

Women's Health Plan A Plan for 2021-2024

Easy Read summary

August 2021



Scottish Government
Riaghaltas na h-Alba
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What is this document about?

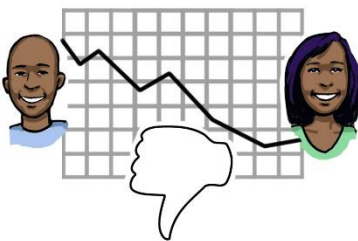


This is a Plan to improve the health of women and girls in Scotland.

This Plan includes ways to make sure women and girls have the health information they need. This Plan also includes ways to improve healthcare services.

Part 1

Why we need a Women's Health Plan



Women and girls have certain health needs.

Women and girls do not always get equal healthcare to men.



Equality means everyone has equal access and services that they need. Some people might need extra support to access services.



Information tells us women and girls have certain needs. This can be due to issues only women have like periods and pregnancy. It can also be related to general health, like heart health.

What women told us



We did a survey and spoke to women online. We heard from over 400 women.

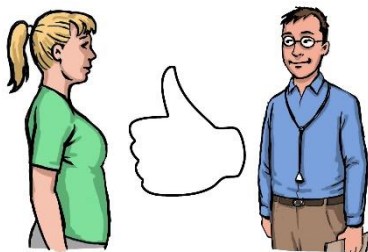
Women told us:



- They want to be able to choose when and how they access health services and support.



- They want a website with information about women's health.



- They think healthcare professionals should know more about women's health.

Part 2

What we want



We want all women and girls in Scotland to enjoy the best health throughout their lives.

There are 4 parts:



1. Healthcare should be respectful and change to suit to individual needs.



2. Women should have all the information they need about their health.



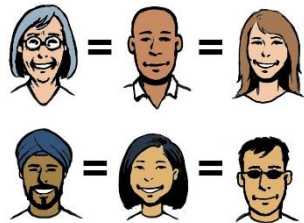
3. Healthcare professionals should work together to help women and girls.



4. Healthcare should be given in new and different ways.

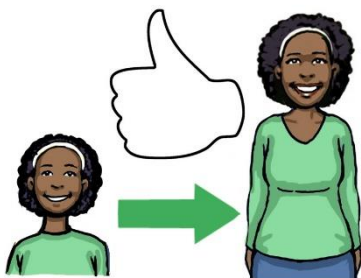
Principles

This Plan has 4 principles:



1. Addressing inequalities

There are unfair differences in people's health. These are called inequalities. Healthcare services should understand these so everyone is treated equally.



2. A life time approach

Women and girls have different health needs at different times in their lives. Services should understand this and help girls and women throughout their lives.



3. Gender equality

Many different things shape women's lives and experiences. Services should understand and respond to this.



4. Respectful and inclusive

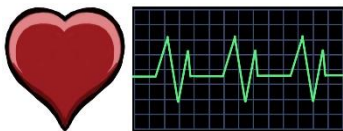
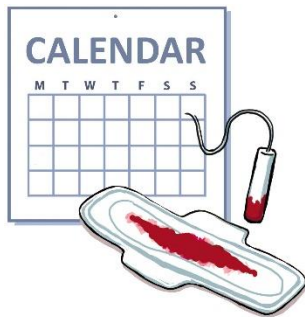
Everyone who uses and gives healthcare services has the right to be treated with respect and dignity.

Part 3

Priorities



To do this, we will make information and services better in these areas:



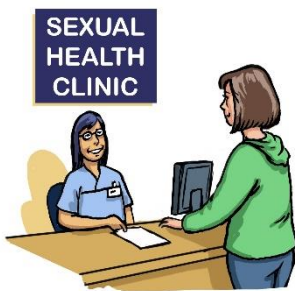
- Sexual health
- Contraception
- Abortion
- Pre-pregnancy care
- Menstrual health (periods)
- Endometriosis
- Menopause
- Heart health
- General health

Part 4

Aims



This plan has aims, these are the things we want the plan to do. The Plan includes actions to achieve this.



