



DP18-1816

Well-Integrated Screening and Evaluation for WOMen Across the Nation (WISEWOMAN)

Alabama • Recipient Profile¹

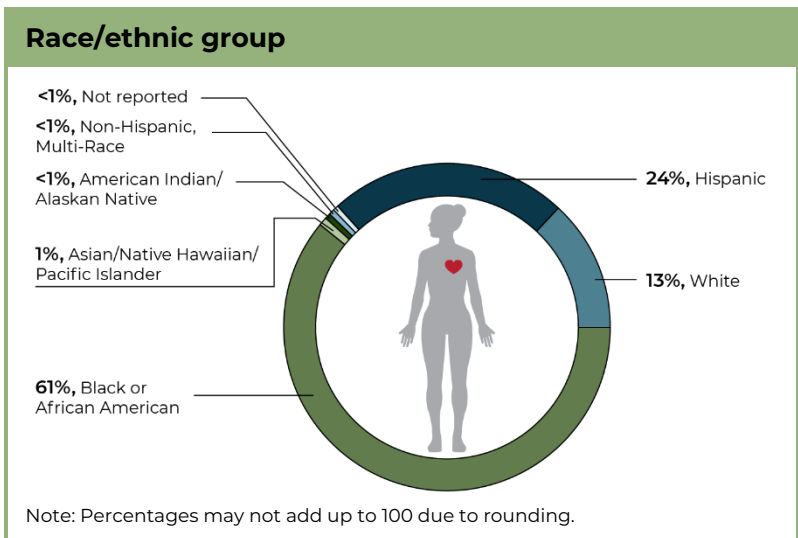
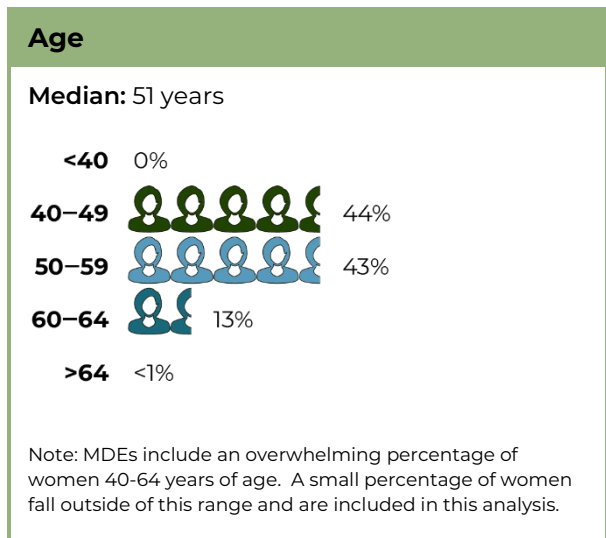
Program Years 1 – 3 (September 2018 – September 2021)

The Alabama Department of Public Health is a recipient of the CDC-funded WISEWOMAN cooperative agreement (CDC-RFA-DP18-1816). The WISEWOMAN program provides heart disease and stroke risk factor screenings and services to promote healthy behaviors to low-income, uninsured, and underinsured women aged 40 to 64 years. As a WISEWOMAN recipient, Alabama is implementing the following strategies to improve the diagnosis, care, and management of women with hypertension: (1) strengthen clinical quality measurement, (2) support team-based care, and (3) facilitate community-clinical linkages.

Year 3 Core Funding: \$900,000
First Year Funded: 2013
Participation in Other CDC Heart Disease and Stroke Programs:
DP18-1815: Improving the Health of Americans Through Prevention and Management of Diabetes and Heart Disease and Stroke
Recipient Organization: Alabama Department of Public Health
Prevalence of Hypertension: 2, 3
61% of Alabama WISEWOMAN participants had high blood pressure at baseline screening
Key Partners:
YMCA of Mobile and Greater Birmingham
Medical Outreach Ministries, Inc.
Tobacco Quit Line

WISEWOMAN participants in Program Years 1 through 3

WISEWOMAN recipients submit data to CDC biannually describing the number of women served and the types of services received. During Program Years 1 through 3 (September 30, 2018 – September 29, 2021), the Alabama WISEWOMAN program served 1,481 women; distribution of participants by age and race/ethnicity is shown below.²



¹ This profile provides an overview of the activities and key achievements during Program Years 1 through 3 of the WISEWOMAN DP18-1816 program (September 2018 - September 2021), as reported within recipients' annual evaluation reports, annual progress reports for Program Years 1 through 3, annual performance measure report as of December 31, 2021, and Minimum Data Elements (MDEs). For more information, please contact DHDSPEvaluation@cdc.gov.

