

Queensland Women and Girls' Health Strategy 2032

Hard words glossary

There are hard words in the

- [Strategy - Easy Read Book.](#)
- [Investment Plan – Easy Read Book.](#)

We have listed all the hard words in this document.

Hard words are listed in the order of the alphabet.



A

Acknowledge

To include and understand the importance of something.

Anxiety

A feeling of being worried, uneasy or fearful.

Assisted reproductive technology

Medical help to assist women when they are having difficulty with producing babies.



B

Barriers

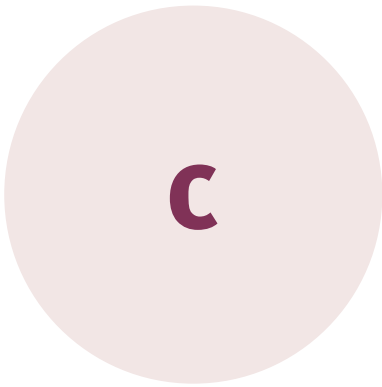
Barriers to health are things that make it hard for someone to get the care they need.

Birth trauma

A woman's experience of childbirth that causes distressing emotions or physical hurt.

Birthing on Country

Helpful programs for First Nations women who are giving birth. The programs help First Nations women to connect with their culture.



Cardiovascular

To do with the health of your heart and vessels that carry blood around your body.

Chronic health conditions

Health problems that have lasted more than six months that last more than six months.

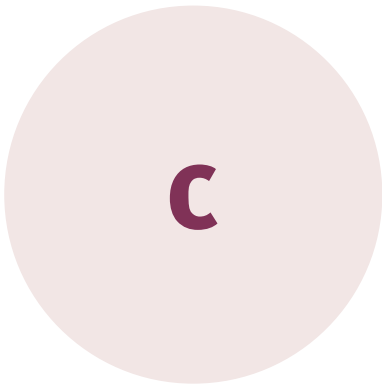
Clinical and cultural safety

Clinical safety is keeping patients safe when receiving health care.

Cultural safety is creating a respectful and safe environment for people from different cultures, for example First Nations peoples.

Clinical guidelines

Recommendations for health professionals about how to care for patients with specific conditions.



Co-design

To work together with a lot of people to think about how something is made. Everyone is treated equally and contributes to the creative process.

Continuity of care

Good quality care over time.

Contraception

Ways to prevent getting pregnant.

Counsellors

A person trained to give advice to people experiencing personal problems.

Culturally competent

Understanding and respecting the values, attitudes and beliefs of people's culture.



D

Dementia

A general term for loss of memory or thinking abilities severe enough to affect daily living.

Depression

Being sad all the time so much that it stops you from doing things throughout the day.

Determinants

Things that can affect people's health. For example, social determinants are things in people's lives like the place where they live, their education, their job and family life.

Domestic violence and family violence

When someone uses violence or threats to have power over someone they're close to. This happens at home. It could be towards a partner or children and can make them feel scared and unsafe.

Donor conceived

A person who is conceived from the donation of eggs and/or sperm.

Donor register

Records information about

- egg and sperm donors
- parents and siblings of people who are donor conceived.



Early intervention

Treating a problem before it gets worse.

Early medical termination

When medication is taken to stop a pregnancy when it is in an early stage (up to 9 weeks).

Eating disorder

A serious mental health condition with unhealthy thoughts and behaviours to do with eating, exercise or body shape.

Eggs and sperm

Human cells that are needed to create a baby.

Endometriosis

A disease where tissue grows outside of a woman's organ (the uterus), which can cause really bad pain and make it harder for women to get pregnant.

Evaluate

Looking at activities or a program and whether they are working well.

Evaluation framework

A document that helps to understand whether something is working well.

Existing initiatives

Activities in the Investment Plan that we are already doing for women and girls' health.



F

Fertility

The ability to have a baby.

Fertility preservation

A process to save and protect people's eggs, sperm or other body tissue so a person can use them to have children in the future. This is for people with cancer or other health condition that might impact their fertility (ability to have a baby).

First Nations

People who identify as Aboriginal people and/or Torres Strait Islander people.



G

Gender-informed

To consider how people's needs are influenced by their gender.

Gender stereotypes

Fixed ideas about what women and girls should do and how they should live.



Health concerns

Things that women and girls think about their mind and body that could improve or are not working well.

Health equity

When everyone has the chance to be as healthy as they can be.

Health literacy

Knowing how to access, understand and use health information in ways that benefit your health.

Health professional

A person who works in health care, like a doctor, nurse or allied health professional.

Health promotion

Helping people to improve their health.

Health system

A group of services that look after your health that are provided

- in a hospital
- in your community
- in your home
- by your doctor.



H

Holistic care

Treating a whole person, not just their symptoms. This means also thinking about their mind, body and family.

Human rights

The overarching set of rules for all humans so everyone is treated equally and fairly.



I

In vitro fertilisation

A medical procedure where an egg is fertilised by sperm outside of the body.

The fertilised egg (embryo) grows outside of the body for a few days.

It is then put back into a woman's body to give them a chance to have a baby.

Initiatives

An initiative is an activity or program.

