

# News



**FOR IMMEDIATE RELEASE**

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## **DPH WISEWOMAN Program Featured in Effort to Expand Program to all 50 States**

**Hartford** – The Connecticut Department of Public Health’s WISEWOMAN (Well-Integrated Screening and Evaluation for Woman Across the Nation) program was recently spotlighted as part of an effort to expand the program nationwide.

On July 17, 2003, Congresswoman Rosa L. DeLauro met with providers and patients at the WISEWOMAN clinic at St. Mary’s Hospital in Waterbury, and announced that she has introduced legislation to expand the program to all fifty states. WISEWOMAN is a Centers for Disease Control and Prevention (CDC)-sponsored program designed to help 40-64 year old woman reduce their risk for heart disease and promote a heart-healthy lifestyle.

Connecticut is currently one of eleven states administering the WISEWOMAN Program. Connecticut’s WISEWOMAN program, administered by the Department of Public Health (DPH), provides women found at risk for cardiovascular disease an opportunity to participate in a lifestyle modification program, which includes nutrition and physical activity interventions.

The WISEWOMAN program incorporates cardiovascular disease screening and intervention services into the healthcare delivery system at nine of the current 18 DPH Breast and Cervical Cancer Early Detection Program contracted health care provider sites. In addition to a clinical breast exam, pap test, and mammogram, women who participate in the WISEWOMAN Program receive screening for cardiovascular disease. WISEWOMAN services include height, weight, blood pressure, cholesterol, blood glucose testing, and implementation of selected nutrition and physical activity interventions for abnormal screening results.

Provider sites offering the WISEWOMAN Program in Connecticut include Hartford Hospital, St. Francis Hospital (Hartford), Yale-New Haven Hospital (New Haven), Hospital of St. Raphael’s (New Haven), Women’s Center for Wellness (Vernon), Windham Community Memorial Hospital, Norwalk Hospital, Community Health Center (Middletown), and St. Mary’s Hospital (Waterbury).

In April 2003, in an effort to reach more underserved women, the Connecticut WISEWOMAN Program extended eligibility to include women ages 40 to 49 who are enrolled in the Breast and Cervical Cancer Early Detection Program.

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This change provides the opportunity to influence lifestyle changes earlier in life. To be eligible for the WISEWOMAN Program, a woman must be enrolled in the department's Breast and Cervical Cancer Early Detection Program; be 40 to 64 years of age; have an income at or below 200% of the federal poverty level; have no health insurance; have an insurance deductible of \$1,000 or more; and have health insurance that excludes routine blood pressure screening, lipid profile, and blood glucose screenings.

The "WISEWOMAN Expansion Act" would allow the expansion of the WISEWOMAN Program to other states as well as enhance the screening services offered by WISEWOMAN to include other chronic disease preventative measures such as diabetes and osteoporosis. The American Heart Association, the American Diabetes Association, and the National Osteoporosis Foundation have endorsed Congresswoman DeLauro's legislation.

For more information about the Connecticut WISEWOMAN program, please visit:  
[www.dph.state.ct.us/BCH/HEI/wise1.htm](http://www.dph.state.ct.us/BCH/HEI/wise1.htm)

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