² Based on an analysis of MDE data for women who were screened in Program Years 1 through 3, including complete, BP+, and incomplete screening records (n = 1,481). Hypertension rate and distribution by age and race/ethnicity at baseline include 1,316 participants with valid data for key elements at baseline screening.

³ High blood pressure is defined as systolic blood pressure > 139 mmHg or diastolic blood pressure > 89mmHg.



WISEWOMAN strategies to promote cardiovascular health

The WISEWOMAN program uses **evidence-based approaches to heart disease and stroke prevention** within health care systems and throughout communities. Women who are screened and found to have high blood pressure, diabetes, or high blood cholesterol receive clinical care and are referred to healthy behavior support services (HBSS), including lifestyle programs, health coaching, and risk reduction strategies with community support. Below, we describe the Alabama program's approach to this work and provide updates on Alabama's performance measures through the end of Program Year 3.⁴



Strategy 1. Track and monitor clinical measures shown to improve healthcare quality and identify patients with hypertension

The WISEWOMAN program aims to **improve sharing and use of clinical data** among providers to facilitate care coordination and promote better health outcomes.

Highlights from Alabama

- **Provided monthly reports to WISEWOMAN clinics** to support efforts to track and monitor participant data.
- **Explored new partnerships with clinics that have data monitoring capabilities**, including a health center recognized as a Level III Patient Centered Medical Home.

Performance measures

100% of WISEWOMAN participants were screened by providers that have a protocol for identifying patients with undiagnosed hypertension (**1,479 women**).

75% of WISEWOMAN providers implemented a community referral system (through bi-directional referrals) for HBSS for people with high risk for CVD (**3 providers**).



Strategy 2. Implement team-based care to reduce CVD risk with a focus on hypertension control and management

Use of team-based care helps ensure provider adherence to evidence-based guidelines and policies for participants with high blood pressure and high cholesterol and increases participation of non-physician team members. This approach also helps participants manage their own health and CVD risk factors.

Highlights from Alabama

- **Provided medication adherence counselling** to participants using an interdisciplinary team of providers.
- **Partnered with on-site behavioral health providers** at WISEWOMAN clinics to provide mental health support to participants with mental and behavioral health needs.

Performance measures

100% of WISEWOMAN participants were screened by providers that have policies or systems to implement a multidisciplinary team-based approach to blood pressure control (**1,479 women**).



Strategy 3. Link community resources and clinical services that support bi-directional referrals, self-management, and lifestyle change for women at risk for CVD

Linkages to HBSS, including health coaching and lifestyle programs (LSPs), help engage participants in the WISEWOMAN program. Alabama's LSP partners include health coaching with a self-monitoring blood pressure focus.

Highlights from Alabama

- **Updated community resource directories** for each WISEWOMAN clinic to guide HBSS referrals.
- **Partnered with Greer's Grocery Stores** to provide vouchers for WISEWOMAN participants to purchase fresh fruits and vegetables.

Performance measures

98% of WISEWOMAN participants were referred to an appropriate HBSS (**1,446 women**).

>99% of WISEWOMAN participants who were referred to an HBSS attended at least one session (**1,442 women**).



66 out of 152 participants with known high blood pressure achieved blood pressure control in Year 3 compared to **25 out of 48** participants in Year 1.

⁴ Based on an analysis of performance measure data for women who were served in Program Years 1 through 3 (n = 1,479). This data source is different than the MDE data reported on Page 1.