

GRAPEVINE PROJECT

Bringing health education & resources to women



GRAPEVINE PROJECT
WISCONSIN WOMEN'S
HEALTH FOUNDATION



What is the GrapeVine Project?

- The GrapeVine Project is a program that involves partnering with Faith Community/Parish Nurses to bring much needed health education and resources to Wisconsin women. The primary goal is to reach women with a focus on those who are underserved, have less than optimal access to health related resources and care, and/or live in rural communities. Faith Community/Parish Nurses serve as the connection to local health services.
- The program involves training Faith Community/Parish Nurses to present a series of women's health education units in communities throughout Wisconsin. The Wisconsin Women's Health Foundation (WWHF) provides Faith Community/Parish Nurses with a teaching "tool kit" of demonstration materials and incentives for participants.
- All information presented is gathered from local, state and national organizations with expertise in the specific health area, and is continually reviewed by medical advisors and partner organizations to ensure the most current information is shared.

Partners of the GrapeVine Project

- Faith Community/Parish Nurses understand the needs of the women in their church and community. As trusted friends and increasingly sought-out health resources, they partner with WWHF to provide comprehensive care of the body, mind, and spirit.
- The GrapeVine Project is supported by the Wisconsin Department of Health and Family Services, Division of Public Health, Wisconsin Well Woman Program.





GrapeVine Project participants receive information on various health issues during individual sessions on:

1. **Bone Health:** Women receive information on osteoporosis along with a photographic comparison of normal and osteoporotic bones. They also receive calcium supplements as an incentive.
2. **Breast Cancer:** Women receive information on breast cancer, learn how to identify a lump in a breast model, how to perform breast self exams. They also receive a loofah and bath gel as an incentive.
3. **Cervical Cancer:** Women receive information on cervical cancer, learn about the human papillomavirus (HPV) and the HPV vaccine.
4. **Domestic Violence:** Women receive information on domestic abuse including a list of domestic abuse programs and shelters throughout Wisconsin. They also learn how to help a friend in a domestic violence situation.
5. **Heart Disease:** Women receive information on heart disease, diet and nutrition, exercise, smoking cessation, and view "clogged artery" models. They also receive a pedometer as an incentive.
6. **Mental Health:** Women receive information on mental illnesses and the stigma associated with them. They learn signs and symptoms of mental illnesses and ways to reduce stress. They also receive a relaxing music CD as an incentive.
7. **Oral Health:** Women receive information on oral health and how it affects overall health. They receive a toothbrush, toothpaste, and floss as an incentive.

Please note: Incentives may change due to availability.



For more information, contact the Wisconsin Women's Health Foundation at (800) 448-5148.

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