



CSW67 Side Event: Elevating standards for women and girls' healthcare through technology and education

Women have a right to the highest attainable standard of health, which serves as a key enabler for their participation in the social and economic life of their communities. Yet for many women and girls, healthcare remains inaccessible due to cost or lack of healthcare providers. When they do receive care, it often fails to address their specific health needs fully, as many health policies and programs focus primarily on the provision of contraception and, in some cases, abortion. Many women also lack the knowledge necessary to make informed choices regarding their health and fertility. This approach devalues women's unique capacities and fails to address their needs and desires holistically.

Women and girls should be equipped to make informed choices, which means understanding how their bodies work, including the connection between hormonal health and overall health. By observing and tracking their own body's signs and symptoms, women and girls can identify whether they are healthy and seek treatment when needed. In order to address their needs, healthcare providers must be able to go beyond symptom management to identify the underlying causes of hormonal imbalances, recognizing the risk these conditions pose to women and girls' overall health.

Innovations in technology offer solutions to address longstanding gaps in women's healthcare and promote good health and wellbeing. The same technologies which have made it possible for girls and women to continue their studies can also be used to facilitate healthcare. Online seminars and tools such as mobile applications offer ways for holistic, person-centered education focused on health and fertility literacy. Continuing education for healthcare providers can equip them to meet the needs of women and girls, equipping them to diagnose and treat conditions which are often missed or dismissed as normal. This information also enables women to make informed choices about their fertility, without cost or side effects.

Modern methods of fertility regulation are leading the way in providing more quality options for women that respect their priorities, values, and bodies. One such organization is the FEMM (Fertility Education and Medical Management) Foundation, which offers a health-tracking app, online fertility literacy courses, and the provision of telehealth to enable women all over the world to make informed choices about their health and to seek higher standards of care. This level of care is also important for girls entering puberty. To educate them, FEMM has partnered with the World Youth Alliance (WYA) to integrate its teenFEMM program into the Human Dignity Curriculum (HDC), an innovative educational program which teaches children about their inherent dignity and equips them to make excellent and healthy decisions now and in the future. The teenMEN companion program for boys provides accurate health information and encourages responsible behavior and respect for self and others. Experts in health, education, and programming will share insights from their experience promoting good health and wellbeing for women and girls.

Date: 14 March 2023

Time: 1:15 – 2:30 PM

Location: United Nations Headquarters, Conference Room 8

RSVP: <https://holyseemission.org//RSVP14March2023>

Please note: a limited number of special events passes will be available for those without UN grounds passes.

