



WISEWOMAN Grant

SagePlus, Minnesota's WISEWOMAN program (Well-Integrated Screening and Evaluation for Women Across the Nation), helps women understand and reduce their risk for heart disease and stroke. SagePlus promotes lasting heart-healthy lifestyles and addresses social determinants of health that can contribute to poor health and disparities in outcomes for some populations. SagePlus is funded through the CDC and serves eligible Minnesotans (e.g. 35-64 years old, uninsured or underinsured that meet income guidelines with a special focus on American Indian and African American women in Minnesota).

SagePlus provides heart health screening, risk reduction counseling, a connection to health behavior support programs (e.g. nutrition and exercise programs) and community-based resources that reduce patient barriers to a healthy lifestyle (e.g. housing, transportation). The SagePlus program focuses on building capacity in targeted communities to help program participants achieve optimal health by addressing social needs and the effect of unfair opportunity structures.

Disparities in Minnesota

- Despite Minnesota being one of the healthiest states, there are gaps in health equity particularly among the African American and American Indian population.²
 - American Indian Minnesotans have the highest cardiovascular disease mortality rate, with adults aged 35 - 54 dying at more than three times the rate of all Minnesotans in the same age group.¹
 - African American adults aged 35 - 65 have around twice the rate of CVD mortality of all.
- Unequal distribution of SDoH resources (e.g., access to nutritious food or safe and affordable housing) affects the health of Minnesota communities.
 - American Indians and African Americans are more likely to experience reduced access to health care,³ health education, and adequate nutrition.⁴

In Minnesota, heart disease is the **second leading cause of death**, and the direct cause of nearly 25 deaths each day.¹

Cardiovascular diseases contribute to 27% of Minnesota deaths and costs exceed **\$43 billion**.

SagePlus offers healthy behavior support services (HBSS) using an evidence-informed team-based care model and addresses social determinants of health barriers by providing social and support resources. Programs are created using a cultural lens and incorporates a health coaching component to improve follow up and completion of the program. Barrier reduction rewards, such as grocery or gas cards, are used to encourage HBSS follow-through. Below are the clinic, community, and MDH health coaching options.

Examples of Healthy Behavior Support Services (HBSS) Components

Program	Objectives
<p>Clinic Options</p>	<ul style="list-style-type: none"> ▪ Nutrition Education ▪ Diabetes Education ▪ Medication Therapy Management ▪ Smoking Cessation
<p>Community Options</p>	<ul style="list-style-type: none"> ▪ Zumba ▪ Le Me Sese (Good Health in Ewe) is a simple cardiac lifestyle change program designed specifically for women of African descent. ▪ Walk with Ease ▪ Yoga
<p>MDH Health Coaching</p>	<ul style="list-style-type: none"> ▪ Connect one on one with patients. ▪ Educate and empower patients to understand their risks for heart disease and stroke by providing services that promote lasting heart-healthy lifestyles. ▪ Navigate to HBSS and social services resources and supports. ▪ Encourage participants through motivational interviewing. ▪ Utilize techniques and tools to keep women engaged.

References:

1. Vital Statistics 2013-2020. MN Center for Health Statistics, MDH
2. CDC, National Center for Health Statistics, Multiple Cause of Death File on CDC WONDER Online Database
3. MDH Center for Health Equity, Social and Economic Factors: American Indian Health Status in Minnesota | 30 Year Retrospective
4. U.S. Census Bureau, Household Pulse Survey

