

BeWise (WISEWOMAN) Program



UTAH DEPARTMENT OF
HEALTH
www.livingwell.utah.gov

PROGRAM DESCRIPTION

The BeWise Program provides free cardiovascular risk screening to low income, underinsured, or uninsured women aged 40-64. The program also includes health coaching and is specifically designed to help women set and reach their health goals through free education and resources. Trained educators cover a variety of health topics, including exercises, diet, smoking cessation, and support options. All of the education is tailored to meet the participant's needs and abilities.

PROGRAM BENEFITS

Participants completing the program report experiencing:

- Healthier eating
- Increased exercise
- Increased motivation to live a healthier lifestyle
- Improved blood pressure values
- Weight loss
- Reduced total cholesterol values

WHAT IS PROVIDED TO PARTICIPANTS

Cardiovascular screenings include:

- Weight
- Height
- Body Mass Index
- Blood Pressure
- Cholesterol
- Glucose (blood sugar) or A1C

Health coaching

- An opportunity to speak one-on-one with a health coach
- Tools and resources to support health goals participants set

RESOURCES

Visit www.cancerutah.org/bewise for more information.

FOR MORE INFORMATION ON THIS PROGRAM

Resource Hotline
1-800-717-1811

WHY IS THIS IMPORTANT?

- Cardiovascular disease is the leading cause of death of women in the United States¹.
- Risk Factors for heart disease include diabetes, overweight and obesity, poor diet, and physical inactivity¹. All of which are targeted through the BeWise Program.
- 60.5% of Utah adults are overweight or obese².
- People in Utah with low household income and fewer years of formal education report higher rates of tobacco use than the general population².

SOURCES

1. www.cdc.gov/dhdsdp/data_statistics/fact_sheets/fs_heart_disease.htm
2. 2014 Utah BRFSS Report

INFORMATION

www.livingwell.utah.gov
livingwell@utah.gov
1-888-222-2542