



Changing the Way We Look At Women's Health

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It's long past time we started focusing on the solutions that actually keep women healthy, instead of using basic aspects of women's health as a tool of cultural, moral, and political control.

Martha Plimpton



How Healthy Are We

Leading Causes of Death for Women, By Age

Rank	Age 1-4	Age 5-9	Age 10-14	Age 15-19	Age 20-24	Age 25-34	Age 35-44
1	Unintentional injuries 27.7%	Unintentional injuries 30.6%	Unintentional injuries 21.5%	Unintentional injuries 39.5%	Unintentional injuries 42.4%	Unintentional injuries 32.6%	Cancer 22.8%
2	Birth defects 12.4%	Cancer 19.0%	Cancer 16.3%	Suicide 17.5%	Suicide 11.8%	Cancer 12.0%	Unintentional injuries 19.2%
3	Cancer 9.4%	Birth defects 7.4%	Suicide 12.8%	Cancer 7.9%	Homicide 7.5%	Suicide 9.2%	Heart disease 12.0%
4	Homicide 8.3%	Homicide 5.4%	Birth defects 5.4%	Homicide 7.1%	Cancer 6.8%	Heart disease 7.8%	Suicide 6.2%
5	Heart disease 4.1%	Heart disease 4.3%	Heart disease 4.7%	Heart disease 3.6%	Heart disease 3%	Homicide 4.9%	Chronic liver disease 3.8%

Leading Causes of Death for Women, By Age

Rank	Age 45-54	Age 55-64	Age 65+	Age 65-74	Age 75-84	Age 85+	All Ages
1	Cancer 31.7%	Cancer 37.1%	Heart disease 24.4%	Cancer 34.4%	Cancer 22.8%	Heart disease 28.4%	Heart disease 22.3%
2	Heart disease 15.1%	Heart disease 17.0%	Cancer 18.7%	Heart disease 18.3%	Heart disease 21.6%	Alzheimer's disease 10.1%	Cancer 21.1%
3	Unintentional injuries 10.3%	Chronic lower respiratory diseases 6.0%	Alzheimer's disease 7.2%	Chronic lower respiratory diseases 8.7%	Chronic lower respiratory diseases 8.3%	Cancer 10.1%	Chronic lower respiratory diseases 6.2%
4	Chronic liver disease 4.5%	Unintentional injuries 4.3%	Stroke 6.9%	Stroke 4.5%	Stroke 6.7%	Stroke 7.9%	Stroke 6.1%
5	Stroke 3.5%	Diabetes 3.9%	Chronic lower respiratory diseases 6.7%	Diabetes 3.8%	Alzheimer's disease 5.9%	Chronic lower respiratory diseases 4.9%	Alzheimer's disease 5.7%

Top 5 Causes of Death in Women

Rank	All Races	Hispanic	White	Black	American Indian/ Alaska Native	Asian/Pacific Islander
1	Heart disease 22.3%	Cancer 22.6%	Heart disease 22.3%	Heart disease 23.2%	Cancer 17.4%	Cancer 27.3%
2	Cancer 21.6%	Heart disease 19.7%	Cancer 21.4%	Cancer 22.5%	Heart disease 16.8%	Heart disease 20.0%
3	Chronic lower respiratory diseases 6.0%	Stroke 6.0%	Chronic lower respiratory diseases 6.5%	Stroke 6.2%	Unintentional injuries 8.1%	Stroke 8.1%
4	Stroke 6.0%	Diabetes 4.7%	Stroke 5.9%	Diabetes 4.6%	Chronic liver disease 5.7%	Alzheimer's disease 3.9%
5	Alzheimer's disease 5.0%	Unintentional injuries 4.5%	Alzheimer's disease 5.3%	Chronic lower respiratory diseases 3.2%	Diabetes 5.4%	Diabetes 3.8%



