



***2008 National Summit on
Women Veterans' Issues***

June 20-22, 2008

Washington, DC











**HealthierUS
Veterans**

GET FIT FOR LIFE!

Department of
Veterans Affairs

www.healthierusveterans.va.gov
(877) 222-8387 • TDD (800) 829-4833

BE ACTIVE!

Use the stairs instead of the elevator

Take a walk or roll each day

Stretch to keep in shape

Healthier warrior Healthier is more active

Make your body every chance you get

Increase physical activity!
Physical activity for at least 30 minutes 3 times a day is key. Some examples are walking, swimming, gardening or weight training.

AMERICA & FIT!

IT TAKES THE COURAGE AND STRENGTH OF A WARRIOR TO ASK FOR HELP.....

If you're in an emotional crisis
call 1-800-273-TALK "Press 1 for Veterans"
www.veteranscrisisline.org

It takes the courage and strength of a warrior to ask for help.....

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call 1-800-273-TALK "Press 1 for Veterans"
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National Summit on Women Veteran Issues

- ▶ Review of Objectives:
 - Share the story of the Reserve Component female Soldier in the current war, May 2005 through August 2006
 - Compare and contrast deployment and post-deployment experiences
 - Share my view on differences

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Mental Disorder Diagnosis Codes on Initial Visit, N=15,902 veterans

ICD-9 Code	Frequency	Percentage
Adjustment Reaction (309) (Includes PTSD)	7,280	45.8%
Depressive Disorders (311)	5,280	33.2%
Neurotic Disorders: (300)	2,800	17.6%
Non-dependent use of Drugs, (304) possibly includes Tobacco use disorders	1,400	8.8%
Affective Psychoses (296)	800	5.0%
Special Symptoms, not elsewhere classified (307)	400	2.5%
Alcohol dependence (303)	200	1.3%



Why are Rules UnWritten?

There are a set of expectations, guidelines, and rules to "the game" that is being played in every organization. Often, these rules are unwritten because they can be and often are:

- Questionable
- Un-Official
- Preferential
- Unfair
- Biased
- Prejudice
- Any "ism"
- Personal/Cultural









THE AMERICAN SOLDIER

A PHOTOGRAPHIC TRIBUTE
THE CIVIL WAR TO IRAQ

The American soldier ... the men and women who join up because they are proud to serve their country. When there is peace, their readiness is the backbone of our security. In battle, they fight to protect us.

This exhibition includes photographs from nine wars, starting with the bloody Civil War clashes in the nation's heartland to the fighting in the streets of Baghdad. It's about those soldiers, Army and Marines, who know the face of the enemy and the hellfire of war.

Though it's more than 150 years since the birth of photography, the camera has become the soldier's historical notebook, recording the lives and times of these brave warriors. As photography improved, so did the record of the American soldier. The camera got closer and closer to a soldier's life as it captured hard times, humor, courage, camaraderie, honor, victory and for some, the ultimate sacrifice, death.



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powered by An innovative team, films, documentaries and photography exhibitions.



NO FOOD OR DRINKS ALLOWED IN THIS AREA

MEMORIAL FOR AMERICAN MILITARY SERVICE



















**FIFTH NATIONAL SUMMIT
ON WOMEN VETERANS'
ISSUES WILL BE HELD IN
2012**