



Health Resources and Services Administration
Maternal and Child Health Bureau

MCHB/DHSPS March 2005 Webcast
"Promoting a Healthy Weight in Women"
March 15th, 2005





Health Resources and Services Administration
Maternal and Child Health Bureau

Lisa King, MA, Program Director
Women's Health, MCHB

Welcome, Introduction, and Overview





Health Resources and Services Administration
Maternal and Child Health Bureau

Johannie Escarne, MPH, MCHB

Technical Moderator Comments



2005 Dietary Guidelines for Americans

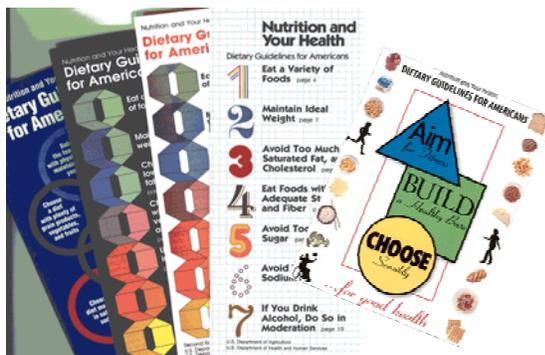


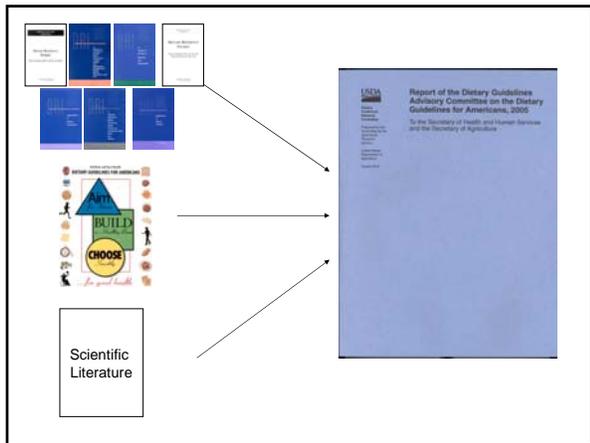
Barbara Schneeman, Ph.D.
Director, Office of Nutrition Products, Labeling
and Dietary Supplements
CFSAN-FDA

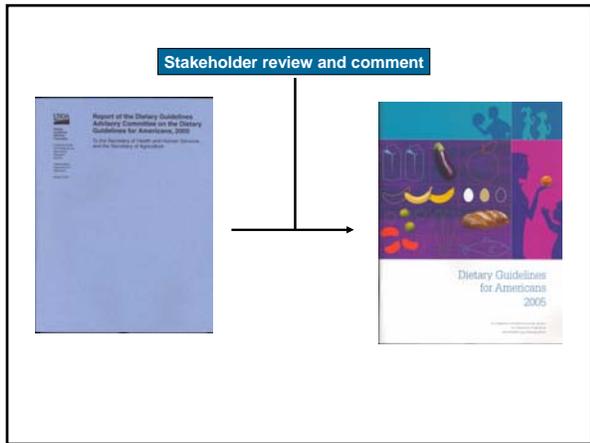
What are the *Dietary Guidelines*?

- Science-based advice for ages 2+
Promote health, prevent chronic disease
- Basis of Federal nutrition policy/programs
- HHS/USDA – Legislated review every 5 yrs.

Dietary Guidelines: 1980-2000









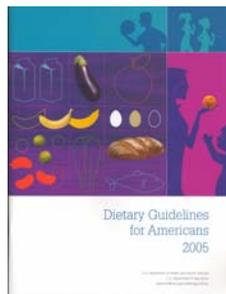


Important components of the 2005 Dietary Guidelines process.

