



healthywomen

**30+ Years of Educating, Engaging and Inspiring
Women to Make Informed Health Decisions**

ANNUAL REPORT 2022

Letter From the CEO

Dear Friends of HealthyWomen,

This past year was transformative for HealthyWomen. We invested in scaling for growth so we'd be able to keep up with women's evolving health needs and identify gaps in healthcare, especially for those in underrepresented groups.

We continued to work hard throughout the year to remain a trusted source for midlife women to find answers to their most pressing health-related questions and concerns — whether that was about Covid-19 and **vaccines** or other health topics that disproportionately affect women, such as **menopause** and **aging well**, **sleep disorders**, **sexual health**, and so much more.

We continued doing what worked: publishing the **real stories of real women** so that your voices remained front and center in our work; writing **op-eds** to highlight and raise awareness of the most pressing policy issues in women's health; hosting briefings, webinars and roundtable discussions to provide timely information on a wide variety of topics.

We added new offerings to keep up with your needs: launching our first talk show, **WomenTalk**, to bring you authentic, engaging and personal stories *by women for women*. We continued to expand our reach to marginalized groups. We created our **Military Health Program** to meet the unique healthcare needs of servicewomen and service members with female biology and to educate healthcare providers serving the military.

And last but not least, we launched a **national survey** of more than 6,000 women across the country between the ages of 35 and 64 to better understand their main health concerns and gaps in care. Based on the results, we created a **National Action Plan**, a multiyear roadmap to improve midlife women's access to care and reduce barriers to early intervention, accessible resources, diagnosis and treatment.

I'm sharing the following updated annual report with gratitude for the role each of you has played in our successes over the last year. It is only with your partnership and continued support that these achievements are possible.

All the best,

A handwritten signature in black ink that reads "Beth". The signature is written in a cursive, flowing style.

RN-C, CEO of HealthyWomen



“In 2022, we re-imagined our vision to create a world where no woman* feels alone when navigating their health. Looking ahead, we’re most excited about the possibility for a change in narrative from anti-aging to pro-aging, where midlife women have the support and knowledge they need to age smart and age well.”

**—Elizabeth Battaglini, RN-C,
HealthyWomen CEO**

**HealthyWomen believes in inclusivity. We use the words “woman” and “women” to refer to cis women, people with female biology and anyone who identifies as a woman. We recognize that gender is nuanced and are actively exploring ways to fully and authentically reflect everyone’s experiences.*

Areas of Focus

EDUCATION

We provide scientifically reviewed, evidence-based information that educates women on health topics so they are enabled to take a proactive role in their health.

SCIENCE & INNOVATION

We convene information sharing that aim to advance and elevate conversations around unmet needs in women's health — and inform our areas of focus.

POLICY

We support and promote policy issues that are of importance to women's health with a focus on access, affordability, safety and the inclusion of women in science and research.

women TALK
The Future of Menopause
with Stacy London
featuring Omisade Burney-Scott
Stacy London
CEO, State of Menopause, Style Maven
Omisade Burney-Scott
Creator/Curator, The Black Girl's Guide to Surviving Menopause

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Social and Emotional Effects of Life With Inflammatory Bowel Disease (IBD)
Living with IBD can affect every aspect of a person's life, from socializing to self-esteem

Fast Facts: What You Need to Know About Endometriosis
It can take years for women to get diagnosed. Learn about the condition to get the help you need.
Swipe to learn more →

women TALK
Telehealth and Pain Management: What You Need to Know
Join us live on Facebook @HealthyWomen
April 27 at 12 p.m. EST
Host: Monica Mallampalli, Ph.D., Senior Scientific Advisor, HealthyWomen
Anita Gupta, D.O., MPP, PharmD, Associate Manager and Pharmaceutical Assistant Professor, All Department of Anesthesiology and Critical Care Medicine of the Johns Hopkins School of Medicine, HealthyWomen Board Member
Kate Nicholson, J.D., Executive Director, National Pan-Advocacy Center, Member of HealthyWomen's Chronic Pain Advisory Council

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Cervical Cancer Screening Can Save Your Life
Free or low-cost screening is available

Why Access to Contraception Matters for Women of All Ages
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Where will your bones take you?
#YesYouScan

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There's Big Science Behind the Big (((O)))
What's going on when you're getting it on?

