

A close-up photograph of three young women of different ages, all smiling. The woman in the foreground is a young girl with brown hair, wearing metal braces on her teeth. Behind her are two other young women, one slightly behind and to the left, and another further back, both with long brown hair. The background is a soft, out-of-focus green and white gradient.

Helping Healthy Girls

...Become Healthy Women

Did You Know?

- Texas consistently ranks in the **top three states** for teen pregnancy rates.
- Potter County ranks **second** in the State for teen pregnancies.
- A majority of young girls listed **appearance** as their biggest concern and felt appearance would **impact their future**.
- Research shows that 90% of girls frequently think about their body shape and **86% of girls** are, or think they should be, **dieting**.
- **Low self-esteem** plagues millions of girls.
- Pre-teen **girls** are **maturing faster physically**, but **not emotionally** and many lack the skills to deal with this faster change causing a level of stress not formerly noted in 8- to 12-year-old girls.
- **Obesity** is the number one health problem among America's kids.
- Most adolescent girls will experience **cyber-bullying** in their lifetime.



“We spend the vast majority of our life trying to live with the things that happened to us during our childhood. I provide care for hundreds of women struggling with obesity, depression, or insomnia all because of the baggage they are carrying from being a young girl.

We desperately need programs like GiRL Power to help both girls and women.”

Dr. Teresa E. Baker – Obstetrician Gynecologist and Spokesperson for GiRL Power



- Our mission is to engage mothers (or another significant woman in their life) and their pre-teen daughter (8- to 12-year-olds) to help improve self-esteem, activity level, nutrition, and even more importantly communication with each other.
- There is a special intensity to the mother-daughter relationship and communication is key to enabling girls to make better decisions.

Please support our **GiRL Power** (Growing Relationships in Life) program with a donation that will enable young girls to make better decisions. Send your contributions to:
Laura W. Bush Institute | 1400 Wallace Blvd. |
Amarillo, TX 79106 | 806.356.4617 |
ttuhsc.edu/lwbiwh

The Laura W. Bush Institute for Women's Health brings together the strengths and medical expertise of Texas Tech University Health Sciences Center and West Texas communities in order to improve the lives of women and girls.

For the sake of women and families . . . from here, it's possible.

Laura W. Bush
INSTITUTE for WOMEN'S HEALTH
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

