



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

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

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

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

Genesee County Health Department:
810-237-4545
Genesee

Lenawee County Health Department:
517-264-5235
Lenawee

Detroit Department of Health and Wellness Promotion:
313-876-4562
Wayne

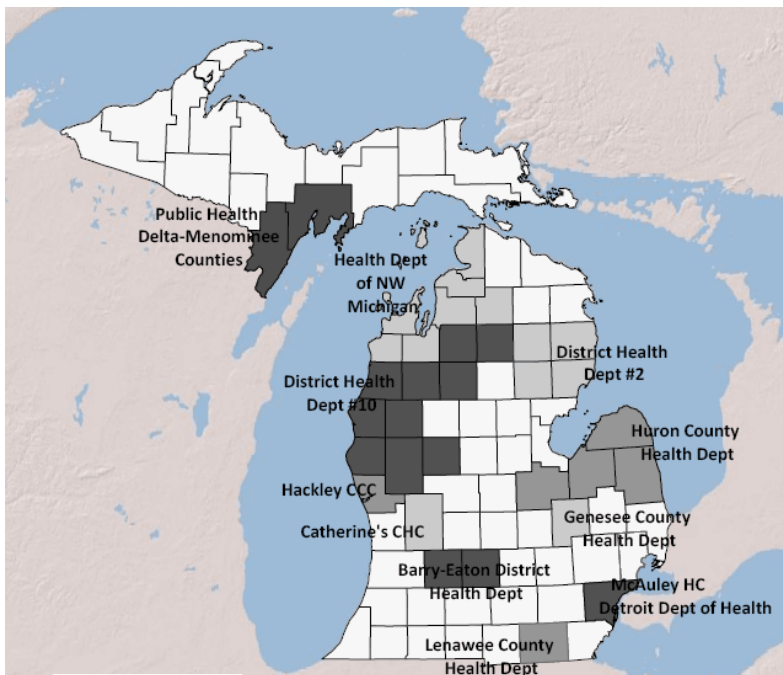
Hackley Community Care Center:
231-737-1335
Muskegon

McAuley Health Center
313-579-1182
Wayne

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

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

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



For More Information Contact:
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Lansing, MI 48909
517-335-1178

Website: <http://bit.ly/MIWisewoman>

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

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