Obesity Is a Disease That Can Be Managed in Many Ways
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women TALK
ABCs of Brain Health
Join us live on July 13 at 12 p.m. ET
Beth Battagline, RN-C, CEO, HealthyWomen
Gayatri Devi, M.D., M.S., FAAN, FACP, Neurologist, Park Avenue Neurology, Women's Health Advisory Council

What Sets Us Apart

TRUSTED & CREDIBLE

All content is written by a network of professional journalists and health educators and medically reviewed for accuracy.



Certified by Health On the Net Foundation

TIMELY & INCLUSIVE

Our content is representative of diverse communities and developed in partnership with renowned experts.

We give voice to women through our Real Women, Real Stories.

LEGACY & LEADERSHIP

We are the nation's leading independent nonprofit health information resource for women for more than 30 years.

We are run *by women for women*.

10 Reasons to Try a Dry January

There are all kinds of ways quitting drinking can help improve your health.

Swipe to learn more →

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healthywomen Bleeding Disorders in Girls and Women

Could you have a bleeding disorder?

A bleeding disorder is a condition that keeps your blood from clotting properly to stop bleeding.

DID YOU KNOW?

Up to 1% of girls and women in the U.S. have a bleeding disorder — and many don't know it.



NEW EPISODE!

HOW DO YOU FEEL ABOUT VACCINATIONS?

BROUGHT TO YOU BY healthywomen

THEGREATGIRLFRIENDS.COM



CURES 2.0

Leading Women's Health Forward

Virtual Policy Discussion | May 11, 1-2 p.m. ET

Agenda:

1:00 - 1:45 p.m. | Briefing

1:45 - 2:00 p.m. | Moderated Q&A with panelists



Arlene L. Peters, JD
Founder, The National Endowment for Women's Health



Faith Collins, Ph.D., RN, GCNS-BC, FGSA
The Heart Research Center, National Alliance for Caregiving



Jeannine M. Brant, Ph.D., APRN-CNS, AOCN, FAAN
Inspiring Progress, Oncology Nursing Society



CDR Heather Owens, MS, RD
Deputy Associate Director, Robert H. Lurie Children's Hospital of Chicago



Ashera Vainstein, JD
Staff Attorney, Cancer & Aging

women DOO TALK GOOD SEX

WITH EMILY JAMEA

Instagram Live | February 8 @ 2:30 p.m.



Beth Battagline, RN-C
CEO, HealthyWomen



Dr. Emily Jamea
Ph.D., LMFT, LPC, AASECT
Certified Sex Therapist

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9 Things You Need to Know About Vitamin D

As vitamin D makes headlines (again), it's time to learn more about why you need vitamin D, how to get it — and how much vitamin D is too much



VIT.

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My Stress Stresses Me out

Do you know how to support your heart and mind when dealing with stress, depression and anxiety? We've got answers for you.

What Is Vaginal Rejuvenation?

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Let's Talk About Colon Cancer

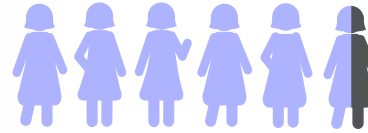
About 1 in 5 people diagnosed with colorectal cancer are between the ages of 20 and 50. Because of missed symptoms and misdiagnosis, young people are more likely to be diagnosed in stage 3 or 4, when the disease is harder to treat.



SWIPE TO LEARN MORE →

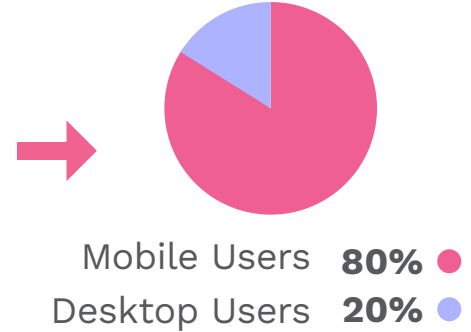
Audience Engagement

2022 Metrics



website users in 2022

5.5M



Mobile Users **80%**

Desktop Users **20%**

10M



pageviews in 2022

42%

bouncerate



**Average five-year
bounce rate is
59%, with a 13%
improvement in
2022 over 2021**

Audience Growth

From 2021 to 2022



of overall impressions

10,944,904

average engagement rate

2.6%

compared to the average benchmark engagement rate of 1%-2%

Launched our TikTok platform to reach a wider audience



4,226

video views in less than 5 months of joining TikTok

A Trusted Source

More than 132 million media impressions in 2022, including top newspapers, podcasts, magazines and radio programs, and media partnerships with Prevention Magazine, The Great Girlfriends Show and Practical Pain Management.

