNITED STATES.

AND AT A TIME WHEN
IT'S OFTEN DIFFICULT FOR WOMEN

TO FIND PRIMARY CARE HEALTH CARE
PROVIDERS, I JUST WANT EVERYONE
TO BE AWARE OF THE FACT

THAT WE HAVE A BIG EMPHASIS
ON PREVENTATIVE HEALTH CARE
AND PRIMARY HEALTH CARE,

AND THAT WE DO SEE WOMEN
OF ALL AGES.

I THINK A LOT OF PEOPLE
ARE NOT AWARE OF THAT,

AND I KNOW THAT WOMEN LIKE
SEEING WOMEN A LOT OF TIMES
FOR THEIR HEALTH CARE PROVIDER.

THANK YOU VERY MUCH FOR HOSTING
THIS WONDERFUL EVENT.

- THANKS FOR BEING HERE.

OTHER QUESTIONS?

I'M GOING TO TURN IT
BACK TO CINDY.

OK. THANK YOU ALL.
THANKS AGAIN FOR BEING HERE.

[CHEERS AND APPLAUSE]

- WELL, THANK YOU TO ALL
OF OUR SPEAKERS FOR THEIR
EXCELLENT PRESENTATIONS.

I THINK EVERYONE HAS MADE
A VERY COMPELLING CASE
FOR PREVENTION

AND HEALTH EDUCATION
AND PROMOTION
AND HAVE CERTAINLY--

I THINK WE ALL LEAVE
WITH A VERY GOOD IDEA
OF THE WONDERFUL RESOURCES

AT WOMENSHEALTH.GOV
AND THE CALL CENTER,

AND ALSO READY TO GO FOR
NATIONAL WOMEN'S HEALTH WEEK
IN TWO WEEKS.

[CHEERS AND APPLAUSE]

SO--AND THANK YOU, ALSO,
TO OUR CONGRESSIONAL CO-SPONSORS
AND THEIR STAFF, AND FINALLY,

MY THANKS TO THE STAFF
OF WOMEN'S POLICY FOR THEIR
HARD WORK ON THIS BRIEFING.

THANK YOU FOR JOINING US.