Sexual health aims

All women will be able to access sexual health services easily, quickly and in confidence.



Contraception aims

All women will be able to access a full range of contraception easily, quickly and in confidence.



Abortion aims

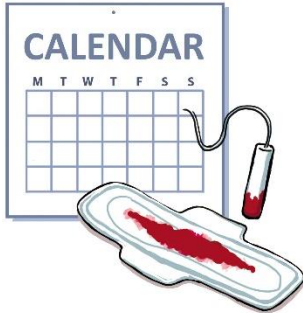
All women will be able to access abortion healthcare when they need it and without judgment.

All women will have choice about how and where they access abortion care.

Pre-pregnancy care aims

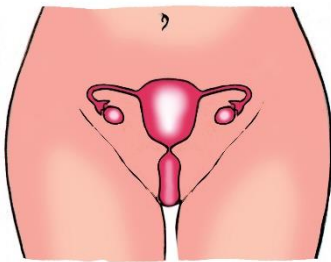


All women who choose to become pregnant will have easy access to the information and advice they need.



Menstrual health aims

All young people will be aware of normal menstrual health (periods).



Endometriosis aims

Women will find out more quickly if they have endometriosis.

All women will be able to access the right support and treatment for endometriosis.



If they need to, all women will have access to a specialist endometriosis centre. These centres have experts who can help.



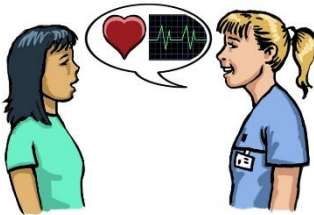
Menopause aims

All women will have access to menopause support and services when they need them.

Healthcare professionals will understand how treatments affect a woman's health.

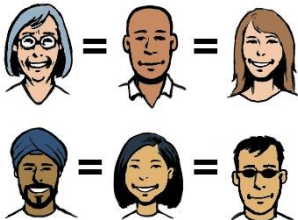


All women will be able to speak to a healthcare professional who knows about menopause.



Heart health aims

Healthcare professionals will help women to be healthy and reduce risks of heart disease.



Healthcare professionals will understand how heart disease can be different for women. They will make sure women have equal care to men with heart disease.

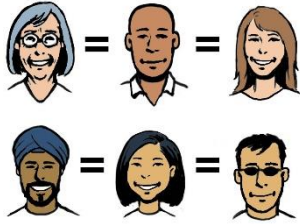


All women will have access to information about heart disease so they can describe their own symptoms.



All women with heart disease will get support to manage and live with the condition. This will include access to services like mental health support and advice about things like contraception, abortion and pregnancy.

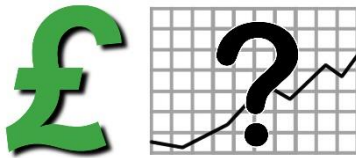
General health aims



All healthcare services and people who make health laws will understand and respond to gender equality and cultural differences.



Health and social care workers will be better valued.



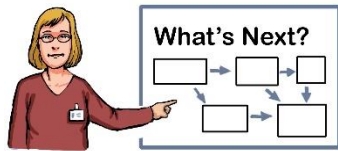
Decisions about how to spend public money should be clear and should take into account the needs and rights of women and girls.



Healthcare staff training will include education about equality, diversity and human rights.

Part 5

Next steps



This Plan is a promise to make women's health better. We will need to work together to carry out the actions in this plan.

To do this we will:



- Empower women and girls to help improve their own health.



- Get better at educating health and social care staff so they all have better understanding of women's health.



- Get better at collecting and using information about women's health.



- Appoint a National Women's Health Champion.



- Set up a Women's Health Plan Implementation Programme Board to make sure that the actions in this plan are carried out.



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