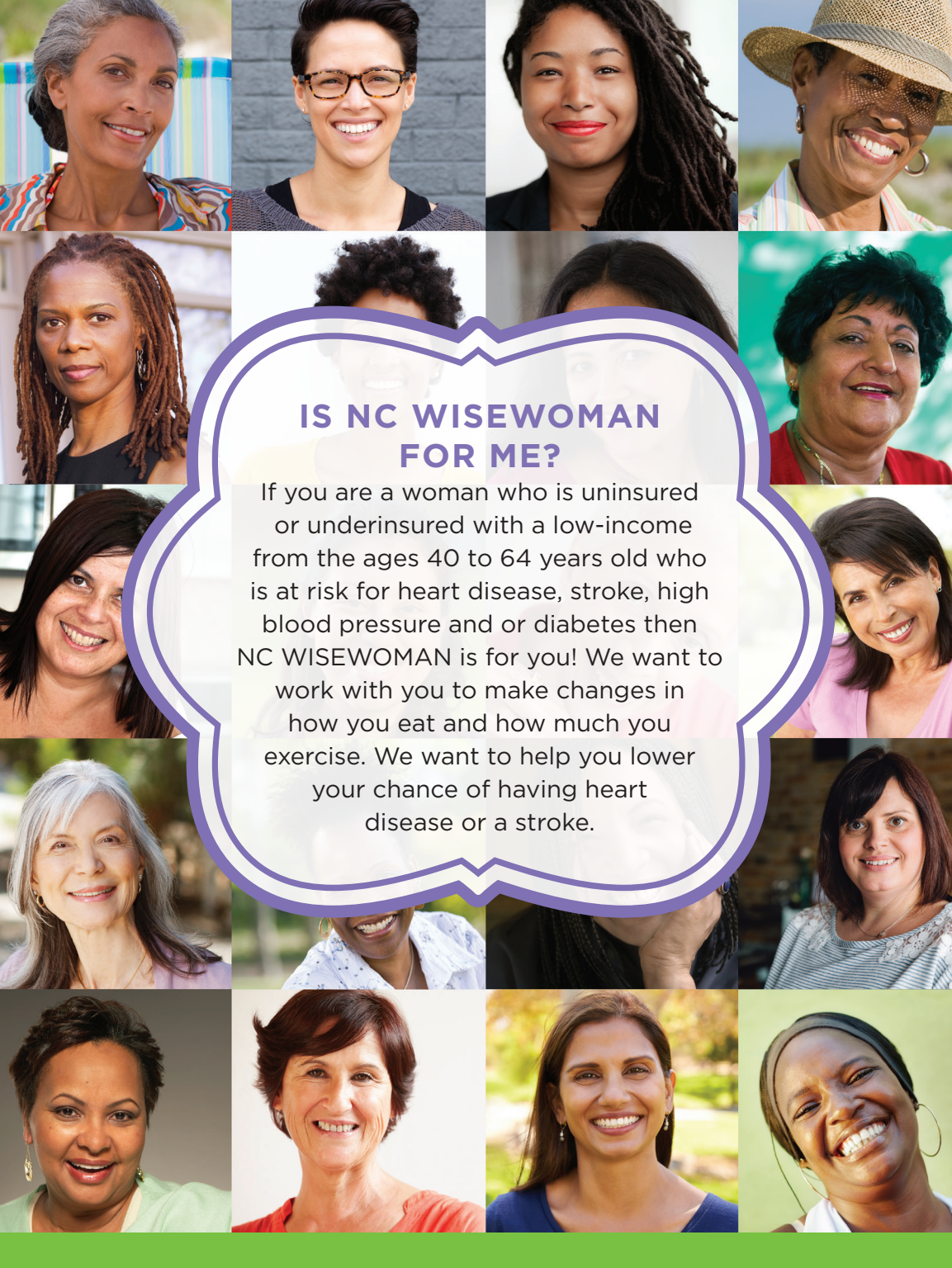


NC WISEWOMAN



WELL-INTEGRATED SCREENING AND EVALUATION
FOR WOMEN ACROSS THE NATION

*...helping the women of North Carolina to make
WISE choices about their health.*



IS NC WISEWOMAN FOR ME?

If you are a woman who is uninsured or underinsured with a low-income from the ages 40 to 64 years old who is at risk for heart disease, stroke, high blood pressure and or diabetes then NC WISEWOMAN is for you! We want to work with you to make changes in how you eat and how much you exercise. We want to help you lower your chance of having heart disease or a stroke.

NC WISEWOMAN PROGRAM SERVICES INCLUDE:

- ✓ Blood pressure checks, monitoring, & measurement.
- ✓ Cholesterol screenings.
- ✓ Diabetes screening & monitoring.
- ✓ Height and weight checks for BMI*.
- ✓ Motivational health coaching sessions on heart disease, healthy food choices, and physical activity referrals.
- ✓ Referrals to your local community programs, such as, Diabetes Prevention Program, YMCAs, and other healthy behavior supportive lifestyle program.

You will...

