



NJ SOPHE - New Jersey Society for Public Health Education

NJ SOPHE is committed to promoting healthy behaviors, healthy communities, and healthy environments through our membership and our focus on prevention and public health education.

Improving Women's Health in NJ through Public Health Prevention

In 2018, women make up over half of the 9 million residents of New Jersey. Governor Murphy has recently made great strides in promoting women's access to healthcare. However, there is more that can be done.

Heart Disease



Cancer



Stroke



Over 15,000 women in NJ die each year due to heart disease¹, cancer², and stroke³. These conditions are a large contributor to the almost \$79 billion dollars a year spent on healthcare in New Jersey⁴. Yet these conditions are largely preventable and treatable if caught early. Therefore, it is more cost-effective to invest in public health strategies that focus on prevention and encourage behavior change.

How we can help

In order to improve the health of NJ women, NJ SOPHE is available as a resource to policymakers and legislators to develop policies, statewide resolutions, and legislation that promote healthy living and science-based action steps for disease prevention. NJ SOPHE can help legislators address:

- **Risk factors:** Fund community initiatives to prevent, manage, and reduce the risk factors associated with these conditions (smoking, high blood pressure, high cholesterol, diabetes)
- **Vaccinations:** Increase availability of HPV vaccinations to lower risk of cancer-related infections
- **Education:** Identify partners and use research-based methods for more effective communication with at-risk populations and communities of color about disease prevention, risk, screening, prognosis, and treatment
- **Tools & resources:** Provide women with education, skills, and resources to quit tobacco use and improve their diet, physical activity, and other lifestyle behaviors
- **Environmental exposures:** Support studies to assess cancer risks associated with environmental exposures to inform regulatory decisions

References

1. New Jersey State Health Assessment Data. Health Indicator Report of Deaths due to Heart Disease.
2. New Jersey State Health Assessment Data. Health Indicator Report of Deaths among Females.
3. New Jersey State Health Assessment Data. Health Indicator Report of Deaths due to Stroke.
4. Henry J Kaiser Family Foundation. State Health Facts. Health Care Expenditures by State of Residence (in millions).