Training nurses to lead women’s health education sessions in their communities.

Each year, 100 volunteer nurses reach over 1,500 women at hundreds of sessions across the state. Nurses complete annual trainings on Wisconsin Women’s Health Foundation (WWHF) curricula developed with input from academic partners. Nurses then use the GrapeVine toolkits to provide free education sessions on women’s health topics.

<table>
<thead>
<tr>
<th>Nurses educate women on:</th>
<th>Advance Care Planning</th>
<th>Bone Health</th>
<th>Breast Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breastfeeding</td>
<td>Diabetes Prevention</td>
<td>Gynecological Cancers</td>
<td>Healthy Aging Brain</td>
</tr>
<tr>
<td>Healthy Relationships</td>
<td>Heart Health</td>
<td>Mental Health</td>
<td>Oral Health</td>
</tr>
</tbody>
</table>

PROGRAM OUTCOMES:

- **76%** of women said they received new health information from GrapeVine sessions
- **71%** of women said they felt motivated to improve their health
- Women showed a **13% knowledge increase of critical health topics** after attending GrapeVine sessions
  - All attendees were given a pre-session survey and a 4-week follow-up survey to measure general understanding of information taught in the sessions
  - On average, women scored 72% on post-tests compared to 59% on pre-tests

**Testimonials from Women:**

“I learned that I am an important part of my own health care. I can help prevent [chronic disease] by my own activities and behaviors.”

“This session made me much more aware and helped me see how I can help others.”

“Thanks for providing this opportunity! You do great programs with competent, experienced, compassionate personnel.”
PARTICIPANTS:

(Oral health session in Brown County)

In 2016, 194 GrapeVine sessions were completed to serve 2,207 Wisconsin women. Sessions were held at senior centers, churches, schools, libraries, clinics, restaurants, and more.

GrapeVine Topic          # of Sessions       # of Women Attending Sessions

Advance Care Planning    23                171
Bone Health              36                463
Breast Cancer            3                 46
Breastfeeding            6                 41
Diabetes Prevention      22                170
Gynecological Cancer     3                 16
Healthy Aging Brain      22                401
Healthy Relationships    2                 21
Heart Health             35                384
Mental Health            28                370
Oral Health              14                124

194 Sessions  2207 Women

FRIENDS OF GRAPEVINE:

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