



## Wisconsin WISEWOMAN Program Screening and Healthy Behavior Support

Name: \_\_\_\_\_

### Is a Wisconsin WISEWOMAN

My Wisconsin WISEWOMAN Program Coordinator:

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Next Screening Date: \_\_\_\_\_

The Wisconsin WISEWOMAN Program is a program designed to help women reduce their risk for heart disease and improve their overall health by addressing risk factors such as high blood pressure, elevated cholesterol, obesity, physical inactivity, diabetes and smoking.

*The creation of this pamphlet was made possible by cooperative agreement DP13-1302 from the Centers for Disease Control and Prevention/Division for Heart Disease and Stroke Prevention/WISEWOMAN Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.*



## Blood Cholesterol

- Cholesterol is a fat-like substance in your blood.
- The body needs cholesterol to function normally; however, your body makes all of the cholesterol it needs.
- Eating fatty foods, being overweight and not being physically active can affect your cholesterol levels.
- Too much cholesterol can increase your risk of heart disease and stroke.

### Total Blood Cholesterol

<b>Good</b>	<b>Borderline</b>	<b>High</b>	<b>Alert</b>
Below 200	200-239	240-399	400 or more

My **total cholesterol** for today was \_\_\_\_\_mg/dL

## Triglycerides

- Triglycerides are a different type of fat found in your blood.
- At high levels, these fats can increase your risk of heart disease.
- When too many triglycerides form due to unburned calories, they are stored in your fat cells until needed, which causes levels to rise.

### Total Triglycerides

<b>Good</b>	<b>Borderline</b>	<b>High</b>	<b>Very High</b>
Below 150	150-199	200-499	500 or more

My **triglycerides** level for today was \_\_\_\_\_mg/dL

## LDL (Bad Cholesterol)

Too much LDL “bad” fats in the blood can lead to cholesterol buildup and blockages in your large blood vessels that carry blood and oxygen to all parts of your body.

### Total LDL



My **LDL cholesterol** for today was \_\_\_\_\_mg/dL

## HDL (Good Cholesterol)

HDL are “good” fats because they help to remove LDL from the body which prevents it from building up in your large blood vessels.

### Total HDL



My **HDL cholesterol** for today was \_\_\_\_\_mg/dL

## Blood Pressure

- Blood pressure measures how well your heart is pumping blood.
- Elevated blood pressure can gradually damage tissue and organs, which can lead to heart attack, stroke or kidney failure.

### Systolic (top number)

Less than 120	120-139	140-159	160-180	More than 180
<b>Normal</b>	<b>Pre-Hypertension</b>	<b>Stage 1 Hypertension</b>	<b>Stage 2 Hypertension</b>	<b>Alert</b>
Less than 80	80-89	90-99	100-110	More than 110

### Diastolic (bottom number)

My **Blood pressure** for today was:

1st Reading \_\_\_/\_\_\_ mmHg 2nd Reading \_\_\_/\_\_\_ mmHg

## Blood Glucose or Sugar

- Glucose (sugar) is a source of energy for the body's cells and blood.
- Maintaining a healthy blood glucose level is important for good overall health.
- Too much glucose in the blood can cause diabetes, which can lead to heart attack, stroke, kidney failure, nerve damage or blindness.
- Too much glucose in the blood can cause diabetes.

**Normal**

Less than 100 fasting

**Prediabetes**

100 –125 fasting

**Diabetes**

126 or more fasting  
200 or more non-fasting

My **total blood glucose** for today was:

\_\_\_\_\_ mg/dL fasting \_\_\_\_\_ mg/dL non-fasting

## A1c

- A1c is another test to check for diabetes.
- A1c is also used to monitor long-term glucose control for diabetics to make adjustments in medicines.

**Prediabetes**

5.7%-6.4%

**Diabetes**

6.5% or More

My **A1c** for today was: \_\_\_\_\_

## Height and Weight

My **height** for today was \_\_\_\_\_ feet \_\_\_\_\_ inches

My **weight** for today was \_\_\_\_\_ pounds

## Body Mass Index (BMI)

- BMI measurement uses your height and weight to estimate the amount of body fat you have.
- Aim for a healthy weight.

