

# **HEALTH AND WELLNESS**

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**170-010 Autism Spectrum Disorder** (Convention 2011; Amended 2015; Amended 2019; Amended 2021)

WHEREAS, Autism Spectrum Disorder (ASD) is a developmental disability with a wide variation in the type and severity of symptoms and occurs in all ethnic, racial, and economic groups; and

WHEREAS, the cost of lifelong care of ASD can be reduced with early diagnosis and intervention; and

WHEREAS, A number of states have passed laws requiring ASD coverage by private health insurers resulting in more children with ASD receiving treatment; therefore

RESOLVED, That the General Federation Women's of Clubs urges its member clubs to advocate for:

- Legislation requiring private and public-sponsored health insurance coverage for ASD intervention programs;
- Expanded insurance coverage for services, therapies, and-treatment of individuals of all ages with ASD;
- Continued research into the causes, treatment, and prevention of ASD.

**170-020 Breast Cancer** (Formerly “Breast Cancer Examination”; Convention 1986; Amended and Reaffirmed 1989; Reviewed 1993; Amended 1997; Amended 2001; Amended 2005; Amended 2006; Amended 2010; Amended 2014; Reviewed 2018; Amended 2021)

WHEREAS, The Centers for Disease Control and Prevention reports that one in eight women and one in more than 800 men will develop breast cancer in their lifetime; and

WHEREAS, The stage at which breast cancer is diagnosed is a major predictor of survival, with early detection significantly lowering the mortality rate; and

WHEREAS, Screening methods, including physical examination, self-examination, laboratory tests, genetic tests, and assist in early breast cancer detection; and

WHEREAS, Common treatments of breast cancer, including mastectomies, breast conserving surgery, radiation, chemotherapy, and lymph node removal and dissections extend life; and

WHEREAS, Many breast cancer patients are forced to go home from the hospital hours after surgery due to hospital-stay restrictions imposed by their insurance companies; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support:

- Educational campaigns raising awareness of early diagnostic and screening tools available to detect breast cancer and the available treatment options;
- Legislation requiring insurance coverage for a 48-hour minimum hospital stay for mastectomy and a 24-hour minimum hospital stay for all other breast cancer surgery.

**170-030 Cancer** (Convention 2021: Includes “Gynecologic Cancer,” Convention 2006; and “Cancer,” Convention 2011)

WHEREAS, Cancer is a complex group of diseases with multiple causes; and

WHEREAS, According to the National Cancer Institute more than 1.8 million people develop cancer each year and the Centers for Disease Control and Prevention estimates the annual cost of treatment exceeds \$174 billion; and

WHEREAS, Approximately half of all cancer deaths are linked to modifiable lifestyle factors; and

WHEREAS, Education about risk factors, symptoms, and diagnostic tools available to screen for cancer reduces late-stage diagnoses and mortality; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support:

- Educational awareness campaigns that target modifiable risk factors and the availability of screening and treatment options;
- Funding for the research and development of prevention strategies, comprehensive screening methods, treatment options, and cures.

**170-040 Child Survival in Developing Countries** (Formerly “Child Survival”; Convention 1989; Amended 1993; Amended 1997; Amended 2001; Amended 2005; Amended 2009; Reviewed 2013; Amended 2017; Amended 2021)

WHEREAS, A dependable, usable water supply is essential to the world’s health and population sustainability, especially in developing countries; and

WHEREAS, According to the World Health Organization (WHO), contaminated water and poor sanitation are linked to transmission of diseases such as cholera, diarrhea, dysentery, typhoid, and polio, with diarrheal deaths the second leading cause of death each year among children under the age of five; and

WHEREAS, Many children’s lives could be saved by providing a healthy and safe environment, safe drinking water, access to quality medical care, proper nutrition, education, adequate clothing, and shelters; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to:

- Promote and support projects and organizations in the development of clean, safe water sources worldwide;
- Work with existing international organizations to provide and support prenatal care, immunizations, handwashing, and improved sanitation practices;
- Provide living conditions that meet children’s physical and mental needs particularly with regard to water, food, clothing, and housing;
- Urge Congress to ratify the United Nations Convention on the Rights of the Child.

