Body Mass Index

- **Obese:** BMI ≥30 Consider as risk factor for CVD.
  - No referral for Medical Evaluation
- **Overweight:** BMI 25.0-29.9
  - No referral for Medical Evaluation
- **Normal:** BMI 18.5-24.9
  - No referral for Medical Evaluation
- **Underweight:** BMI <18.5
  - No referral for Medical Evaluation

Blood Pressure Screening
Agency staff conducting the Blood Pressure Screening must follow the Procedures for Measurement of Blood Pressure and Procedure for Measuring Blood Pressure on Lower Arm included in the WISEWOMAN Program Clinical Screening Procedures.

- **Alert:** >180 (systolic) and/or >110 (diastolic) (Alert Value Case Management)
  - Refer for Medical Evaluation – Participant should be seen immediately or within 1 week depending on clinical situation and complications
  - Refer to Medication Adherence Support
- **Stage 2 Hypertension:** 160-180 (systolic) and/or 100-110 (diastolic) (Hypertension Case Management)
  - Refer for Medical Evaluation
  - Refer to Medication Adherence Support
- **Stage 1 Hypertension:** 140-159 (systolic) and/or 90-99 (diastolic) (Hypertension Case Management)
  - Refer for Medical Evaluation
  - Refer to Medication Adherence Support
- **Prehypertension:** 120-139 (systolic) and/or 80-89 (diastolic)
  - No referral for Medical Evaluation
- **Normal:** <120 (systolic) and <80 (diastolic)
  - No referral for Medical Evaluation

Cholesterol and Glucose Screening
1. Screening for Total and HDL Cholesterol and Plasma Glucose must be done using a Cholestech LDX, for immediate receipt of results.

2. Agency staff conducting the Cholesterol and Glucose Screening must follow the Cholestech® Blood Collection By Finger Puncture For Cholesterol and Glucose included in the WISEWOMAN Program Clinical Screening Procedures.

3. Agency staff responsible for maintaining the Cholestech® LDX Analyzer must follow the Quality Control procedures outlined in the WISEWOMAN Program Clinical Screening Procedures.

4. Handling error messages or “out of range” values when using the Cholestech machine.
WISEWOMAN Screening and Referral Protocols

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a. If you receive an error message saying, “Reaction Did Not Occur,” repeat the test with a new cassette and a new finger stick sample. If the message reappears, refer the participant for a fasting lipid panel and/or a fasting glucose.

b. Out of range values:
   i. Total Cholesterol <100 or >500 – Refer for a fasting lipid panel
   ii. HDL <15 or >100 – Refer for a fasting lipid panel
   iii. Glucose <50 or >500 – Refer for a fasting glucose

c. When entering the Screening Results in the WISEWOMAN module of MBCIS, leave the results that you did not obtain blank. Put a note in the Screening Notes saying “Unable to Obtain Cholesterol/HDL/Glucose Results. referred for fasting lipid panel.” Send an email to RobertsR6@michigan.gov with ONLY the MBCIS number of the participant (no personal identifiers) and a note. MDCH will authorize the service.

Total Cholesterol
- High: > 240 mg/dL
  o Refer for Fasting Lipid Profile and Medical Evaluation if not currently being treated for high cholesterol
- Borderline High: 200-239 mg/dL
  o Refer for Fasting Lipid Profile if not currently being treated for high cholesterol
  o If LDL is from fasting lipid profile is > 160, refer for Medical Evaluation
- Normal: <200 mg/dL
  o No referral for Fasting Lipid Profile or Medical Evaluation

HDL Cholesterol
- Undesirable: <40 mg/dL
  o Refer for Fasting Lipid Profile if not currently being treated for Low HDL
  o If LDL from fasting lipid profile is > 160, refer for Medical Evaluation
- Desirable: 40-59 mg/dL
  o No referral for Medical Evaluation
- Very Desirable: >60 mg/dL
  o No referral for Medical Evaluation

Glucose
- Alert: <50 or >275 mg/dL Fasting or Casual and no history of diabetes (MCCM*)
  o Follow-up Fasting Plasma Glucose and Medical Evaluation within 1 week
  o Refer to Diabetes Self-management Education
- Diabetes: >125 mg/dL Fasting OR >200 mg/dL Casual
  o Refer for Follow-up Fasting Plasma Glucose and Medical Evaluation if no history of diabetes
  o Refer to Diabetes Self-management Education
- Pre-diabetes: 100-125 mg/dL Fasting OR 141-200 mg/dL Casual
  o No referral for Follow-up Fasting Plasma Glucose or Medical Evaluation
  o Refer to Diabetes Prevention Program if no history of diabetes
- Desirable: 70-100 mg/dL Fasting OR 70-140 mg/dL Casual
  o No referral for Follow-up Fasting Plasma Glucose or Medical Evaluation
Participant Readiness to Change

- Participant is not ready to make changes
  - No referrals
- Participant is ready to make changes
  - Conduct Expanded Health Coaching
    - Includes one-on-one goal setting and follow-up contacts
    - May refer to an evidence-based lifestyle program to support goal
      - Nutrition/Weight Loss: Taking Off Pounds Sensibly (TOPS)
      - Physical Activity: Enhance Fitness
      - Tobacco Cessation: MDCH Tobacco Quitline
    - May refer to community-based program to support goal
      - Supplemental Nutrition Assistance Program Education (SNAP-Ed)
      - Walking group
      - Michigan State University Extension (MSUE) Nutrition Programming
      - YMCA