

Health Recommendations

Ways Forward

Existing gender inequalities prevent women from achieving their human rights; health is a human right that half of the world's population struggles to exercise. Inadequate access to mental health resources, the digital divide, and climate change all contribute. Updating current processes, improving existing infrastructure, and overcoming obstacles free women and girls from discriminatory norms and give them autonomy to control their reproductive health and wellbeing. All women, including those living in poverty or remote areas, refugees, migrants, disabled, and diverse ethnic groups, must be empowered. Climate change, AI/digital access and skills, and mental health are deeply interrelated; understanding and addressing these intersecting issues is critical to women's health in the ECE region and worldwide.

Short-term – updating processes.

1. Substantially increase existing telehealth services to include contraception and safe abortion to fully protect women and girls' access to reproductive health
2. Require implementation of the expected EU air quality directive to half the limit for particulate matter as already required, across the ECE region¹⁹
3. Allocate resources to expand mental health screening in primary care and preventive health settings with particular attention to adolescent girls
4. Establish community outreach education programs to raise awareness and identify common warning signs of mental health disorders
5. Promote healthy lifestyles, provide food information, and reduce food waste in shared responsibility, not solely left to women^{4,5}
6. Provide incentives and amenities to individuals for public transport to reduce air pollution^{4,7}
7. Appropriately compensate providers to integrate mental health screening into routine maternal healthcare visits.
8. Raise awareness of maternal mental health issues among all stakeholders, addressing the impacts, costs, and associated stigma¹¹
9. Encourage women to collaborate with stakeholders in climate change initiatives to address their needs^{1,2,12}

Middle-term – Improve infrastructure.

1. Require governments and private sector medical prime entities to prioritize funding and investment in health infrastructure and research on women's health by intentionally

allocating resources addressing gender-specific health issues, promoting preventive care, and developing tailored treatment options.

2. Prioritize expansion of broadband services to close gaps in telemedicine coverage for vulnerable women and girls such as those in poverty, remote locations, and marginalized groups.¹⁷
3. Implement regular, legally mandated independent social media algorithm risk audits with results shared publicly.
4. Require a higher standard of data protection for children, including the creation, monitoring, and enforcement of age minimums
5. Promote women's participation and leadership in STEM and AI careers to eliminate gender inequalities in healthcare delivery.
6. Encourage inclusive gender-specific research with equal gender participation and analysis of disaggregated data by gender and age^{18, 21, 22, 24}.
7. Require climate-sensitive policy in the creation of new facilities
8. Upgrade existing city structures with more green spaces
9. Ensure access to mental health specialists for pre-conceptual, perinatal, and postpartum care (up to 2 years after birth)
10. Develop age-appropriate safety standards for social media platforms for children

Long-term action –tackling obstacles.

1. Reorganize city planning efforts to accommodate the unique effects of climate change on women, including access to transportation
2. Fund implementation of maternal health programs and services¹¹
3. Pass legislation for developing gender-inclusive AI and eliminate gender discrimination in healthcare access
4. Reinforce accountability measures across the public and private health sectors to provide safe and accessible telehealth services¹⁷.
5. Strengthen the healthcare workforce by ensuring adequate wages, vaccination, training, recruitment, retention, mental health support, work-life balance, and safe working environment^{4, 7, 16}.
6. Transform energy production to renewable sources
7. Cease climate-damaging power generation
8. Secure government and public funding to implement maternal digital health services and programs.
9. Incorporate mental health assessments for pregnant women into disaster relief³.