



HEALTHY WOMAN

News from the Office of Women's Health

Illinois Department of Public Health • Rod R. Blagojevich, Governor • Eric E. Whitaker, M.D., M.P.H., Director

Violence Edition

Summer 2003

VIOLENCE AGAINST WOMEN

Facts Tell The Story

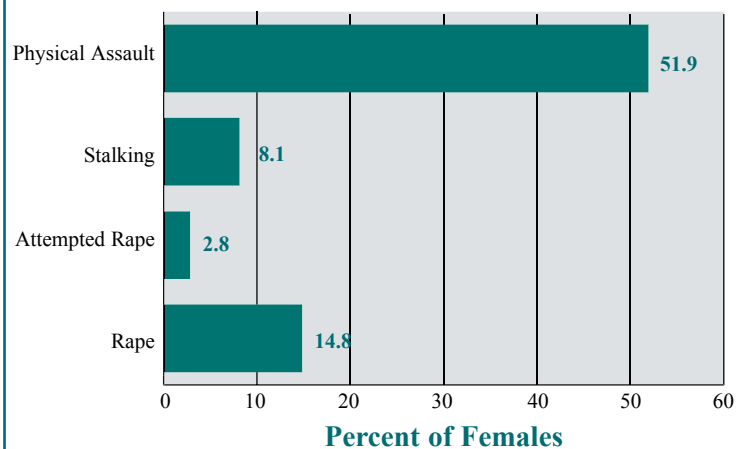
Violence against women is very common in the United States and includes behaviors such as homicide, domestic violence, partner abuse, psychological abuse, dating and courtship violence, same-sex violence, spousal abuse, woman battering, elder abuse, sexual assault, date rape, acquaintance rape, marital rape, stranger rape and economic abuse.

The effects of this violence can negatively affect a woman's reproductive health, as well as other aspects of her physical and mental well-being. Long-term risks include chronic pain, physical disability, drug and alcohol abuse, and depression. Women with a history of physical or sexual abuse also have an increased risk for unintended pregnancy, sexually transmitted diseases and adverse pregnancy outcomes.

Did You Know...

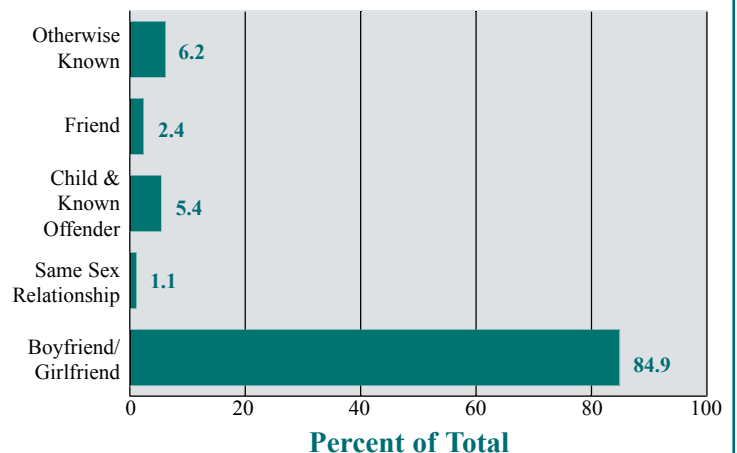
- Approximately 1.5 million women are victim to 4.8 million instances of domestic abuse annually in the U.S.¹
- The Illinois State Police recorded 114,373 domestic violence offenses in 2000; 76 percent of these offenses involved assault/ battery charges.²
- A total of 54,640 orders of protection were issued in Illinois in 2000; 4,574 of these orders were violated.³
- About one out of every four U.S. women will be physically assaulted or raped by an intimate partner at some point in their lives. In fact, American women are more likely to be assaulted, injured, raped or killed by a male partner than by any other type of assailant.⁴
- Up to 35 percent of all hospital emergency department visits by women result from domestic assaults.⁵
- U.S. employers lose between \$3 billion and \$5 billion each year because of the absenteeism, lower productivity, higher turnover, and greater health and safety costs associated with battered workers. Taken together, these workers lose more than 1.75 million workdays a year.⁶

