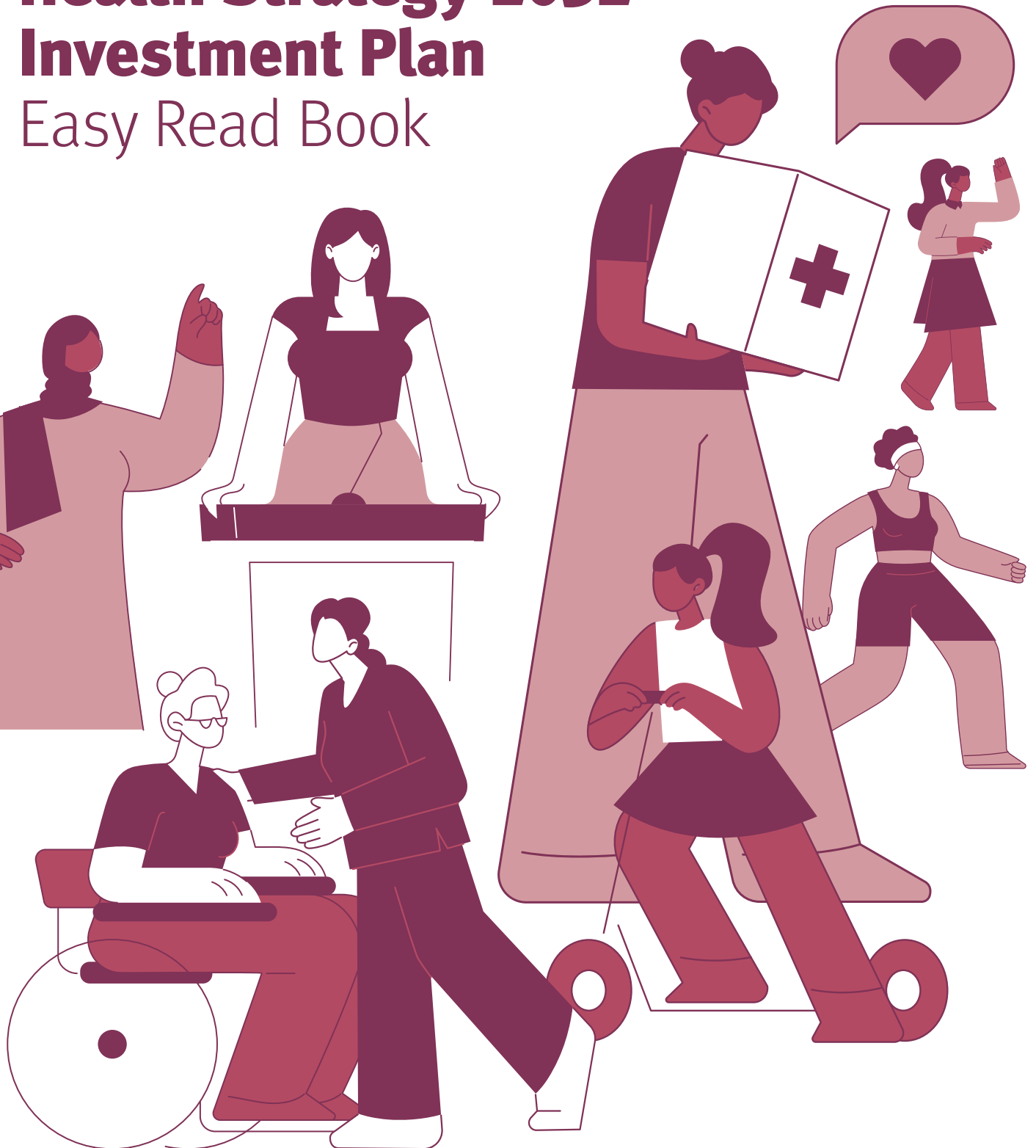


Queensland Women and Girls' Health Strategy 2032 Investment Plan Easy Read Book



Hard words



This book has some hard words.

Hard words are in **orange**.

Hard words and their meaning are on pages 24 to 35.

You can get help with this book.



You can get someone to help you

- read this book
- understand this book
- find more information.

We acknowledge First Nations people



Acknowledge means we include and understand the importance of **First Nations** people's

- culture
- language
- history
- connection with the land and sea.



First Nations people are unique peoples.

They are

- Aboriginal people and/or
- Torres Strait Islander people.

First Nations people are important.

We acknowledge the ideas and stories that **First Nations** women and girls gave us for this book.

About this book



This book is about the money that will be spent by the government to improve the health of women and girls in Queensland.

This book is called an **Investment Plan**.

The Investment Plan is linked to the **Queensland Women and Girls' Health Strategy 2032**.

We will call that **the Strategy**.

Queensland Health wrote these books.

Queensland Health is part of the Queensland Government.

