

Arkansas WISEWOMAN



Arkansas Department of Health



WISEWOMAN™

Welcome to WISEWOMAN!



The WISEWOMAN (**W**ell-**I**ntegrated **S**creening and **E**valuation for **W**OMen **A**cross the **N**ation) program provides screening for heart disease and stroke risk factors and lifestyle programs for many low-income, uninsured, or under-insured women aged 40–64 years. The WISEWOMAN program focuses on reducing cardiovascular disease risk factors among high-risk women. Addressing risk factors such as high blood pressure, elevated cholesterol, obesity, inactivity, diabetes, and smoking greatly reduces a woman’s risk of CVD-related illness and death.

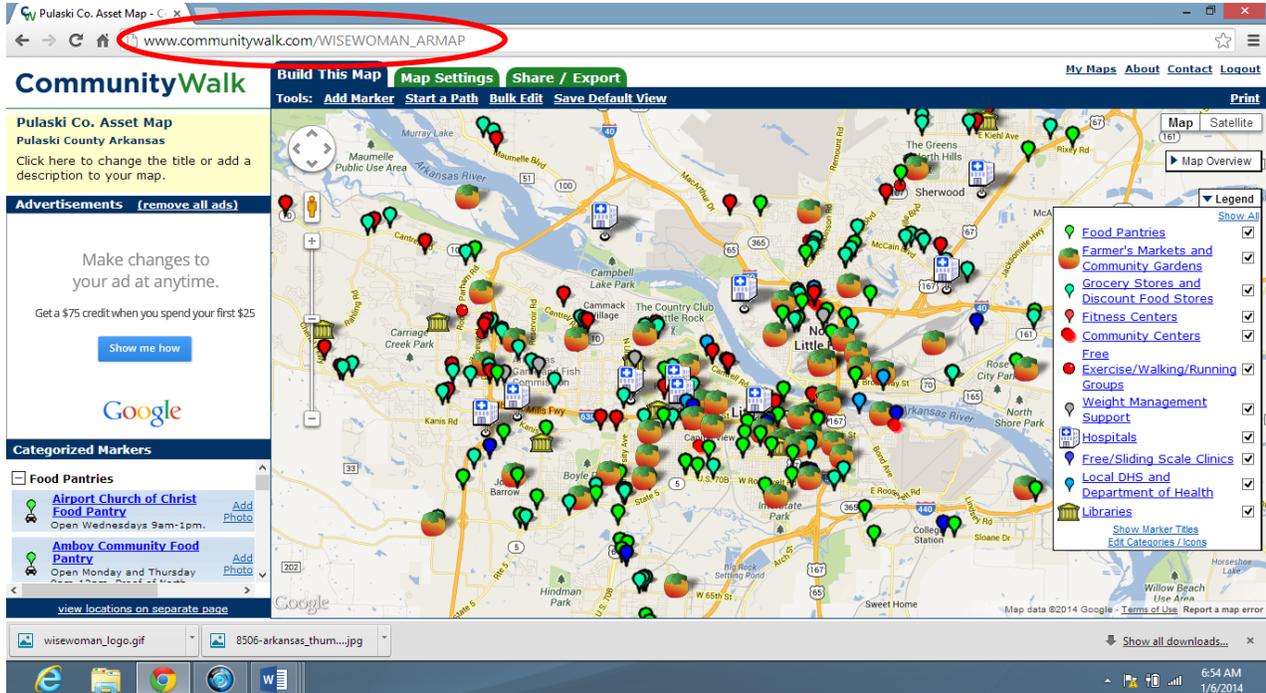
This guide to community resources provides step-by-step instructions to accessing an interactive map at communitywalk.com with the following local resources listed:

- Access to healthy Foods: Food Resources include grocery stores, farmer’s markets, community gardens, food pantries, and discount stores such as Dollar General and fred’s.
- Access to weight management support programs: Resources include Taking Off Pounds Sensibly (TOPS), Weight Watchers, and Jenny Craig.
- Access to physical activity: Resources include fitness center, community and recreational centers, and free or low-cost walking/running/exercise groups.
- Access to health care: Resources include local hospitals, free/reduced/sliding scale clinics, local health departments, and local department of human services.
- Access to local libraries

