



WISEWOMAN

A free heart disease and stroke prevention program for women



What is the WISEWOMAN program?

The Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) program¹ provides heart disease risk factor screening, lifestyle education, and referral services in an effort to prevent cardiovascular disease among women enrolled in the Show Me Healthy Women (SMHW) program.² It is funded by the U.S. Centers for Disease Control and Prevention (CDC) and the State of Missouri.

Who qualifies for WISEWOMAN?

All women who participate in the SMHW program are eligible for the WISEWOMAN program. Eligibility criteria for the SMHW program include:

- Income at or below 200 percent of the federal poverty level for household income, *and*
- Age 35 to 64, or older if they do not receive Medicare Part B, *and*
- No insurance to cover program services

In 2013, based on U.S. Census Bureau population estimates, 93,900 Missouri Women (7.9 percent), aged 35-64, were eligible for SMHW and WISEWOMAN services based on income and insurance status.³

Figure 1 shows 10,644 Missouri women were served by SMHW, which is the population eligible for WISEWOMAN, and 1,925 women were served by the WISEWOMAN program in 2013.³

Where are services available?

- SMHW providers in 32 counties plus the City of St. Louis offer services for WISEWOMAN.¹
- There are 28 WISEWOMAN provider locations throughout the state, including local public health agencies, federally qualified health centers, hospitals, private physician offices, and not-for-profit health centers.
- A full listing of providers is available on the WISEWOMAN website: www.health.mo.gov/WISEWOMAN

All women who meet the above criteria are eligible for services regardless of provider location.

What services are offered?

A variety of health screenings and lifestyle education services are offered, including those listed below.

Health Screenings

- Blood pressure, glucose and cholesterol
- Height/weight for body mass index (BMI)
- Family/personal history of heart disease and stroke
- Assessment of lifestyle habits

Lifestyle Health Education

- Increasing physical activity
- Smoking cessation
- Increasing consumption of fruits and vegetables and decreasing consumption of saturated fat and trans-fat
- Attaining and maintaining a healthy weight

Figure 2 shows the number of screening and lifestyle education services provided by the WISEWOMAN program, from 2010 through 2013.¹

Who benefits from WISEWOMAN?

- Statewide, WISEWOMAN provides services for about 1,500 to 3,000 women with risk factors for cardiovascular disease each year.¹ Table 1 shows the prevalence of varying cardiovascular disease risk factors among WISEWOMAN participants for the period of July 1, 2012 to June 30, 2013, in Missouri and the U.S.⁴

Cardiovascular Risk Factor	Missouri	U.S.	Cardiovascular Risk Factor	Missouri	U.S.
Pre-Hypertension (120/80-139/89)	28%	29%	Pre-Diabetes (BG 100-125)	14%	16%
Hypertension (>=140/90 or meds)	47%	41%	Diabetes (BG >=126 or history or meds)	20%	16%
Borderline High Cholesterol (200-239)	26%	27%	Overweight (BMI>=25-29.9)	28%	29%
High Cholesterol (>=240 or meds)	27%	28%	Obese (BMI>=30)	49%	47%
Smoking	39%	27%			

NOTE: Participants may have more than one risk factor; therefore, percentages may not sum to 100%. U.S. percentages based on 21 states.
BG: Blood Glucose