- Three publications illustrate 3 phases of the process
 - Advisory committee: Evidence-based review of science
 - Policy document drafted and peer-reviewed by Federal agencies
 - Consumer brochure
- The **2005 Dietary Guidelines** is targeted toward policy makers, educators and health care providers

Format for the 2005 Dietary Guidelines

- Executive summary
- Ten chapters (9 areas of recommendations)
- Key recommendations in each chapter
 - 23 for the General population
 - 41 including specific populations
- Appendixes with tables
- Glossary



Nine Focus Areas

- Adequate Nutrients Within Calorie Needs
- Weight Management
- Physical Activity
- Food Groups To Encourage
- Fats
- Carbohydrates
- Sodium and Potassium
- Alcoholic Beverages
- Food Safety



Highlights in each chapter

Chapter	Highlights
1. Background	Introduction and purpose.
2. Adequate nutrients within calorie needs	-Identification of nutrients of concern -USDA Food Guidance and DASH as examples of healthful eating.
3. Weight Management	-Calorie Balance -Small changes make a difference
4. Physical activity	-Time needed for different health benefits (30, 60, 60-90 min).
5. Food groups to encourage	-Emphasis on fruits, vegetables, whole grains and milk (low fat or fat free) -Use of cups rather than servings

Highlights continued . . .

6. Fats	-Limit saturated fats, trans fat, and cholesterol -Sources of poly-and mono-unsaturated fats (fish, nuts, vegetable oils) -20-35% energy from fat.
7. Carbohydrates	-Encourage foods with fiber -Limit amounts of added sugars
8. Sodium and potassium	-2300 mg of sodium -1500 mg if at risk of hypertension -More emphasis on potassium;
9. Alcoholic beverages	Similar to previous years
10. Food safety	Principles of FIGHTBAC

Some of the specific populations identified in the Key Recommendations

- People over 50 years old
- Women who may become pregnant
- Pregnant or lactating women
- Children
- Dark-skinned individuals; individuals with insufficient UVB radiation
- Those who need to lose weight; overweight children; those who are overweight and with chronic disease
- Individuals with hypertension and risk of hypertension (blacks, middle-aged and older adults).

Food Groups

- 1980-1995: Eat a variety of foods
- 2000: Let the Pyramid guide your food choices
- 2005
 - Adequate nutrients within calorie needs
 - 2 Key Recommendations that focus on nutrient dense choices and food guides (USDA patterns and DASH)
 - Specific population groups: Over 50 y (B12); Women of child-bearing age (Iron, folic acid); Older adults, dark skin (vitamin D)
 - Food groups to encourage
 - 4 Key recommendations on fruits, vegetables, whole grains, and milk
 - Children as a specific population group

Consumer testing



Applying the Messages in the *Dietary Guidelines for Americans*

- Consumer research
 - Motivation is essential.
 - Trust is important.
 - The more and individual knows, the more choices they have.
 - Keep it simple, but true to the science.
- Implementation Tools
 - DASH eating plan
 - Food Label
 - USDA Food Guidance System (Spring 2005)
 - Toolkit for nutrition professionals

www.healthierus.gov/dietaryguidelines



¡A Tu Salud, San Marcos! Innovative Approaches to Promoting a Healthy Weight in Women



U.S. Department of Health and Human Services
Maternal and Child Health Bureau
CFDA: 93.110

Project Directors
Texas State University



Dr. Lisa Lloyd



Dr. Eric Schmidt



Dr. Sylvia Crixell

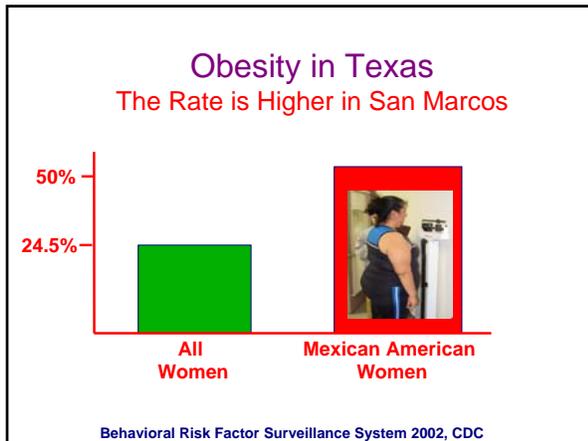
City of San Marcos
Parks and Recreation



Overview

- Problem
- Population
- Program description
- Pilot study
- Ongoing intervention
- Lessons learned





¡A Tu Salud, San Marcos!