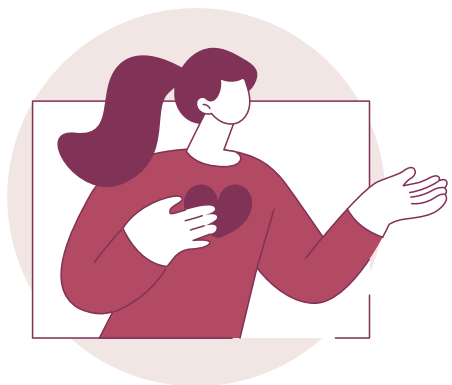
When you see the word “we” it means the Queensland Government.



The Investment Plan talks about what we will do to implement the Strategy.

We wrote an Easy Read Book about the Strategy.

In this book



The Investment Plan is about new things we will do to better support women and girls' health.

This book tells you

- who the Investment Plan is for
- why we need the Investment Plan.

This book tells you about the important parts of the Investment Plan



the aim



the **principles**



the **system reform goals**



the **priority health areas.**



This book also mentions what we are already doing to help women and girls with their health and wellbeing.

Who the Investment Plan is about



The Strategy and Investment Plan are about all people who see themselves as a woman or girl.

It is also about people who may not see themselves as a woman or a man.



Some women and girls find it hard to get the health care they need.

It might be hard because of **barriers**.

Barriers are things like not having money to pay for a doctor's appointment or not having a car to get there.

Some women and girls may have more **barriers** to getting the health care they need.



We refer to these women and girls as **priority communities**.

You can find more information about **priority communities** on page 7 of the [Easy Read Book – Strategy](#).

Why we need the Investment Plan



There are lots of reasons why we need the Investment Plan.

The main reasons are to

- provide better access to health care
- help all women and girls to be healthy
- help women and girls feel heard
- improve the health of women and girls in the future
- achieve **health equity** for women and girls from **priority communities**.



You can read more about these reasons in the [Easy Read Book – Strategy](#).

The important parts of the Investment Plan



The aim

Our **aim** is that all Queensland women and girls are well and healthy at all ages so they can play, learn and work.



The principles

Principles guide our Strategy and Investment Plan.

Our **principles** are in the [Easy Read Book – Strategy](#).



System reform goals

System reform goals are what we will work towards to improve the whole **health system**.

Our **system reform goals** are in the [Easy Read Book – Strategy](#).



The priority health areas

Priority health areas are health issues that commonly or only affect women and girls.

We have 6 **priority health areas**.



Healthy lifestyles and bodies



Sexual and **reproductive health**



Mental health and wellbeing



Health response to **domestic and family violence**, and **sexual violence**



Maternal health



Chronic health conditions and cancer.



New things we will do to improve women and girls' health

The Investment Plan includes lots of new things we will do to improve women and girls' health.

We call these new **initiatives**.

These new **initiatives** are for all women and girls.

All new **initiatives** are linked to our **system reform goals** and 6 **priority health areas**.



We have invested nearly \$250 million to deliver all of the new **initiatives** over the next 5 years.

The new initiatives are written on pages 11 to 19 of this book.

New initiatives



System reform



\$20.41 million set up 2 new **integrated women's health hubs** that

- help women and girls with their health and other social needs
- includes 1 service to specifically support **First Nations** women and girls.

\$0.29 million to plan how we can set up more **integrated women's health hubs** in the future.



\$1.27 million to support more women and girls' health **research**.



\$6.58 million to provide better women's health information over the phone and online.



\$6.84 million to provide **LGBTIQ+** people with health care that is specifically designed to support them.

\$46.10 million to set up 4 health clinics that you can walk in to without an appointment.



\$7.05 million to employ Women's **Health Promotion** Officers to support women and girls

- to stay healthy
- do things that are important for their health.



\$0.24 million to run 4 Women's Health Clinical **Showcases** that share information with health professionals about

- the latest women's health information
- how to provide **gender-informed** health care.



\$0.20 million to **evaluate** the Strategy to understand if

- it is helping to improve women and girls' health
- the initiatives in the Investment Plan are working well.



Healthy lifestyles and bodies



\$0.63 million to create information about women and girls' health issues that are

- easy to read
- translated into different languages.



\$2.33 million to set up **peer support group** programs for women and girls that

- support women with health issues like **endometriosis, menopause** and cancer.



\$0.57 million to update the Queensland Health website with women's health information.



\$2.96 million to teach girls in later years of primary school about health issues like

- **puberty**
- **menstruation**
- other health and wellbeing topics.



Sexual and reproductive health



\$0.30 million to design a public **fertility preservation** service for people with cancer or other complicated health issues to

- give them a better chance to have a baby in the future
- provide people with a free service.



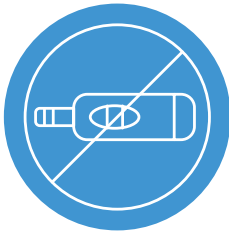
\$9.90 million to open the public **fertility preservation** service to

- do medical procedures to collect **eggs and sperm**
- store **eggs and sperm** so that a person can use them later to try and have a baby.