Where We Focus Our Energy

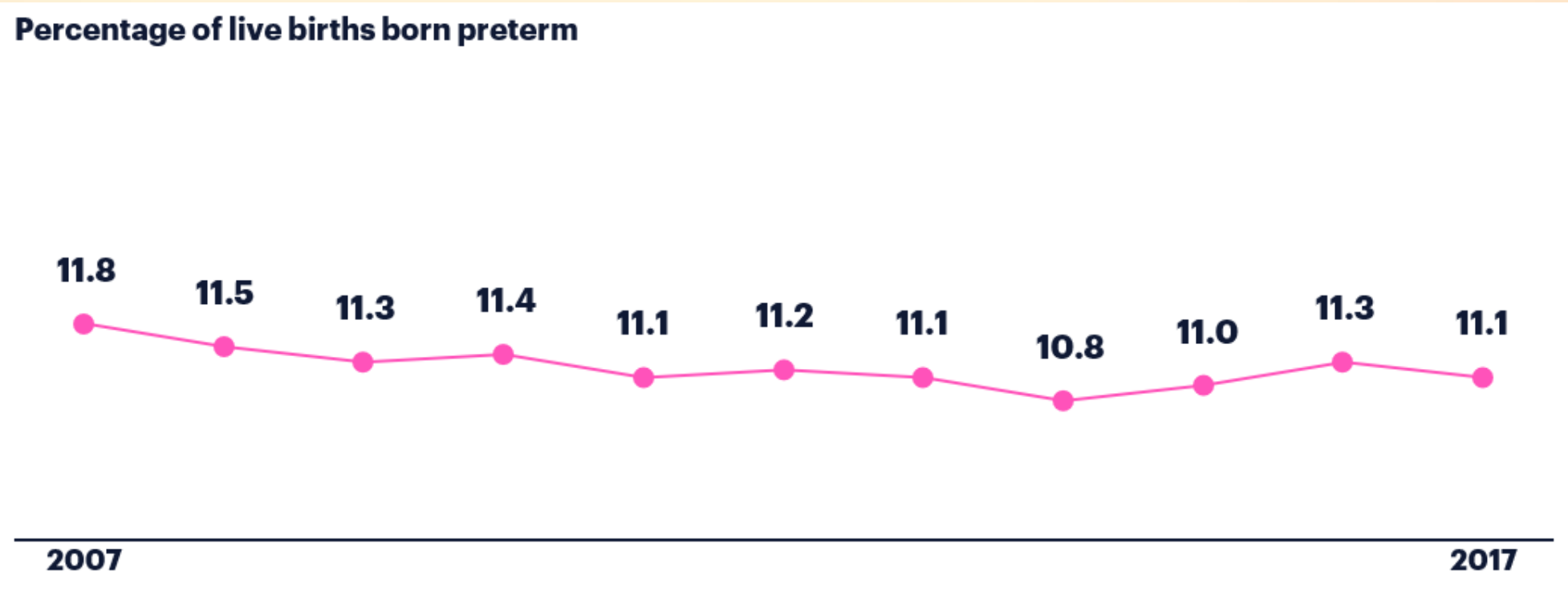
A society's infant mortality rate is considered an important indicator of its health, because infant mortality is associated with socioeconomic status, access to health care, and the health status of women of childbearing age.

(Congressional Budget Office, 1992)

