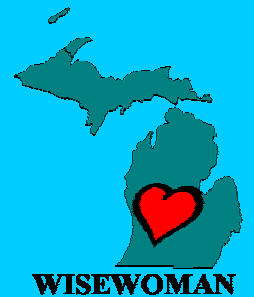




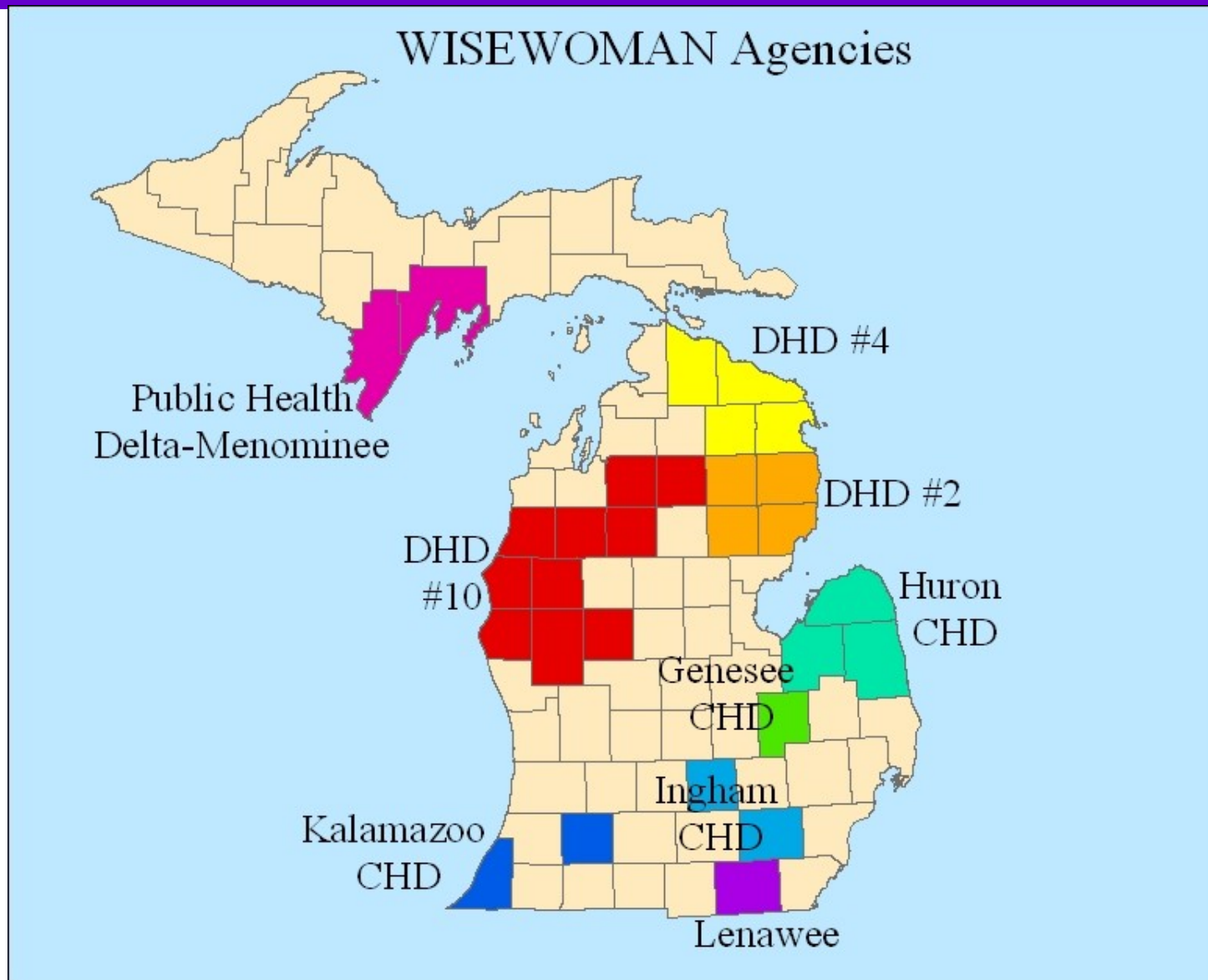
WISEWOMAN – Working With Women In Michigan to Reduce Chronic Disease Risk Factors





