



**Michigan WISEWOMAN – Helping Today’s Women Get Healthy in the Real World**

The WISEWOMAN Program helps Michigan women with little or no insurance get screening and lifestyle interventions that can reduce their risk for many chronic diseases

The three main focus areas of WISEWOMAN are:

1. Identify chronic disease risk factors, and help each woman understand her risk factors.
2. Encourage healthy lifestyle choices.
3. Work with community partners to create healthy lifestyle opportunities for WISEWOMAN participants.

**WISEWOMAN helps identify Chronic Disease Risk Factors such as:**

- ♥ High Blood Pressure
- ♥ High Total Cholesterol/ Low HDL Cholesterol
- ♥ High Glucose
- ♥ Obesity
- ♥ Irregular Pulse
- ♥ Personal History of Pre-Diabetes, Diabetes, Heart Attack or Stroke
- ♥ Family History of Diabetes, Heart Attack or Stroke
- ♥ Cigarette Smoking
- ♥ Physical Inactivity
- ♥ Age (Over 45 for diabetes. Over 55 for heart disease)

**WISEWOMAN encourages Healthy Lifestyle Choices by focusing on:**

- ♥ Nutrition
  - ♥ Eating more fruits and vegetables
  - ♥ Eating low-fat dairy
  - ♥ Eating more grains and whole grains
- ♥ Increasing Physical Activity
- ♥ Smoking Cessation



WISEWOMAN participants receive telephone and face-to-face support from a Lifestyle Counselor to help in making long term lifestyle changes.



### Where to find WISEWOMAN in Michigan

**Barry-Eaton District Health Department:**  
Hastings (269) 945-9516 ext. 4  
Charlotte (517) 541-2630  
Barry, Eaton

**Catherine’s Health Center:**  
616-336-8800  
Kent

**Detroit Department of Health and Wellness Promotion:**  
313-876-4386  
Wayne

**District Health Department #2:**  
989-345-5020  
Alcona, Ogemaw, Iosco, Oscoda

**District Health Department #10:**  
231-845-7381  
Crawford, Mecosta, Kalkaska, Missaukee, Lake, Newaygo, Manistee, Oceana, Mason, Wexford

**Genesee County Health Department:**  
810-237-4545  
Genesee

**Hackley Community Care Center:**  
231-737-1335  
Muskegon

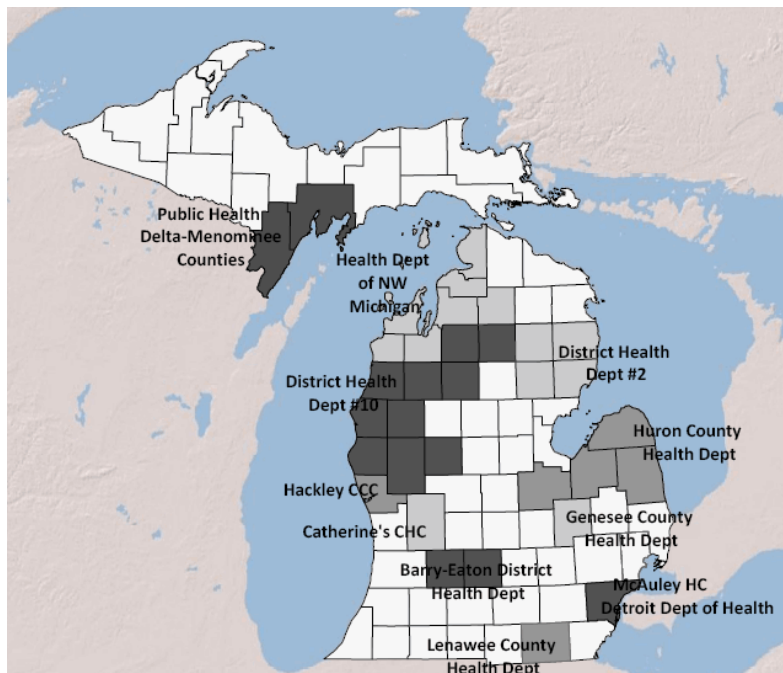
**Health Department of Northwest Michigan:**  
800-432-4121  
Antrim, Benzie, Charlevoix, Emmet, Leelanau, Otsego

**Huron County Health Department:**  
989-269-9721 ext 165  
Huron, Saginaw, Sanilac, Tuscola

**Lenawee County Health Department:**  
517-264-5235  
Lenawee

**McAuley Health Center**  
313-579-1182  
Wayne

**Public Health Delta & Menominee:**  
906-786-4111  
Delta, Menominee



For More Information Contact:  
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Website: <http://bit.ly/MIWisewoman>

Facebook: <http://bit.ly/MIWWFacebook>

Twitter: <http://twitter.com/MIWisewoman>