Integrated women's health hubs

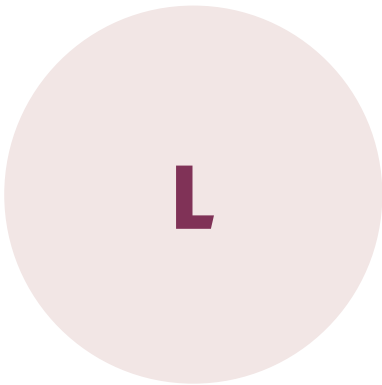
A service that women and girls can visit to

- see a health professional
- get help with health and other social needs.

Investment Plan

The Investment Plan

- is linked to the Strategy
- talks about what we will do to implement the Strategy.



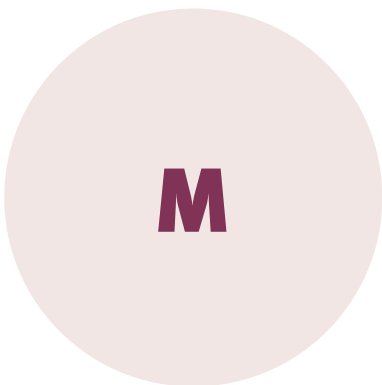
LGBTIQ+

is a short way of saying the words people use to talk about their sexual orientation, gender and sex.

It stands for lesbian, gay, bisexual, transgender, intersex and queer. The “+” shows that the letters do not cover everyone in this group.

Life course approach

Women and girls of all ages and considering that health needs change as people grow older.



Maternal health

The health of women during pregnancy, childbirth and after giving birth.

Maternal obesity

Being overweight during pregnancy or after giving birth to a baby.

Maternity services

Health care services that support mothers and babies

- during pregnancy
- while giving birth
- after giving birth.

Menopause

A natural process that happens in women’s bodies. Menopause is the end of a woman’s monthly period.

Women may notice changes to their body or mood during this time.



M

Menstruation

Also called a period, menstruation is when blood comes out through a woman or girl's vagina. This is normal and occurs as part of a woman or girl's monthly cycle.

Mental health

Mental health is about how a person thinks and feels. A mental health problem is when feelings start to bother someone, or when they do not feel in control of their feelings.

Midwives

Health professionals who support people giving birth.

Miscarriage, stillbirth and neonatal death

Miscarriage and stillbirth are types of pregnancy loss, that occur at different stages of pregnancy

- miscarriage is earlier in a pregnancy (before 20 weeks)
- stillbirth is later in a pregnancy (20 weeks and over).

A neonatal death is when a baby dies within the first 28 days after birth.

Misdiagnosed

When a person is told they have a certain sickness, when in fact they have a different one.

Model of care

The process that explains how a service is delivered.



Peer support group

A group of people supporting one another who have experienced similar health issues.

Pelvic health

When organs and body parts in the pelvic area (the area below the belly button and between the hips) are working well.

Pelvic pain

Pain in the pelvis (the area below the belly button and between the hips).

Perimenopause and menopause

Natural processes that happen in women's bodies. They are the lead up (perimenopause) and end (menopause) of a woman's monthly period. Women may notice changes to their body during this time.

Perinatal

The time from the start of pregnancy up to a year after someone gives birth to a baby.

Perinatal depression

Being sad after giving birth because of changes in hormones.

Period poverty

A lack of access to hygiene products like pads and tampons. This is usually because they are not accessible or cost a lot of money, which some women and girls cannot afford.



P

Polycystic ovary syndrome

When women's reproductive organs (ovaries) produce higher-than-normal amounts of male hormones.

Prevention

Stopping a problem from happening.

Principles

Things that we believe and work by.

Priority communities

Women and girls with diverse backgrounds and experiences. Their health might not be as good as other people because of the barriers they face.

Priority health areas

Topics of related health issues that commonly or only affect women and girls.

Puberty

A time in life when a child's body begins to develop and change as they move from being a child to an adult.



Q

Queensland Women and Girls' Health Strategy 2032

A book written by the Queensland Government about women and girls' health and what Government will do to improve women and girls' health and wellbeing into the future.



R

Regional

Areas outside of a major city.

Reproductive health

The physical and mental wellbeing of a person that is linked to the organs that are involved in being able to have babies.

Research

Careful study of information about a topic.

Scholarship

Money given to someone to use for study.



S

Sexual violence

Any act of a sexual nature or touching that a person did not consent to.

Sexually transmitted infections

Infections that are passed from one person to another person through unprotected sexual contact.

Showcase

A display or presentation about a topic.

Social workers

A health care worker whose job is to help people who have social disadvantages or personal problems.

Stigma

Negative or unfair thoughts about something.



S

Stroke

When something blocks blood supply to part of the brain or when a blood vessel in the brain bursts.

Suicide

An act of ending your own life. People sometimes do this because they have negative thoughts or want to escape pain or suffering.

System reform goals

Things that we will work towards to improve health care.



T

Termination of pregnancy

A medical procedure to end a pregnancy, so it does not result in the birth of a baby.

Trauma-informed

Understanding how people's bad experiences can impact on their lives and needs.



U

Unconscious gender biases

When people don't even know they have certain ideas about someone of a certain gender.



V

Violence

Actions or words that are intended to hurt people.



W

Wrap around support

Support for a person to address their unique needs. This is often done by different types of health professionals who work together to help someone.

More information



You can ask someone to help you to read this book.

You can ask a friend, family member or carer.



You can also contact us.

Email

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Website

[Click here](#)

or

www.health.qld.gov.au/womens-health-strategy

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