Estimated Percentage of Females, 18 Years or Older, Who Were Abused in Their Lifetime, United States, 1995/1996



Source: United States Department of Justice, Full Report of The Prevalence, Incidence and Consequences of Violence Against Women, November 2000

Domestic Crimes by Relationship to Perpetrator, Illinois, 1999



Source: Illinois State Police, Domestic Crimes-Annual 2000/1999 State Totals

Characteristics of Those who Perpetrate Domestic Violence

According to research studies, perpetrators of domestic violence often have one or more of the following risk factors:

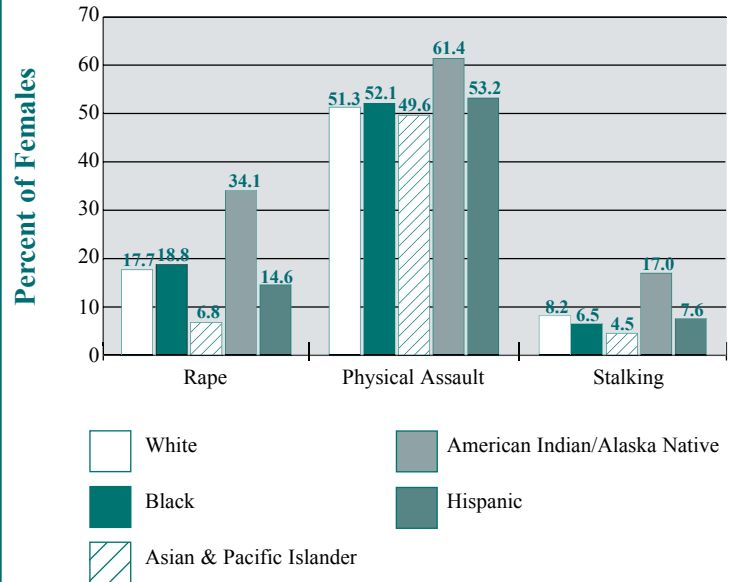
- Alcohol use is frequently associated with violence between intimate partners. It is estimated that, in 45 percent of cases of intimate partner violence (IPV), men had been drinking and, in about 20 percent of cases, women had been drinking (Roizen 1993).
- One study recently found that male partners' unemployment and drug or alcohol use were associated with increased risk for physical, sexual and/or emotional abuse (Coker, et al. 2000).
- Witnessing IPV as a child or adolescent, or experiencing violence from caregivers as a child, increases one's risk of both perpetrating IPV and becoming a victim of IPV (Straus and Gelles 1990).
- Men who are physically violent towards their partners are also likely to be sexually violent towards their partners and are likely to use violence towards children (Straus and Gelles 1990).
- Perpetrators of IPV may lack some social skills, such as the ability to communicate well, particularly in the context of problematic situations with their intimate partners (Holtzworth- Monroe, et al. 1997).
- Research has determined that violent husbands report more anger and hostility toward women when compared with nonviolent husbands (Holtzworth-Monroe, et al. 1997).
- A high proportion of IPV perpetrators report more depression, lower self-esteem and more aggression than non-violent intimate partners. Evidence indicates that violent intimate partners may be more likely to have personality disorders such as schizoid/borderline personality, antisocial or narcissistic behaviors, and dependency and attachment problems (Holtzworth-Monroe, et al. 1997).

Signs of Domestic Violence

If you think you might be in an abusive relationship, here are some questions to ask yourself:

- Have you ever been physically hurt, such as being kicked, pushed, choked or punched by your partner or ex-partner?
- Has your partner ever used the threat of hurting you or other members of your family to get you to do something?