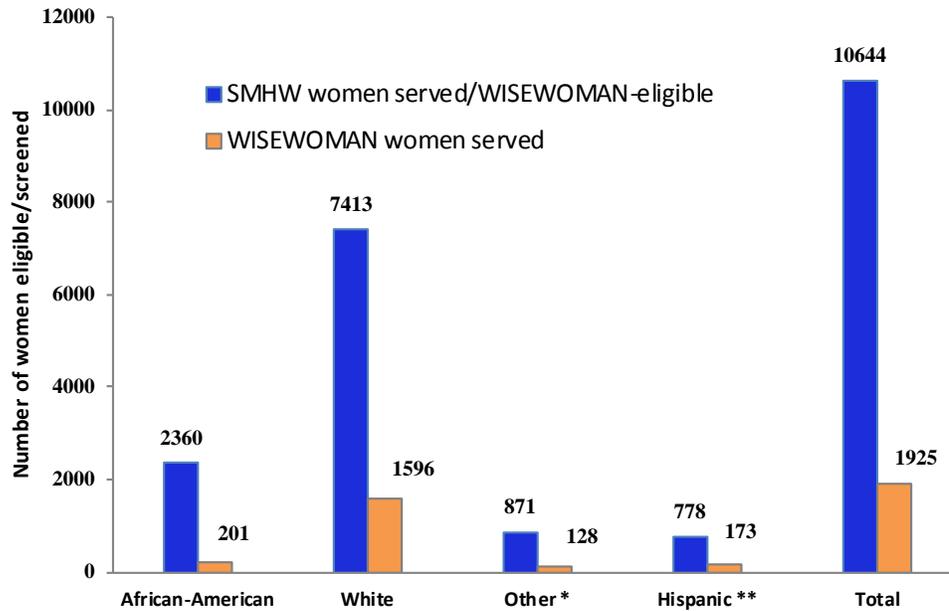


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Figure 1. Missouri Women Served by Show Me Healthy Women (SMHW) and eligible for WISEWOMAN[†], by Race and Ethnicity, and Women Served by WISEWOMAN, 2013

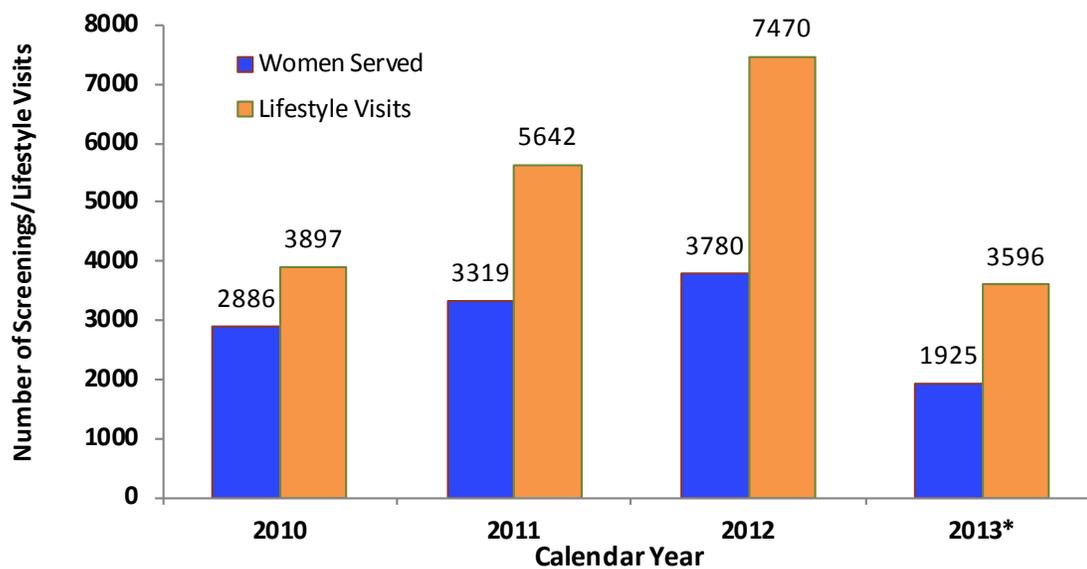


[†]WISEWOMAN eligibility is determined by active enrollment in SMHW. Numbers represent women screened by SMHW in 2013.

* "Other" includes clients who reported: American Indian/Alaska Native, Asian and two or more races.

** Hispanic ethnicity is asked as a separate question from race and may include any reported race.

Figure 2. Services Provided by WISEWOMAN, 2010-2013



*Funding was not available for screenings from July 1, 2013 to January 1, 2014.

References

¹ Missouri Department of Health and Senior Services. *WISEWOMAN program*. www.health.mo.gov/WISEWOMAN Retrieved January 8, 2015.

² Missouri Department of Health and Senior Services. *Show Me Healthy Women program*. www.health.mo.gov/showmehealthywomen Retrieved January 8, 2015.

³ U.S. Census Bureau. *Current Population Survey, Annual Social and Economic Supplement, 2013*. http://www.census.gov/hhes/www/cpstc/cps_table_creator.html Retrieved January 9, 2015.

⁴ WISEWOMAN Minimum Data Elements Report, Missouri, MO WWSR_October 2013_January 6, 2014.