Goals

1. Reach and **retain**
2. Improve fitness and diet
3. Decrease body weight
4. Coordinate health care

Overall Design

1. Recruit
2. Pre-test
3. Intervene
4. Post-test
5. Modify

Intervention

Exercise

- Group exercise
- Walk-fit

Nutrition

- Lessons
- Healthy snacks

Behavior

- Supportive counseling



Weekly Education Classes

Culturally Sensitive

- Risk of Overweight: A Focus on Diabetes
- A Snapshot of Your Diet: Where to Go From Here!
- Serving Sizes: How to Eat
- Food on the Go! (Restaurants)
- Exercise in Daily Life
- Eating Good Carbohydrates!
- Fats – Good and Bad



Weekly Snacks

- Re'fried' Beans
- Brown Spanish Rice
- Yogurt/Pineapple Smoothie
- Building a Salad
- Breakfast Plate
- Fast Food Tacos



Pilot Four Weeks (n=9)

Purpose

- Identify strengths and weaknesses

Actions

- IRB
- Set up office
- Create forms
- Translate forms
- Develop website
- Hire and train staff
- Set up child care
- Implement intervention



Announcements	Course Documents
Course Information	Current Location: Course Documents
Staff Information	Data Collection Documents
Course Documents	Standards
Assignments	Schedules
Books	Data Analysis - Spreadsheets
Communication	Work Schedule and Hours <small>Revised 1/31/2005</small>
Virtual Classroom	Additional Forms/Handouts
Discussion Board	Lessons
Groups	Brochures and Flyers
External Links	
Tools	
Resources	
Course Map	
Control Panel	

Announcements	Course Documents
Course Information	Current Location: Data Collection Documents
Staff Information	[Top] : Data Collection Documents
Course Documents	Phone Interview - Form A <small>PhoneInterview_FormA.doc (64000 Bytes) Revised 02/24/2005</small>
Assignments	Health History - Form B <small>Health_History_FormB.doc (94208 Bytes) Revised 02/24/2005</small>
Books	Medical Approval - Form C <small>MedicalApprovalFormC.doc (40448 Bytes) Revised 03/02/2005</small>
Communication	Pretest Instructions - Form D <small>Pretest_InstructionsFormD.doc (35840 Bytes) Revised 03/02/2005</small>
Virtual Classroom	Informed Consent - Form E <small>InformedConsentFormE.doc (81408 Bytes) Revised 03/02/05</small>
Discussion Board	Intake - Form F <small>IntakeFormFormF.doc (68096 Bytes) Revised 03/02/2005</small>
Groups	
External Links	
Tools	
Resources	
Course Map	
Control Panel	

Selected Outcomes

Pilot

Anthropometrics

- Body Mass index ↓ by 2%
- Waist-to-Hip ratio ↓ by 3%
- % Body Fat ↓ by 11%

Fitness

- Aerobic Fitness ↑ by 10%
- Push-ups ↑ by 54%
- Sit-and-Reach ↑ by 9%

The First Full Program

1/10/05 - 3/6/05

Research Design

Control
(n=16)

Exercise & Education
(n=9)

Exercise & Education
Supportive Group Counseling
(n=10)



Preliminary Results

Full Program

Average weekly attendance

- 3.1 exercise classes per week

Average weight loss

- 2.3% (0 - 9.5 lb)

Problem / Solutions

Attrition

13 women completed the program

– 68% Retention

Improvements

- Begin with more women (n=35)
- Motivational counseling during pre-test
- More incentives
- "Awards Night"

Lessons Learned

- Child Care
- Body Image
- Incentives
- Food
- Men





Acknowledgements

¡A Tu Salud! Staff

- Nicole Gregg
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- Erika Barajas
- Jenny Cardenas
- Sandy Wyers
- Ashley Colpaart
- Ashley Mueller
- Ashley Newcomb
- Lara Hickman





NORTHEAST OHIO NEIGHBORHOOD HEALTH SERVICES, INC.

