

# Women's Health Statistics and Tips

**Maintaining a healthy lifestyle should be one of your top priorities. However, this is sometimes easier said than done. Check out some of the current statistics regarding women's health.**

- 70% of women 18 years and older did not engage in regular leisure-time physical activity (2008).
- 18% of women 18 years and older currently smoke (2008).
- 14% of women 18 years and older had five or more drinks in one day at least once in the past year (2008).
- 35% of women 20 years and older are obese (2003-2006).
- 33% of women 20 years and older have hypertension (2003-2006).
- 32% of women 40 years and older have not had a mammogram within the past two years (2008).

**If you fall into one of the categories above, it may be time for you to make a lifestyle change. Consider using some of the tips below and let your provider know if you have additional questions.**

- Get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week .
- Eat a nutritious diet.
- Visit a health care professional to receive regular checkups and preventive screenings.
- Avoid risky behaviors, such as smoking and not wearing a seatbelt.
- Pay attention to mental health, including getting enough sleep and managing stress.

Information for this fact sheet was taken from the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov) and from [www.womenshealth.gov](http://www.womenshealth.gov).