

The Peak Wellness Program

By Kim Boyd, RN, MS, ND, Jennifer Vail MS, RN-C, Tista Ghosh, MD, MPH

Peak Wellness: Cancer Screening and Cardiovascular Disease Prevention For low-income, under-insured women ages 40-64 years

Peak Wellness is a program that expands Tri-County Health Department's Cancer Screening services for women with new cardiovascular disease prevention services based on the nationally recognized WISEWOMAN program.

The Tri-County Health Department (TCHD) Breast and Cervical Cancer Screening Program is designed to reduce death from breast and cervical cancer through early detection. It offers cancer-screening exams, such as Pap tests, clinical breast exams, and mammograms, and offers referral for state-of-the-art diagnostic evaluation and treatment, if needed.

In addition, Tri-County is now offering cardiovascular disease screening for hypertension, diabetes, hyperlipidemia, and obesity. This screening program also identifies lifestyle-related risk factors for cardiovascular disease, such as smoking, physical inactivity, and poor nutrition, and offers individualized counseling and support with a Registered Dietitian, Registered Nurse, or smoking cessation counselor, in order to modify these risk factors. These lifestyle interventions are offered over the course of a year to all women enrolled in the program, in the form of face-to-face counseling sessions, telephone counseling sessions, group classes, or personalized letters. The goal is to provide repeated reinforcement and encouragement to support sustainable lifestyle changes. This method is based on the Centers for Disease Control and Prevention's (CDC) WISEWOMAN program, which was piloted in 14 states among low-income, under-insured women enrolled in the state's Breast and Cervical Cancer Screening Program, and was found to be successful in modifying cardiovascular disease risk factors in this population.

What does Peak Wellness Offer?

At the initial clinic visit:

- Free screening for cervical cancer: Pap Test
- Free screening for breast cancer: Clinical Breast Exam, Mammogram as indicated
- Free health screening for cardiovascular disease:
 - ❖ Blood Pressure
 - ❖ Lipid Screening
 - ❖ Blood Glucose Screening
 - ❖ Body Mass Index (BMI)
- Free face-to-face counseling session with a Registered Nurse and a Registered Dietitian



Services offered after the initial visit:

Follow-up for abnormalities detected with screening:

- ❖ Medical referral as needed
- ❖ Case management with a Registered Nurse as needed

Free Support for lifestyle modification:

- ❖ Telephone support and follow-up counseling
- ❖ Free counseling with a Smoking Cessation Counselor
- ❖ Personalized mailings to reinforce behavior change
- ❖ “Step Into Wellness” classes which discuss various topics related to cardiovascular disease and cancer prevention

Who is eligible for Peak Wellness?

Participants must:

- Be women ages 40-64 years old
- Be residents of the state of Colorado
- Be legal U.S. residents
- Qualify for poverty guidelines based on income and family size
- Have either NO health insurance or health insurance that does NOT cover a pap test or mammogram (this requirement can be waived if a NEW symptom is present)

If you have patients who meet these eligibility requirements, please feel free to refer them to our Peak Wellness program.

**Appointments:
Tri-County Health Department: Centralized Scheduling
303-363-3018**

Peak Wellness is currently available at the following Tri-County Health Department clinics:

Aurora Office

Altura Plaza (Courthouse Building)
15400 E. 14th Place #309
Aurora, CO 80011-5828

Englewood Office

4857 S. Broadway
Englewood, CO 80113

Northglenn Office

10190 Bannock Street, Ste #100
Northglenn, CO 80264

In the spring of 2007 Peak Wellness will also be in the following Tri-County Health Department clinics

Castle Rock

4400 Castleton Court
Castle Rock, CO 80109

Commerce City

4201 E. 72nd Ave. Suite D
Commerce City, CO 80022

If you are a provider and would like more information on Peak Wellness, please contact:
Kim Boyd, RN, MS, ND – Program Coordinator - @ 303-255-6208

A list of notifiable diseases in Colorado is available at:
<http://www.cdphe.state.co.us/dc/Medlist.pdf>. Please know that upon receiving a report of any of these diseases, the public health department is likely to contact your patient to assess exposure and put appropriate control measures into place.

For more information please contact your state or local health department:

Tri-County Health Department
(303) 220-9200 / After-hours pager (303) 461-2342
www.tchd.org

Colorado Department of Public Health & Environment, Diabetes Control & Prevention Program
(303) 692-2580
<http://www.cdphe.state.co.us/pp/diabetes/index.html>

Selected Diseases by Date of Report Adams, Arapahoe, and Douglas Counties 2006 Year-to-Date through December