Total Body Mass Index

**Low  
Weight**

Less than 18.5

**Normal  
Weight**

18.5– 24.9

**Over  
Weight**

25-29.9

**Obese**

30 or More

My **BMI** for today was \_\_\_\_\_

## My Risk Factors



These are some of the risk factors that I can work on to help prevent stroke, heart attack, and cardiovascular disease. Check all that apply.

- Tobacco use**
- Physical inactivity**
- Unbalanced diet**
- Second hand smoke exposure**
- Overweight/obesity**
- Elevated or uncontrolled Blood Pressure**
- Elevated Cholesterol**
- Elevated Glucose (prediabetes)**
- Uncontrolled Diabetes**

## Client-Centered Risk Reduction Plan

The goal of WISEWOMAN is to support you in your journey to improving your diet, increasing your physical activity and other lifestyle habits.

To do this, we will provide you the chance to take part in a healthy behavior support program at little or no charge to you. You should choose a program only if you **are ready** to make a change after discussing your health risk(s) with your provider today.

## What changes do I need to make?

For each healthy behavior below, check how ready you feel you are to make a change.

 = I am **ready to make a change**

 = I am thinking about it but **not ready, maybe later**

 = I am **not ready today** to make a change

Increasing my physical activity   

Eating healthy (more fruits/veggies, reducing bad fats, and sugary foods)   

Stop smoking (soon or within 30 days)   

Controlling my high blood pressure   

Reducing my risk of diabetes   

*If you are not ready to make a change today, we will contact you in a month to see if you are ready to participate in one of the healthy behavior support programs.*

## Set Your Steps for Success



Now that you have indicated an area where you would like to make a healthy behavior change, work with your provider to answer the following questions.

**I want to make the following change(s) ...**

---

---

---

---

---

**My specific reason for this is ...**

---

---

---

---

---

Now review and discuss the WISEWOMAN Healthy Behavior Support programs on the following pages to determine:

1. Which one will provide you with the most support on the behavior you would like to improve.
2. Which one you will be able to attend and complete.

## Diabetes Prevention Program

This lifestyle change program includes 16 group sessions. Each session is an hour long and includes:

- A private weigh-in
- Discussions on:
  - ⇒ Healthy eating and ways to eat less fat
  - ⇒ How to increase your physical activity to 150 minutes per week
  - ⇒ How to manage your stress
  - ⇒ Setting personal goals and staying motivated

You would be eligible to participate in the Diabetes Prevention Program if:

- Your BMI is 25 or more or 22 or more if you are Asian
- Your A1c is between 5.7%-6.4%
- Your fasting glucose is between 100-125 mg/dL
- You have a family history of type 2 diabetes (parent, brother, sister)
- You are not getting the recommended 150 minutes of moderate physical activity per week
- You are committed to completing the group sessions



# Take Off Pounds Sensibly



Similar to Weight Watchers, Take Off Pounds Sensibly (TOPS) will help you manage your weight problem through group support and education. TOPS focuses on healthy eating, exercise and behavior change.

You will receive a one-year membership to TOPS. With the membership you will receive educational tools and:

- A subscription to the TOPS News magazine mailed to your home.
- The opportunity to attend weekly local chapter meetings.
- \$10 gift card (to support chapter meeting attendance).

***Note: Chapter meetings range in cost from \$1 to \$3 per month.***

Chapter locations vary and include: hospital, church, and senior center settings. To select a local chapter, go to [www.tops.org](http://www.tops.org) and click on the “*What Happens at a Meeting*” tab.

You are eligible to participate in TOPS if:

- Your BMI is 25 or more or 22 or more if you are Asian
- You have a healthy and reasonable weight loss goal
- You are able to pay the monthly chapter meeting dues
- You are committed to attending 12 chapter meetings within a six-month period

Remember to:

- Bring this pamphlet to the chapter meetings and have the Chapter leader record your weight using the log at the back of this booklet.
- At the end of your 12 chapter meetings, share your log with the WISEWOMAN Provider.