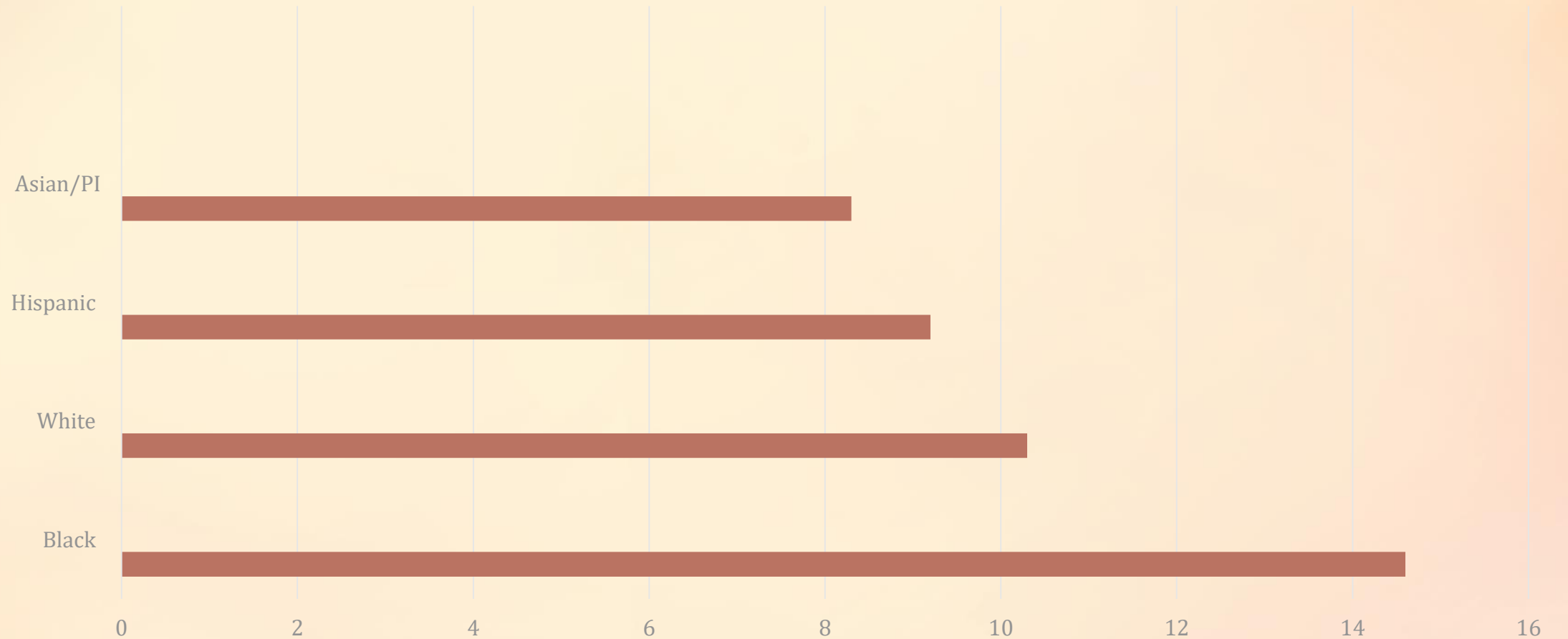


March of dimes report card

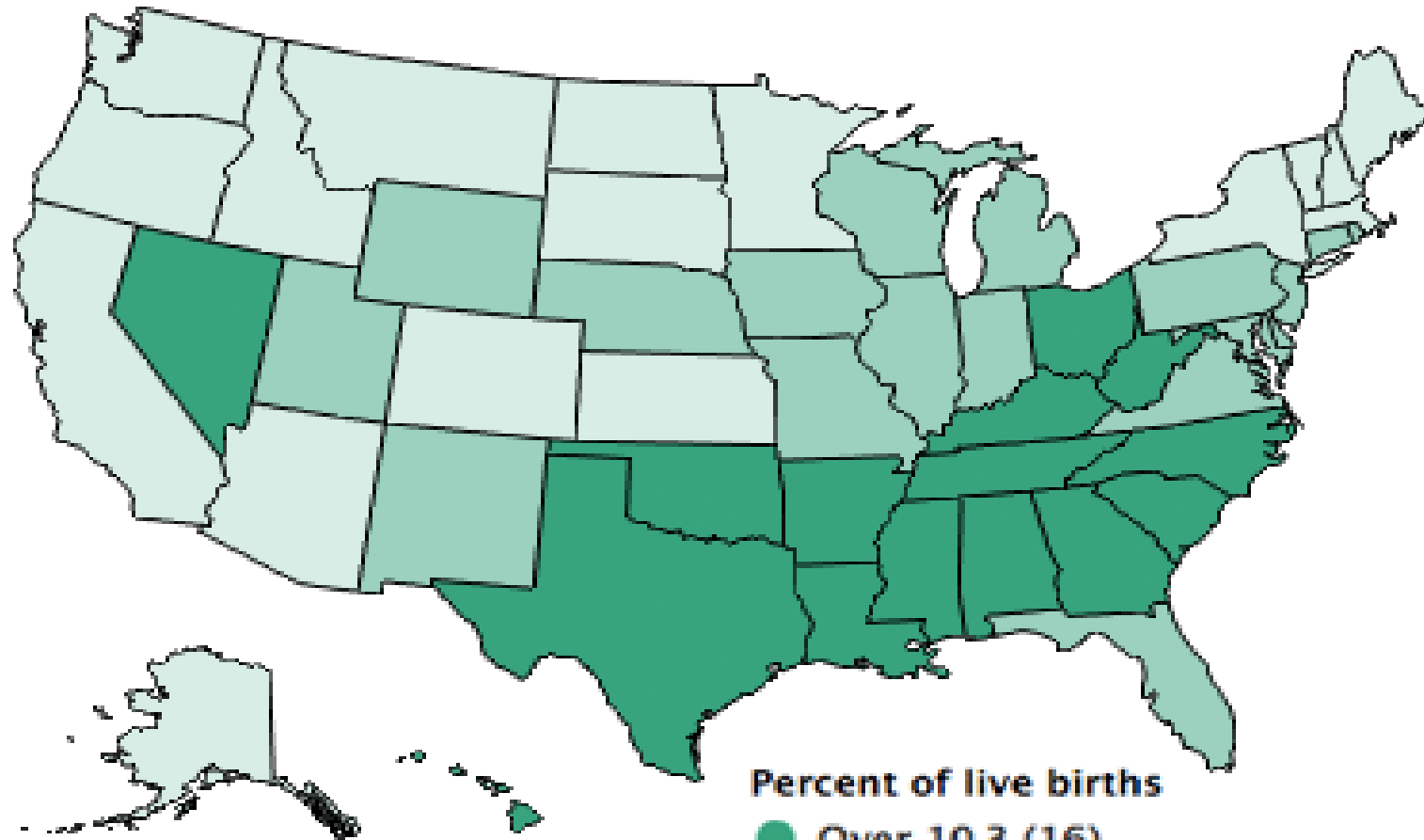
2018 March of Dimes Report Card



Percentage of live births 2014-2016(avg) that are preterm



Preterm Birth



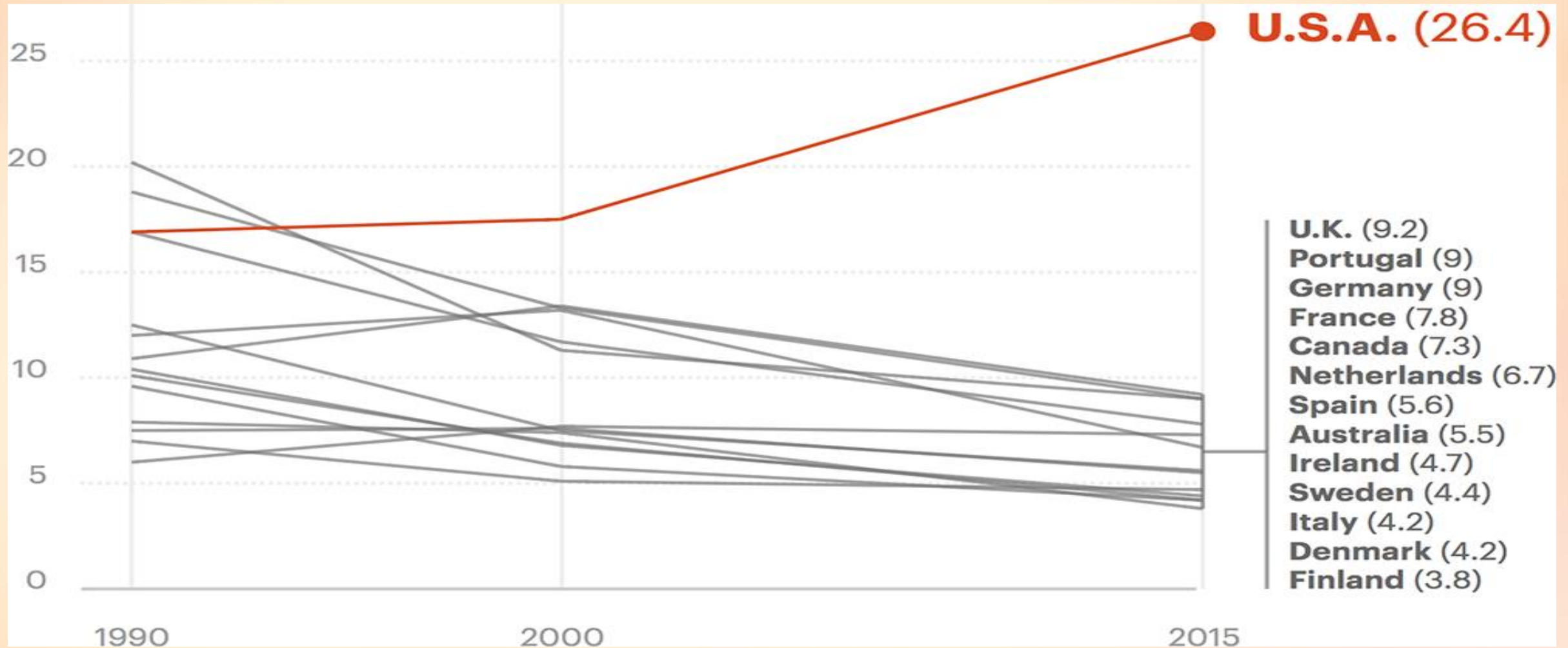
United States, 2016

National Center for Health Statistics, final natality data.
Retrieved January 09, 2018, from www.marchofdimess.org/peristats.

Key Take -A-ways

- For the third year in a row, more U.S. babies were born too soon with serious risks to their health according to the 2018 Premature Birth Report Card.
- The overall U.S. preterm birth rate rose to 9.93 percent of births in 2017 from 9.85 percent in 2016. This preterm birth rate earned the nation a “C” grade.
- Each year in the U.S. more than 380,000 babies—1 in 10—are born preterm, defined as less than 37 weeks of pregnancy
- The U.S. preterm birth rate is among the worst of highly developed nations.
- Up to 50 percent more African American women are likely to deliver prematurely and their children can face a 130 percent higher infant death rate compared to children of white women.
- A recent March of Dimes report revealed the unequal access to maternity care across the U.S., particularly in communities with higher poverty rates.