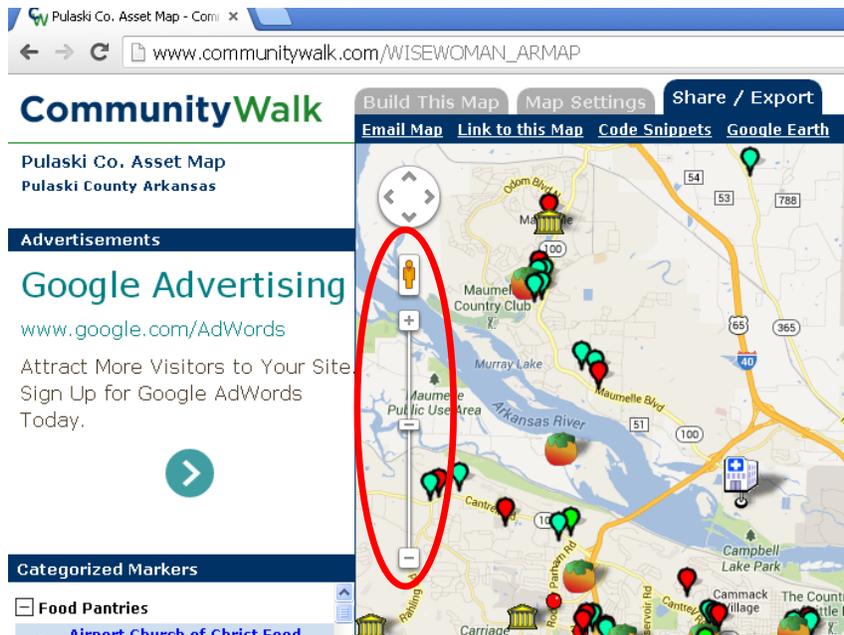
With this map, participants may access information for resources found in their area.

1. Type in the following address in the address bar denoted by the red circle below.

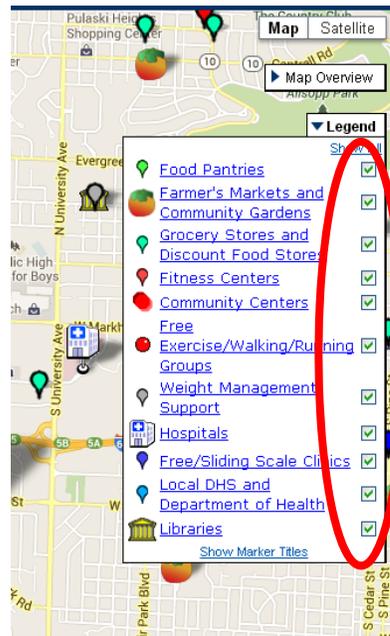
http://www.communitywalk.com/WISEWOMAN_ARMAP



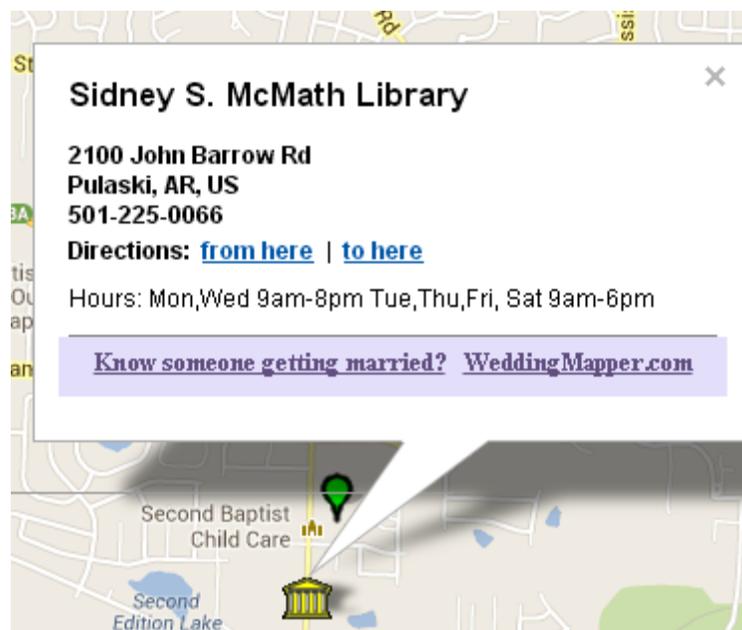
2. Zoom in and out to find your specific location using the controls circled in red below.



3. You may pick and choose the resources you wish to display by clicking to place or remove checkmarks in the boxes located in the red circle below. You may also decide to display the legend or not by clicking on the arrow by the word LEGEND above the red circle.



1. Get specific information on resources in your area by clicking on the icons located on the map.



2. If you are unable to get the information you need from the community asset map or if further information is desired, contact the WISEWOMAN Program Administrator at (501)661-2942. Listed below are examples of additional information the program administrator can provide:

- A more detailed map of the area surrounding your specific address. (This map can be sent via mail or e-mail and also contains a listing of the resources shown on the map.)
- Locations of sidewalks and green spaces located in your area.
- Specific resources related to cardiovascular risk factors affecting you (i.e. address to a trusted website for a BMI calculator, information regarding USDA's MyPlate, signs and symptoms of stroke, etc.)
- Information regarding transportation services, education and literacy, assistance with medications, employment assistance, and reduced cost medical services.
- Website addresses to nationwide resources for heart health.