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14th Annual Illinois Women’s Health Conference

SPRINGFIELD – Often seen as the caregivers, many women often neglect to take care of themselves and their health. The Illinois Department of Public Health (IDPH) Office of Women’s Health, along with the Illinois Public Health Association (IPHA), hosts the Illinois Women’s Health Conference every year to focus on the unique issues women face and help ensure they get the preventative care and educational tools they need to stay healthy.

“Through a variety of projects and programs, including WISEWOMAN, the Illinois Breast and Cervical Cancer Program and the annual Women’s Health Conference, our Office of Women’s Health works to help women make healthy choices for themselves and their families,” said Illinois Department of Public Health Director Dr. LaMar Hasbrouck.

The conference offers workshops, presentations and exhibits on women’s health issues including:

- The Affordable Care Act and how it is putting women back in control of their health care.
- Physical activity and chronic disease risk with a demonstration of how a pedometer can inspire higher activity levels that improve cardio endurance, bone density, longevity and reduce stress.
- Cancer, with an emphasis on the lifespan of women and the challenges of staying healthy.
- Millions Hearts™ - a national initiative that is scaling-up proven clinical and community strategies to prevent heart disease and stroke across the nation, including improving the quality of care through the prescribing and adherence to preventative medications such as aspirin.

“As the Illinois Department of Public Health, Office of Women’s Health moves ahead, I look forward to partnering with various stakeholders across Illinois to help address and improve the issues that impact women’s health across their life span,” said new Office of Women’s Health Deputy Director Brenda Jones.

The Office of Women’s Health (OWH) has been making a difference in the lives of Illinois women since 1997. During the decade and a half since the office was formed, it has become a model for other states and is now one of the largest state offices of its kind in the country.

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