Percentage of Females Raped, Physically Assaulted or Stalked in Lifetime by Race and Ethnicity of Victim, United States, 1995/1996



Source: United States Department of Justice, Full Report of The Prevalence, Incidence and Consequences of Violence Against Women, November 2000

- Has your partner ever injured or abused your pets?
- Has your partner ever destroyed your property or things that you care about?
- Has your partner tried to keep you from seeing your family, going to school or doing other things that are important to you?
- Do you feel like you are being controlled or isolated by your partner? For instance, does your partner control your money, transportation, activities and social contacts?
- Have you ever been forced by your partner to have sex when you did not want to or to have unsafe sex?
- Is your partner very jealous and always questioning whether you are faithful?
- Does your partner regularly blame you for things that you cannot control or for his/her violent outbursts?
- Does your partner regularly insult you?
- Are you ever afraid of your partner or of going home? Does he/she make you feel unsafe?

Identifying a Relative or Friend Who is Suffering From an Abusive Relationship

Many people are unaware that domestic violence could be happening to their friends and relatives. Even health care workers are not always able to identify domestic abuse. If you observe the following in a friend or relative, you may want to encourage the person to get help.

- Your friend or relative seems to be prone to “accidents” and gets injured at many different times.
- Your friend or relative has injuries that could not be caused by “accident” or that do not match the story of what happened to cause them.
- Your friend or relative has injuries on many different parts of the body, especially areas that are less likely to be hurt, such as the face, throat, neck, chest, abdomen or genitals.
- Your friend or relative has bruises, burns or wounds that are shaped like teeth, hands, belts or cigarette tips or that look like the injured person has a glove or sock on (from having a hand or foot placed in boiling water).
- Your friend or relative seeks medical help a lot or, conversely, waits to seek or does not seek medical help even for serious injuries.
- Your friend or relative shows signs of depression.
- Your friend or relative uses alcohol or drugs excessively.
- Your friend or relative has contemplated or attempted suicide.

Domestic Violence and Children

Domestic violence can have a very profound effect on children. Children in homes where domestic violence occurs are physically abused or seriously neglected at a rate 15 times higher than the national average⁸ and the abuse can come from either parent.

Children—even those in the same family—may react in different ways to violence in the home. Some children may become violent themselves, while others may withdraw. Some may “act out” at home or at school, while others may try to act like the perfect child. Often, these children have difficulty in school, including problems concentrating, poor academic performance, difficulty with peer interactions and a greater number of absences than other children.¹¹ Children from violent homes also have higher risks of alcohol and drug abuse and juvenile delinquency; boys who witness domestic violence in the home are more likely to batter their female partners as they become adults than boys raised

in nonviolent homes. Given the consequences of domestic violence on children, it is important to remove them from the violent interactions and to get them the help they need as soon as possible.

Illinois Law on Domestic Violence

The Illinois Domestic Violence Act of 1986 focused more governmental effort on this problem. These efforts were further bolstered by recent Illinois Supreme Court rulings that put more “teeth” into the law by effectively mandating that law enforcement act to protect victims of domestic abuse. According to Illinois law, police officers must take steps to protect a victim of domestic abuse whenever a family or household member has committed any act of abuse.

“Family or household member” includes spouses and former spouses, parents, children and stepchildren, persons who formerly shared the same home, persons who dated or were engaged (regardless of gender), persons who allegedly have a child in common, persons with disabilities and their personal assistants.

“Abuse” includes physical abuse (pushing, hitting, forced sex, not allowing you to leave), harassment (creating a disturbance at your job, repeatedly telephoning, following or watching you, preventing you from seeing your child, threatening to hurt you), making a child or other person watch abuse, forcing you to do something you do not want to do and denying a disabled person access to needed care.

FINDING HELP

If you or someone you know is a victim of domestic violence or any other type of violence against women, the following hotlines can provide you with helpful information and advice.

Illinois Domestic Violence Hotline

1-800-843-6154

National Domestic Violence Hotline

1-800-799-SAFE (7233) or 1-800-787-3224 (TDD)

<http://www.ndvh.org>

Elder Abuse - Another Form of Domestic Abuse of Women

Elder abuse is often overlooked during discussions about violence against women, but it is another very common form of abuse against women. In Illinois, it is estimated that more than 76,000 persons over the age of 60 are elder abuse victims. Three-fourths of these victims are women whose average age is 79. Seventy-five percent of these victims have impairments such as functional problems, lack of mobility, disorientation and Alzheimer's Disease.

