The GrapeVine Project
2002-2015

The GrapeVine Project is a health education program founded in 2002. Women in counties across Wisconsin attend free education sessions facilitated by trained volunteer partners on important women’s health topics:

Bone Health  Breast Cancer  Breastfeeding
Dementia    Diabetes Prevention   Domestic Violence  Gynecological Cancers
Heart Health  Mental Health  Oral Health

Counties in purple: counties served by the GrapeVine Project since the program’s inception in 2002.
Who We Served

<table>
<thead>
<tr>
<th>GrapeVine Health Topic</th>
<th>Number of Sessions</th>
<th>Total Attendees (Female &amp; Male)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Health</td>
<td>21</td>
<td>213</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>8</td>
<td>39</td>
</tr>
<tr>
<td>Supporting Breastfeeding</td>
<td>7</td>
<td>80</td>
</tr>
<tr>
<td>Diabetes Prevention</td>
<td>27</td>
<td>251</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>2</td>
<td>21</td>
</tr>
<tr>
<td>Gynecological Cancers</td>
<td>8</td>
<td>62</td>
</tr>
<tr>
<td>Healthy Aging Brain</td>
<td>43</td>
<td>556</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>17</td>
<td>165</td>
</tr>
<tr>
<td>Mental Health</td>
<td>17</td>
<td>220</td>
</tr>
<tr>
<td>Oral Health</td>
<td>6</td>
<td>44</td>
</tr>
<tr>
<td>Total</td>
<td>156 sessions</td>
<td>1651 attendees</td>
</tr>
</tbody>
</table>

156 GrapeVine sessions were completed in 2015, serving 1,493 Wisconsin women (and 158 Wisconsin men). The one-hour health education sessions were held in a variety of locations, including libraries, senior centers, churches, and schools. We strive to offer GrapeVine education sessions wherever there are women interested in learning and improving their health and wellbeing.

“Please continue free classes like this one. Gathering with a professional and others who share similar struggles and needs in my area is invaluable. Thanks.”

“I am passing on what I learned and the materials to a friend facing spousal care.”

“Participating in the GrapeVine project truly reconnected me to my health and wellbeing. I really liked the sessions I have attended. It is always good to learn new things and to be reinforced for doing good things for my own health.”
Program Outcomes

- 70% of participants said that the health information they received was new to them.
- 71% of participants said they felt motivated to improve their health.
- 71% of participants said they had taken action or made changes to improve their health.

**Change in Cumulative Test Score, Pre-Session vs. 4-Week Follow up Survey**

All GrapeVine attendees were given a pre-session survey and were mailed a 4-week follow-up survey to measure their general understanding of the health information taught in the sessions. This graph shows the change in knowledge between these two surveys.

Women show increased knowledge of critical health topics after attending GrapeVine sessions. On average, women scored 81% on post-tests.

**Our First Annual Conference!**

Seventy-five GrapeVine nurse partners attended GrapeVine’s First Annual Conference, held June 1 & 2, 2015 in Madison. Nurse partners attended trainings in six health units:

- Bone Health
- Oral Health
- Breastfeeding
- Diabetes Prevention
- Gynecological Cancers
- Breast Cancer

*Thank you to everyone who made this event a success!*

**Sponsors:**

- Bellin Health
- Dean & St. Mary’s SSN Health Care
- Delta Dental
- UW Department of Obstetrics & Gynecology
- Unity Point Health—Meriter

**Committee Members:**

- Angie Olson, Church Health Services, Beaver Dam
- Sue Schaus, Aurora Health Care, Milwaukee
- Cammie Sorensen, Legacy Advisor Network, Fitchburg
- Notesong Srisopark Thompson, Nurse & Community Volunteer, Madison
- Jessica Yehle, Nurse & Community Volunteer, Madison
GrapeVine Partners:

Heidi Anderson, West Bend
Debbie Armbruster, Green Bay
Jennifer Athanas, Middleton
Shirley Bennett, Mineral Point
Diane Bindl, Reedsburg
Kimberly Bizjak, Wausau
Brenda Buchanan, Wauwatosa
Carly Chicantek, Dousman
Lee Clay, Mukwonago
Barbara Cowle, Mukwonago
Heather Crade, Madison
Shirley Bennett, Mineral Point
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Friends of GrapeVine:

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The Evjue Foundation
The charitable arm of The Capital Times

UnityPoint Health Meriter

Contact Us:

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THANK YOU
The GrapeVine Project would not be possible without the dedication of our volunteer partners and organizations across the state. Thank you for sharing your time, expertise, and talents!