

Nebraska WISEWOMAN Fact Sheet

(2019-2023)

DISEASE BURDEN:

Heart disease is the number one leading cause of death for adults in Nebraska.¹ In 2021, the number of deaths from heart disease was 3,776 from heart disease and 851 from stroke.¹ The burden from heart disease and stroke is not only deadly, but costly. The latest data available showed that hospital discharge costs alone surpassed \$1 billion in the year 2016.²

RISK FACTORS:

Risk factors for heart disease and stroke are prevalent among adults throughout Nebraska,⁶ and they are more prevalent among adults living in poverty.⁷ Since 2001, the Nebraska WISEWOMAN (WW) program has targeted women who are financially disadvantaged. Over the years, it has served more than 10,000 women in Nebraska.

According to World Health Organization (WHO), death from heart disease and stroke is preventable.³ Reducing risk factors such as hypertension, high cholesterol, diabetes, obesity, smoking, unhealthy diet, and physical inactivity^{4,5} could reduce the risk of getting these diseases.⁵ Preventive cardiovascular disease (CVD) screenings, self-monitoring, medication management, and lifestyle changes are powerful weapons in reducing these risk factors.³

ABOUT THE PROGRAM:

The Nebraska WW program provides CVD screening services such as office visits, blood work, and cardiovascular disease related risk reduction counseling. The services include raising awareness of CVD prevention, offering weight loss class and chronic disease self-management class, promoting healthy eating and more exercises, and navigating social services available in local communities for eligible women.

The program works with 435 primary care providers and a network of community partners to provide clinical services and reimbursement, education, training, and curriculum to community partners.

Program services eligibility

Women eligible for services through 2023 were aged 40-64 with household incomes at or below 225% of the federal poverty level, with no health insurance, and enrolled in Nebraska's Breast and Cervical Cancer Early Detection Program called Every Woman Matters (EWM).

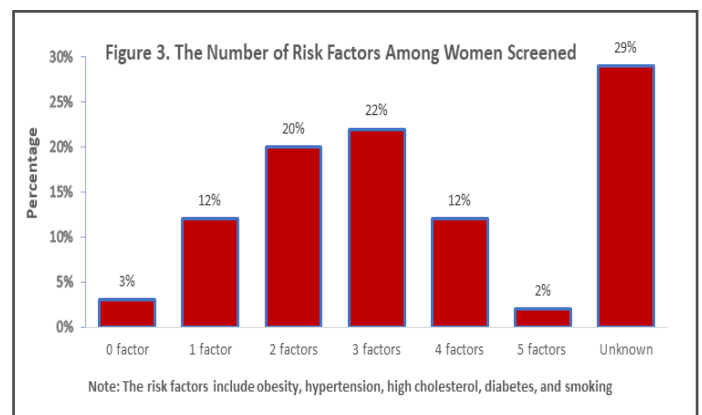
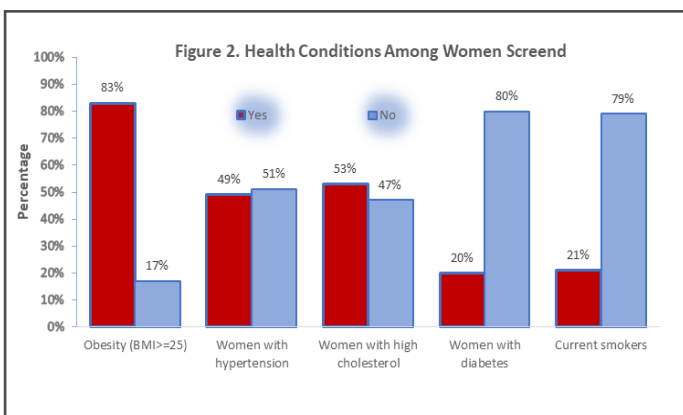
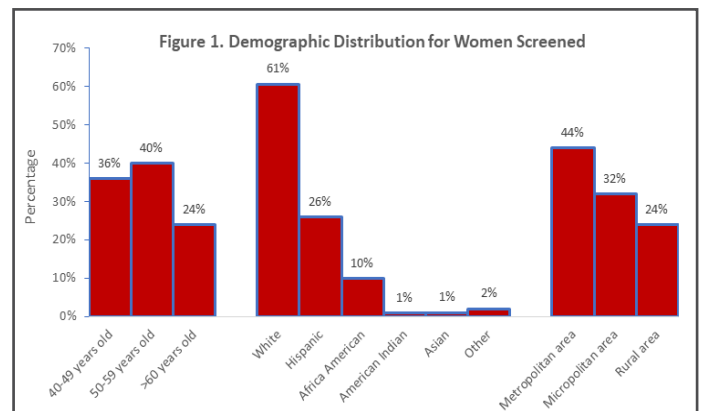
For current eligibility and enrollment information go to <https://dhhs.ne.gov/EWM> or call EWM at 800-532-2227 or send email to dhhs.ewm@nebraska.gov.

DEMOGRAPHICS and HEALTH CONDITIONS

In the past 5 years, 4,442 CVD screening services have been provided to 3,013 women. Among these women, 61% are White, 64% are 50-64 years old, and 76% live in metropolitan and micropolitan areas (Figure 1).

