ABOUT GRAPEVINE

GrapeVine is a program of the Wisconsin Women's Health Foundation (WWHF) that trains nurse volunteers to lead women’s health education sessions in their communities throughout Wisconsin.

Through an annual conference, online trainings, and monthly communication, the WWHF prepares nurses across the state with evidence-based women's health information to educate 2,000 women each year. Using free, one-hour sessions, the goal is to teach women about disease prevention and healthy lifestyle changes related to the conditions that most impact women’s health.

HOW GRAPEVINE WORKS

WWHF develops evidence-based, women's health curricula with input from academic partners.

Nurse volunteers complete in-person and online curricula training.

Nurses provide free, one-hour sessions in their Wisconsin communities.

SESSION TOPICS

Advance Care Planning
Bone Health
Brain Health
Breast Cancer
Care for Caregivers*
Diabetes (Type 2) Prevention
Gynecologic Cancers*
Heart Health
Journaling*
Mental Health*
Opioid Misuse Prevention
Oral Health
Self-Care
Smoke-Free Spaces

*New or updated in 2019
89 nurses presented 234 health education sessions.

1,952 Wisconsin women attended a session and were educated about disease prevention and healthy lifestyle changes.

"Excellent presentation, well presented. Kept my interest. An enjoyable learning experience."

- GrapeVine Session Attendee

See TABLE 1. GRAPEVINE EDUCATION SESSION ATTENDANCE (Page 3).

DEMOGRAPHICS (Self-reported by women who completed the post-session survey; n = 1,749)

Figure 1. Attendee Race

Figure 2. Attendee Age

Figure 3. Attendee Education
## TABLE 1. GRAPEVINE EDUCATION SESSION ATTENDANCE

<table>
<thead>
<tr>
<th>Women's Health Topic</th>
<th># of Sessions</th>
<th># of Women Who Attended</th>
<th>Average Age of Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advance Care Planning</td>
<td>11</td>
<td>56</td>
<td>65</td>
</tr>
<tr>
<td>Bone Health</td>
<td>22</td>
<td>208</td>
<td>67</td>
</tr>
<tr>
<td>Brain Health</td>
<td>26</td>
<td>280</td>
<td>69</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>8</td>
<td>42</td>
<td>45</td>
</tr>
<tr>
<td>Care for Caregivers</td>
<td>10</td>
<td>62</td>
<td>61</td>
</tr>
<tr>
<td>Diabetes Prevention</td>
<td>20</td>
<td>100</td>
<td>60</td>
</tr>
<tr>
<td>Gynecologic Cancers</td>
<td>11</td>
<td>77</td>
<td>66</td>
</tr>
<tr>
<td>Heart Health</td>
<td>20</td>
<td>147</td>
<td>59</td>
</tr>
<tr>
<td>Journaling</td>
<td>30</td>
<td>361</td>
<td>60</td>
</tr>
<tr>
<td>Mental Health</td>
<td>26</td>
<td>231</td>
<td>55</td>
</tr>
<tr>
<td>Opioid Misuse Prevention</td>
<td>12</td>
<td>72</td>
<td>55</td>
</tr>
<tr>
<td>Oral Health</td>
<td>10</td>
<td>62</td>
<td>54</td>
</tr>
<tr>
<td>Self-Care</td>
<td>25</td>
<td>233</td>
<td>51</td>
</tr>
<tr>
<td>Smoke-Free Spaces</td>
<td>3</td>
<td>21</td>
<td>73</td>
</tr>
<tr>
<td><strong>Overall</strong></td>
<td><strong>234</strong></td>
<td><strong>1,952</strong></td>
<td><strong>60</strong></td>
</tr>
</tbody>
</table>

"Keep up the great work!! Helping women be in the know."

"Really appreciated the presenter's expertise and examples she shared, which reflected her experience."

"Thank you for the reminders to live a more healthy life!"
OUTCOMES

DISEASE PREVENTION LEARNING

Of women who attended a GrapeVine session, an average of **89%** reported on the post-session survey that they learned new health information.

99.8% of women reported feeling motivated to take action to improve their health after attending a GrapeVine session.

Examples of learned information:

- Relationship between heart health and brain health
- What to know about my body and what to report
- My personal risk factors
- When to get screened
- How to portion foods
- Subtle warning signs of a heart attack
- Stress management techniques
- Available community resources

HEALTHY LIFESTYLE CHANGES

99.8% of women reported feeling motivated to take action to improve their health after attending a GrapeVine session.

"I have control from this moment to make healthy changes."

"Health is one of the most important things, and whatever we have and can do to change our habits will benefit it."

"This really lit a fire for the health conversations I need to have."
2019 GOAL: EXPAND GRAPEVINE ACCESS FOR WOMEN IN UNDERSERVED AREAS

• In 2019, **GrapeVine added seven Wisconsin counties** (Juneau, Monroe, Oconto, Marinette, Polk, Taylor, Waupaca) to its coverage area.

![Map of Wisconsin with GrapeVine coverage areas]

**Figure 4. WI Counties with GrapeVine Coverage in 2019 (n = 37)**

• GrapeVine nurses from a variety of clinical and community backgrounds currently represent 37 Wisconsin counties, reaching 51% of the state.

"I am a school nurse in a relatively poor area of Wisconsin [...] We have a lot of parents who need encouragement in their health, so that if mommy is healthy, the family will be more healthy. That's really where my passion is, and my passion fits in beautifully with the mission of the WWHF. I'm so impressed with GrapeVine and the support that is right at our fingertips."

-Linnae Seaman - GrapeVine Nurse, Polk County

2019 HEALTH FOCUS AREAS:

**Dementia and caregiver support**
• 43 GrapeVine nurses completed continuing education on "Dealing with Alzheimer's Progression."

• 26 "Better Brain Health" sessions were presented to 280 women.

**Caregiver self-efficacy and self-care**
• 25 "Self-Care" sessions were presented to 233 women.

• GrapeVine added two new session topics to its offerings: "Care for Caregivers" book club and "Coping with Stress Through Journaling."

**FOCUS AREAS FOR 2020:**
Cardiovascular Health
Nutrition
Sleep