

A Queensland Women's Health Strategy

Consultation paper

Easy to read book

Tell us your ideas



Hard Words

This book has some hard words.

The first time we write a hard word the word is in blue.

We explain what it means after the word.

There is also a list of all the hard words and what they mean on pages 16-17.

You can get help with this book.

You can get someone to help you

- read this book
- know what this book is about
- find more information.



About this book

This book is written by Queensland Health.

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

This book is to get your ideas for a new [Queensland Women’s Health Strategy](#).

This means the plan of things that we will do to improve the health of women and girls.

We will call it the [health strategy](#) for short.

A health strategy will aim to support women and girls to achieve [health equity](#).

Health equity means that every person has the chance to be as healthy as they can be.

A health strategy is about the health of women and girls.

The health strategy will also include all people who see themselves as a woman or girl. It is also for people who may not see themselves as being either a woman or a man.



What we want

We want to listen and talk to you about what should be in a health strategy.

Your ideas are important to us.

What is in this book

This book will tell you about

- ways you can tell us your ideas
- key issues to think about for a health strategy
- potential issues to include in a health strategy
- questions to help you tell us your ideas.



Ways you can tell us your ideas



We want to talk to people to hear what might improve the health of women and girls.

This includes providing a **consultation paper** to ask you what should be in a health strategy.



A **consultation paper** is a paper with information. It is given out to people so that they can give their advice and opinion about a topic.

This book includes questions to help you tell us your ideas about what might improve the health of women and girls.

Give your ideas by **5pm Monday 16 January 2023**.

You can give us with your ideas through:

- An online survey



An **online survey** is some questions you can answer using the internet.

You will find this at: www.getinvolved.qld.gov.au

- By Email to:
womenshealthstrategy@health.qld.gov.au

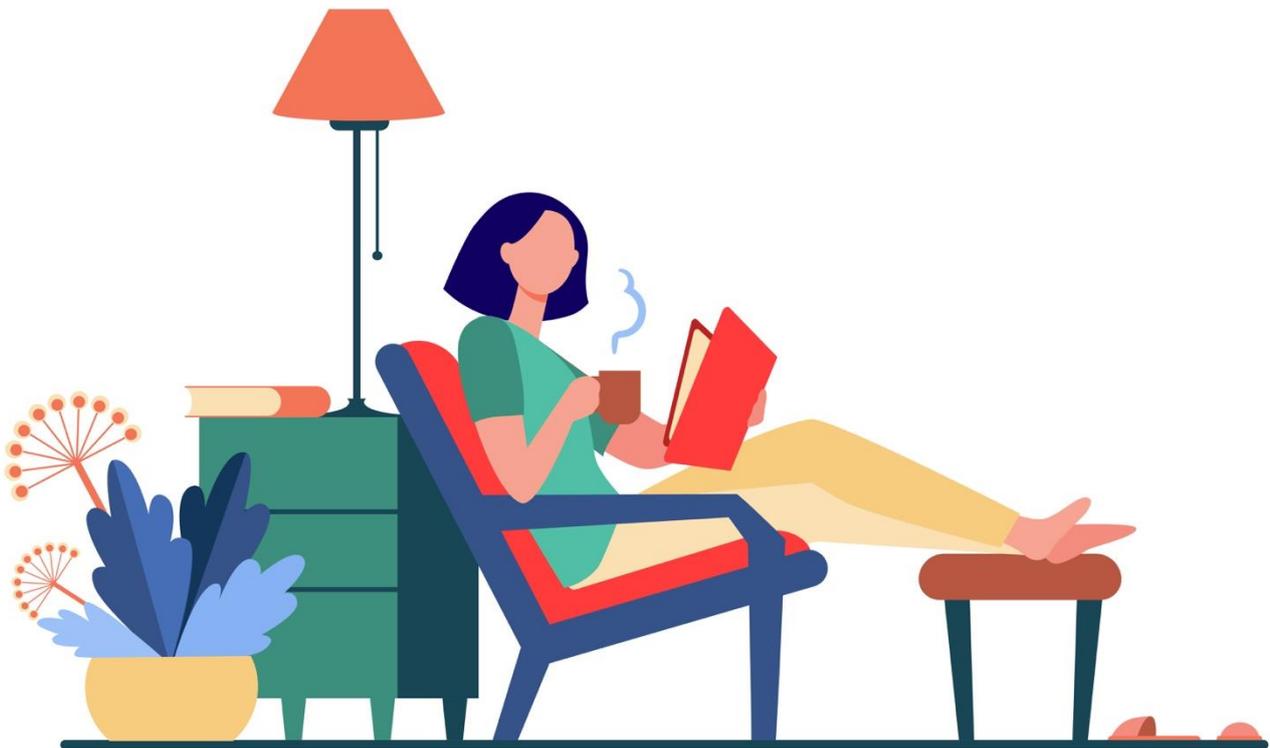
- By Post to:
System Policy Branch
Policy and Reform Division
Queensland Health
GPO Box 48
Brisbane QLD 4001

