

NATIONAL WOMEN'S HEALTH WEEK (NWHW) TWITTER VIDEO CHAT

Join the FDA Office of Women's Health and the HHS Office of Women's Health in celebrating National Women's Health Week: May 9 – 15, 2021

The theme for this year is **Take Time To Care TODAY!** We invite you to join the conversation on social media:

- **Join** our Twitter Video Chat on Tuesday, May 11, 2021 at 2:00 p.m. ET.
- **Share** resources with your audiences each day of NWHW.
- **Tell us** what social media resources would be helpful for your organization in participating in future health observances.

Hosted by [@FDAWomen](#) and [@womenshealth](#), the Twitter Video Chat will cover key women's health topics ranging from maternal health to healthy aging. Participating is easy: during the Twitter Chat, the @FDAWomen account will pose 10 questions on key women's health topics and include the hashtags [#KNOWHmore](#) and [#NWHW](#). Each question will be numbered to identify the question, "Q1" for question one, "Q2" for question two, etc. You can preview the questions below to help you create answers in advance of the chat.

@FDAWomen will share video answers to each question from public health leaders. We encourage you to **share the videos** or even **record your own** video responses to share based on the questions below.

To join in, share your answer to a question by [Quote Tweeting](#) the question from @FDAWomen or labeling your response with the question you are responding to: "A1" for an answer to question one, "A2" for an answer to question two, etc. To make your response easy for others to find, include the hashtags [#KNOWHmore](#) and [#NWHW](#) in your answer.

Twitter Chat Questions:

- Q1.** What resources are available to support maternal health?
- Q2.** What are some steps we can take for the best physical, psychological, and emotional outcomes of pregnancy?
- Q3.** What are some ways we can address the health disparities that exist in maternal health, especially among racial and ethnic minority women (people)?
- Q4.** Why are regular health screening tests important?
- Q5.** What should I know about the COVID-19 vaccines?
- Q6.** Why is it important to understand and track my medicines?
- Q7.** What are some treatment options to ease menopause symptoms?
- Q8.** Why is it important for women to take care of their mental health, especially during the COVID-19 pandemic?
- Q9.** What are some things women can do to promote healthy aging?
- Q10.** What resources are available for college women to help them live healthy lives?