WOW! Women of Wellness Program

Joye E. Toombs, Project Director
Letitia M. Nall, Nutrition Coach
Najah Muhammad, Administrative Assistant

NorthEast Ohio Neighborhood Health Services, Inc.

Our Vision is to achieve



Healthy Families, Healthy Communities

NorthEast Ohio Neighborhood Health Services,
Inc.

Our Mission

*“to lead the local health care industry in
providing quality, patient centered, family
oriented, and comprehensive health services
designed around the identified needs of its
service population.”*

NorthEast Ohio Neighborhood Health Services,
Inc.

Our History

- ⌘ Organized in 1967 as a private non-profit*
- ⌘ Funded through the Office on Economic Opportunity*

NorthEast Ohio Neighborhood Health Services,
Inc.

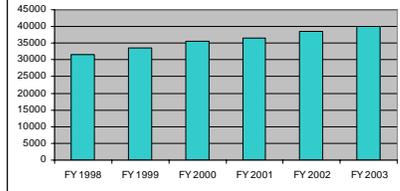
Our Health Centers



NorthEast Ohio Neighborhood Health Services, Inc.
Who We Serve...

Our Patients:

⌘ **FY 2004 NEON served over 40,500 users**



NorthEast Ohio Neighborhood Health Services,
Inc.

Our Services

⌘ *Lifespan Approach*

⌘ *Maximize Access*

⌘ *Medical Home*

⌘ *Prevention Focused*

⌘ *Holistic Model*



NorthEast Ohio Neighborhood Health Services, Inc.

Comprehensive Services

- ⌘ Primary Care Services for adults and children
 - ☒ Adult Medicine
 - ☒ Pediatrics
 - ☒ Family Medicine
- ⌘ Perinatal Clinical Care
- ⌘ Gynecology & Family Planning
- ⌘ HIV/STD Testing
- ⌘ Mammography
- ⌘ Ultrasound Services
- ⌘ Laboratory & X-ray



NorthEast Ohio Neighborhood Health Services, Inc.

Comprehensive Services

- ⌘ Dental
- ⌘ Optometry
- ⌘ Pharmacy
- ⌘ Behavioral Health
- ⌘ Nutrition
- ⌘ Health Education
- ⌘ Social Work
- ⌘ Flex sigmoidoscopy
- ⌘ Dermatology
- ⌘ Referral Services



Programs & Services

- ⌘ Comprehensive Perinatal Care Program
- ⌘ CFHS Perinatal, Pediatric and Adolescent Outreach Program
- ⌘ Healthy Family/Healthy Start
- ⌘ BPHC Diabetes & Asthma Collaboratives
- ⌘ Shaw High School Wellness Center
- ⌘ Job Corps Wellness Center
- ⌘ Nursing Home Services
- ⌘ Senior Plus Program
- ⌘ Seniors In Touch Program
- ⌘ Substance Abuse Initiative
- ⌘ BEST Program
- ⌘ Cuyahoga County BCCP
- ⌘ Women, Infants and Children Program
- ⌘ National Community Center of Excellence in Women's Health
- ⌘ Women of Wellness (WOW) Program



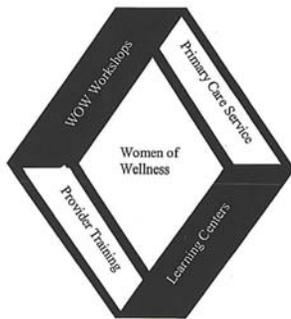
WOW! MISSION

- ❖ TO PROMOTE THE HEALTHY WEIGHT OF AFRICAN-AMERICAN FEMALES THROUGH AN INTERGENERATIONAL APPROACH TO LEARNING ABOUT PROPER NUTRITION AND PHYSICAL FITNESS.