\$32.12 million to provide free access to **assisted reproductive technology** and **in vitro fertilisation**

- these types of medical procedures to help people have a baby
- this is for people with cancer or other complicated health issues.



\$41.80 million to increase access to **termination of pregnancy** care including through

- a virtual service for **early medical termination**
- more staff
- **wrap around support** like counselling
- more training for staff.



\$2 million to create a **donor register** for people who are **donor conceived** to

- allow **donor conceived** people to access information about their donor
- provide counselling for people accessing the **donor register**.



Mental health and wellbeing



\$12.11 million to provide counselling support for women and girls' **mental health** and wellbeing

- online
- over the phone
- including support for **miscarriage, stillbirth and neonatal death.**



Health response to domestic and family violence, and sexual violence



\$26.95 million for more **social workers** and **counsellors** to support women who have experienced violence.



Maternal health



\$3.54 million to provide training to **midwives** from **regional** Queensland by giving them work experience at a big hospital in the city.



\$0.52 million for staff training about how to look after newborn babies when they are not well.



\$0.34 million to run workshops for **health professionals** in **maternity services** to

- help staff better understand people's needs when they give birth
- help to prevent **birth trauma**.



Chronic health conditions and cancer



Improve support, diagnosis and treatment for **pelvic pain** and **endometriosis**

- \$0.30 million to develop a **model of care** for Queensland
- \$0.75 million to create pelvic health **clinical guidelines** for health professionals
- \$13.68 million to set up **persistent pelvic pain** clinics.



\$1.14 million for **scholarships** in **pelvic health** courses for

- nurses
- physiotherapists.

What we are already doing for women and girls' health



The Investment Plan includes lots of things we are already doing for women and girls' health.

We will call these **existing initiatives**.

Existing initiatives are the services or plans we have already made to improve women and girls' health.



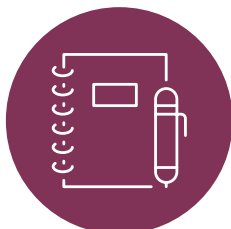
These include activities to help address things that affect women and girls' health, like

- housing
- help with money
- support for women in prison.

You can ask someone to help you access information about the **existing initiatives**.

Some examples are on the next page.

Examples of existing initiatives in the Investment Plan



\$106.7 million to support the health and wellbeing of students in Queensland state schools.



Almost \$14 million to build new homes and support older women with housing issues.



\$2.24 million to support for women who are leaving prison with

- health and wellbeing support
- support for their children
- other social needs.



\$40 million in eating disorder services.



\$32.6 million to provide Queensland schools with free access to

- period products
- an educational program about periods.



\$588 million to support lots of actions to help people experiencing

- **domestic and family violence**
- **sexual violence.**

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

womenshealthstrategy@health.qld.gov.au

Website

[Click here](#)

or

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

Letter

Queensland Health
GPO Box 48
Brisbane QLD 4001

Hard words glossary

Hard words are listed in the order of the alphabet.



A

Acknowledge

To include and understand the importance of something.

Assisted reproductive technology

Medical help to assist people when they are having difficulty trying to have 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.



C

Chronic health conditions

Health problems that have lasted more than six months.

Clinical guidelines

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

Counsellors

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



D

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 medical termination

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

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.

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.



Health equity

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

Health professional

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

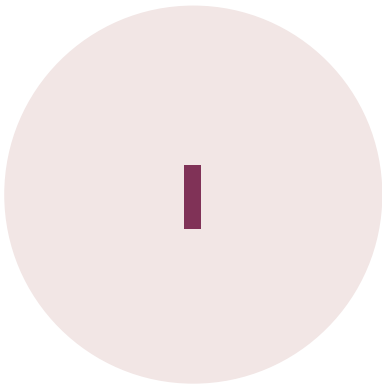
Health promotion

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.



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

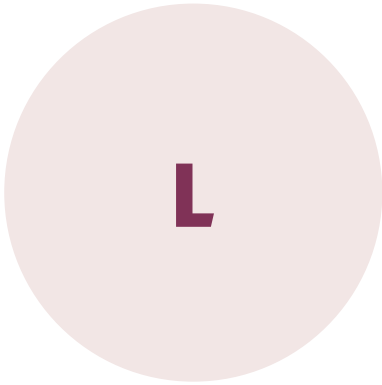
- is linked to the Strategy
- talks about what we will do to implement the Strategy.

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.



LGBTIQ+

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.



Maternal health

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

Maternity services

Health care services that support mothers and babies

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

Menopause

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

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.



M

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.

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).

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.



S

Scholarship

Money given to someone to use for study.

Sexual violence

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

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.

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.



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.



Queensland Women and Girls' Health Strategy 2032
Investment Plan *Easy Read Book*