**170-050 Diabetes** (Convention 2003; Amended 2008; Amended 2012; Amended 2016; Amended 2021)

WHEREAS, According to the Centers for Disease Control and Prevention, diabetes is a leading cause of death in the United States, the number of children and adults with diabetes is rising, and statistics show many more cases are undiagnosed; and

WHEREAS, Diabetes is known to be a causative factor in other health problems, including but not limited to cardiovascular, renal, neurologic, and dental diseases, and some complications in pregnancy; and

WHEREAS, To manage their disease, those with diabetes must have access to a healthy, balanced diet and medication, and must maintain a level of physical activity; therefore

RESOLVED, That the General Federation of Women's Clubs urges its member clubs to support:

- Enforcement of laws prohibiting discrimination against those with diabetes;
- Insurance coverage for comprehensive medical care for those with diabetes;
- Programs to train school and childcare personnel to identify symptoms and facilitate treatment options for students with diabetes;
- Education about the role a healthy diet and physical activity play in treating and reducing the onset and control of diabetes;
- Increased funding for diabetes research and prevention programs;
- Improved awareness of prediabetes symptoms among healthcare providers and people at risk.

**170-060 Family Caregivers** (Convention 1989; Reviewed 1993; Amended 1997; Reviewed 2001; Amended 2004; Amended 2008; Amended 2012; Amended 2016; Amended 2021)

WHEREAS, Many people provide emotional and personal care support on a regular basis to a child, parent, or other family member with aging, medical, or special needs; and

WHEREAS, Family caregiving-demands impact the health of caregivers; and

WHEREAS, The majority of family caregivers have a job or career in addition to their caregiving duties; and

WHEREAS, Individualized care options in a community-based program relieve the burden faced by family caregivers; therefore

RESOLVED, That the General Federation of Women's Clubs urges its member clubs to support:

- Development of community-based services for those with chronic diseases, the elderly, people with disabilities, and family caregivers;
- Legislation establishing uniform training standards, including CPR and background checks for all paid family caregivers;
- Legislation requiring flexible employment policies for family caregivers;
- Educational programs for family caregivers about caregiver wellbeing.

**170-070 Food, Drug, Cosmetic, and Medical Product Regulation and Safety** (Convention 2021: Includes “Food, Drug, Cosmetics,” and “Medical Products Regulation,” Convention 1989; and “Food Safety,” Convention 2005)

WHEREAS, The General Federation of Women’s Clubs was instrumental in the passage of the Pure Food and Drug Act, which led to the establishment of the Food and Drug Administration to protect the health and safety of consumers; and

WHEREAS, The Food and Drug Administration, the Centers for Disease Control and Prevention, and the U.S. Department of Agriculture regulate items, including food, drugs, cosmetics, and medical devices, and guard against foodborne illnesses; and

WHEREAS, There is ongoing demand for consumer protection from serious illness or health complications; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to:

- Advocate for funding to accelerate research and development to ensure availability of new medical treatments and to provide protection to consumers;
- Support strengthening the consumer protection regulations of the Food and Drug Administration and the Food Safety Modernization Act;
- Support public health and safety laws.

**170-080 Freedom of Access to Health Clinics** (Convention 1996; Reviewed 2000; Reviewed 2004; Reviewed 2008; Amended 2012; Reviewed 2016; Amended 2021)

WHEREAS, The Freedom of Access to Clinic Entrances Act makes it a federal crime to deny access to medical clinics and facilities by force or threat of force; and

WHEREAS, Incidences of intimidation and violence at health clinics continue to be reported; and

WHEREAS, The General Federation of Women’s Clubs condemns all intimidation and violence; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support rigorous enforcement of the Freedom of Access to Clinic Entrances Act to ensure public safety at health clinics.

