Celebrating 12 years of local women’s health education programming

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

- Bone Health
- Breast Cancer
- Dementia
- Diabetes Prevention
- Domestic Violence
- Gynecologic Cancers
- Heart Health
- Mental Health
- Oral Health

 Counties served by the GrapeVine program since the program’s inception is 2002.

Thank You
The GrapeVine Project would not be possible without the dedication of volunteer nurses and organizations across the state. Thank you for sharing your time, expertise, and talents!
Who We Served

<table>
<thead>
<tr>
<th>GrapeVine Health Topic</th>
<th>Number of Sessions</th>
<th>Total Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone Health</td>
<td>7</td>
<td>62</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>3</td>
<td>12</td>
</tr>
<tr>
<td>Dementia</td>
<td>27</td>
<td>367</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>11</td>
<td>83</td>
</tr>
<tr>
<td>Mental Health</td>
<td>1</td>
<td>19</td>
</tr>
<tr>
<td>Oral Health</td>
<td>1</td>
<td>19</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>65</strong></td>
<td><strong>650</strong></td>
</tr>
</tbody>
</table>

65 GrapeVine sessions were completed in 2014, serving 650 Wisconsin women. 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.

Program Outcomes

- 61% of participants said that the health information they received was new to them.
- 65% of participants said they felt motivated to improve their health.
- 47% of participants said they had taken action or made changes to improve their health.

What participants are saying after attending a GrapeVine session:

"I have shared this information (healthy aging brain) with others and encouraged them to use their brain "muscle".

"At Christmas time, one of my best friends was placed in an Alzheimer's unit. I learned better communication skills to interact with her."

"I was aware of people having depression but not aware of the large numbers it affects."

"I have tried to look again at elements of our diet and at the consistency of the kind and amount of exercise we try to get."

Change in Knowledge between Pre-Session and 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 for sessions conducted in 2014.

Women show increased knowledge of critical health topics after attending GrapeVine sessions. On average, women scored 86.2% on post-tests.