



Government of **Western Australia**
Department of **Health**

Western Australian Women's Health and Wellbeing Policy

Lifting the health profile of women and girls

Summary

Western Australian Women's Health and Wellbeing Policy

Our vision

To drive continuous improvement in the health, safety and wellbeing of women and girls in WA, particularly those at greatest risk of poor health

Our purpose

To provide a strategic, coordinated, and gender-responsive approach by the WA health system and its partners to drive equitable, accessible and appropriate services that optimise the health, safety and wellbeing of women and girls in WA

Policy pillars

1. The social determinants of health
2. Gender equity and intersectionality
3. A life course approach

Priority populations among women

- ✓ Aboriginal women
- ✓ Members of LGBTI populations
- ✓ Pregnant and postnatal women
- ✓ Women affected by the criminal justice system
- ✓ Women experiencing mental health related issues
- ✓ Women from culturally and linguistically diverse backgrounds
- ✓ Women in low socioeconomic circumstances
- ✓ Women living in regional, rural and remote WA
- ✓ Women living with disability and carers
- ✓ Women who experience violence, trauma and/or abuse

Priority areas

A. Chronic conditions and healthy ageing

1. Promote healthy behaviours and healthy ageing in all women to prevent development of risk factors associated with chronic conditions
2. Prevent the development of chronic conditions in women by targeting associated risk factors
3. Prevent progression of chronic conditions in women through early detection and intervention
4. Provide holistic care and management to support women

B. Health and wellbeing impacts of gender-based violence

1. Strengthen community understanding and awareness of gender-based violence
2. Address health and related impacts of gender-based violence by delivering accessible, inclusive and responsive services
3. Health services to prioritise the delivery of safe, trauma informed services for women experiencing gender-based violence

C. Maternal, reproductive and sexual health and wellbeing

Enhance and support equitable access to:

1. Maternal health
2. Reproductive health services
3. Sexual health services

D. Mental health and wellbeing

1. Enhance gender-responsive mental health and wellbeing education, awareness and primary prevention initiatives
2. Focus on early intervention, diagnosis and access to mental health care
3. Address risk factors associated with mental health related issues

Guiding principles



Women centred,
individualised care



Workforce capacity
building



Inclusion and
respect



Collaboration and
partnerships



Health equity and
access



Prevention,
promotion, and
early intervention



Continuous
improvement,
research, and
innovation

Quotes from consultation

“Engaging with women and allowing them to be part of the process of design of new services or feedback on current services will help to shift cultures and create effective programs”

“Confidence, self-determination and most importantly self-worth are key for young girls and women. It is mind, body and spirit that need to be strong”

“The main issue is not necessarily the existing services but the coordination of services and integration of these is lacking”

For more information

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