Over 132 million media impressions in 2022



98.1 FM
107.5 FM
1530 AM

A Fiorini Broadcasting Station
WENG
The Information Station
FOX and Florida News Network Affiliate



Advancing the Conversation

*There was no way to fit all of our amazing 2022 programs so we selected a few that highlight our diverse offerings.



Your Guide to HIV & Aging

Thanks to modern treatments, people are living longer with HIV than ever before. In fact, 379,000 Americans over age 55 are living with HIV. In our education program, we **explore HIV and aging**, including the health challenges people with HIV face as they get older. Living longer with HIV also means many face hurdles when it comes to getting treatment, stigma around the condition and the high cost of treatment. Reducing these barriers to care can make HIV/AIDS a chronic condition rather than a death sentence.



Beyond the Body: Perspectives from Real Women

More than 93 million Americans are living with obesity. Yet it's often perceived by society and the healthcare community as the result of poor personal choices, rather than the complex, chronic disease that it is. Because of the stigma, bias and misinformation surrounding this disease, far too many people do not have ongoing access to the care they need. Through the Reclaim Your Wellness Campaign, in partnership with and The Black Women's Health Imperative and the Obesity Action Coalition, we are giving a voice to women living with obesity. In our **videos**, meet six women who have opened up about their journeys living with obesity — from growing up with the stigma to adopting body positivity.



Aging Smart. Aging Well. A National Action Plan

One in five women in America is between the ages of 35 and 64. Yet, our health needs often go unmet in spite of our numbers. We conducted a **national survey** of more than 6,000 women in midlife and found there's a lot of work to do to support women so they can live their best lives during their midlife chapter. Almost all of the midlife women we surveyed reported trying to stay healthy, whether through proper nutrition, sleep or physical activity, as well as staying up to date on their recommended vaccines. But, despite that, almost half of them (42%) rated their overall health as just OK or worse. We launched **Aging Smart. Aging Well. A National Action Plan** to change just that.



WomenTalk: HealthyWomen's Talk Show

We celebrated **our first year of WomenTalk!** We launched our first talk show to bring healthcare professionals and women together to connect about their health because we recognized that, now more than ever, it is so important to take care of our health. It is also so impactful to share our health journeys. We present current and up-to-date information brought directly to you from guests who are top healthcare providers, researchers, experts and leading professionals in their fields. So far we've had more than 20 WomenTalk episodes featuring nearly 40 guests discussing important women's health topics.



You & Your Brain: A Collaboration of HealthyWomen, Prevention & Women's Alzheimer's Movement at Cleveland Clinic

For our **"You & Your Brain"** webinars, HealthyWomen collaborated with Prevention and Women's Alzheimer's Movement at Cleveland Clinic to explore why two out of three brains that develop Alzheimer's belong to women. The six-part series looked at the powerful **gut-brain connection** and how what you eat might affect anxiety and mood and increase the risk for Alzheimer's, and **whether you can prevent Alzheimer's**. We also had a **conversation about menopause, aging and your brain, navigating a dementia diagnosis** and **the future of brain health**.



The Great Girlfriends Show: A Partnership with HealthyWomen

The Great Girlfriends Show is a podcast created to serve conversations that matter to women, ranging from building an amazing love life or a thriving business to leading a healthy life. Together with HealthyWomen, The Great Girlfriends Show did a series bringing healthcare professionals and women together to connect about their health, ranging in topics from **The Vaccines You Need to Stay Healthy During the Holidays, Ways to Help Support a Loved One with Cancer, Helping Women of Color Know Their Risks of Endometrial Cancer, How You Feel About Vaccinations, and Real Women, Real Stories About Breast Cancer**.

Trusted Partner in Health and Wellness Education

We are a trusted and credible voice in the women's health sphere, providing fact-based information to women through educational programs, some of which are created with the support of industry partners.

Throughout 2022, our multifaceted awareness campaigns and educational health and wellness programs focused on a number of areas that are relevant across the lifespan, including breast health, Covid-19, oncology, menopause, urinary health, heart disease, menstrual health and vaccines.