Elder abuse includes physical abuse, sexual abuse, emotional abuse, confinement, passive neglect, willful deprivation and financial exploitation. In four out of five cases, the abusers are family members of the victim. There are many signs of elder abuse and many reasons for the abuse. However, information and help is available through the Illinois Elder Abuse and Neglect Program for adults 60 years of age and older. If you or a loved one is being affected by elder abuse, neglect or exploitation, please call the Illinois Department on Aging's Elder Abuse and Neglect Program at 1-800-252-8966 (voice and TTY) weekdays between 8:30 a.m. and 5 p.m. and 1-800-279-0400 after hours and on weekends and holidays.

Source: Elder Abuse and Neglect Can End with You, Illinois Department on Aging, 2002

Latina Women's Health Symposium a Success

The third state-sponsored Latina women's health symposium presented in Spanish, "La Mujer Latina Total: Cuerpo, Mente, Espiritu y Fortaleza," ("The Complete Latina Woman: Body, Mind, Spirit and Strength") was held on Saturday, June 21, at Morton College in Cicero, Illinois. More than 350 Latina women attended the event, which was sponsored by the Office of Women's

Sources

¹ Tjaden, P. and Thoennes, N., *Extent, Nature, and Consequences of Intimate Partner Violence: Findings From the National Violence Against Women Survey*, National Institute of Justice and Centers for Disease Control and Prevention, July, 2000.

² *Women's Health Status in Illinois 2002*, Illinois Department of Public Health.

³ *ibid.*

⁴ *ibid.*, Tjaden, P. and Thoennes, N., 2000.

⁵ Massey, J., Domestic Violence in Neurologic Practice, *Archives in Neurology*. 1999;56:659- 660.

⁶ American Institute on Domestic Violence, 2001.

⁷ Section taken from *Intimate Partner Violence Fact Sheet*, National Center for Injury Prevention

and Control, U.S. Centers for Disease Control and Prevention.

Workshops held throughout the day covered topics such as self-care, cardiovascular health, nutrition and depression. Dr. Patricia Novick, psychologist and fellow of the Harvard School of Divinity, led the day with the charge to take care of oneself through interactive group activities highlighting the importance of drinking water, proper breathing and meditation, as well as other aspects of leading a healthy life. Concurrent workshop sessions included a cooking demonstration by a professional chef to show participants ways to prepare healthy Latino foods to combat diabetes and other illnesses. Sessions on cardiovascular health and depression enabled participants to better understand when they are at risk and to how to prevent and treat these illnesses. The day ended with Dr. Rosita Marcano of Northern Illinois University encouraging the women to apply what they learned during the day. Exhibitors shared information and resources on health and social service programs that are locally available to improve access to care.



Speakers Dr. Patricia Novick (left), from the Harvard School of Divinity, and Dr. Mercedes Martinez (right), from Lawndale Mental Health Clinic, were presenters at the symposium



Peter Viña, with the Illinois Department of Human Services' Bureau of Hispanic/Latino Affairs, helped participants understand the many programs available to help Latina women.



Participants practice breathing exercises that help reduce stress.

and Control, U.S. Centers for Disease Control and Prevention.

⁸ *The Effects of Domestic Violence on Children*, Women's Rural Health Advocacy Programs.

⁹ Straus MA, Gelles, RJ, editors. *Physical Violence in American Families: Risk factors and adaptations to violence in 8,145 families*. New Brunswick (NJ): Transaction Books; 1990.

¹⁰ Walker, Lenore E. *The Battered Woman Syndrome*. New York: Springer Publishing Company, Inc., 1984.

¹¹ *ibid.*, *The Effects of Domestic Violence on Children*.

¹² Entire section is taken from: *The Law on Domestic Violence in Illinois*, Illinois State Police, 2002.

