



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



## 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.<sup>5</sup> 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

[NC WISEWOMAN Program • Division of Public Health](#)

[NC Minority Diabetes Prevention Program](#)



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Office of Minority Health and Health Disparities  
NC Minority Diabetes Prevention Program (NC MDPP)



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