Increase in
YTD total funding
in educational
programs

64

Total number of
funded grants/
sponsorships



Total amount secured through
funded grants/sponsorships

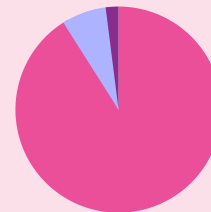
\$3,913,700

Financials

As part of our commitment to transparency, we're sharing these numbers below. Our funding supports our mission of educating women through high-quality programs to help them in their health journeys.

2022 TOTAL SUPPORT

\$3,913,700



- **90%** Educational programs
- **8%** Contributions
- **2%** Events

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2022 AT A GLANCE



website users

5.5MM

10MM



pageviews



total newsletter subscribers

~41,500



19%

open rate

(compared to the average open rate of 12%)

ABOUT US



We are the nation's leading nonprofit educating and empowering women to make decisions about their healthcare.

WHY WE MATTER



We are dedicated to educating women ages 35 to 64 to make informed health decisions, advocate for themselves, and prioritize their health and wellness.

OUR HEALTH POLICY PRIORITIES



Access to Care
Affordability
Safety

HEALTH TOPICS

Access to care
Antimicrobial resistance
Autoimmune diseases
Bone health
Brain health
Cancer
Clinical trials
Contraception
Eye health
Gut health
Gynecologic health
Healthy aging
HIV
Menopause
Overweight and obesity
Pain management
Pandemic preparedness
Reproductive health
Screening and prevention
Sexual health
Skin health
Trending and emerging issues in women's health
Vaccines

MEDIA REACH



20MM

reached through print media



113MM

online impressions



42,567 followers



19,280 followers



16,951 followers



3,158 followers

SOCIAL MEDIA CHANNELS

of overall impressions

10,944,904

average engagement rate

2.6% compared to the average benchmark engagement rate of 1% - 2%

FRIENDS & FAMILY



HW collaborates with **approximately 150 national, state and local allies and partners** on topics that matter most to the women and families in their communities.



16

Board of Directors Members



17

Corporate Advisory Council Member Organizations



62

Women's Health Advisory Council Members

456



unique pieces of content
LAUNCHED

TYPES OF CONTENT

Features
Real Women, Real Stories
Clinically Speaking/Q&As
Downloadable Tip Sheets
Infographics
Reports
Fast Facts
Listicles
Videos
15 Minutes With/Celebrity Interviews
Quizzes/Fact or Fictions
101s
Comic Strips
Comparison Tables
Spanish Content
Surveys

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HealthyWomen's Health Trust

Thank you to our funders for their generous support, continued commitment and steadfast partnership with HealthyWomen in 2022 and beyond.

LIST OF FUNDERS

Education Program Funders:

AbbVie Inc.	Horizon
Alora Pharmaceuticals, LLC	Janssen Pharmaceuticals
Amgen Inc.	Merck & Co., Inc.
Astellas Pharma US, Inc.	Myovant Sciences
AstraZeneca Pharmaceuticals LP	Novocure
Becton, Dickinson and Company	Novo Nordisk
Bristol-Myers Squibb	Organon
CancerCare	Partnership to Fight Infectious Disease
Daiichi Sankyo, Inc.	Pfizer Inc.
EMD Serono Inc.	Sanofi Regeneron
Exelixis, Inc.	Sebelo Pharmaceuticals, Inc.
Ferring Pharmaceuticals	Takeda Pharmaceutical Company
FINN Partners	Vertex Pharmaceuticals
Gilead Sciences, Inc.	Viartis
Gynesonics	
Hologic, Inc.	

Event Funders:

Advamed
Bausch Health Companies Inc.
Biotechnology Innovation Organization (BIO)
Bristol-Myers Squibb
Eli Lilly and Company
EMD Serono Inc.
Hologic, Inc.
Merck & Co., Inc.
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Novocure
Organon
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Penn Quarters Partners
Pfizer Inc.
Pharmaceutical Research and Manufacturers of America (PhRMA)
Salix Pharmaceuticals
Viartis

CORPORATE ADVISORY COUNCIL (CAC)

HealthyWomen is proud to convene some of the most influential healthcare companies, key allies and national organizations around our active Corporate Advisory Council table. It is through these valuable partnerships and enriching conversations that HealthyWomen can create and broadly disseminate timely health resources to millions of women and their families. Meet our 2022 CAC members:

AANP

Alora

Astellas Pharma US, Inc.