GOALS AND OBJECTIVES

- ❖ TO ENCOURAGE AFRICAN-AMERICAN WOMEN AND GIRLS TO ACHIEVE AND MAINTAIN A HEALTHY WEIGHT.
- ❖ INCREASE THE NUMBER OF AFRICAN-AMERICAN FEMALES WHO ARE MAKING PROGRESS IN ACHIEVING A HEALTHY WEIGHT.

WOW! Women of Wellness Program Model



PROVIDER TRAINING



- ❖ PROVIDED TO ALL NEON CLINICAL STAFF
- ❖ OBESITY GUIDELINES
- ❖ "THE PRACTICAL GUIDE: IDENTIFICATION, EVALUATION, AND TREATMENT OF OVERWEIGHT AND OBESITY OF ADULTS"
- ❖ BMI Guidelines

PROVIDER TRAINING BEHAVIOR MODIFICATION

❖ The Transtheoretical Model of Behavior Change (Prochaska)

- ❖ Pre-Contemplation
- ❖ Contemplation
- ❖ Preparation
- ❖ Action
- ❖ Maintenance
- ❖ Transformation

❖ The Five A's

- ❖ Assess/Ask
- ❖ Advise
- ❖ Agree
- ❖ Assist
- ❖ Arrange

METHOD OF EVALUATION

- ❖ Attendance records

- ❖ Pre and Post Test of Learning Objectives

PRIMARY CARE SERVICES

- ❖ NEON Providers provide a more enhanced emphasis on obesity assessment and management for women/girls.
- ❖ Globally assess patient at each visit
- ❖ Appropriate recommendation and/or referral given to overweight/obese women.



METHOD OF EVALUATION

- ❖ Chart reviews once a year to monitor adherence



PATIENT LEARNING CENTERS

- ❖ Computerized kiosk/information booth
- ❖ Designed for WOW! Participants to interact with self-paced learning material, educational resources in a non-threatening manner.
 - ❖ Narrated power point presentation
 - ❖ Exercise videos to provide awareness of physical activity options.

PATIENT LEARNING CENTERS

❖ **GOAL:** To reach 10% 1,400 of the approximately 14,000 women (18-59 years of age) who assess services at NEON.

❖ **BENEFITS**

- ❖ INTERACTIVE
- ❖ TIME EFFICIENT
- ❖ SELF-PACED

❖ **METHOD OF EVALUATION**

- ❖ TRACK LOG ON
- ❖ PRE AND POST TEST
- ❖ INTERVIEW SURVEYS , FIRST SIX MONTHS



WOW! WORKSHOPS



GOALS FOR ACHEIVEMENT

- ❖ Increase knowledge of nutrition and physical activity
- ❖ Establishment of personal weight/fitness goals
- ❖ Involvement with wellness activities on an ongoing basis
- ❖ Increased commitment to their personal health



Introduction to Workshops & Initial Assessments

- ❖ BMI-weight/height
- ❖ Knowledge of nutrition
- ❖ Exercise Practices
- ❖ Self-esteem, body image
- ❖ Family Culture
 - ❖ eating habits
 - ❖ scheduling
 - ❖ formal eating time



Nutrition Classes

- | | |
|----------------------|-----------------------------|
| ⌘ Lecture | ⌘ Meal Planning |
| ⌘ Obesity Risk | ⌘ Shopping on a Budget Food |
| ⌘ Food Guide Pyramid | ⌘ Safety Eating |
| ⌘ Portion Control | ⌘ Disorders Basic |
| ⌘ Food Label | ⌘ Nutrition Review |
| ⌘ Healthy Snacks | |
| ⌘ Disease Model | |

Group Fitness Challenge

- 4 Group Fitness Challenges
 - Nutrition Label Game
 - Team Building A Food Pyramid
 - Design a One Minute Commercial
 - Price is Right Budget Shopping

Traveling Kitchen

- ⌘ A cooking demonstration of healthy meals and snacks will be presented.
- ⌘ Students will be able to test taste these delectable meals and receive recipes on how to prepare them.