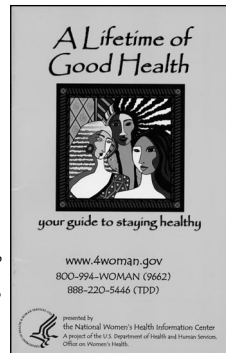
NEW PUBLICATIONS

Following are some of the free publications from the Office of Women's Health that can be ordered by contacting the Women's Health-Line at 1-888-522-1282 (TTY, hearing impaired use only, 1-800-547-0466).

A Lifetime of Good Health

Developed by the U.S. Department of Health and Human Services, this 33-page booklet contains information, guidelines and referrals on ways to maintain health for various bodily systems (cardiovascular system, lungs, bones, reproductive system, eyes, ears, skin, urinary tract). The booklet also contains other exciting information on women's health:

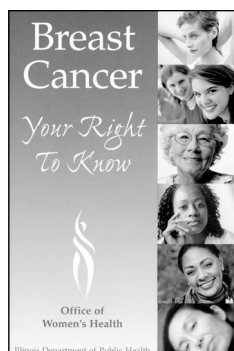
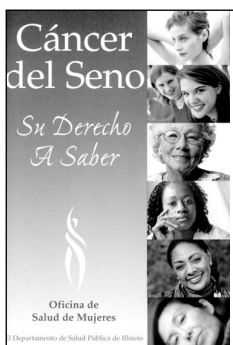
- Recommended screening and immunization
- Medicare covered preventive services
- Pick Your Path to Health education campaign
- Pick Your Path to Health monthly themes and action steps
- Checklists of questions to ask your health care provider



New

Your Right to Know

A revised version of the 33-page booklet outlining breast cancer diagnosis, staging and treatment options is now available in English and Spanish. A detailed look at each of these issues helps women to make informed decisions.



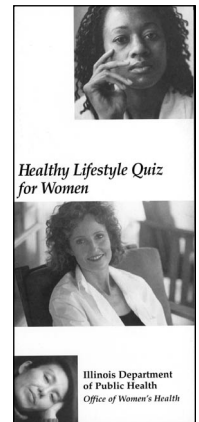
Healthy Lifestyle Quizzes

Updated healthy lifestyle quizzes for women and teens also are now available.

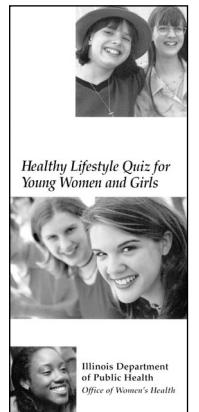


The **Healthy Lifestyle Quiz for Women** gives tips on ways to prevent illness and to take the best care of yourself in a question-and-answer format.

Issues covered include heart disease, breast cancer, osteoporosis, menopause, mental health, domestic violence, nutrition, smoking, alcohol and other drugs, physical activity and tips on how to talk to your health care provider.



The **Healthy Lifestyle Quiz for Young Women and Girls** addresses health issues specifically pertaining to pre-teen and teen age years in an easy to read question-and-answer format. Topics addressed include gynecological concerns (menstruation, premenstrual syndrome [PMS], gynecological exams); pregnancy; sexually transmitted diseases; heart, bone, breast and mental health; eating disorders; violence; and substance abuse. Tips also are given on how to talk to your health care provider.



Office of Women's Health Brochure

An updated version of the Office of Women's Health brochure is now available. The brochure describes the history and mission of the Office of Women's Health, as well as programs, resources and funding opportunities.



Governor Announces 2004 Women's Health Grants



Governor Rod R. Blagojevich recently announced more than \$2.1 million in grant awards for women's health education and research projects to be conducted in fiscal year 2004.

Women's Health Initiative Grants totaling \$1.63 million were awarded to local health departments and other non-profit community agencies. The grants fund educational curricula and promotional activities focusing on cardiovascular disease, coalition building, eating disorders, menopause and osteoporosis.

Ten other grants totaling \$585,500 were awarded to educational institutions through the Penny Severns Breast and Cervical Cancer Research Fund. These grants fund research projects related to investigating causes, prevention and treatment for breast and cervical cancer.

The fiscal year 2004 grantees are listed below.

