



Care for Yourself WISEWOMAN Screening and Referral Recommendations

Applies to Grant 4th Year (September 30, 2021-September 29, 2022)

Based on CDC WISEWOMAN Program Guidance

Measurement	Normal/ Desirable	Abnormal				ALERT*	
Blood Pressure (mmHg) <i>Reminder:</i> Two Systolic and Diastolic readings must be recorded	<120 Systolic and <80 Diastolic	Prehypertension 120-139 Systolic or 80-89 Diastolic	Stage 1 Hypertension 140-159 Systolic or 90-99 Diastolic	Stage 2 Hypertension ≥160 Systolic or ≥100 Diastolic	ALERT* >180 Systolic or >110 Diastolic		
Total Cholesterol (mg/dL)	<200	Borderline-high 200-239	High ≥240			NA	
HDL Cholesterol (mg/dL)	40-59 ≥60 High (High is Desirable)	Too Low <40				NA	
When women have fasted	LDL Cholesterol (mg/dL)	Optimal <100	Near Optimal/ Above Optimal 100-129	Borderline High 130-159	High 160-189	Very High ≥190	NA
	Triglycerides (mg/dL)	<150	Borderline-High 150-199	High 200-499	Very High ≥500		NA
	Blood Glucose (mg/dL)	FPG <100 OGTT <140	Prediabetes FPG 100-125 OGTT 140-199		Diabetes FPG ≥126 OGTT ≥200		ALERT* ≤50 ≥250
Blood Glucose (Random/Casual) (mg/dL)	<200 with no symptoms	Diabetes ≥ 200 plus symptoms				ALERT* ≤50 ≥250	
HbA1c (or A1c)	Normal <5.7%	Prediabetes/At Risk 5.7% - 6.4%			Diabetes ≥6.5%		NA
Height & Weight - Body Mass Index (BMI kg/m ²)	18.5-24.9	Overweight 25-29.9	Obesity (Class 1) 30-34.9	Obesity (Class 2) 35-39.9	Extreme Obesity (Class 3) ≥40		NA
Waist Circumference	≤35 inches (88 cm)	>35 inches (waist measurement >35 inches for adult women is considered an indicator of heart disease risk)				NA	
Waist-to-Hip Ratio – women (divide the waist circumference measurement by the hip circumference, in inches)	≤0.8	>0.8				NA	

The table represents the measurements that at minimum, are expected to be done on all *Care for Yourself WISEWOMAN* participants at baseline/annual screening appointment. Fasting cholesterol and glucose (with a minimum 9-hour fast) is preferred, in some instances it may not be convenient to require the women to fast prior to their appointment. The program measurements are allowed to be completed within 30 days either side of the annual exam screening visit date (30 days before or 30 days after the annual screening visit date).

***Women with ALERT Value Blood Pressure must be evaluated and treated immediately or within 1 week (or seven business days) through evidence of a documented health care provider office visit or treatment, depending on the clinical situation and complications, in accordance with national and program guidelines. Complete the Iowa Care for Yourself program CVD Follow-Up form.**