



NC WISEWOMAN and The NC Minority Diabetes Prevention Program (NC MDPP)



Take Charge of Your Heart

- Heart Health is Women's Health. Celebrate Heart Health Month with facts, resources, and programs designed for women in North Carolina.



The Big Picture: Heart Disease in NC

- Heart disease is the leading cause of death in North Carolina for both men and women.¹
- Heart Disease is the #1 health threat for women, yet nearly 75% of cases are preventable.²
- 40% of women ages 20 and above are living with some form of heart disease.³
- African American and American Indian women in NC are up to 20% more likely to die from heart disease than White women.⁴



Protect Your Heart

Simple steps can make a big difference:

- Eat 4-5 servings of fruits and vegetables daily.
- Limit sweetened drinks and alcohol.
- Be more active! Adults should get 21/2 hours of moderate or 75 minutes of vigorous physical activity per more week.
- Quit tobacco or vaping.
- Get healthy sleep: Most adults need 7-9 hours each night.
- Manage stress with mindfulness, movement, and support.



Know Your Risk

- Updated blood pressure guidelines: High blood pressure begins at 130 over 80.
- Know your numbers: Get screened to find out your blood pressure, blood sugar, cholesterol, and BMI.
- Why it matters: Early detection and healthy changes can lower your risk for heart disease, stroke, and other chronic conditions.
- The silent threat: You can have high blood pressure and not feel any symptoms.

Local Programs Designed for **YOU**



NC WISEWOMAN Program

For individuals ages 35–64 who meet criteria, this free program offers:

- Blood pressure, cholesterol, and blood sugar screenings.
- Lifestyle counseling and goal setting.
- One-on-one support to reduce your risk of heart disease and stroke.

NC Minority Diabetes Prevention Program (NC MDPP)

Up to 75% of adults with diabetes also have high blood pressure, it's important to manage both.⁵ Unmanaged diabetes can lead to heart disease, kidney disease, and more. This program offers:

- Culturally relevant diabetes risk-reduction coaching.
- Tools to support long-term healthy living,
- Focused support for communities experiencing higher risk.

Reference: 5. National Library of Medicine, Comorbidities of Diabetes and Hypertension: Mechanisms and Approach to Target Organ Protection, 20115



Managing blood pressure, blood sugar, and cholesterol together is one of the most powerful ways to protect your heart.

These two programs work together to help you do just that.

Learn More or Get Connected

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Office of Minority Health and Health Disparities
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