

Program Casts a Wider Net with Heart Screenings



Problem

In 2008, the two clinics participating in the Pennsylvania WISEWOMAN program conducted only 209 screenings of women for cardiovascular disease risk factors. To meet the goal of screening 1,000 women the following year, quick action was needed.

Project

Using data from WISEWOMAN and CDC's National Breast and Cervical Cancer Early Detection Program, the Pennsylvania WISEWOMAN program initiated a rapid, targeted expansion of screening clinics.

Outcomes

The program grew from two screening clinics in 2008 to 20 clinics in 2009. More than 1,560 women received screening in 2009, exceeding program goals by 56%.

Resources

- Healthy Woman Program
Pennsylvania Department of Health
www.pahealthywoman.org
- Centers for Disease Control and Prevention
WISEWOMAN Program Locations: Pennsylvania
www.cdc.gov/wisewoman/locations/pennsylvania.htm

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

Telephone: 1-800-CDC-INFO (232-4636)/

TTY: 1-888-232-6348

E-mail: cdcinfo@cdc.gov

www.cdc.gov

“When the heart screening program came to New Castle, I decided to take action. After 4 months of being in the program, I eat better and exercise every day. Already my blood pressure is down, and I’ve lost 19 pounds.”

—Program Participant

Statement of Problem: At the beginning of 2009, the Pennsylvania WISEWOMAN program was operating in only two clinics in a single county to screen women for cardiovascular disease risk factors, such as above-normal body mass index, cholesterol, blood pressure, waist-to-hip ratio, and blood glucose. Program staff realized that screenings needed to begin quickly at additional clinics to achieve the 2009–2010 screening goal of 1,000 clients.

Project Description: Program staff analyzed WISEWOMAN and National Breast and Cervical Cancer Early Detection Program data to assess needs and capacity at additional screening clinics across the state. The data profiles helped identify clinics with proven capacity to begin WISEWOMAN screenings. The program staff worked with its clinical screening contractor to train new clinic staff, purchase materials, and arrange for lab testing. The data profiles have been used to review screening goals as well as types and accessibility of lifestyle interventions to address risk factors.

Outcomes: WISEWOMAN screening clinics expanded from 2 in 2008 to 20 in 2009, making the program available to women in 14 Pennsylvania counties in rural, urban, and suburban settings. More than 1,560 women were screened in 2009, 56% more than the program’s goal. Approximately 98% of those served by the Pennsylvania WISEWOMAN program had at least one abnormal clinical result for a cardiovascular disease risk factor. More than 70% of the women screened had abnormal clinical results for three of the five risk factors measured. During 2009 and 2010, the program staff conducted more than 1,600 lifestyle intervention sessions.

Conclusions: Increasing the number of WISEWOMAN screening clinics in Pennsylvania allowed more than 1,560 women to be screened in 2009 for cardiovascular disease risk factors. By alerting women to such risks, these screening services could prevent long-term health problems. “We were thrilled to add the WISEWOMAN program for our clients!” said the New Castle Adagio Health screening clinic office manager. “The program offers valuable services to women who need screening and cannot afford it on their own.”