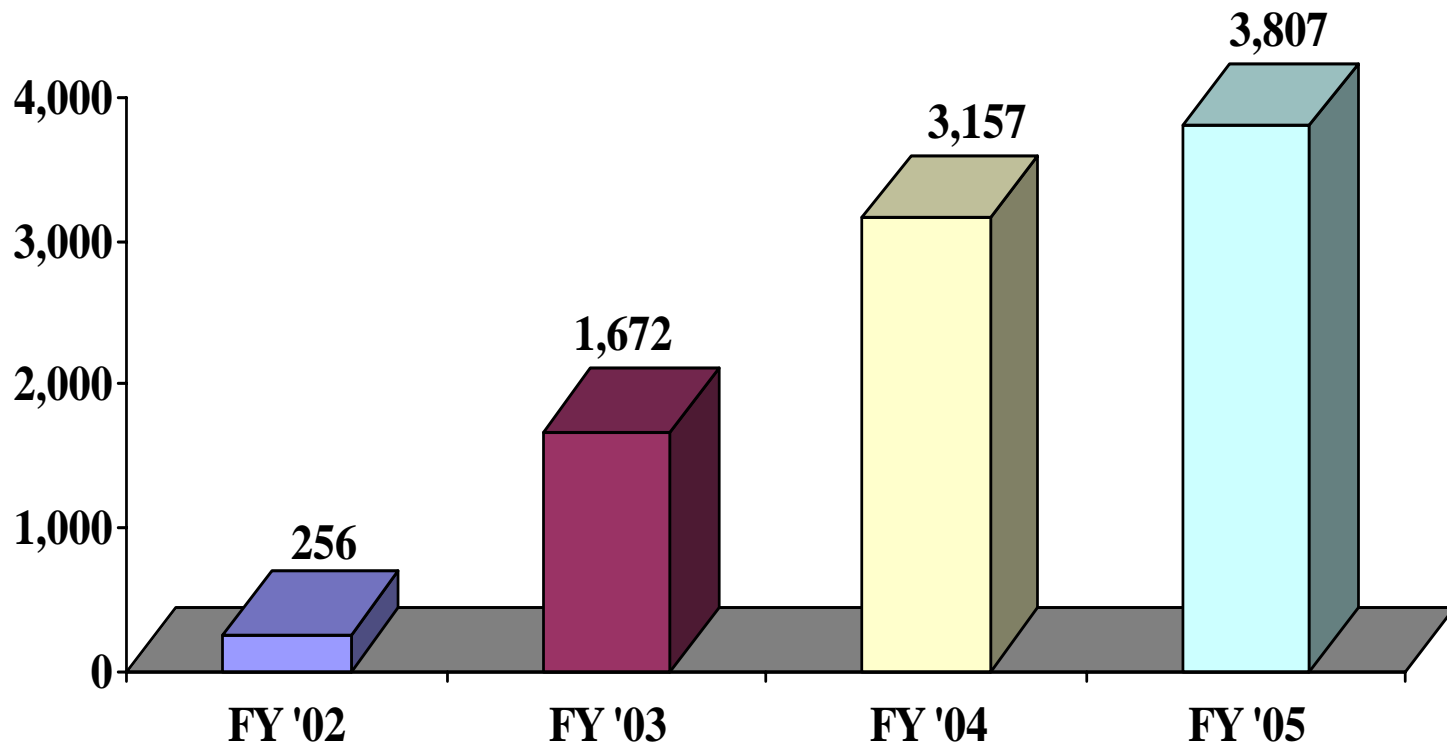
- The Well Integrated Screening and Evaluation for Women Across the Nation (WISSEWOMAN) Program is a CDC-funded program that helps Michigan women with little or no insurance gain access to screening and lifestyle interventions that can reduce their risk for heart disease and other chronic diseases
- In order to be enrolled in WISSEWOMAN, a client must first be in the Michigan Breast and Cervical Cancer Control Program (BCCCP)

WISEWOMAN is implemented by nine local health departments in 28 counties around Michigan



