



National Women's Council of Ireland
Comhairle Náisiúnta na mBan in Éirinn



Advocating for women's health in Ireland

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Outline

- Women's health scandals
- Feminist analysis – gender and health
- Strong women advocates
- Women's experiences & mental health policy
- Amplifying women's experiences
- Women's Health Action Plan

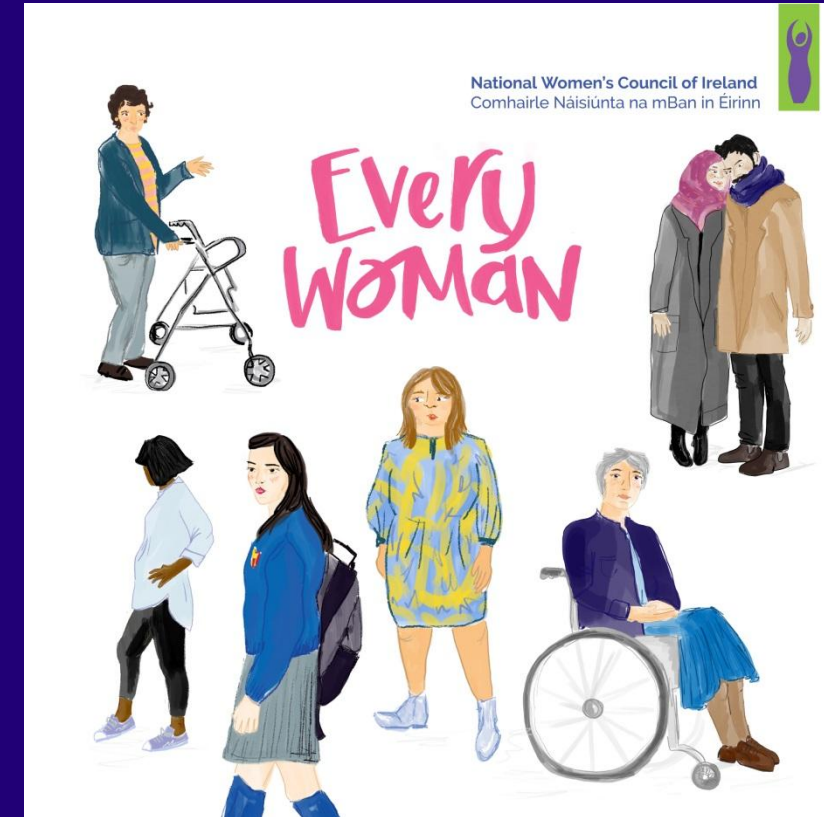


Women's health scandals



Feminism, gender and health

- WHO – **gender is a social determinant** of health
- **Women's life experiences**
 - higher rates of poverty, gender-based violence and caring responsibilities
- **Inequitable access to services**
 - private health, childcare and discrimination
- **Women as experience experts**
- **Intersectional** approach



Women as advocates



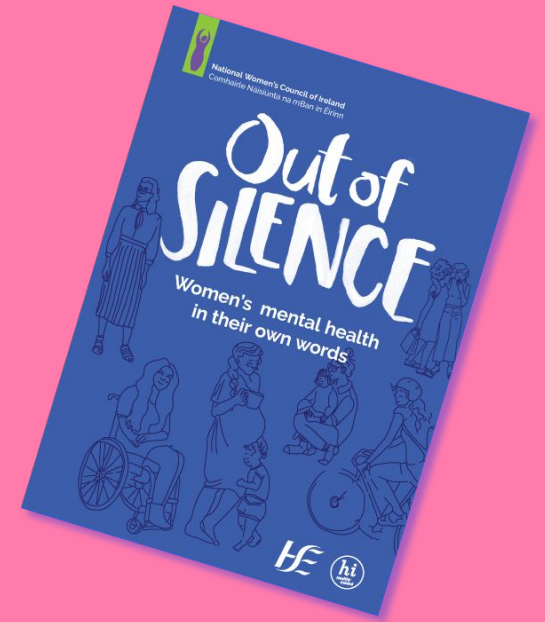
Women's mental health

*“Women are suffering **anxiety** in very high rates... I think it comes from being everything to everyone”*

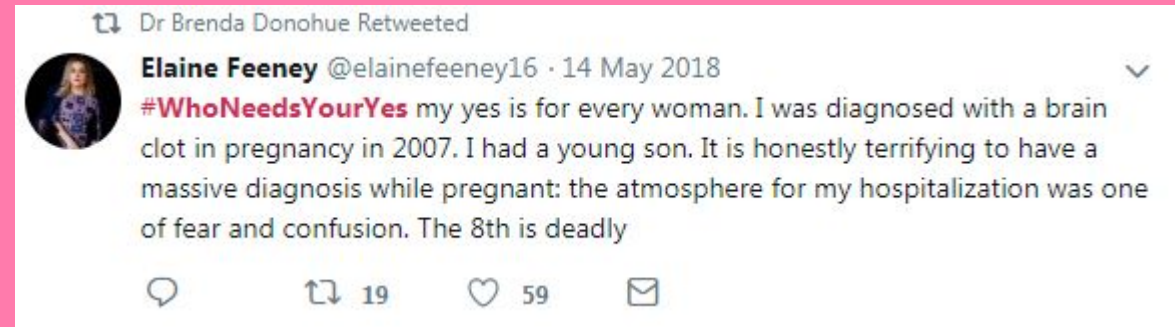
*“The expectation is in pregnancy you are happy. There's no knowledge of **perinatal depression**. No-one talks about it, I think it's linked to shame”*

*“This **intense childcare** causes that they fall into the tunnel of isolation, fatigue, and low self-esteem”*

*“The **poor income** that women have to survive on, you have to be fed and sleep in comfort before your health comes in”*



Amplifying women's experiences



Women's Health Action Plan

Under development by Dept Health, HSE & NWCI

Action Plan to:

- Provide **structures for women's health**
- **Radical listening** with women
- Physical & mental health
- Address **health inequalities**
 - Priority groups - women with disabilities; younger women; older women; women living in poverty; Traveller women; migrant women; LGBTQI+ ...





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