

2026 NATIONAL INTEGRATED SPECIAL REPORT – DIGITAL AND NEWSPAPER

### Women's Health Week & World Hypertension Day

# INTEGRATED CONTENT FEATURES: Turnkey solutions in which participating advertisers can be mentioned or quoted in at least one story.

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Healthy aging



National Seniors Day – celebrating \_\_\_\_\_ older adults and their contributions to society



Despite growing awareness, significant disparities remain in how women's health is understood, researched, and treated — particularly in critical areas like hypertension and cardiovascular disease. Timed to coincide with Women's Health Week and anchored around Mother's Day, this feature will explore how prevention, education, and equitable access to care are shaping better outcomes for women across all stages of life.

#### Proposed topic highlights:

**Beyond the Gender Gap:** Addressing disparities in diagnosis, treatment, and research funding for women's health issues.

**Heart & Brain Health:** Understanding women's unique risk factors for cardiovascular disease and stroke—and the life-saving power of early detection.

**Mental Health & Hormones:** Exploring the impact of hormonal changes on mental wellness from adolescence to menopause.

**Prevention & Proactivity:** The importance of regular screenings, risk assessments, and lifestyle education tailored to women. **Reproductive Health Equity:** Spotlighting efforts to ensure access to

reproductive care, fertility support, and maternal health services. **Healthy Aging:** Navigating menopause, bone health, and chronic conditions with the right supports in place.

### GET INVOLVED TODAY. CONTACT:

RICHARD DEACON, Project Manager T: 1.604.631.6636 E: rdeacon@globeandmail.com



Print/Digital Weekly Readers – **5,286,000** Print Weekly Readers – **2,417,000** | Digital Weekly Readers – **3,636,000** 

Source: Vividata SCC Fall, 2024, National, Adults 18+

Sponsor Content and Brand Ad Booking Deadline	Material Deadline	Publishing Date
March 23	May 4	May 11