




National Women's Health Week (NWHW) 2026

Social Media Messages


 National Women's Health Week starts on May 10! This year's theme is “Prevention, Innovation, and Impact: A New Era in Women’s Health.” Visit the OWH #NWHW page for resources and tips and share them with your community! <https://womenshealth.gov/nwhw>

 Happy National Women’s Health Week! This year’s theme, “Prevention, Innovation, and Impact: A New Era in Women’s Health,” emphasizes proactive, science-driven, and coordinated approaches to care. Learn more about the #NWHW theme and focus areas to get started: <https://womenshealth.gov/nwhw>

Prevention starts with what you eat. A balanced diet rich in nutrient-dense whole grains, fruits, vegetables, & quality protein helps reduce the risk of #ChronicDisease and supports long-term health. This National Women’s Health Week, take a step today to fuel your body & protect your future health. #NWHW <https://womenshealth.gov/nwhw>
<https://www.realfood.gov>





Hormones play a key role in your health, from energy and mood to heart and #BoneHealth  . Understanding your body can help you make informed health decisions. During National Women’s Health Week, learn about how hormones can affect your health. #NWHW #WomensHealth <https://womenshealth.gov/nwhw>

Environmental factors like air quality, chemicals, & daily exposures can affect hormones & overall health. Taking simple steps like checking labels & choosing products with fewer or simpler ingredients when possible can help reduce your exposure. This National Women’s Health Week, explore how environmental factors impact #WomensHealth & ways to reduce risk. #NWHW <https://womenshealth.gov/nwhw>

Midlife is a key time to focus on heart, bone, & metabolic health. Many #ChronicConditions like #HeartDisease, #diabetes, & #osteoporosis can develop silently over time. Staying on top of your health now can make a long-term difference. This National Women’s Health Week, schedule a check-up & talk with a health care provider about your risk  . #NWHW <https://womenshealth.gov/nwhw>





Healthy aging is about more than living longer. It’s about staying strong, active, & independent. Regular movement, preventive care, & social connection all play a role in maintaining quality of life. This National Women’s Health Week, make time for physical activity, routine check-ups, & activities that support your well-being. #NWHW <https://womenshealth.gov/nwhw>


Healthy habits play a powerful role in reducing your risk for #ChronicDisease.


-  Eat balanced meals
-  Stay active
-  Manage stress
-  Get enough sleep


These small steps can lead to better health outcomes over time. Learn more this National Women's Health Week. #NWHW <https://womenshealth.gov/nwhw>


Menopause can affect sleep, mood, & bone & #HeartHealth, but small steps can make a difference.

-  Support bone health
-  Protect heart health
-  Prioritize sleep
-  Pay attention to mood

 This National Women's Health Week, talk with a health care provider about ways to manage symptoms & support your health. #NWHW #HealthyAging
<https://womenshealth.gov/nwhw>

 New research is transforming #WomensHealth from better understanding of hormones to advances in prevention, diagnosis, & treatment. These discoveries are helping improve care across the lifespan. During National Women's Health Week, stay informed about the latest advances & what they may mean for your health. #NWHW
<https://womenshealth.gov/nwhw>

 From research to real-world care, scientific progress is shaping how #WomensHealth is understood & treated today. Translating these advances into practice helps improve outcomes for women & girls. This National Women's Health Week, learn how new discoveries are being used in care & talk with a health care provider about what's relevant for you. #NWHW <https://womenshealth.gov/nwhw>

Your health matters, this National Women's Health Week and every week. Taking time to focus on your health can lead to better outcomes now & in the future.  Schedule a screening, check-up, or follow-up appointment today to stay on track. #NWHW
<https://womenshealth.gov/nwhw>