

**RESOLUTION 111(23)**

March 22, 2023

WHEREAS, National Women's Health Week kicks off on Mother's Day, May 14, and is celebrated through May 20, 2023. The U.S. Department of Health and Human Services' Office on Women's Health leads National Women's Health Week to encourage all women to be as healthy as possible; and

WHEREAS, during National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women and girls, to make their health a priority and take care of themselves; and

WHEREAS, it is extremely important for all women and girls, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of their health; and

WHEREAS, National Women's Health Week encourages women to consider the factors that influence their mental health, such as managing stress in order to ward off anxiety and depression; and

WHEREAS, women can promote health and prevent disease and illness by taking simple steps to improve their physical, mental, social and spiritual health; and

WHEREAS, maintaining regular check-ups is one of five health habits that can improve a woman's health. The others include physical activity, a healthy diet, not smoking and following general safety rules; and

WHEREAS, women's health remains a priority for families, communities, and government and our commitment to keeping women healthy is stronger than ever.

NOW, THEREFORE, BE IT RESOLVED, that the Ocean County Board of Health, County of Ocean, State of New Jersey, does hereby proclaim May 14-20, 2023 as NATIONAL WOMEN'S HEALTH WEEK and encourages all citizens to work together to promote and improve the health of women and to increase awareness and understanding of women's health issues.

BE IT FURTHER RESOLVED that certified copies of this resolution shall be sent to the Ocean County Board of Commissioners.

Name	Bacchione	Gupta	Hill	Kubiel	Laureigh	Mancini	Scaturro	Singer	Mallon
Ayes	✓	✓	✓	✓				✓	✓
Abstain									
Nays									
Absent					✓	✓	✓		

  
Assistant Secretary