

## **BPW INTERNATIONAL HEALTH COMMITTEE – “FIT FOR SUCCESS” PROGRAM 2008-2011**

**A collaborative program with the World Health Organization to improve the health and wellbeing of women.**

### **Goal**

To improve the health and well being of women by raising their awareness of and participation in preventive health care so they are able to reach their full potential and achieve success in their lives and work.

### **Aims**

- Clubs will promote the BPW “Fit For Success” (FFS) Program to members and support the program by committing to –
  1. Undertake at least one women’s health event each year.
  2. Raise awareness of members and women in their community of women’s health issues, warning signs and prevention strategies.
- Individual members will complete the self assessment annually and commit to taking action on their own priority issue.

### **Program Characteristics**

Focus on individual health and wellbeing,

Reflect local issues, culture, environment and socio-economic situation.

Be participative and flexible.

Have activities for both individuals and clubs

Use local resources, supports and references

### **Evaluation**

Annual individual self assessments by members, comparing results year by year.

Annual Club review of their programs against the Project Aims.

### **Program**

Clubs are encouraged to include one health topic from each of the following three categories in their annual programs.

#### **1. Move for Life – Fitness Activities**

The fitness program is focused on raising women’s awareness of their own health status and how they can improve it.

##### *Rationale*

Basic health & fitness is essential for women to improve their own individual status and help others to advance in life.

Individuals - Undertake 30 minutes of physical exercise daily.

Clubs            Group activities, eg walks.  
                    Speakers on physical fitness and personal well being strategies.  
                    Event to mark UN World Health Day on April 7th each year.

Barriers        Identify the barriers that women have to overcome to keep fit.  
                    Choose one barrier, research causes and develop a plan to lower or remove it.  
                    Put the plan into action

## 2. Preventive Self Care & Community Health

Preventive self care promotes the involvement of BPW women in addressing the key health issue/s for women in each BPW Region, eg –

- Breast and uterine cancers
- Diabetes
- Peri-natal problems
- Menopause
- Osteoporosis
- Heart Disease
- Alcohol and substance abuse
- HIV/AIDS
- Etc.

With particular attention to implementing 2008 Congress Resolutions re Fetal Alcohol Spectrum Disorders (FASD), Eradication of Cervical Cancer, and Education re Osteoporosis

### *Rationale*

Problems in these areas are reducing the productive life span of women all over the world.

Individuals     Annual health checks, mammogram, cervical smear, diabetes, blood pressure etc.

Clubs            Conduct a survey to identify the key health issue/s for their women.  
Seminars & speakers on women's health issues, key warning signs, and self care and prevention strategies..  
Eating for success – healthy nutrition for women & girls  
Health & wellbeing topics  
Health exhibitions about the most common health issues for women

Barriers        Identify the barriers that women have to overcome in order to care preventively for themselves.  
Choose one barrier, research causes and develop a plan to lower or remove it.  
Where barriers are systemic, eg due to employment practices, lobby decision makers to reduce or remove them

## 3. Work / Life Balance –

This project seeks to raise awareness of work / life imbalance and stress as a women's health issue and how women can balance their lives in the face of competing demands and role conflicts.

### *Rationale*

Stress related diseases in women compromise effectiveness, reduce life spans, and are one area where we are rapidly attaining true equality with men.

Individuals     Questionnaire for self assessment of work / life balance.  
Identify one cause of imbalance in individual life and take action to reverse it.

Clubs            Speakers / seminars re work/ life balance issues and management strategies including caring for carers – health of those caring for dependents

Barriers        Identify the barriers that women have to overcome to achieve a better work / life balance.

Choose one barrier, investigate causes and develop a plan to help women lower or remove it.

Where barriers are systemic, eg due to employment practices, lobby decision makers to reduce or remove them

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