Cardiovascular Disease - Heart Smart for Teens Program

Boone County Health Department, Belvidere
Country Club Hills School District 160, Country Club Hills
Frankfort Community School District 186, West Frankfort
Henderson County Health Department, Gladstone
Jones Memorial Community Center, Chicago Heights
Methodist Medical Center of Illinois, Peoria
Pike County Health Department, Pittsfield
St. Clair County Health Department, Belleville
Tazewell County Health Department, Tremont
Will County Health Department, Joliet
YWCA of Alton, Alton

Cardiovascular Disease - Heart Smart for Women Program

Adams County Health Department, Quincy
Bond County Health Department, Greenville
Bureau County Health Department, Princeton
Catholic Health Partners, Chicago
Clay County Health Department, Flora
Decatur Memorial Hospital, Decatur
East Side Health District, East St. Louis
Family Focus Incorporated, Chicago
Henry Booth House, Chicago
Jackson County Health Department, Murphysboro
Jersey County Health Department, Jerseyville
Kankakee County Health Department, Kankakee
Lewis and Clark Community College, Godfrey
Livingston County Health Department, Pontiac
Loretto Hospital of Chicago, Chicago
Marshall County Health Department, Lacon
McLean County Health Department, Bloomington

Menard County Health Department, Petersburg
Midwest Heart Foundation, Lombard
Midwest Latino Health Research, Training and Policy Center -
University of Illinois at Chicago
Rush-Copley Medical Center, Aurora
Sarah Bush Lincoln Health System, Mattoon
Sinai Community Institute, Chicago
University of Illinois Extension-Tazewell Unit, Tremont
Washington County Health Department, Nashville
Whiteside County Health Department, Robinson
Winnebago County Health Department, Rockford
Woodford County Health Department, Eureka
YMCA of McDonough County, Macomb
YWCA of Elgin, Elgin
YWCA of Lake County, Waukegan

Coalition Building Program

Mercer County Hospital, Aledo

Eating Disorders Program

National Association of Anorexia Nervosa and Associated Disorders, Highland Park
University of Illinois Chicago Board of Trustees, Chicago

Menopause Program

Access Community Health Network, Chicago
Asian Human Services, Chicago
Crawford County Health Department, Robinson
Fulton County Health Department, Canton
Hancock County Health Department, Carthage
Howard Brown Health Center, Chicago
Illinois State University, Bloomington
Lake County Health Department, Waukegan
Marion County Health Department, Salem
Mather Life Ways, Evanston
McDonough District Hospital, Macomb
National Osteoporosis Foundation, Chicago
Sangamon County Department of Public Health, Springfield

Osteoporosis - Building Better Bones Program

Advocate Charitable Foundation (Hispanocare), Chicago
Chinese American Service League, Chicago
Clinton County Health Department, Carlyle
Coalition of Limited English Speaking Elderly, Chicago
Henry County Health Department, Kewanee
Jasper County Health Department, Newton
Kane County Health Department, Aurora
Knox County Health Department, Galesburg
Logan County Health Department, Lincoln
Mercer County Health Department, Aledo
OSF St. Francis Medical Center, Peoria
Salem Township Hospital, Salem
Vietnamese Association of Illinois, Chicago

Osteoporosis - Provider Education Program

Loyola University of Chicago, Maywood
Southern Illinois University School of Medicine, Springfield

(continued on next page)

Women's Health Grants Continued. . .

Osteoporosis - Worksite Education Program

Macoupin County Health Department, Carlinville
McHenry County Health Department, Woodstock

Penny Seaverns Breast and Cervical Cancer 2004 grantees

Laura L. Murphy, Ph.D.
Southern Illinois University at Carbondale
"Effects of American Ginseng Therapy in Chemotherapy-Resistant Human Breast Cancers"

Robert Wayne Chestnut, Ph.D.
Eastern Illinois University, Charleston
"Synthetic Methods for Preparing Platinated Estrogens"

William W. Baldyga, Dr.P.H.
University of Illinois at Chicago
"Preventing Breast and Cervical Cancer: Awareness and Education for Latinas"