Maternal Mortality

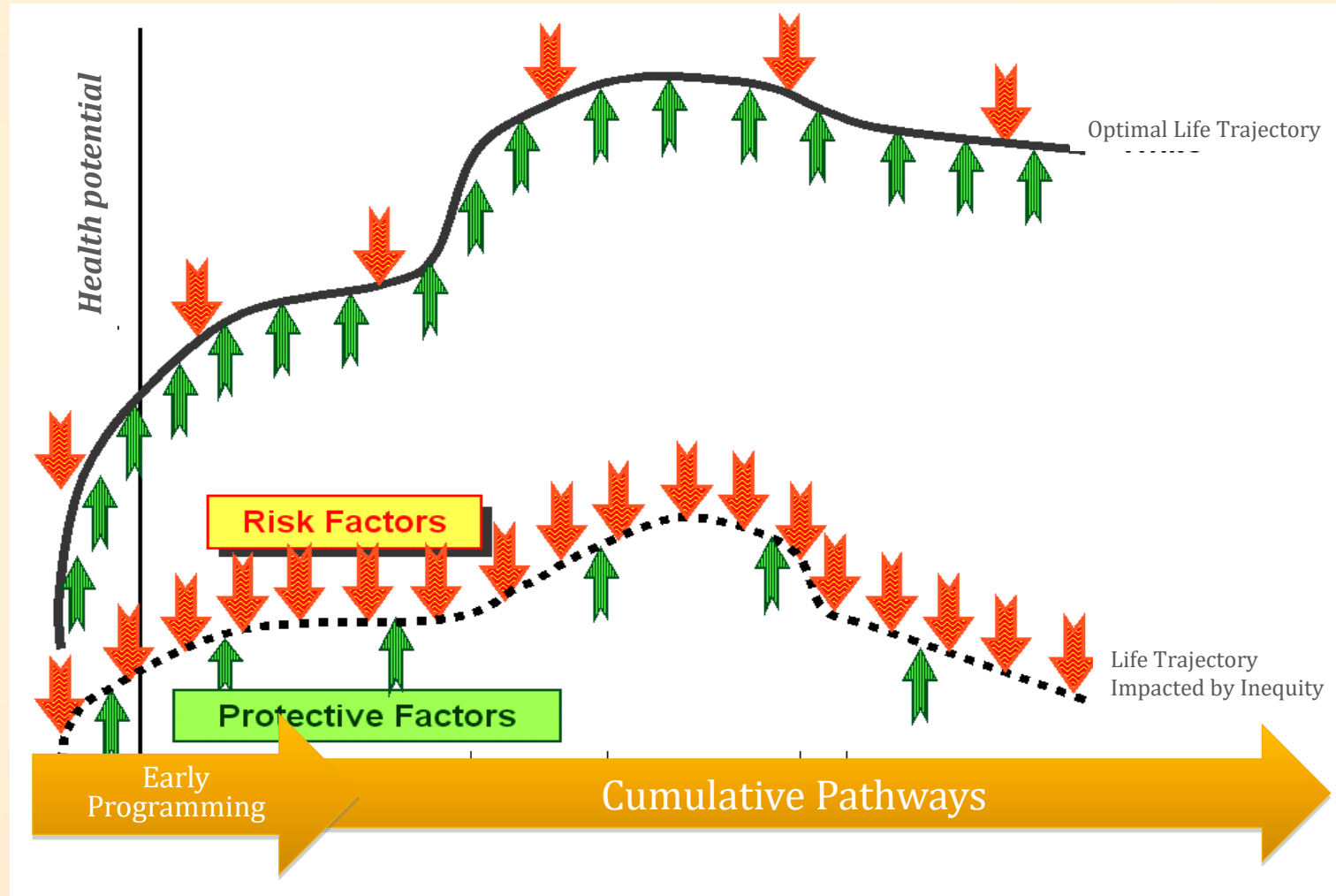


*The Human Body has over 70
organs.... The Uterus is only
one of them.*



Where We Need To Focus Our Energy

Women's Health Is A Reflection of a Life Time



Socio-Ecological Model



Social Determinants of Health

Definition:

Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning and quality of life outcomes and risks.

5 key areas:

1. Economic stability
2. Education
3. Social and community context
4. Health and health care
5. Neighborhood and built environment

Social Determinants of Health

What we see..

Funding and Programing to address these 5 key areas:

1. Economic **IN**stability
2. **SUBPAR** Education
3. Social and community **CHAOS**
4. **POOR** Health and **INADEQUATE** health care
5. Neighborhood **BLIGHT** and built environment

Many Risk Factors For Poor Health Outcomes Falls
Under the Umbrella Of..

Poverty

Definitions

Poverty : The extent to which an individual does without resources.

What are these resources?

Resources

- Financial
- Emotional
- Spiritual
- Mental
- Physical
- Support Systems
- Knowledge of Hidden Rules
- Coping Strategies

- Traditional Solutions Focus on Mitigating the Negatives and Almost Never on Augmenting the Positive
- Deficit instead of an Asset Approach
- Health Care is Illness Care
- Public Health is Public Disease Management
- We do Risk Reduction not Strength Building