# Eating Smart . . Being Active

**Eating Smart . . Being Active** is an eight-session group program. Each session is 1-1/2 hours and provides a chance for you to set goals and build skills.

Sessions cover information on healthy eating and ways to increase your physical activity to at least 150 minutes per week.

You will receive learning tools to help you adopt the behavior presented in each lesson. These tools are provided at no charge and include: a water bottle, sample grocery shopping list, produce brush, measuring cup set, a strength band, and a set of measuring spoons.

You would be eligible to participate in the Eating Smart . . Being Active if:

- You have a child (infant – to 18 years old) you are caring for
- Your BMI is 25 or more or 22 or more if you are Asian
- You are not getting the recommended 150 minutes of moderate physical activity per week
- You are not eating the recommended servings of food
- You are committed to attending all eight group sessions



## Health Coaching

If you select Health Coaching, a coach will work with you over the phone, face to face or in a group to help you with a specific healthy behavior goal.

If your goal is to **eat better**, the health coach can guide you on:

- Choosing a healthy diet using the six major food groups
- Determining serving sizes
- How to control your hunger
- How to read food labels

You will receive learning tools throughout your coaching sessions to help you adopt the behavior. These tools are provided at no charge and include: a meal portion plate, Be Wise booklet, water bottle and lunch bag.

If your goal is **to increase your moderate physical activity to at least 150 minutes a week**, the health coach can guide you on:

- Ways to be more active
- How to track your physical activity

You will receive learning tools throughout your coaching sessions to help you adopt the behavior. These tools are provided at no charge and include: a step counter, exercise DVD, Be Wise booklet, water bottle and strength band.



If your goal is to manage your **high blood pressure**, the health coach can:

- Provide resources for getting your blood pressure medication
- Provide resources for getting your blood pressure checked
- Provide information on how you can reduce your salt intake

You will receive learning tools throughout your coaching sessions to help you adopt the behavior. These tools are provided at no charge and include: a blood pressure tracking card, meal portion plate and strength band.

You are eligible to participate in Health Coaching if:

- Your BMI is 25 or more or 22 or more if you are Asian
- You have a specific goal
- You are comfortable with working one-on-one and/or in a group with a health coach
- You have time to interact with a health coach over the phone, face-to-face and/or in a group setting three to five times.

# Your Action Plan

I am committed to participating in: (check one)

**Diabetes Prevention Program**

See the Diabetes Prevention program calendar and select the location and time of the program you will be attending. Sign the Provider Enrollment and Consent form. Bring this pamphlet with you to the first session.

**Take Off Pounds Sensibly (TOPS)**

My healthy target weight loss goal is \_\_\_\_\_ lbs.  
Go to **www.tops.org** (click on “What Happens at a Meeting” to find a Chapter meeting location(s). Bring this pamphlet to each of the chapter meetings. Use the weight log on the final pages of this booklet to record your weight and report your progress to the WISEWOMAN provider.

**Eating Smart . . Being Active (ESBA)**

See ESBA flyer for time and location of the program you will be attending. Someone will be calling you to confirm your registration

## Health Coaching

**Healthy Eating**

**Physical Activity**

**Blood Pressure Control**

***A health coach will be contacting you within 7 days to start your coaching sessions.***

Client Signature \_\_\_\_\_

Provider Signature \_\_\_\_\_

## Heart Health Wellness Resources

The following pages are a sampling of some low-cost or free community resources to help support your journey to healthy living. There will be many more resources in your community that are not included in this guide. As community activities may change from time to time, be sure to contact the listed facilities to determine current status.



# Stop Smoking Resources

## **Fax To Quit Program**

If you are ready to quit within 30 days, a Wisconsin Tobacco Quit line coach will contact you after receiving a Fax to Quit consent form. The program is not designed to convince you to quit, but to provide you support over a six-month period.

