

# WOMEN

## Information Sheet No 1



### Women's Health principles and philosophy

**The Centre for Women's Health is committed to the following principles based on the National Women's Health Policy:**

- Women's health is determined by a broad range of social, environmental, economic and biological factors
- Women's health is defined as a state of physical, mental and social wellbeing and not merely the absence of disease and infirmity
- Women require accessible information and services which acknowledge the diverse needs and experiences of women
- Women's knowledge and experience are essential to the improvement of women's health and wellbeing

Stemming from these principles:

- Consultation and evaluation with women ensure women's contribution and participation in the development and modification of the Centre's services and activities
- A diverse range of services and activities are provided to address women's physical, emotional and social wellbeing
- Access issues for women with different experiences and needs are identified and addressed
- Strategies are developed in collaboration with women and other service providers to assist services to be more responsive to women, promote public policy which incorporates the needs of women, create supportive environments, strengthen community action and develop personal skills.