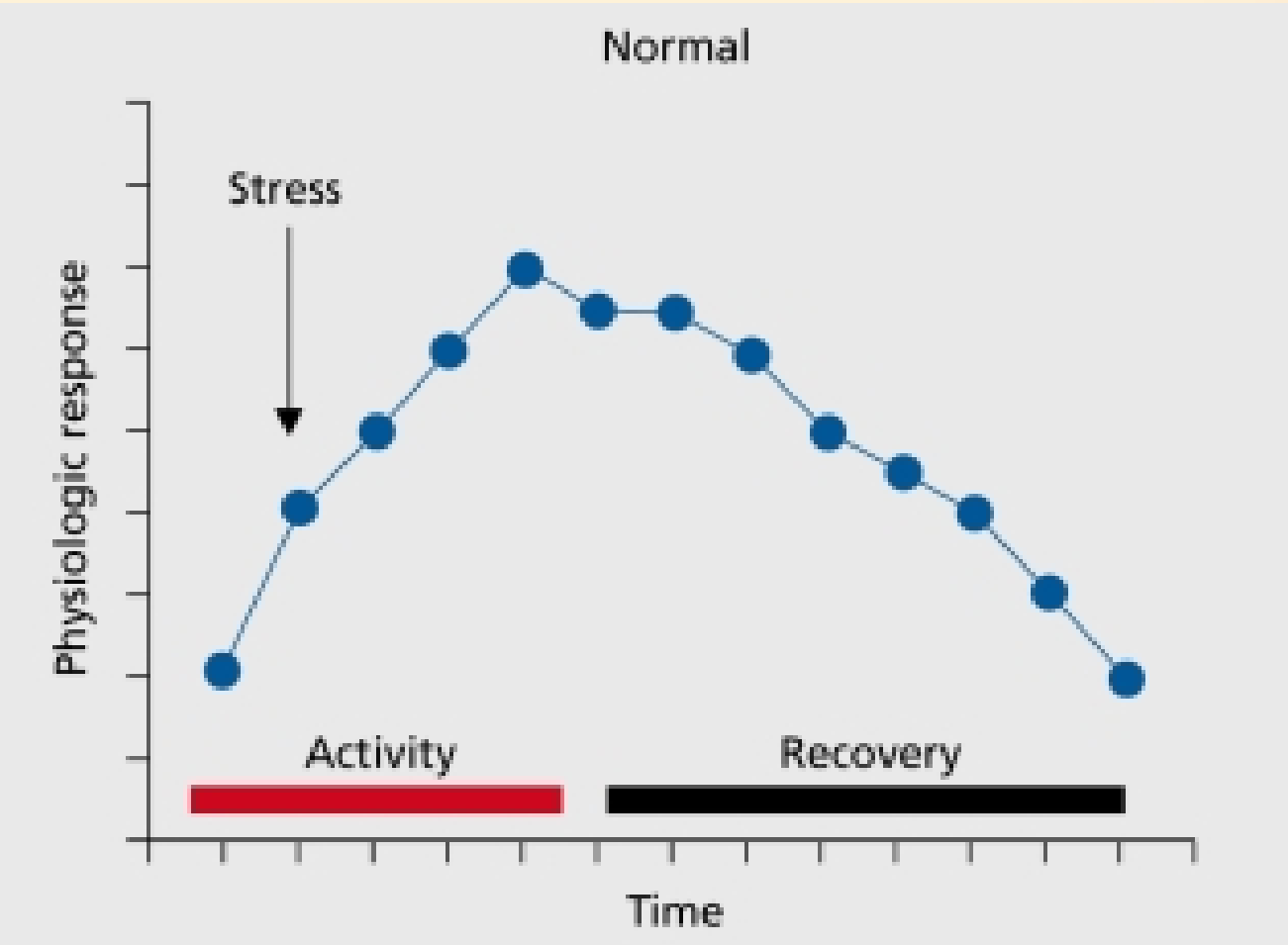
What Happens When As a Woman:

- You are discounted
- Your community is villainized
- You are told over and over and over that you are bad, sick, dispensant, underserved, (underserved) etc.
- You are judged on the color of your skin before you can even demonstrate the content of your character
- Your relationships are minimized
- You are historically denied resources, so subtly that you hardly realize it
- Your zip code is on the death list
- Your stress is considered a character flaw

..And How Might This Influence
Health?

