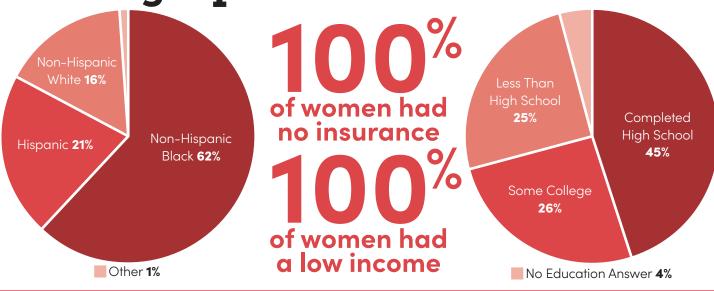
What is the Alabama WISEWOMAN Program (ALWW)?



ALWW aims to improve cardiovascular health among women. A social worker works with each individual to help reduce the risk factors associated with cardiovascular disease. Currently, ALWW is partnered with five clinics in Baldwin County, Mobile County, and Montgomery County. Since 2013, the program has served over 6,000 women.

Demographics of Women Served



Risk Factors of Women Served

Overweight (BMI≥25)	5,333
High Cholesterol (Hypercholesterolemia)	2,263
Diabetes	1,156
Self-Reported Smoking	1,306
High Blood Pressure (Stage 2 Hypertension)	1,884

Services Provided

Health Coaching

Support Group Sessions

> Nutritional Counseling

> Community Resources

Community Referrals

Types of Health Coaching Sessions Provided

Face to Face with **Social Worker**

Support Group Sessions

Nutritional Counseling **Phone Calls with Social Worker**

Program Completion Overview Must be Completed within 12 Months

First Doctor Visit (Lab Tests and Counseling)

At Least 3 Health Coaching Sessions Completed

A 4-6 Week Follow-up Visit after the Last Health Coaching Session

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Ther signific Blo Blc te ins stolic ic stal suoisses Suoisse Suoisses Suoisses Suoisses Suoisses Suoisses Suoisses Suoisses More than 60% of the women seen completed three or more health coaching sessions There was a statistically significant difference in Systolic Blood Pressure, Diastolic Blood Pressure and Total Cholesterol.

Program Completion Impact on Women Identified with Risk **Factors in First Visit**

No **Improvement** 32%

HYPERTENSION (202 WOMEN)

Blood Pressure Improvement 68%

Weight/BMI **Improvement**

OVERWEIGH' (507_WOMEN

No **Improvement 69**%

No Improvement

TOTAL CHOLESTEROL (63 WOMEN)

Total Cholesterol **Improvement** 60%