You can read the full consultation paper on our website.

[CLICK HERE](#)

Or

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



Key things to think about in a health strategy



Queensland
Government

A health strategy will look at:

- Queensland Government health services
- key **social determinants** that impact the health of women and girls. **Social determinants** are things outside of health services that can affect people's health.



Social determinants include things in people's lives like the place where they live, their education, their job and family life.



We have looked at a lot of information that includes:

- what women and girls have already told us about how the **health system** can be improved
- research that tells us some of the **health concerns** for women and girls
- things that other governments have done to improve the health of women and girls.



The **health system** means a group of services that look after your health that are provided:

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

Health concerns are things that women and girls think could be improved or are not working well.

Things that that we have heard and read that would be good to think about in a health strategy include:

- women live more of their life with a disability than men
- **non-Indigenous** women live longer than **First Nations** women

Non-Indigenous women are women who live in Queensland who are not First Nations peoples.

First Nations women are Aboriginal and Torres Strait Islander women.

- women and girls go to hospital for reasons that could be preventable more than males
- women have anxiety disorders more than men
- women and girls are more likely to experienced domestic violence, family violence and sexual violence than men
- women and girls sometimes feel health workers do not believe them
- domestic, family and sexual violence affects the health of women and girls.



- social determinants can affect the health of women and girls. This includes:
 - where they live
 - how much they learnt at school
 - how much money they have
 - how many children or adults they care for.

- Some groups of women and girls who may experience more health concerns include:
 - First Nations women and girls
 - women and girls with a disability
 - women and girls from multicultural communities
 - **LGBTIQ+** people

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, queer. The “+” shows that the letters do not cover everyone in this group.

- women who have been to prison.



Potential topics to include in a health strategy

A **core driver** is the main thing that we would put in the health strategy to guide everything that we do.

- We think we need to focus on improving the health of **priority communities**.

Priority communities are groups of women whose health is not as good as other communities.

- This could include First Nations women and girls, women with a disability, women from culturally and linguistically diverse communities, LGBTIQ+ people and women who have been to prison.

Core elements are things that we would think about that help us to follow the core driver.

These are some of the things we need to think about to make the health strategy work:

- consider social determinants of health
- address domestic, family and sexual violence
- **empower** women and girls to address their health needs. When we say '**empower**' we mean to make them stronger and more confident.

The health strategy may have focus areas.

Focus areas are the things that Queensland Health can look at doing differently or better.

They could be:

- how people in rural, regional and remote areas can get more access to health services
- how wellbeing and mental health services can be delivered to meet the needs of women and girls
- deliver **wholistic** services. **Wholistic services** are services that treat the person as a whole and not just their symptoms, such as:
 - health services that support women who are already pregnant
 - sexual health services
 - health services that help women who want to get pregnant.
- make sure that health workers know about the needs of women and girls
- work to stop and address:
 - hospitalisations for women and girls that can be avoided
 - **chronic health conditions** for women and girls. **Chronic health conditions** are diseases and disabilities that last for more than six months.



Tell us your ideas

Question 1: What do you think might stop women and girls looking after their health?

Some ideas we have heard for you to think about:

- not being able to understand and speak English well
- they cannot get an appointment at the health service they need
- they cannot get transport to a health appointment
- they have no time to get to an appointment
- bad experiences they have had before with health workers
- worried about the health result from their visit to a health worker
- the cost of health services.



Question 2: What do you think would help women and girls to look after their health?

Some ideas we have heard for you to think about:

- reminders of appointments
- health services being open longer, for example after 5pm
- health workers being aware of differences between people and accepting people from other cultures
- having a health service designed by women and girls
- health workers being more aware of the health needs of women and girls.