Biotechnology Innovation Organization (BIO)

Bristol-Myers Squibb

Covis

Eli Lilly and Company

Glaukos

Hologic, Inc.

Invivyd

Myovant Sciences

Novavax

Novo Nordisk

Organon

Pfizer Inc.

Pharmaceutical Research and Manufacturers of America (PhRMA)

Viatrix

WOMEN'S HEALTH ADVISORY COUNCIL (WHAC)

Our WHAC includes a network of medical experts and health professionals who specialize in a range of health conditions pertinent to the women we serve. This group of doctors and specialists lend their expertise to inform our content, and medically review our resources for accuracy. Meet our 2022 WHAC members:

DaCarla Albright, MD

Obstetrics & Gynecology

OB-GYN & Associate Professor, University of Pennsylvania

Ivy M. Alexander, PhD, APRN, ANP-BC, FAANP, FAAN

Adult-Gerontological Primary Care

Professor, University of Connecticut

Sharon Allison-Ottey, MD

Internal Medicine

CEO, CARLDEN and Beautiful Woman Inside and Out

Executive Director, the The COSHAR Foundation

Heather Bartos, MD, OB-GYN

Obstetrics & Gynecology, Sexual Health

OB-GYN & Founder, Badass Woman

Nancy R. Berman, MSN, ANP-BC, NCMP, FAANP

Obstetrics & Gynecology

Nurse Practitioner, Michigan Healthcare Professionals

Clinical Instructor, Wayne State University School of Medicine

Seema Bonney, MD

Prevention & Wellness

Founder and Medical Director, Anti-Aging & Longevity Center of Philadelphia

Emily A. Callahan, MPH, RDN

Nutrition

Owner and Founder, EAC Health and Nutrition, LLC

Christina Y. Chen, MD

Internal Medicine & Geriatric Medicine

Assistant Professor of Medicine,
Consultant at Mayo Clinic

Linda D. Dahl, MD

Otolaryngologist, Voice Doctor,

Breastfeeding Specialist

Lenox Hill Hospital, Manhattan Eye, Ear
and Throat Hospital, Weill Cornell Hospital

Barbara Dehn, RN, MS, NP, FAANP, NCMP

Women's Health & Menopause

Nurse Practitioner, OB-GYN, El Camino
Women's Medical Group

Barb DePree, MD, NCMP, MMM

Menopause & Sexual Health

Director, The Women's Midlife Services,
Holland Hospital

Gayatri Devi, MD, MS, FAAN, FACP

Neurology, Cognition in Menopause

Park Avenue Neurology
Clinical Professor of Neurology, Downstate
Medical Center; Lenox Hill Hospital/
Northwell Health

Kathleen Dudley, CRNP-PC, IBCLC

Pediatric Nurse Practitioner

International Board-Certified Lactation
Consultant
Clinical Instructor

Cindy M.P. Duke, MD, PhD, FACOG

*Obstetrics & Gynecology, Reproductive
Endocrinology & Infertility, Telemedicine,
Virology*

Clinical Assistant Professor, University of
Nevada
Founder, Nevada Fertility Institute

Daihnia Dunkley, PhD, RN

*Obstetrics & Black/Minority Maternal
Health Disparities*

Lecturer, Yale School of Nursing

Marissa D. Epstein, RDN, MBA

Nutrition

Director, The University of Texas Nutrition
Institute

Robyn B. Faye, MD, FACOG, NCMP, IF, CSC

*Obstetrics & Gynecology, Sexual Health &
Pelvic Health*

Abington Health Physicians

Rena Ferguson, MD, PC

Psychiatry & Neuromodulation

Adjunct Professor, Stony Brook University

Deborah I. Friedman, MD, MPH, FAAN

*Neurology, Neurotherapeutics,
Ophthalmology*

Professor, University of Texas
Southwestern Medical Center

Debra Furr-Holden, PhD

Public Health/Epidemiology

Associate Dean for Public Health
Integration,
Michigan State University College of
Human Medicine