Annual Caseload by Fiscal Year*

Annual Caseload



*Fiscal Year is October 1 to September 30



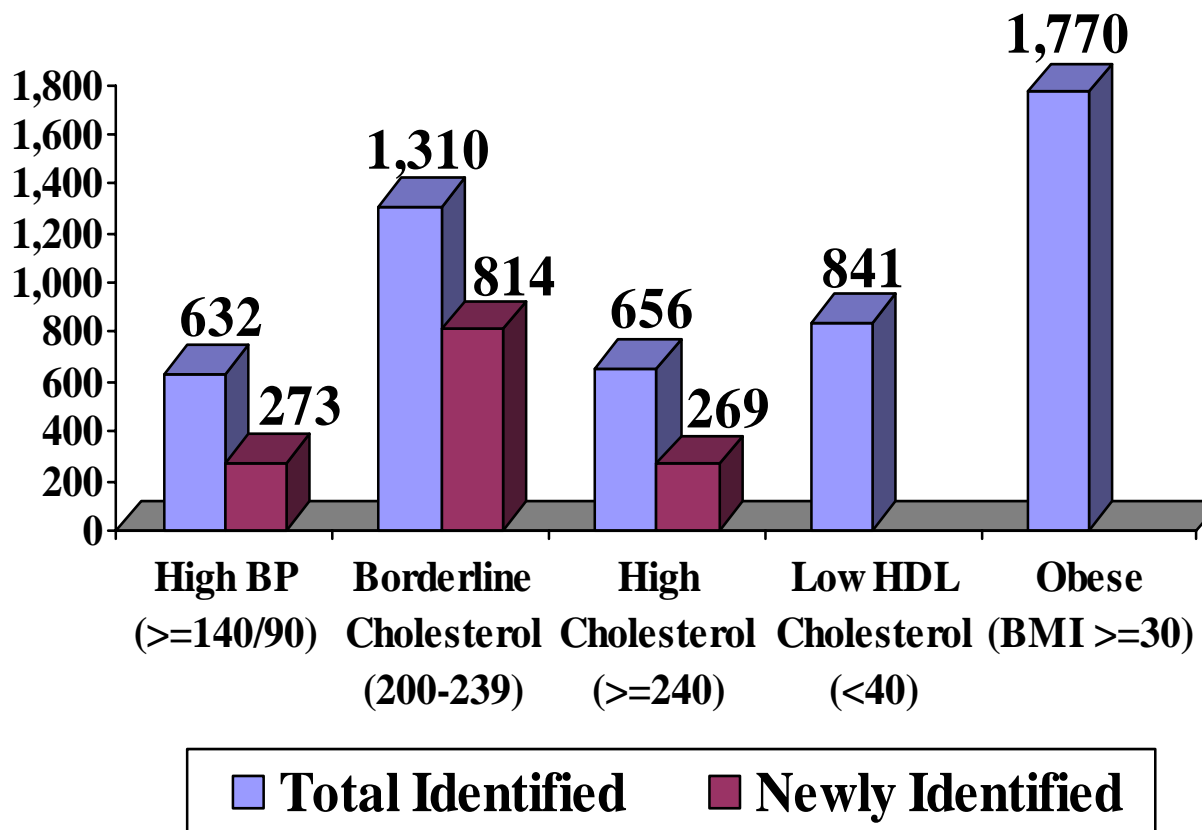


- WISEWOMAN strives to reduce the burden of cardiovascular disease (CVD) and other chronic diseases by educating women about their risk factors and empowering them to reduce their modifiable risk factors



Fiscal Year 2005 Risk Factors

Risk Factors Identified Based on Clinical Measurements

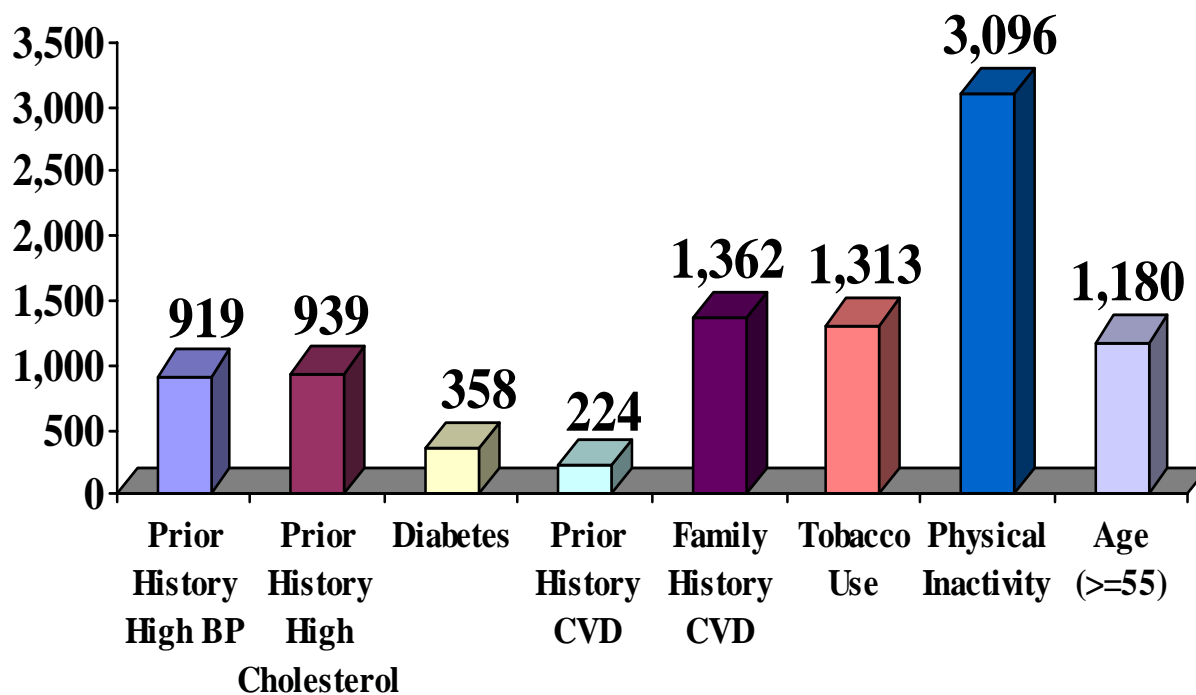




- Women tend to be the gatekeepers for their families – If the woman can reduce her own chronic disease risk factors, she can help the rest of the family reduce their risk factors as well

