**RISK FACTORS OF CARDIOVASCULAR DISEASES IN WISEWOMAN PROGRAM IN SC**

- The Well-Integrated Screening and Evaluation for Women Across the Nation program (WISEWOMAN) is located at the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, within the division for Heart Disease and Stroke Prevention (DHDSP). It was awarded funding in 2008, in SC, and currently available in Region 4 and Region 6.
- WISEWOMAN program aimed to provide low-income, uninsured or under, 40-64 year old women with the knowledge, skills, and opportunities to improve diet, physical activity, and other lifestyle behaviors that could in turn prevent, delay and control CVD and other chronic disease.

**Characteristics of participants enrolled**

- 1312 participants received screening tests and 326 of them joined in lifestyle intervention sessions.
- The majority of women enrolled in WISEWOMAN program are African Americans, and the mean age is 52.9 years old. All of them were educated less than 9th grade.
- High proportion of woman with diagnosed hypertension, dyslipidemia, diabetes and heart diseases. However, most of them have received mediation for any of the above conditions.
- The screening records of anthropometrics exhibited that the majority of the women exceeded the normal weight and many of the women were in abnormal values of high systolic and diastolic blood pressure, blood cholesterol and blood glucose.

**Women aged between 40-46 and 47-64 years old**

- 245 women aged 40-46 years old, and 1066 women aged 47-64 years old were included.
- More women involved in older age group are African Americans and non-Latinos.
- Women in older age group were more likely to have hypertension, dyslipidemia, high blood glucose, and diabetes issues.
- SBP (>120 mmHg) and abnormal cholesterol values were found to be positively related to older age group, however no difference were shown regarding DBP.

**Women registered between Region 4 and Region 6**

- 670 women registered in Region 4 and 595 women registered in Region 6.
- Higher proportion of African Americans and non-Latino enrolled in Region 4.
- Significantly higher percentage of participants with history of hypertension and heart diseases enrolled in Region 4.
- Higher proportion of women in Region 6 were in high BMI values. DBP exhibited higher in Region 6, however they showed much healthier value regarding to blood cholesterol and HDL cholesterol.

**Women had or did not have lifestyle interventions**

- 326 participants were in the lifestyle intervention section.
- Higher percentage were African Americans, non-Latino, and 47-64 years old women.
- Women were more likely to be obese and have higher blood glucose value. However, more of them were shown to have normal DBP, and optimal total blood cholesterol and triglycerides values, comparing to the women who did not have lifestyle interventions.

**WISEWOMAN program resources**

WISEWOMAN PROGRAM, DHEC Division of Cancer Prevention & Control

http://www.scdhec.gov/health/chcdp/cancer/wisewoman.htm

(803) 934-2902

Centers for Disease Control and Prevention

http://www.cdc.gov/wisewoman/

800-CDC-INFO (800-232-4636)