



Protego HEALTH

THE WOMEN'S OPTIMAL HEALTH FRAMEWORK



- The Women's Optimal Health Framework (WOHF) equips nations, health systems, and health providers with high-impact, low-cost, evidence-based interventions to support the health and well-being of women and their families.
- The WOHF is interactive and linked to the most recent research and resources to promote optimal health for women and families.
- The WOHF supports physical, intellectual, emotional, social, and spiritual well-being that promotes resilience and human flourishing.
- The WOHF is linked to the Three-Generation Strategy for Adolescent Health (AdGen3) which strengthens youth relationships with their family of origin while preparing them for a healthy future and family.

AT THE INSTITUTE FOR WOMEN'S HEALTH, WE BELIEVE IT IS TIME TO:

- Provide care across the lifespan, from conception to the end of life.
- Promote well-being across clinical, educational, community, faith groups, and family settings.
- Promote interventions that strengthen personal, family, and national flourishing.
- Treat people...not just diseases and conditions.



The Women's Optimal Health Framework – Available January 2024

WHAT IS IN THE WOMEN'S OPTIMAL HEALTH FRAMEWORK?

CONCEPTS PROMOTING OPTIMAL HEALTH

- Community Health Workers (CHWs)
- Water, Sanitation, and Hygiene (WASH)
- Community-Wide Interventions
- Spiritual Well-being
- Emotional and Mental Health
- Healthy Families and Marriages



INTERVENTIONS PROMOTING OPTIMAL HEALTH

- First 1,000 Days of Life
- Childhood
- Adolescence
- Early Adult Years
- Childbearing Years
 - Pre-Pregnancy
 - Pregnancy
 - Labor and Delivery
 - Postpartum Care
 - Timing and Spacing of Pregnancies
- Mid-Life Years
- Late Adult Years

WHAT MAKES THE WOMEN'S OPTIMAL HEALTH FRAMEWORK UNIQUE?

- Values the life of women and girls across the lifespan.
- Respects culture, traditions, religion, and values.
- Identifies concepts and interventions with links to over 300 evidence-based research articles and resources.
- Promotes and supports the critical role of Community Health Workers (CHWs) in healthcare.
- Interventions are high-impact, low-cost, and easy to implement.
- Guided by our International Health Council (IHC), including global healthcare providers, researchers, and experts from around the world.

FOR MORE INFORMATION,
SCAN HERE



Because when women thrive ...we all do.



@IWH4women |



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