### **The Quit Line coach will:**

- Contact you by phone on the day and time you indicated on the consent form was best
- Give you practical ways for successfully quitting
- Help you problem-solve ongoing urges to use tobacco
- Give you tips on how to increase support from family and friends
- Provide free nicotine replacement medication

You would be eligible to participate in the

### **Fax to Quit Program if:**

- You are ready to quit smoking in the next 30 days
- You have regular access to a phone and can accept calls
- You sign a Fax to Quit consent form giving the quit line coach permission to call you
- You can work with the quit line coach by phone based on your support needs

## **Wisconsin Tobacco Quit Line**

If you are not yet ready to quit smoking but want information on the risks of smoking and the benefits of stopping, you can call the Quit Line. The Quit Line also has information on community quit smoking group programs, second-hand smoke risks, health issues and how to limit exposure.

You can directly call the Wisconsin Tobacco Quit Line

7 days a week, 24 hours a day at:

1-800-784-8669 English

1-877-266-3863 Spanish

TTY:1-877-777-6534



# Physical Activity Resources

The WISEWOMAN Program recommends moderate intensity physical activity such as brisk walking, gardening, or any movement that causes a moderate increase in your breathing or heart rate. Remember before increasing your physical activity you should talk with your health care provider.

## Community Fitness Centers



Local fitness centers for example YMCA, PLANET Fitness, SNAP, offer a variety of classes and/or exercise equipment to help you increase your physical activity. Price range vary and some may offer scholarships or special promotions. Check local listings for a facility near you.

## Exercise Videos

Check out the exercise section in stores such as Wal-Mart, Target, Shopko, to find a variety of workout DVDs from beginners to advanced. Cost range: \$10-15 dollars.

DVDs can also be checked out at no charge through your public library.

## Community Senior Center

Offer a safe place for social, educational, fitness and recreational activities. Open to adults ages 50 and up. Activities include; belly dancing, daily meals, exercise classes, use of fitness center and more. Check local listings for a facility near you.

# Healthy Eating Resources

## Recreation Programs

Provide a variety of classes to help you with healthy eating such as canning and food preservation, vegetarian cooking, home gardening, etc. A class catalog is published in the fall, winter, spring and summer.

## Farmers Markets

Local farmers markets are a great place to buy the freshest and tastiest fruits and vegetables and to meet up with your friends. Some markets offer cooking tips/demonstrations on how to prepare the items you buy. Check with local listings for markets locations.

## FoodShare Wisconsin

Helps low-income families and individuals buy vegetable seeds and plants as well as nutritious foods. Contact the local county or tribal agency to see if you are eligible by calling 800-362-3002 or visit [www.access.wi.gov](http://www.access.wi.gov) and click on the “Apply for Benefits” tab.



# Healthy Eating Resources (continued)

## Gardening Resources

Growing your own vegetable garden is a great way to improve your health, provide tasty produce and save money. You can participate in a community garden, have a backyard garden, or grow plants in containers.



## Food Pantries

Food pantries can provide families with healthy and nutritious food. Some pantries even provide holiday and Christmas meals and gifts. If you have the option of selecting food items at a pantry, choose healthier food items such as:

- Whole grain, low-sugar cereals, i.e., plain oatmeal, whole grains and bran flakes
- Fresh fruit and vegetables
- Canned vegetables, with low salt
- Fruits canned in juice, unsweetened applesauce
- Canned chicken, ham or beef
- Low salt soups or broth
- Low fat salad dressings

In general avoid less healthy food items such as:

- White bread, sugary cereals
- Salty noodle mixes
- Fruit-flavored beverages

Check local listings for locations.

## Stress Management Resources

### **Beauty Schools--Massage, Cosmetology, Nails**

Check out the yellow pages for local beauty and massage schools to treat yourself to a facial, pedicure or total body massage. Services are provided by students under the supervision of trained instructors. Cost of these services are much lower than receiving them from an established business.



# Websites to Get You Moving & Eating

## **American Heart Association- BetterU Nutrition and Fitness Program**

A 12-week online program for women to help achieve better heart health and well being. Participants will get daily reminders, tips, interactive videos, coaching tools, and an online journal to achieve better health through small simple choices each week. Visit the website at <https://www.goredforwomen.org/home/live-healthy/betteru-nutrition-and-fitness-program/>

## **USDA – ChooseMyPlate**

This website features information and tips to help you build a healthier diet. There are several message topics to help you balance your caloric intake and make healthier food choices.

