

**Every Woman Matters
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Every Woman Matters Recommends Steps to Wellness

LINCOLN—For women who want to live a longer and healthier life, adopting healthy changes doesn't have to be as hard as they think, according to Every Woman Matters, a program that makes health care more accessible to Nebraska women ages 40 through 64.

Sue Anderson, local outreach worker for Every Woman Matters, says that even a few healthy lifestyle changes can yield significant results.

“All women can benefit from making a few positive lifestyle changes, whether it's trading white bread for whole-grain or taking a 30-minute walk three times a week,” Anderson says. “These healthy lifestyle changes can really add up over time.”

Improved overall health can be achieved in four manageable steps: 1. Eating more healthy foods, 2. Adding exercise or physical activity each day, 3. Reducing or quitting tobacco usage, 4. Getting an annual health check up.

To get solid, lasting results, Anderson suggests that women start out small, making a few changes at a time. “Maybe it's adding one new vegetable a week, or moderating sugar intake, or making good food decisions, setting long term and short term goals, or cutting down on the amount of cigarettes smoked each day, or grabbing 10 minutes of walking or taking the stairs throughout the day. Making even small changes will help you live a longer, healthier life.”

And far better than the alternatives, like cardiovascular disease, cancer, stroke, and diabetes—all are major killers of women in Nebraska.

“Prevention is the key to living long and living well. By making positive changes today, women are ensuring that they stay healthy well into their later years.”

Every Woman Matters (EWM) provides annual health exams to women 40 through 64 to help find diseases early, when they can be treated best. As a program of the Nebraska Health and Human Services System, EWM offers breast and cervical screening, cardiovascular and diabetes screening, colorectal screening, and personalized health information and support to women between the ages of 40 and 64 with limited or no health insurance and a low to medium income. Services are available in more than 700 clinics. EWM can be contacted at 301 Centennial Mall South, P.O. Box 94817, Lincoln, Nebraska, 68509-4817; their phone number is 402-471-0929, or toll free, 1-800-532-2227.

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