WHAT IS GRAPEVINE?

GrapeVine is a community-based chronic disease prevention program dedicated to helping Wisconsin adults achieve their healthiest potential. We partner with local health professionals and connect directly with community members to share relevant, reliable, accessible health information, support, and resources.

The following is a list of the current GrapeVine health topics, as well as a brief description of what is covered within each 1-hour education session. Handouts and related resources are available for participants.

ADVANCE CARE PLANNING: PREPARING NOW FOR FUTURE CARE

Advance Care Planning is the process of understanding, reflecting on, and discussing preferences for future care. Every adult can benefit from having an advance care plan, regardless of age or current health status. Creating a plan can provide peace of mind and clarity for both individuals and their loved ones. The goal is simple: to feel more confident and prepared if difficult decisions ever need to be made. *Note: Advance Directive forms will be provided during the session; however, they will not be completed at that time. Information on where and how to complete them will be discussed.*

BONE HEALTH: HEALTHY BONES, HEALTHY YOU

Good bone health is an important part of overall wellness and healthy aging. Strong bones help support an active, independent lifestyle and reduce the risk of injury. Understanding how to build and maintain bone strength can help lower the risk of osteoporosis, fractures, and other bone-related conditions.

STRONG MINDS: UNDERSTANDING AND PROTECTING BRAIN HEALTH

Memory, thinking and decision-making skills are important for quality of life. Although the risk of dementia increases with age, it is not a normal part of aging. Research shows that healthy lifestyle choices can support brain health and help preserve these skills and independence over time.

NAVIGATING BREAST HEALTH: BREAST CANCER PROTECTION TO DETECTION

Being familiar with breast health and recognizing breast changes is an important part of breast cancer prevention. Many factors are linked to breast cancer, and understanding them can help people take steps to lower their risk. Following recommended screening guidelines and advocating for care is also important for early detection.

DIABETES PREVENTION: PREVENTING TYPE 2 DIABETES

More than 1 in 3 people have prediabetes, and many do not know it. If left untreated, prediabetes can develop into type 2 diabetes, a serious long-term condition. Prediabetes is an important warning sign and an opportunity to take action to reduce risk. Understanding risk factors and taking practical steps to improve lifestyle may help prevent type 2 diabetes.

GYNECOLOGIC CANCERS: GOING PUBLIC WITH PRIVATE CONCERNS

Stigma around gynecologic cancers can prevent essential conversations and care. Addressing this stigma helps increase awareness and support. Understanding the risk factors and warning signs of the five main types of gynecologic cancers is an important step in protecting health. Learning about these cancers can also help people take steps to reduce their risk and support early detection.

HEART SMART: REDUCE THE RISK OF HEART DISEASE AND STROKE

Cardiovascular conditions like heart disease and stroke cause 1 in 3 deaths each year. Because there are often no warning signs, many people may not realize they are at risk. Learning risk factors and lifestyle changes is vital for protecting health and maybe saving a life.

JOURNALING: A COPING TOOL FOR STRESS

Stress can affect both the body and mind, especially when it lasts for a long period of time. Chronic stress can impact overall health and lead to long-term health problems, including chronic disease. Journaling is a coping tool that can help manage stress and clear mental clutter.

MENTAL HEALTH: WHAT IF WE TALKED ABOUT IT?

Mental health is an important part of overall wellness. Open conversations about mental health conditions, including anxiety and depression, can help reduce stigma and encourage people to take action to protect their health and seek support when needed.

NUTRITION: FACT VS. FICTION CUTTING THROUGH THE NOISE

We all know that we should ‘eat well’, but what does that really mean? With a focus on long-term habits instead of short-term diets, the basics of a healthy eating pattern can help guide individuals in making meal choices that support their health goals.

OPIOID MISUSE PREVENTION: WHAT’S IN YOUR MEDICINE CABINET?

Opioid medications can be an important part of treating and managing pain. However, they can be misused, which can lead to serious health concerns. Knowing how to use them safely, including proper storage and disposal, can help prevent misuse and reduce risk.

SELF-CARE: CARING FOR THE WHOLE YOU

Self-care is a critical part of staying healthy and balanced. The 8 Dimensions of Wellness highlight different areas of individuals lives that support overall well-being. This includes simple strategies to help manage stress, build resilience, and support quality of life.

BETTER SLEEP: WHAT’S GETTING IN THE WAY?

Sleep is an essential part of health, yet 1 in 3 American adults does not get enough of it. Knowing barriers to good sleep and learning ways to improve sleep quality can benefit overall wellness.

GrapeVine is a program of the Wisconsin Women's Health Foundation.

www.wwhf.org/grapevine

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