Visit the website at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)



## **American Diabetes Association**

Provides information on diabetes, food and fitness and how to cope with health issues related to your diabetes.

Visit the website at [www.diabetes.org](http://www.diabetes.org)

## **Million Hearts®**

A nationwide program to prevent one million heart attacks and strokes by 2017. The website has information on heart disease and stroke, how to control your blood pressure and tools for determining your risk.

Visit the website at [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)

# Free Blood Pressure Checks

## In-Store Blood Pressure Monitors

Check your local grocery store or pharmacy as some have in-store blood pressure checking stations. Before using the station, ask an employee to teach you how to use it. Some pharmacies, i.e., Walgreens, CVS and Target, have staff that will take your blood pressure at no charge as time permits. Check local listings to find one nearest you.



## Self Management Programs

### **Living Well With Chronic Conditions - English**

This six-week session is designed for individuals living with chronic conditions. Each week participants discuss and problem solve on topics addressing exercise and nutrition, medication usage, stress management, and communication with family, friends and health care professionals. Cost: Free to \$20. Call 800-242-9945 to find a session near you.

### **Still You With Type 2**

Provides adults with type 2 diabetes information on understanding type 2 diabetes, knowing blood sugar numbers, and making simple changes to one's lifestyle. Visit website at [www.stillyouwithtype2.com](http://www.stillyouwithtype2.com)

### **Cook. Learn. Enjoy**

Provides individuals with type 2 diabetes information on reading food labels, portion sizes, how to make smart changes to classic "comfort food" recipes and more.

Visit website at [www.stillyouwithtype2.com/cooking-learning](http://www.stillyouwithtype2.com/cooking-learning)

### **Diabetes Local**

Diabetes Local is for individuals with diabetes, prediabetes or at risk for developing diabetes. The website links you to local diabetes resources and healthy lifestyle information on eating, physical activity, and stress management.

Visit website at <http://www.diabeteslocal.org/>

### **American Heart Association Heart360<sup>®</sup>**

#### **Check.Change.Control**

Heart360<sup>®</sup> is an easy-to-use tool that helps you understand and track the factors that affect your heart health including blood pressure, physical activity, cholesterol, glucose, weight and medications. Once registered, you will have access to blood pressure information, tracking tools, and resources.

Visit website at <https://www.heart360.org/>

## Health and Wellness Education

### Local Hospitals

Offer a wide variety of classes and community events aimed at promoting health and wellness. Most classes are free of charge and many feature physicians.

Check local hospital website to access community classes and events schedules.

## Social Services

### International Institute of Wisconsin Immigration and Citizenship

Experienced, multi-lingual staff assist individuals and families by providing a variety of low-cost legal immigration and citizenship services, such as adjustment of status for refugees and non-refugees, travel documents, petitions for family members, and naturalization.

Services are by appointment, with walk-in hours on Fridays from 9:00 - 11:00 a.m. For more information or to schedule an appointment, please email [info@iiwisconsin.org](mailto:info@iiwisconsin.org)

1110 North Old Third Street, Suite 420

414-225-6220

### 2-1-1 IMPACT

Provides information and referral on food, housing, employment, health care, counseling and more. To reach, dial 211.

## TOPS Program Weight Chart

January			February		
Date	Weight	Leader Initials	Date	Weight	Leader Initials

March			April		
Date	Weight	Leader Initials	Date	Weight	Leader Initials

<b>May</b>			<b>June</b>		
<b>Date</b>	<b>Weight</b>	<b>Leader Initials</b>	<b>Date</b>	<b>Weight</b>	<b>Leader Initials</b>

<b>July</b>			<b>August</b>		
<b>Date</b>	<b>Weight</b>	<b>Leader Initials</b>	<b>Date</b>	<b>Weight</b>	<b>Leader Initials</b>

September			October		
Date	Weight	Leader Initials	Date	Weight	Leader Initials

November			December		
Date	Weight	Leader Initials	Date	Weight	Leader Initials







State of Wisconsin  
Department of Health Services  
Division of Public Health  
P-00909A (07/2015)