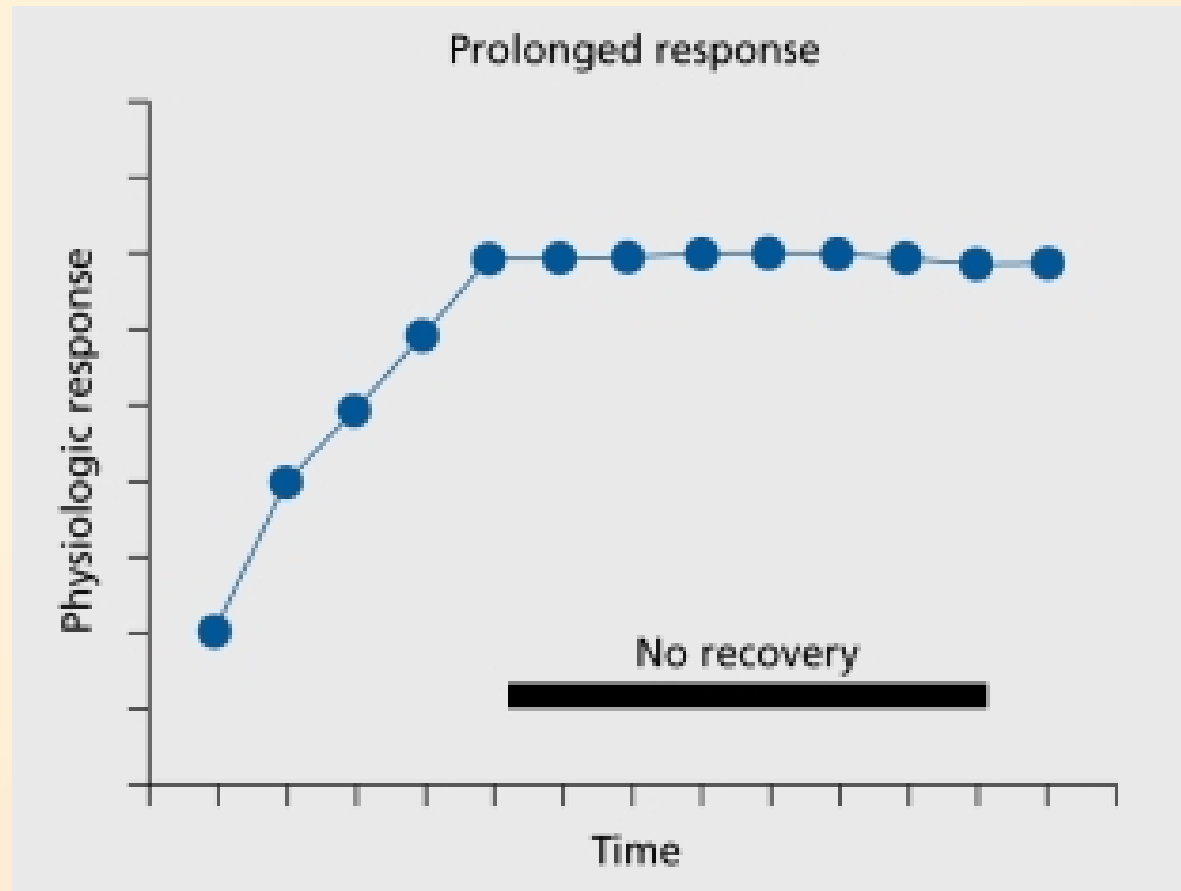
***Tell them I am
stressed out!!!!!!!!!!***

Normal Stress



Dialogues Clin Neurosci. 2006 December; 8(4): 367-381.
McEwen BS. Protective and damaging effects of stress mediators. N Eng J Med. 1998;338:171-9.

Wear and Tear from Chronic Stress



Stress and Health

- Small amounts of stress are healthy
- Chronic or Toxic stress is dangerous
 - Leads to over activity of the stress response mechanism
 - Too much stress can lead to Major Depression and Chronic illnesses
 - Hopelessness and despair (poor motivation)
 - Difficulty working and sleeping (hard to stay employed)
 - Less focus on healthy eating and active living (obesity and loss self esteem)
 - Loss of interest in normal pleasures (unhappiness)
 - Increase in fast, immediate satisfaction (risky behaviors)
 - Fatigue (no energy to do something different)
 - Feeling worthless or guilty most of the time (hopelessness)
 - Inability to concentrate, indecisiveness (attention deficit)

So What Do You Do When Life Deals
You a Challenging Hand ??

Do You Rise...?

Resiliency

Definition

The power or ability to return to the original form, position, etc. after being bent, compressed or stretched.

Or

The ability to recover readily from illness, depression, adversity or the like

Or

The ability to thrive while others struggle

Building Resiliency
Reduces the
Consequences of Stress

Lessons to Ponder

- Health is a life long journey
- Most all social determinants of health can be mapped back to resources.
- It is more advantageous to try and augment the positive than to mitigate the negative. Assets are more important than deficits
- Continuing to do the same thing and expect different results is the definition of insanity.
- Decide to dig your heels in to do what is right instead of what is popular



Thank You
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