**170-090 Healthcare and Research** (Convention 2017: Includes “Health Care,” Convention 1993; and “Women’s Health Research,” Convention 1993; Amended 2021)

WHEREAS, Individuals need a basic knowledge and understanding of available healthcare options and the documents used to make personal decisions such as Advance Health Care Directives (Living Wills) and Health Care Powers of Attorney; and

WHEREAS, Healthcare insurance coverage and medical treatment should not discriminate based on pre-existing conditions, sex, gender, race, or ethnicity; and

WHEREAS, The inclusion of women and minorities in research studies is important for the generalization of results to the entire population, with data provided by sex, gender, race, or ethnicity; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support legislation that prohibits:

- Discrimination in determining insurance eligibility and rates;
- Discrimination in medical research;
- Annual and lifetime coverage limits; and further

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support:

- Legislation that prohibits caps on annual and lifetime coverage limits and discrimination in determining insurance eligibility, insurance rates, and medical research;
- Improved accessibility, quality, and affordability of healthcare services and the availability of insurance for all;
- The use of Advance Health Care Directives (Living Wills) and Health Care Powers of Attorney;
- Continued funding of healthcare programs and research with the equal inclusion of women and minorities.

**170-100 Heart Disease in Women** (Convention 2011; Amended 2015; Amended 2019; Amended 2021)

WHEREAS, Heart disease is the number one killer of women with an overall increase in heart attacks approximately 10 years after menopause and is deadlier than all forms of cancer combined; and

WHEREAS, Studies show:

- Approximately 55% of women are unaware that heart disease is the leading cause of death in women;
- Women often present with different heart attack symptoms than men, resulting in a delay in diagnosis and treatment when a heart attack occurs;
- Women account for less than one-third of all subjects in heart disease studies; therefore

RESOLVED, That the General Federation of Women's Clubs urges its member clubs to support:

- Public awareness campaigns on women's heart health and heart attack symptoms;
- Efforts to improve research, prevention, diagnosis, and treatment of heart disease and other cardiovascular diseases in women.

**170-110 Long-Term Care** (Convention 2021: Includes "Long-Term Care," Convention 1989; and "Quality Long-Term Care," Convention 1988)

WHEREAS, The aging population coupled with longer life expectancy is creating an increased demand for a full range of long-term care services, including skilled nursing and assisted-living services; and

WHEREAS, According to the U.S. Department of Health and Human Services, an individual turning age 65 has an almost 70% chance of needing long-term care services; and

WHEREAS, The cost of long-term care services is rarely covered by Medicare and personal financial resources must be depleted to be eligible for skilled nursing services through the Medicaid program; and

WHEREAS, The limited availability of public funding sources for assisted-living services puts patients at risk for homelessness; therefore

RESOLVED, That the General Federation of Women's Clubs urges its member clubs to support:

- Public awareness campaigns on the need for early and responsible financial planning, long-term care insurance, and the limitations of the Medicare and Medicaid programs;
- Access to quality long-term care, including assistance with activities of daily living, adult day programs, home medical and nursing care, skilled nursing and assisted-living facilities, and specialized memory care units;
- Legislation increasing the eligible tax deduction for long-term care insurance premiums.

**170-120 Mental Health Parity** (Convention 2004; Amended 2008; Amended 2012; Amended 2014; Amended 2016; Amended 2021)

WHEREAS, The National Institute of Mental Health:

- Reports one in five adults suffer from a diagnosable mental health disorder;
- Estimates untreated mental illnesses cost more than \$100 billion annually in lost productivity; and

WHEREAS, Significant barriers, including lack of mental health providers, higher out-of-pocket-costs for mental healthcare, limited treatment options, and significant financial burdens for patients and families prevent many Americans from accessing mental health treatment; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support:

- Public awareness campaigns on available mental health counseling services in the community;
- Efforts to provide resources for patients and families.

**170-130 Nursing Shortage Crisis** (Convention 2003; Amended 2007; Amended 2011; Amended 2015; Amended 2021)

WHEREAS, The shortage of nurses is a threat to patient health and a contributing factor to higher healthcare costs caused by high turnover rates and avoidable errors; therefore

RESOLVED, That the General Federation of Women’s Clubs urges it member clubs to support:

- Appropriate action to increase the number of nursing programs, qualified instructors, and enrollment opportunities in the nursing profession;
- Regulations lowering the minimum nurse to patient ratio;
- Better remuneration and working conditions for nurses;
- Nursing school scholarships.