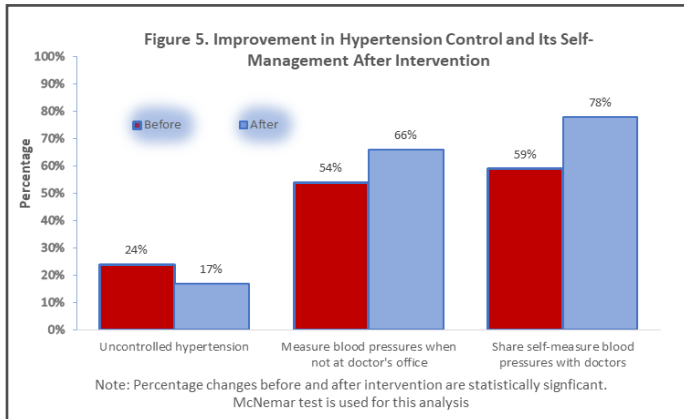
Among these women, four of five were obese, half had hypertension or high cholesterol, and one of every five women was either diabetic or a current smoker (Figure 2).

Half of these women had 2-4 risk factors (Figure 3).

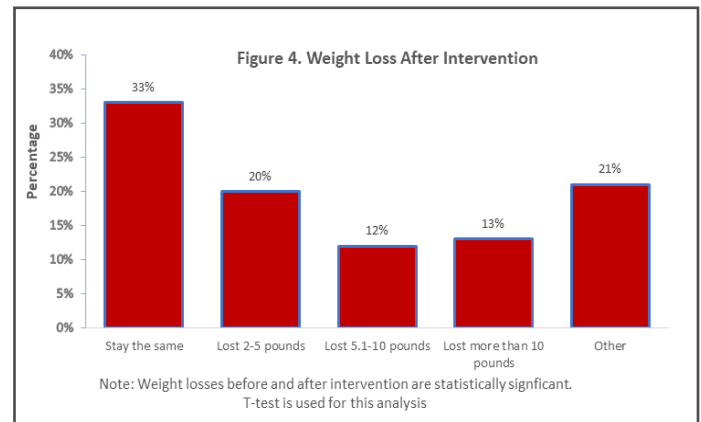


INTERVENTIONS are EFFECTIVE APPROACHES

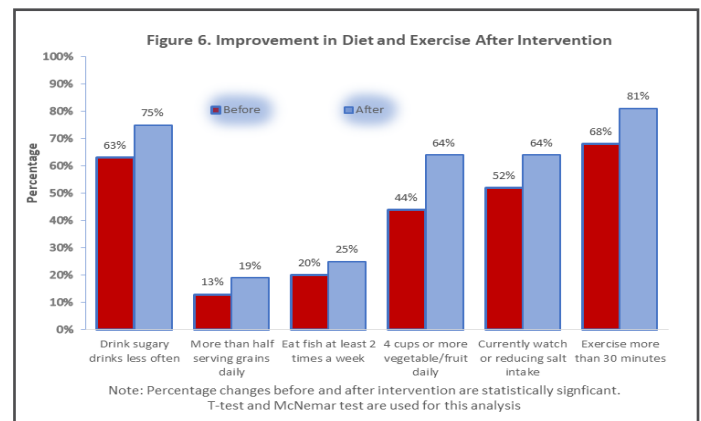
All women screened were referred to services supporting lifestyle changes. A total of 1,539 women chose to participate. At least 4,984 sessions were provided either in person or online, 1,092 women completed at least three sessions. After the interventions, almost half of the women lost at least 2 pounds, one of every four lost more than 5 pounds, one of every ten women lost more than 10 pounds (Figure 4).



Post intervention participating women had significant improvements in diet and exercise. (Figure 6). As a result, they consumed less sugary drinks, ate more fish, grains, vegetables, and fruits; reported watching salt intake and exercised more often.



Women diagnosed with hypertension made significant improvements in monitoring and control of hypertension after participation in lifestyle interventions (Figure 5). The number of women with uncontrolled hypertension was reduced significantly. More women monitored blood pressure outside a medical visit and shared self-measuring blood pressures with their providers.



RESOURCES:

For more information about cardiovascular disease prevention and management, please visit:

- <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>
- <https://www.cdc.gov/cholesterol/about/index.html>
- <https://dhhs.ne.gov/Documents/Guide%20to%20Lowering%20Cholesterol.pdf>
- <https://dhhs.ne.gov/Documents/Foods%20to%20Choose%20to%20Lower%20Your%20Cholesterol.pdf>
- https://www.cdc.gov/diabetes-prevention/?CDC_AAref_Val=https://www.cdc.gov/diabetes/prevention/index.html

REFERENCES:

- Centers for Disease Control and Prevention. <https://wonder.cdc.gov/Deaths-by-Underlying-Cause.html>. Accessed August 7, 2023.
- Nebraska Health and Human Services. Public Health Reports: Cardiovascular disease in Nebraska. <https://dhhs.ne.gov/Reports/Cardiovascular%20Disease%20in%20Nebraska%20Fact%20Sheet%20-%202018.pdf>. Published in 2018. Accessed August 3, 2023.
- World Health Organization. <https://www.who.int/news-room/questions-and-answers/item/cardiovascular-diseases-avoiding-heart-attacks-and-strokes>. Accessed August 16, 2023.
- Centers for Disease Control and Prevention. https://www.cdc.gov/heart-disease/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/heartdisease/facts.htm. Accessed August 1, 2023.
- Centers for Disease Control and Prevention. https://www.cdc.gov/stroke/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/stroke/facts.htm. Accessed August 1, 2023.
- Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System (2021). <https://www.cdc.gov/brfss/brfssprevalence/index.html>. Accessed August 7, 2023.
- Zhang A, Weiner JL. Nebraska Minorities Disparity Facts Chart Book, 2021. <https://dhhs.ne.gov/Pages/Reports-and-Statistics.aspx>. Published in 2021. Accessed August 1, 2023.