Laimonis A. Laimins, Ph.D.
Northwestern University, Evanston
"Role of E1-E4 Proteins in the Pathogenesis of Human Papillomaviruses"

I. Caroline LePoole, Ph.D.
Loyola University of Chicago
"Dendritic Cell Mediated Killing of Cervical Cancer Cells"

Sheryl G.A. Gabram, M.D.
Loyola University of Chicago
"Physicians Role is Assessing Breast Cancer Risk"

Naveen Manchanda, M.D.
University of Illinois at Urbana-Champaign
"Role of Plasminogen Activation in Breast Cancer Cell Invasion and Metastasis"

Edward P. Cohen, M.D.
University of Illinois at Chicago
"Chemo/Immunotherapy for Breast Cancer"

Ingrid Reiser, Ph.D. (Fellow)
The University of Chicago
"3D Computerized Mass Detection for Digital Tomosynthesis Images of the Breast"

Wei Wu, M.D., Ph.D. (Fellow)
The University of Chicago
"The Map Kinase Phosphatase-1 (MKP-1)/ERK Pathway In Breast Cancer Survival Signaling"

Address Corrections

If the address label on this newsletter is incorrect, please send it back to us with corrections.

If you know others who would like to be added to our mailing list, please let us know.

Just call the Health-Line at 1-888-522-1282.

Office of Women's Health Receives Honor



The Office of Women's Health (OWH) was recently honored by the Howard Brown Health Center in Chicago for taking a proactive and inclusive stance to address the health needs of lesbian, bisexual and transgender women. Partnerships with Howard Brown Health Center over the past four years have directed over \$120,000 to educational programs addressing breast cancer, menopause and osteoporosis. As a result, hundreds of lesbian, bisexual and transgender women have received vital health information and referrals to appropriate care.



Deputy Director Sharon Green accepts the award on behalf of the Office of Women's Health.

Lisa Keeler Receives Healthy Heroes Award



Lisa Keeler, community programs manager in the Office of Women's Health, was recently awarded the Healthy Heroes Award by Amerigroup Foundation for her work with women of color. Since 2001, Ms. Keeler has been facilitating the collaboration of government and community-based health and social service organizations in conducting minority women's health symposiums for community women on various health issues of concern to them. These women's health days have offered hundreds of community women educational workshops on culturally appropriate measures for prevention of illness, as well as access to local health resources. To date, Keeler has coordinated two Latina women's health days presented in Spanish and most recently an African-American women's health symposium titled, "Healthy Me 2003 and Beyond," at Malcolm X College on April 12, 2003.



Yolanda Bean from Amerigroup (left) is pictured with award winner Lisa Keeler (center), community programs manager for the Office of Women's Health (OWH), and Sharon Green, the OWH Deputy Director.



for upcoming activities

*sponsored by the
Illinois Department of
Public Health, Office of
Women's Health*

*To be added to the conference
mailing list, please phone, fax or
E-mail complete mailing
information to Brenda Blasko at
217-524-1844, fax 217-524-3326 or
E-mail <bblasko@idph.state.il.us>.*

August 8-17
2003 Illinois State Fair

Springfield, Illinois
Women's health information and resources will be located in the Illinois Building, also known as the Senior Building, near the main gate. Be sure to stop by the Office of Women's Health booth.

August 23-September 1
2003 DuQuoin State Fair

DuQuoin, Illinois
The Illinois Department of Public Health, Office of Women's Health, also is planning to have information available at this annual event!

October 28-29, 2003
Fifth Annual Illinois Women's Health Conference

Donald E. Stephens Convention Center
Rosemont, Illinois
The 2003 registration form and conference agenda is available on-line at www.idph.state.il.us.

Healthy Woman newsletter is published quarterly by the ILLINOIS DEPARTMENT OF PUBLIC HEALTH. Story ideas, suggestions and comments are welcome and should be forwarded to Lisa Keeler, editor, Illinois Department of Public Health, Office of Women's Health, 535 W. Jefferson St., Springfield, IL 62761; or call 217-524-6088.

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Sharon Green, Deputy Director
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