Patricia Geraghty, MSN, FNP-BC, WHNP

Nurse Practitioner, Women's Health

Medical Director, Each Woman's Health

Nieca Goldberg, MD

Cardiology

Medical Director, Atria New York City
Clinical Associate Professor, Grossman
NYU School of Medicine

Anita Gupta, DO, PharmD, MPP

Anesthesiology & Critical Care

Johns Hopkins School of Medicine

Heather Hirsch, MD, MS, NCMP

Internal Medicine

Menopause & Midlife Clinic, Brigham and
Women's Hospital

Cheryl B. Iglesia, MD, FACOG

Gynecology

Director, Section of Female Pelvic
Medicine and Reconstructive Surgery,
MedStar Washington Hospital Center
Professor, Departments of OB-GYN &
Urology, Georgetown University School of
Medicine

Saundra Jain, MA, PsyD, LPC

Psychology, Mental Health

Adjunct Clinical Affiliate, The University of
Texas at Austin

Emily Jamea, PhD, LMFT, LPC, AASECT

Sexual Health & Relationships

Certified Sex Therapist, REVIVE Therapy
and Healing

Laurie S. Jeffers, DNP, FNP-BC

Women's Health & Menopause
Clinical Assistant Professor, Rory Meyers
College of Nursing at New York University

Sheryl Kingsberg, PhD

Psychology
Professor, Reproductive Biology and
Psychiatry, Case Western Reserve University
Chief of Division of Behavioral Medicine,
MacDonald Women's Hospital/University
Hospitals, Cleveland Medical Center

Joyce Knestrick, PhD, FNP-BC, FAANP

Family Medicine
Associate Professor, Georgetown University
School of Nursing and Health Studies

Rashmi Kudesia, MD, MSc, FACOG

*Obstetrics & Gynecology, Reproductive
Endocrinology & Infertility*
Site Director, CCRM Fertility Houston —
Sugar Land
Director of Patient Education & Assistant
Clinical Professor of Obstetrics &
Gynecology, Houston Methodist Hospital

Lisa Larkin, MD, FACP, NCMP, IF

*Internal Medicine, Women's Health &
Menopause*
Founder and CEO, Ms. Medicine

Ayanna E. Lewis, MD

*Gastroenterology, Hepatology, Inflammatory
Bowel Disease*
Mount Sinai South Nassau

Allison E. Lied, MD

Plastic Surgery
Holzapfel and Lied Plastic Surgery

Elizabeth A. Liotta, MD

Dermatology
Forefront Dermatology

Holly F. Lofton, MD

Obesity Medicine
Director, Medical Weight Management
Program, NYU Langone School of Medicine

Monica Mallampalli, PhD

Women's Health
Founder and President, Institute for
Women's Health Strategies
CEO, Alliance of Sleep Apnea Partners

Jessica Matthews, DBH, MS, NBC-HWC

Behavioral Medicine, Integrative Health
Director, Master of Kinesiology in Integrative
Wellness, Point Loma Nazarene University
Director, Integrative Health Coaching in the
Centers for Integrative Health, UC San Diego

Mary Jane Minkin, MD

Obstetrics & Gynecology, Menopause
Clinical Professor, Yale University School of
Medicine

**Shawana S. Moore, DNP, MSN, CRNP,
WHNP-BC**

Women's Health
Associate Professor & Director of Doctor
of Nursing Practice Program, Nell Hodgson
Woodruff School of Nursing, Emory
University

**Maureen A. Moriarty, DNP, ANP-BC, FAHS,
FAANP**

Headache Medicine
Nurse Practitioner, Moriarty Associates: A
Comprehensive Headache Center
Associate Professor, Marymount University,
Malek School of Nursing Professions

Melissa Nassaney, DPT, PT, MS

Pelvic Health
Physical Therapist, Full Circle Pelvic Health

**Connie B. Newman, MD, FACP, FAHA,
FAMWA**

Endocrinology
Adjunct Professor of Medicine, NYU Langone
School of Medicine

Roshani Patel, M.D., FACS

Breast Surgical Oncologist
Medical Director, Breast Surgery
Hackensack Meridian Jersey Shore
University Medical Center

Smita Patel, DO

Sleep Medicine
Director, Center for Brain Health,
Northshore University Health System
Founder, iNeuro Institute

Jennifer L. Payne, MD

Psychiatry, Mood Disorders
Professor & Vice Chair of Research,
Psychiatry Department, University of Virginia

