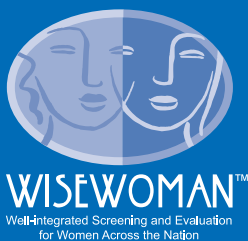


Be Well and Live Well



2007



What is WISEWOMAN?

WISEWOMAN (Well-Integrated Screening and Evaluation for WOMen Across the Nation) is a program designed to help women reduce their risk for heart disease and improve their overall health.

Does WISEWOMAN Work?



Yes. Small changes in diet can produce big results.

“I’ve been trying to lower my blood sugar for years,” says Jacqueline Noyes, 60, of Sutton, Vermont. It wasn’t until she began nutrition counseling with Ladies First, a WISEWOMAN program, that she was really able to do it. She’s done so well, she got a letter from her doctor congratulating her. She explains, “If it hadn’t been for my nutritionist, I wouldn’t have lowered my blood sugar.” Jacqueline’s doctor told her about the Ladies First program. She found it easier than she thought to make some key diet changes, like eating more oatmeal, wheat bread, 1% milk, fruit, and beans. “They fill me up, so I don’t have to eat as much anymore,” she says. She recommends the program to anyone. “You make little changes here and there,” she says. And Jacqueline is proof that those little changes make a big difference.

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Vermont Department of Health

WISEWOMAN helps women reduce their risk for heart disease.

Since 2000, WISEWOMAN has reached more than 50,000 women.

WISEWOMAN has found thousands of new cases of high blood pressure and high cholesterol and more than 700 new cases of high blood sugar (diabetes).

WISEWOMAN participants have maintained their weight for 1 year.

WISEWOMAN also has helped reduce high blood pressure and cholesterol levels among women and has helped women quit smoking.

Why should I join the WISEWOMAN program?

Heart disease is a major health problem for women.

In 2003, heart disease claimed the lives of more women than all forms of cancer combined, according to the American Heart Association.

More women than men will die within 1 year after a heart attack.

Heart disease and stroke are really big problems among minority women.

More women than men die of stroke each year.

WISEWOMAN offers services to prevent heart disease and other major health problems, including diabetes and weight gain.



What services does WISEWOMAN provide?

WISEWOMAN offers free or low-cost health screenings, such as

- Blood Pressure Testing
- Cholesterol Testing
- Sugar Testing for Pre-Diabetes/Diabetes

WISEWOMAN also provides services to help women improve their blood pressure, cholesterol, and blood sugar levels, such as

- Stop-Smoking Programs
- Nutrition Education
- Physical Activity Information
- Doctor Referrals
- Stress Reduction Classes

What makes WISEWOMAN special?

Many WISEWOMAN programs screen for conditions such as high cholesterol, high blood pressure, and diabetes. Also, most programs include other services such as counseling or classes to show women what they can do to prevent disease and improve their overall health.

WISEWOMAN services teach women how to eat healthy and encourage them to be more physically active. Eating nutritious foods and being physically active are two ways to help prevent heart disease.



Who can join the WISEWOMAN program?

If you can answer yes to all of the following questions, you are eligible for WISEWOMAN.

Are you a woman at least 40 years old and not older than 64 years?

Are you already participating in the National Breast and Cervical Cancer Early Detection Program (NBCCEDP)?

Are you either uninsured or underinsured?

- Uninsured you do not have health insurance.
- Underinsured you have health insurance, but not enough to cover your needs.

Are you eligible for Medicare, but are unable to pay the premium to enroll in Medicare, Part B?

How can I join the WISEWOMAN program?

Once you are enrolled in the National Breast and Cervical Cancer Early Detection Program, ask a staff member about joining the WISEWOMAN program. Keep in mind that although NBCCEDP is available in all states, WISEWOMAN is not. Only the states listed in this brochure have WISEWOMAN programs.

CDC WISEWOMAN Programs

Alaska (AK)

Southcentral Foundation
4320 Diplomacy Drive
Anchorage, AK 99508

Southeast AK Regional Health
Consortium

222 Tongrass Drive
Sitka, AK 99835
1-888-388-8782

California (CA)

CA Department of Health Services
1616 Capitol Avenue
Sacramento, CA 95899
(916) 449-5300

Connecticut (CT)

CT Department of Public Health
410 Capitol Avenue
Hartford, CT 06106
(860) 509-7804

Illinois (IL)

IL Department of Public Health
535 W. Jefferson Avenue
Springfield, IL 62761
1-888-522-1282 or
(217) 524-6088

Iowa (IA)

IA Department of Public Health
321 E. 12th Street
Des Moines, IA 50319
1-866-339-7909 (in IA)
(515) 281-4909

Massachusetts (MA)

MA Department of Public Health
250 Washington Street
Boston, MA 02108
1-877-414-4447 (in MA)

Michigan (MI)

MI Department of
Community Health
109 W. Michigan Avenue
Lansing, MI 48909
(517) 335-1178

Minnesota (MN)

MN Department of Health
85 E. 7th Place
St. Paul, MN 55164
(651) 201-5600

Missouri (MO)

MO Department of Health and
Senior Services
930 Wildwood Drive
Jefferson City, MO 65109
(573) 533-2845

Nebraska (NE)

NE Health and Human Services
System
301 Centennial Mall South
Lincoln, NE 68509
1-800-532-2227

North Carolina (NC)

NC Department of Health
and Human Services
1922 Mail Service Center
Raleigh, NC 27699
(919) 707-5300

South Dakota (SD)

SD Department of Health
615 E. 4th Street
Pierre, SD 57501
1-800-738-2301

Vermont (VT)

VT Department of Health
101 Cherry Street
Burlington, VT 05402
1-800-510-2280 or
(802) 865-7756

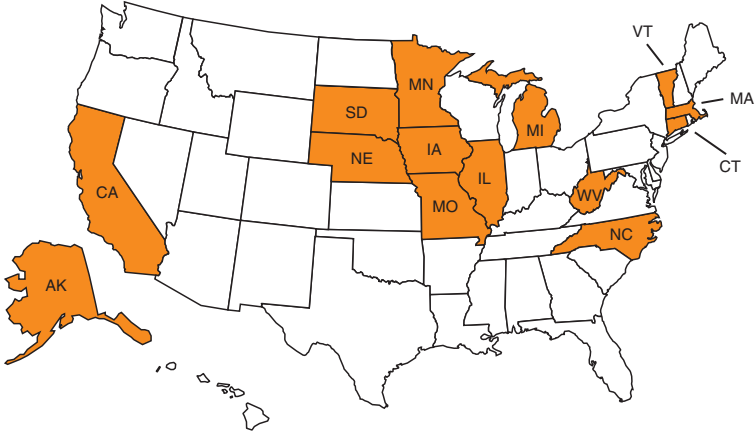
West Virginia (WV)

WV Department of Health
and Human Resources
350 Capitol Street
Charleston, WV 25301
(304) 558-7211

Can I still join WISEWOMAN if it is not available in my state?

Unfortunately, no. You cannot join WISEWOMAN if it is not offered in your state.

States with a WISEWOMAN Program



CDC WISEWOMAN Program

Vision: A world where any woman can access preventive health services and gain the wisdom to improve her health.

Mission: Provide low-income, underinsured, or uninsured 40–64-year-old women with the knowledge, skills, and opportunities needed to improve diet, physical activity, and other life habits to prevent, delay, or control heart disease and other chronic conditions.

Contact Information

Centers for Disease Control and Prevention
WISEWOMAN Program
Division for Heart Disease and Stroke Prevention
4770 Buford Highway, Mailstop K-77
Atlanta, GA 30341

770-488-2424

<http://www.cdc.gov/wisewoman>