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## **WISEWOMAN PROGRAM CELEBRATES FIRST YEAR**

*The American Heart Association Celebrates State Department of Health Cardiovascular Program for At-Risk Populations*

INDIANAPOLIS — The American Heart Association applauds efforts to expand IN-WISEWOMAN offerings during the coming year to reach more than 1,000 Hoosier women.

In 2013, the Indiana State Department of Health Division of Chronic Disease Prevention and Control's Cancer Control Section, Cancer Early Detection Section, and Cardiovascular Health and Diabetes Section received a four-year award from the Centers for Disease Control and Prevention (CDC) to implement the Well-Integrated Screening for Evaluation for Women across the Nation (WISEWOMAN) Program throughout Indiana.

The IN-WISEWOMAN program provides blood pressure, cholesterol, and glucose screenings to women ages 40-64 who are participants in the Indiana Breast and Cervical Program (IN-BCCP). Women found at risk during this screening have the opportunity to be referred to the YMCA Diabetes Prevention Program (DPP), the Take Off Pounds Sensibly (TOPS) program, tobacco cessation resources, or health coaching. Through this program, women are able to reduce their risk of heart attack, stroke or other chronic diseases associated with cardiovascular disease.

"Programs that look at cardiovascular health are critically important," said Dr. Debra Carter Miller, a member of the American Heart Association's Indianapolis Metropolitan Board of Directors. "Data shows that Indiana's prevalence rates for diabetes (10.9 percent), obesity (31.4 percent), heart attack (4.9 percent) and stroke (3.4 percent) were higher than median U.S. rates. Programs, like IN-WISEWOMAN, help reach populations that might not otherwise have access to these services."

During year one, the IN- WISEWOMAN program was piloted in northeastern Indiana in partnership with United Health Services of St. Joseph County, and in eastern Indiana with Open Door Health Services.

According to the CDC, heart disease and stroke are the first and fourth leading causes of death for women in Indiana. Heart disease may be preventable with the use of evidence-based prevention strategies, such as increased physical activity, healthy food choices and eliminating the use of tobacco products; however, the prevalence rates of cardiovascular risk factors remain high in Indiana.

During the second year of implementation, IN-WISEWOMAN program is partnering with HealthVisions Midwest to expand the program to northwest Indiana, and expects to begin screening in November 2014. The program hopes to increase screening to 1,000 women during the next year.

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### **About the American Heart Association**

The American Heart Association is the nation's oldest and largest voluntary health organization dedicated to fighting heart disease and stroke. Our mission is to build healthier lives by preventing, treating and defeating these diseases – America's No. 1 and No. 4 killers. We fund cutting-edge research, conduct lifesaving public and professional educational programs, and advocate to protect public health. To learn more or join us in helping all Americans, call 1-800-AHA-USA1 or visit [heart.org](http://heart.org).