JoAnn V. Pinkerton, MD

Obstetrics & Gynecology

Medical Director, Midlife Health Center

Professor, University of Virginia

Alisha Reed, PharmD, MBA

Pharmacist

Founder, FLY with Alisha Reed

Tomeka Roberts, MD

Obstetrics & Gynecology

Ascension St. Vincent's

Lauri Romanzi, MD, MScPH, FACOG, FPMRS

Urogynecology

EngenderHealth

Sabrina Sahni, MD, NCMP

Menopause & Women's Health, Obstetrics

and Gynecology & Reproductive Biology

Clinical Assistant Professor, Cleveland Clinic

Lerner College of Medicine

Puja Shah, MD

Anesthesiology, Pain Management, Wellness

DISC Sports & Spine Center

Chief Physician of Pain Management, VA

Long Beach VA Healthcare System

Jessica Shepherd, MD, MBA, FACOG

Minimally Invasive Gynecology/Menopause/

Sexual Dysfunction

Baylor University Medical Center

Founder, Her Viewpoint

Rashmi B. Halker Singh, MD, FAHS, FAAN

Neurology, Headache Medicine

Associate Professor of Neurology &

Headache Medicine Fellowship Program

Director, Mayo Clinic Arizona

Co-Director, Mayo Clinic Headache

Symposium

Isabel Smith, MS, RD, CDN

Nutrition

Registered Dietitian, Isabel Smith Nutrition,

Inc.

Alexandra Sowa, MD, MA

Metabolic Health

Clinical Instructor of Medicine, NYU Langone

Founder, SoWell Health

Susan Kellogg Spadt, PhD, CRNP, IF, CST

Pelvic Pain, Sexual Dysfunction

Professor of OB-GYN, Drexel University

College of Medicine

Professor, Human Sexuality, Widener

University

Assistant Professor, Rutgers Robert Wood

Johnson Medical School

Rachel Sufczynski, MSES, CEP

Exercise, Nutrition, Self-Care Behaviors &

Behavior Change

Clinical Exercise Physiologist, Anthem, Inc.

Kim Templeton, MD

Orthopedic Oncology

Professor of Orthopedic Surgery, University

of Kansas, American Medical Women's

Association

Deborah Winters, LCSW

Mental Health, Sleep, Parenting, ADHD

Parent Educator and Therapist

Sophia Yen, MD, MPH

Reproductive Health

Clinical Associate Professor of Pediatrics,

Stanford Medical School

CEO and Co-Founder, Pandia Health

Kristen A. Zarfes, MD, FACS

Breast Health

Breast Surgeon & Medical Director, Karl C.

Krapek Comprehensive Women's Health

Center at St. Francis Hospital

Clinical Associate Professor of Surgery,

University of Connecticut School of

Medicine

Board of Directors

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Former Chief Product Officer, TherapeuticsMD, Inc.

TREASURER

Sheila Carnicelli
Financial Services Executive and Board Practitioner, Self-Employed

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Executive Director, Institute for Gene Therapies; Senior Advisor, Penn Quarter Partners

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Tamar R. Thompson
Vice President, Head of Corporate Affairs, Alexion, AstraZeneca Rare Disease

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Co-Founder & CEO, Miga Health

Sarah Butler
President of Life Sciences, TruePill; Founder, Rimrock Health

Amber Bynum
Vice President, Walmart, Health & Wellness Sourcing

Kristin Cahill
Global CEO, GCI Health

Maneesha Ghiya
Managing Partner, FemHealth Ventures LLC

Nancy Glick
Communications Veteran, NLG Strategies

Nieca Goldberg, MD
Medical Director, Atria New York City; Clinical Associate Professor of Medicine, NYU Grossman School of Medicine

Anita Gupta, DO, MPP, PharmD
Johns Hopkins Medicine Anesthesiology & Pain

Marsha B. Henderson, MCRP
Former Associate Commissioner for Women's Health, U.S. Food and Drug Administration

Alissa Kaplan
Chief Client Officer, Pfizer, WPP Health

Brian O'Connor
Chief People Officer & Chief of Staff, AdvaMed

Elisabeth Ritz
Founder & President, Ritz Communications

Synim N. Rivers, MPH, CHES
Senior Director, Research & Development Communications, Horizon Therapeutics

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