**170-140 Nutrition and Obesity** (Convention 2021: Includes “Nutrition,” Convention 1976; “Obesity Prevention,” Convention 2011; and “Reducing Obesity in Youth,” Convention 2019)

WHEREAS, Nutrition is a critical factor in both the prevention of and recovery from disease, illness, and injury; and

WHEREAS, Overweight adults and children are at increased risk of multiple health problems and chronic diseases; and

WHEREAS, Obesity has reached epidemic numbers placing a burden on the healthcare system; and

WHEREAS, Research has shown that early childhood is an important time for developing dietary and physical activity behaviors that support health and may help prevent obesity, and

WHEREAS, Healthy eating can improve a child’s learning ability, academic performance, and mental, social, and physical wellbeing; therefore

RESOLVED, That the General Federation of Women's Clubs urges its member clubs to:

- Support a national strategy to reduce obesity;
- Promote development and implementation of programs on healthy nutritional habits and fitness counseling;
- Encourage the restaurant industry and school nutrition programs to provide reasonable food and beverage portions to enhance overall healthy living and improved quality of life;
- Support the inclusion of prevention, management, and reduction of obesity in medical, nursing, and allied health training programs.

**170-150 Organ and Tissue Transplantation** (Formerly “Organ and Tissue Transplants”; Convention 1988; Amended 1992; Amended 1996; Reviewed 2000; Reviewed 2003; Amended 2007; Reviewed 2011; Amended 2015; Amended 2019; Amended 2021)

WHEREAS, The transplantation of vital organs and tissues, including vascularized composite allografts (i.e., hands, fascial tissue, limbs, etc.), is an accepted medical procedure; and

WHEREAS, Tissue banking is an unregulated business venture that has become lucrative through fees charged for processing and handling; and

WHEREAS, Only 60% of potential organ and/or tissue donors execute an organ and/or tissue donor card; and inform healthcare-providers and family members of their desire to be a donor; therefore

RESOLVED, That the General Federation of Women's Clubs urges its member clubs to support:

- Public awareness campaigns that educate individuals about the need for organ and tissue donation and the ability to express their personal preferences by signing a donor card, Advance Health Care Directive (Living Will), and/or Health Care Power of Attorney;
- Legislation requiring The Organ Procurement and Transplantation Network (OPTN) allocate available donations that take into consideration the patient’s medical status and the likelihood of a successful transplant;
- Legislation requiring insurance coverage for all aspects of the organ and tissue transplantation process and the long-term costs associated with the transplant;
- Legislation regulating tissue banking operations and the disposal of excess tissue.

**170-160 Preventable Disease** (Convention 2021: Includes “Immunization for Prevention of Childhood Diseases,” Convention 1992; “Prevention, Detection, Control and Cure of Diseases and Illnesses,” Convention 1977; and “Tuberculosis Prevention,” Convention 1992)

WHEREAS, The incidence of disease is costly to society; and

WHEREAS, Preventable diseases have surged due to the lack of vaccinations, resulting in epidemics and needless loss of life; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to:

- Support legislation mandating medical insurance companies cover consumers with pre-existing conditions;
- Promote and support education and research on prevention, control, and cure of disease, including the necessity and safety of immunizations;
- Support the Centers for Disease Control and Prevention recommendations for vaccinations;
- Support the World Health Organization’s Global Vaccine Action Plan;
- Support local, state, and federal health departments, health care providers, and health organizations in the early detection.

**170-170 Sexual and Reproductive Healthcare** (Convention 2021: Includes “HIV/AIDS,” Convention 1992; and “Sexual and Reproductive Healthcare,” Convention 1997)

WHEREAS, Sexually-transmitted infections, including HIV/AIDS and Human Papillomavirus (HPV), both globally and in the United States:

- Endanger the lives of both women and men;
- Endanger pregnant women and unborn babies;
- Continue to spread due to lack of education, symptoms, and access to contraceptives and vaccines, refusal to be vaccinated, and risky sexual and behavioral choices; and

WHEREAS, Health issues for women and infants are also increased by such risk factors as:

- Inadequate prenatal care, low infant birth weight, premature birth, and neonatal, infant and maternal morbidity and mortality;
- The age of the mother, particularly for children born to teen mothers;
- Postpartum depression, a serious and disabling condition that is frequently undiagnosed; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support:

- Legislation and funding for access to comprehensive healthcare;
- Research to develop treatments and cures for sexually-transmitted infections;
- Development and implementation of programs and services on reproductive health and rights such as sex education, sexually-transmitted infections, family planning, perinatal care, well-baby and well-children, and family-life parenting.

