



Senior Women's Health

Pillar: Civic Engagement/Life Skills

Outcomes: Strong sense of self, learns to identify and solve problems in the community

Seniors will earn their badge by: Identifying health topics facing women in your community and across the globe, exploring those that matter most to you, and reaching out and raising awareness to spread good health to the women in your world.

Before you get started: Throughout these steps, keep notes or a journal about what you find in steps 1-4. Use that information in step 5 for an activity to raise awareness. When researching online, [follow these steps](#) to locate reliable information.

1. Investigate the tests that help women stay healthy. Screenings are medical tests that can spot problems before they turn into something serious. For instance, you might have your blood pressure checked to test for general health or a mammogram to test for breast cancer.
 - a. Create a women's health poster or brochure. In it, include a chart showing all the procedures and tests you will need from puberty through menopause. What is involved with each procedure? At what age should girls start having each of them? How often? What are the benefits of each test?
2. Find out how beauty practices impact health.
 - a. Pick a cosmetic beauty practice such as tattoos, manicures, piercings, hair dye, wearing contacts, wearing make-up, tanning, or cosmetic surgery. Trace stories, evidence, and statistics about one practice over the last 20 years (at least). Try to speak with someone with personal experience. Was that person offered any warnings about possible complications or infections? What impact does the experience have on their life today?
3. Focus on techniques to help you stay emotionally healthy. How you feel mentally impacts how you feel physically. Paying attention to your emotional health is as important as overseeing your physical health.
 - a. Explore a mental health topic. Interview a medical expert or read three or more scholarly articles about a mental health issue that interests you. Find out the causes, how widespread the issue is, and what treatments exist. Do more women than men suffer from it? If so, why might this be – and does the issue have a greater impact on younger or older women? Are there prevention measures available?
 - b. Here are a couple sites to help you get started: <https://www.nami.org/>; <https://www.samhsa.gov/public-messages>
4. Take a closer look at a women's health issue.
 - a. Choose a health issue that resonates with you. Perhaps it is something that has affected a close friend or family member or a topic that captured your interest in a previous step. Explore the issue on a local level including statistics for the issue in your area. What are the causes, consequences, and possible preventative measures or treatments? Are there local awareness campaigns in place? If possible, talk to a local health care professional to explore the impact of that issue on your community.
 - a. Kansas: <http://www.kdheks.gov/>
 - b. Missouri: <https://health.mo.gov/>
 - c. CDC: <https://www.cdc.gov/healthyouth/index.htm>



5. Get the word out on a woman's health topic.
 - a. Design a public service announcement or presentation on one area you learned about. Use your audio/visual skills (especially helpful if you have your Digital Photographer or Digital Movie Maker badge) to create a video, presentation, or Web slide show about your topic. Post it online, email it to your friends and troop, share with your Service Unit and GSKSMO. You might tie your topic into an awareness event such as National Breast Cancer Awareness Month or Mental Health Awareness Month.

When you're finished: Congratulations, you have earned your badge! You can purchase by emailing shopdept@gksmo.org or at <https://www.girlscoutshop.com/SENIOR-WOMENS-HEALTH-BADGE>

No shipping charges apply at this time.

