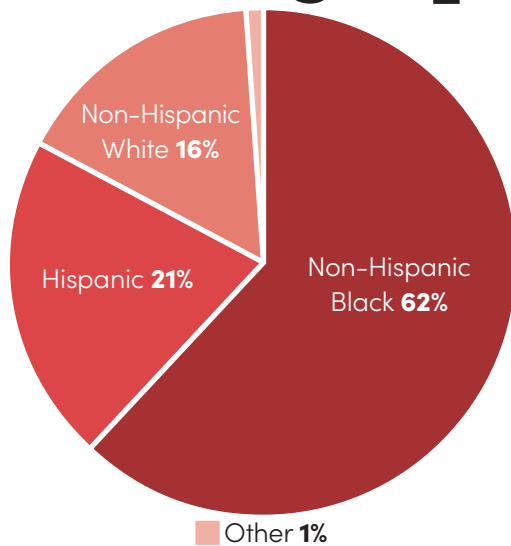


# What is the Alabama WISEWOMAN Program (ALWW)?



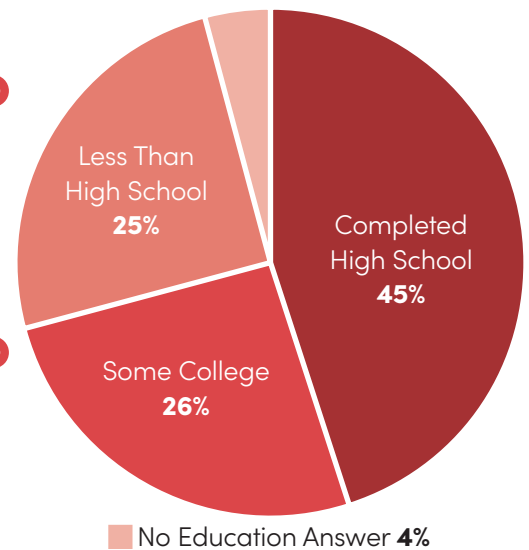
ALWW aims to improve cardiovascular health among women. A social worker works with each individual to help reduce the risk factors associated with cardiovascular disease. Currently, ALWW is partnered with five clinics in Baldwin County, Mobile County, and Montgomery County. Since 2013, the program has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

## Demographics of Women Served



**100%**  
of women had  
no insurance

**100%**  
of women had  
a low income



## 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

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