**170-180 Stem Cell Research** (Convention 2003; Amended 2007; Reviewed 2011; Amended 2015; Amended 2019; Amended 2021)

WHEREAS, Human stem cell research has resulted in improved medical treatment and cure rates for several types of cancer, spinal cord injuries, Type 1 Diabetes, Parkinson's disease, Amyotrophic Lateral Sclerosis, Alzheimer's disease, heart disease, stroke, burns, osteoarthritis, lung diseases, sickle-cell anemia, and other conditions; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support:

- Continued human stem cell research according to the guidelines established by the National Institutes of Health (NIH);
- The periodic examination and revision of NIH standards on human stem cell research to reflect new advancements;
- The use of human stem cell science in medical treatments;
- Education about human stem cell research and related NIH guidelines.

**170-190 Substance Abuse and Rehabilitation** (Convention 1983; Amended and Reaffirmed 1987; Reviewed 1991; Amended 1995; Amended 1998; Amended 2002; Amended 2006; Combined with “Substance Abuse Rehabilitation” and Amended 2010; Amended 2014; Amended 2018; Reviewed 2021)

WHEREAS, Substance abuse, including alcohol, prescription, over-the-counter, and illegal drugs, continues to be a threat to public health and safety; and

WHEREAS, Therapeutic programs and services are necessary for abusers to return to healthy and productive lives; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to:

- Work with other organizations in supporting and promoting substance abuse education and prevention programs;
- Support the enactment and strict enforcement of laws against the production, distribution, and possession of illegal substances;
- Support the continued development of programs and increased availability of services to substance abusers through private and public means;
- Support local, state, and national program initiatives for the proper and environmentally safe disposal of unused prescription medications to prevent future abuse.

**170-200 Support for Emergency Services Personnel** (Convention 2021)

WHEREAS, Emergency first responders such as police officers, fire and rescue service personnel, EMTs, and paramedics are the first ones on the scene when a traumatic event happens; and

WHEREAS, Emergency first responders, especially volunteers, incur significant costs to purchase and/or pay for equipment, training, and educational classes in order to be properly trained to respond to emergencies; and

WHEREAS, The increasing mental health problems in the United States require first responders to identify and assist persons undergoing a mental health crisis when it is difficult to quickly interpret the situation; and

WHEREAS, According to the Substance Abuse and Mental Health Services Administration, 30% of first responders suffer from depression, anxiety, psychological-emotional disorders, and post-traumatic stress as a result of their service that may lead to mental health issues, substance abuse, divorce, and/or suicide; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support:

- Legislation to establish and maintain crisis intervention services for first responders;
- Local, state, and federal funding for equipment, training, and educational courses for first responders;
- Legislation that establishes specialized training for first responders on how to identify and deescalate situations involving an individual suffering a mental health crisis.

**170-210 Tobacco and E-Cigarettes** (Formerly “Tobacco and Young People”; Convention 1997; Reviewed 2001; Amended 2005; Reviewed 2009; Amended 2013; Amended 2017; Amended 2021)

WHEREAS, Cigarette smoking has declined in the United States in recent years, but use and popularity of e-cigarettes, smokeless tobacco, and other tobacco products are increasing and their long-term impact on health is not fully understood; and

WHEREAS, Manufacturers of e-cigarettes are not required to report their products’ ingredients, making the amount of nicotine or other potentially harmful or addictive substances unknown; and

WHEREAS, the Food and Drug Administration has the authority to regulate tobacco product standards and has chosen not to prohibit menthol or flavored tobacco products; therefore

RESOLVED, That the General Federation of Women’s Clubs urges its member clubs to support:

- Development and implementation of a public awareness campaign to address the addictive qualities and hazards of long-term tobacco use;
- Enforcement of existing laws prohibiting the marketing and sale of tobacco and e-cigarettes to minors;
- Legislation requiring manufacturers of e-cigarettes to provide product ingredient information;
- Access to and insurance coverage for effective nicotine-addiction treatments.