Fiscal Year 2005 Risk Factors

Risk Factors Identified Based on Lifestyle Assessment



The WISEWOMAN Approach



First – Identify CVD Risk Factors

- High Blood Pressure
- High Total Cholesterol
- Low HDL Cholesterol
- Obesity
- Personal History of Diabetes
- Personal History of Coronary Heart Disease (CHD)
- Family History of CHD
- Cigarette Smoking
- Physical Inactivity
- Age (≥ 55)
- Irregular Pulse



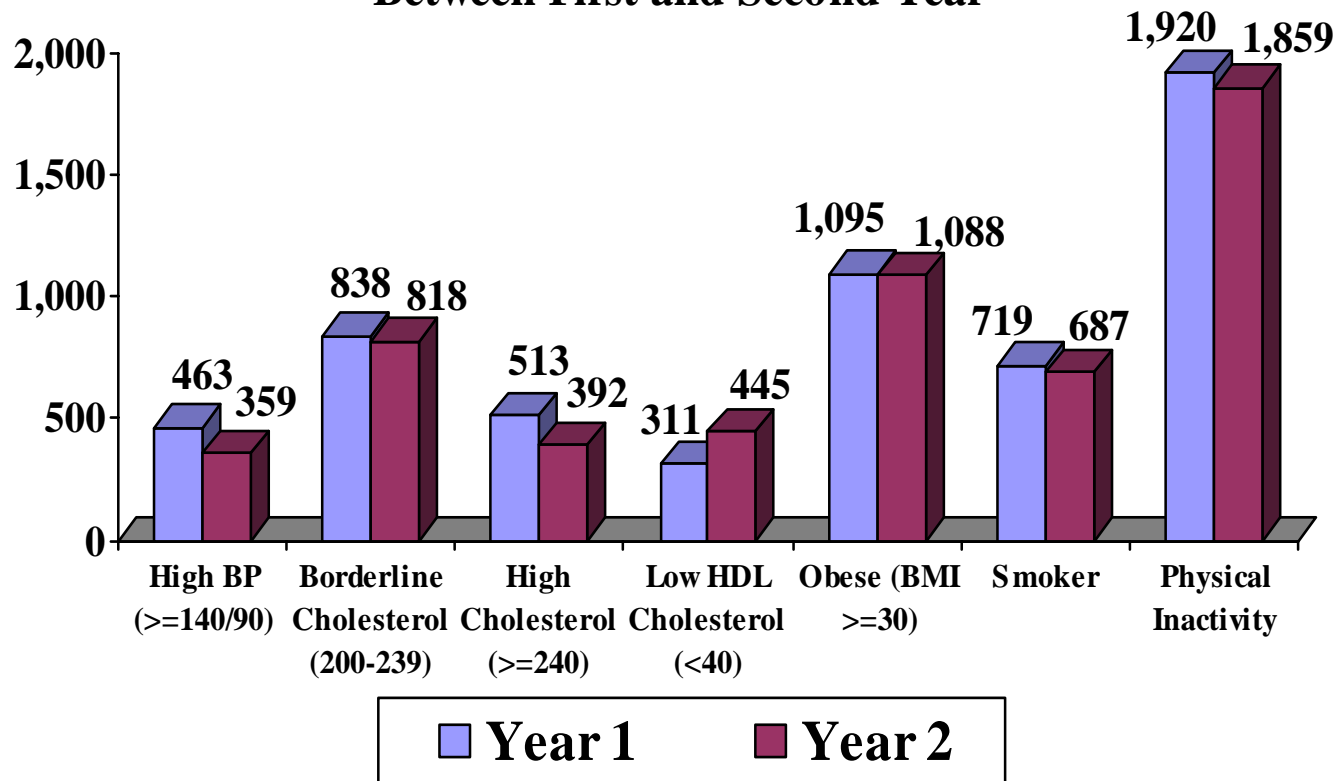
Second – Encourage Healthy Lifestyle Changes

- Nutrition
- Physical Activity
- Smoking Cessation



Program Duration Risk Factors

**Comparison of Modifiable CVD Risk Factors
Between First and Second Year**



Making healthy lifestyle changes can help with the management of many chronic diseases and conditions

- Obesity
- Cervical Cancer
- Diabetes
- Breast Cancer
- Arthritis
- Colorectal Cancer
- Heart Disease
- Lung Cancer
- Stroke
- Osteoporosis



For More Information Contact:

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