Health Promotion: Women Through the Lifespan
Miriah Kokkinos RN, Sorayina Louis RN, Katherine Morris, Joyce Ann Taverner RN, LPN
Mentor: Regina Gonzalez-Lama RN, MS

Abstract
Women throughout their lifetime encounter physical, emotional, and social wellness issues, which compromise their overall health. This collaborative project explores four diverse issues through the lifespan of women with an overarching intent to promote health wellness. Topics will include adolescent self-body image issues and eating disorders; the high maternal mortality rate of minorities; mental health care promotion; and osteoporosis in the older adult women. We will discuss the impact and implications, explore various solutions, and promote health wellness through positive body image and self-esteem, increased safety standards, mental health care tools, and preventative illness measures.

Mental Health Care Promotion
- Mental health complications can affect all people regardless of gender
- Women have a higher prevalence of mood and anxiety disorders (Riecher-Rössler, 2017)
- Approximately 35% of women experience physical or sexual violence (Sammarco, 2017)
- Experiencing trauma can lead to mental health complications, such as anxiety disorders, depression, post-traumatic stress disorder, substance abuse, or borderline personality disorder (Office on Women’s Health, 2018)

Solutions:
- Increase awareness of mental health
- Improve access to mental health counseling
- Make changes to health insurance availability
- Treatments focused on the individual focused on counseling, medications, and group therapy

Adolescents Self-Body Image
- Eating disorders commonly develop in adolescent girls and young women and are prevalent in industrialized societies in which there is an abundance of food, thinness among women is considered attractive (Sammarco, 2017)
- Many factors are inextricably linked to contribute to the development of eating disorders such as biological, social, cultural, and environmental
- Eating disorders are manifested by a variety of unhealthy eating and weight control habits that become obsessive, compulsive, and/or impulsive in nature (Sammarco, 2017)

Solutions:
- Individualized care is vital when caring for an individual with an eating disorder
- Treatment plans should be specific to the woman’s needs, and include family therapy, nutritional counseling, psychotherapy, medication regimen, medical care and monitoring to address other underlying factors

Osteoporosis in the Older Adult Women
- Osteoporosis: ‘Porous bones’; a disease that causes interior integrity to deteriorate and harder outer shell to thin
- Most common in older women due to a drastic drop in bone mass after menopause
- Effects include: pain, disability, loss of functional independence, increased morbidity and mortality (Daly et al., 2019)

Solutions:
- Screening for >65 or <65 with 1 or more risk factors (Felicilda-Reynaldo & Rhea, 2019)
- Diagnosis through DXA to measure bone density (Felicilda-Reynaldo & Rhea, 2019)
- Physical activity: Weight bearing and resistance training (Berry, 2019)
- Food: Vitamin D and Calcium (Berry, 2019)
- Medications: Anti-resorptive and Osteoanabolic (Berry, 2019)
- Avoid smoking, excessive alcohol, caffeine, sodium
- Assess for visual impairments, medications that alter alertness and balance, and home hazards that increase risk for falls (Shanks, Sharma, Mishra, 2019)

The High Maternal Mortality Rate of Minorities
- Black American women are 3 to 4x more likely to die of preventable pregnancy related deaths than White women (CDC, 2020).
- Even when variables are controlled for and access is the same, racial health disparities still exist (Nelson, 2002).
- Implicit biases have a negative impact on communication and patient-provider relationship, yet implicit bias education is not effective (Penner et al. 2013).

Solutions:
- Focus on reduction of the impact through patient-centered care.
- Implement protocols for treatment to be perceived as a ‘team’ in order to increase trust and adherence (Penner et al. 2013).
- Create ‘values affirmation’ exercises for patients pre-provider interactions to reduce ‘stereotype threat’ perceptions and enhance communication (Havranek et al. 2012).

Conclusion
Women’s health throughout the lifespan encompasses many issues such as adolescent self-body image and eating disorders, maternal mortality rates of minorities, mental health care, and osteoporosis in the older adult. Our goal was to increase health promotion while incorporating health and wellness through prevention, screening, and management of these conditions exclusively to women. This poster was intended to increase awareness and provide solutions to issues affecting women over the life cycle.