- ✓ Be able to see a doctor if you have high blood pressure, cholesterol or blood sugar concerns.
- ✓ Set goals for your health such as eating more fruits and vegetables or walking 30 minutes each day.
- ✓ Feel good about taking control of your health!

*BMI: Body Mass Index

NC WISEWOMAN Healthy Behavior Supportive Services...

NC WISEWOMAN offers a variety of healthy behavior supportive services that will guide your journey to a healthier lifestyle. Depending on your first health coaching session you decide which healthy behavior focus area is important for you and your lifestyle!

- ✓ **NC HeartWise:** a self-measured blood pressure program that is proven to be effective for blood pressure control.
- ✓ **Diabetes Prevention Program (DPP):** a group-level support program for participants at risk for Type II Diabetes.
- ✓ **Med-South Lifestyle Program:** a health coaching support tool to accommodate southern eating habits in a healthy manner.
- ✓ **Risk Reduction Counseling:** a counseling program that focuses on the participant's specific health goals.
- ✓ **Community Resource Referral Program:** a community resource guide offering special rates and risk reduction services for eligible participants.
- ✓ **QuitlineNC Referral Program:** a 24/7 coaching availability for participant's working toward reducing and quitting tobacco consumption.





OUR PARTNERS...

NC WISEWOMAN collaborates and partners with several community programs and associations. These collaborations have proven to promote the health of women from 40 to 64 years old as well as identifying resources to support and reinforce heart healthy behaviors.

- NC Community & Clinical Connections for Prevention and Health (NC CCCPH)
- American Heart Association (AHA)
- NC Breast & Cervical Cancer Control Program (NC BCCCP)
- NC Tobacco Prevention & Control Branch (NC TCPB)
- NC Comprehensive Cancer Program (NC CCCC)

Other Community Resource Centers...

- NC YMCAs & YWCAs
- NC Health Departments
- NC Senior Health Centers
- NC Civic Organizations



WHAT IS HEART DISEASE?

Heart disease is a term used to describe different types of conditions that affect the heart and blood vessels. Types of heart disease include:

- Coronary heart disease (the most common type of heart disease and the leading cause of heart attacks).
- Heart failure.
- Heart arrhythmias (changes in the heartbeat).

WHY SHOULD I BE WORRIED ABOUT HEART DISEASE?

Heart disease is the leading cause of death for women in the United States accounting for approximately 1 out of every 5 female deaths.

HOW DO I LOWER MY CHANCES OF HAVING HEART DISEASE?

To lower chances of getting heart disease, it's important to know your blood pressure. Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it's important to have your blood pressure checked regularly.

Other key tips...

- ✓ Eat heart-healthy foods such as fruits, vegetables and whole grains.
- ✓ Manage stress levels by finding healthy ways to cope with stress.
- ✓ Bake or broil foods instead of frying.
- ✓ Exercise most days of the week.
- ✓ Stop smoking!



KNOW THE SIGNS OF A HEART ATTACK:

- ✓ Chest discomfort.
- ✓ Discomfort in other areas of the body such as the back, neck, arms, stomach or jaw.
- ✓ Shortness of breath.
- ✓ Cold sweats.
- ✓ Nausea.
- ✓ Lightheadedness.

If you experience any of these warning signs,
call 911 immediately!

WHAT IS A STROKE?

Stroke is a disease that affects the arteries — blood vessels that carry blood away from the heart — of the brain. A stroke happens when blood can't get to the brain because either the vessels burst or are clogged.

WHY SHOULD I BE WORRIED ABOUT A STROKE?

On average every 40 seconds someone in the United States has a stroke. Stroke ranks number 5 among all causes of death in the United States.



KNOW THE SIGNS OF A STROKE:

- ✓ Sudden numbness or weakness of the face, arm or leg, mainly on one side of the body.
- ✓ Sudden trouble speaking, confusion or trouble understanding.
- ✓ Sudden dizziness, trouble walking or loss of coordination.
- ✓ Sudden severe headaches with no apparent reason.
- ✓ Nausea.
- ✓ Lightheadedness.

CARDIOVASCULAR DISEASE RISK FACTORS:

Risk factors are traits and habits that could increase the chances of having a disease. There are two types of risk factors: Non-modifiable and Modifiable.

Non-modifiable risk factors are traits we have no control over and cannot change. These types of risk factors include...

- **Age:** Older people have a greater chance of having a stroke or heart disease, compared to younger people.
- **Gender:** Men have a greater chance of having a stroke or heart disease than women. But women are more likely to die from heart disease and stroke.
- **Race:** Black and Hispanic women die from heart disease and stroke more often than white women do.

Modifiable risk factors are things that we can control and change. These include:

- ✓ Having high blood pressure
- ✓ Having high cholesterol
- ✓ Smoking.
- ✓ Not being physically active.



FOR MORE INFORMATION ABOUT NC WISEWOMAN...

- Contact the NC WISEWOMAN Project at **(919) 707-5301**.
- Visit the National WISEWOMAN website: **www.cdc.gov/wisewoman/**
- Contact your local health department or community providers



FIND A NC WISEWOMAN PROVIDER NEAR YOU...

www.bcccp.ncdhhs.gov/Eligibility.asp



NC WISEWOMAN[™]



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