

PRESS RELEASE



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Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands
1 Lower Navy Hill Road, Navy Hill, Saipan, MP 96950



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FOR IMMEDIATE RELEASE

May 2021 marks the 7th annual CNMI Women's Health Month

Gov. Ralph DLG. Torres and Lt. Gov. Arnold I. Palacios on Tuesday proclaimed May as CNMI Women's Health Month. Women's Health Month is centered on health promotion focused on empowering CNMI women to make healthier choices. Throughout the month, the Commonwealth Healthcare Corporation (CHCC) and partners will disseminate information on women's preventive healthcare services and related health promotion activities.

According to a non-communicable disease survey conducted in the CNMI in 2016, it is estimated that 12-17% of adult women have diabetes and a little over half (50.9%) are estimated to have high blood pressure. Additionally, almost one-fifth (19.2%) of CNMI adult women are estimated to have high cholesterol, and 17.9% between the ages of 21 to 65 year have never had a Pap exam screening for cervical cancer. According to the Centers for Disease Control and Prevention, non-communicable diseases, such as diabetes, hypertension, and cancer are responsible for 7 out of 10 deaths worldwide, with the burden of these diseases heavily impacting women who are often times charged with the role of caring for children or other family members. It is never too early or too late for CNMI women of any age to make healthy changes to feel and look their best.

Tips to improve your physical and mental health include:

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings
- Get active
- Eat healthy
- Pay attention to your mental health, including getting enough sleep and managing stress
- Avoid unhealthy behaviors—smoking, texting while driving, and not wearing a seatbelt

Additionally, in light of the continued threat of the global COVID-19 pandemic, women are encouraged to get vaccinated against COVID-19. Vaccination is the best protection against serious complications caused by the coronavirus. In the CNMI, vaccination against COVID-19 is available for individuals 16 years and older. To register for the COVID-19 vaccination, visit www.vaccinatecnmi.com.

More information on women's health is available through the national Office on Women's Health at www.womenshealth.gov.

For more information regarding women's health promotion and available services, please follow CHCC on Facebook, Instagram, and Twitter at @cnmichcc; visit www.chcc.gov.mp; or call the CHCC Women's Clinic at (670) 234-8951. The Tinian Health Center can be reached at (670) 433-9337/263/333. The Rota Health Center can be reached at (670) 532-9461/62/63.

This press release may be found online at <http://www.chcc.gov.mp/pressrelease.html>.