Question 3: Tell us what Queensland Health services you think need more support to help improve the health of women and girls.

Some ideas we have heard for you to think about:

- mobile women's health services (Mobile health services are those that go from one place to another)
- health services that support pregnant women
- sexual health services
- health services that help women have children
- mental health services
- health services in schools.

Question 4: What other activities outside of the health system would help improve the health of women and girls?

Some ideas we have heard for you to think about:

- improving women's knowledge of possible health problems
- encourage better eating and exercise habits
- provide easy access to health information
- provide services and ideas to help stop health problems arising.

Question 5: Are the core driver, elements and focus areas right?

Do you think the core driver, elements and focus areas on page 10 are right?

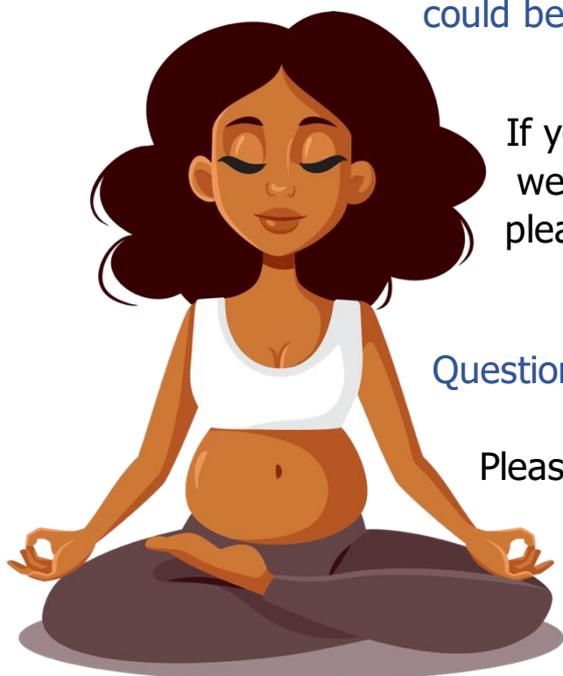
Any additional areas or issues we should include?

Question 6: Do you think any programs and services could be enhanced?

If you know of a health service that is working well to improve the health of women and girls please tell us about it.

Question 7: What have we missed?

Please tell us know any other things that you would like us to think about.



More information

Website

[Click here](#)

Or

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

Email

womenshealthstrategy@health.qld.gov.au

Letter

System Policy Branch
Strategy, Policy and Reform Division
Queensland Health
GPO Box 48
Brisbane QLD 4001



Hard word glossary

Chronic health conditions

Diseases and disabilities that have lasted, or are expected to last, more than six months.

Consultation paper

A paper and/or information that is released to seek advice and input into a topic.

Core driver

A core driver is the main thing that we would put in the health strategy to guide everything that we do.

Core elements

Core elements are things that we would think about that help us to follow the core driver.

Empower

Make (someone) stronger and more confident.

First Nations peoples

We recognise the First Nations peoples in Queensland are both Aboriginal peoples and Torres Strait Islander peoples.

Focus areas

Focus areas are the things that Queensland Health can look at doing differently or better.

Health concerns

Health concerns are things that women and girls think could be improved or are not working well.

Health equity

Every person has the chance to be as healthy as they can be.

Health Strategy

The short name for a [Queensland women's health strategy](#).

Health system

The health system means a group of services that look after your health that are provided:

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

LGBTIQ+ people

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, queer. The "+" shows that the letters do not cover everyone in this group.

Non-Indigenous

People who live in Queensland who are not First Nations peoples

Priority Communities

Communities of women and girls whose health is not as good as others – this could include First Nations women and girls, women with a disability, women from culturally and linguistically diverse communities, LGBTIQ+ communities and women who have been to prison.

Queensland women's health strategy

The plan of things that we will do to improve the health of women and girls.

Social Determinants

Social determinants are things outside of health services that can affect people's health. They are things in people's lives like the place where they live, their education, their job and family life.

Wholistic

Services that treat the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.

This document has been informed by:

Clear Written Communications – The Easy English Style Guide. First published by Scope (Vic) Ltd. 2015. Republished by Scope (Aust) Ltd. January 2020. For more information, contact Scope on 1300 472 673 or visit www.scopeaust.org.au.

The Australian Government Style Manual digital edition. For more information visit: www.stylemanual.gov.au/content-types/easy-read