PHYSICAL ACTIVITY

- ⌘ Aerobics-high, low
- ⌘ Kickboxing
- ⌘ Palates/Stretch
- ⌘ Weight training/Muscle strength
- ⌘ Walking/Jogging
- ⌘ Tai Chi
- ⌘ African Dance

WELLNESS ACTIVITIES

- ⌘ HEALING BENEFITS OF TEAS
- ⌘ SELF-PAMPERING
- ⌘ MEDITATION
- ⌘ RELAXATION TECHNIQUES
- ⌘ BODY IMAGE ANALYSIS
- ⌘ JOURNALING
- ⌘ STRESS MANAGEMENT

FIELD TRIPS

- ⌘ WEST/EAST SIDE MARKET
- ⌘ HEALTHSPACE
- ⌘ LOCAL RECREATION FACILITIES

METHODS OF EVALUATION

- ❖ Referral records
 - ❖ Initial intake
- ❖ Attendance Records
- ❖ Initial Assessment Forms
 - ❖ Pre and Post Test
- ❖ Participant Survey Form
- ❖ Six month follow-up

WOW! ACCOMPLISHMENTS TO DATE

- ❖ **Advisory Board established.**
 - ❖ 18 members
 - ❖ 4 patients
- ❖ **Provider Training**
 - ❖ implementing guidelines
 - ❖ approx. 100 referrals to date
- ❖ **WOW! Workshops- inception March 8, 2005.**
- ❖ **Promoting Program Community Wide**
 - ❖ Addressing Community Civic Groups
 - ❖ Flyers to local churches
- ❖ **Ongoing collaboration with the National Community Center of Excellence in Women's Health**

Mujer, Te Ayudaremos Alcanzar un Peso Saludable



Maria M. Fessia, R.D., L.D.N.
Project Manager
Holyoke Health Center

Holyoke Health Center

- 35 years providing care in downtown Holyoke, MA
- 150 employees
- 25 medical and dental providers
- On-site retail pharmacy
- 60,000 visits/year
- JCAHO accredited



Providing Care in the Poorest Community in the State:

Holyoke's State Rankings at-a-Glance

- Highest overall mortality rate
- Highest mortality rates from heart disease and diabetes
- Highest rate of teen births
- Highest rate of AIDS- and HIV-related death
- Highest alcohol- and drug-related deaths
- Highest rates of suicide and homicide
- 5th in overall cancer death rates

Our Project Goals

- Work with obese Latina women between 18-45 years old to improve and maintain positive behavior changes and lose weight
- Improve Health Literacy through Bilingual Education
- Improve access and participation in physical activities
- Establish support groups
- Support behavioral change through counseling and stress reduction

Our Team

Maria M. Fessia, R.D.

**Jeannette Rodriguez,
Promotora
Coordinator**

**Millie Lozada, YMCA
Certified Aerobic
Instructor**

**Diana Soto, Lifestyle
Coordinator**

**Aixa Cosme,
Promotora de Salud**



Focus Group Findings

Our women want:

- Food demos with low calorie, culturally appropriate recipes that are easy to prepare
- Motivational discussions and seminars, particularly about becoming physically active.
- Yoga
- Information about how to exercise at home
- Information about the nutritional values of Puerto Rican foods
- [Make it FUN](#)



Promotora de Salud Training

- Ongoing 9-week training program in Spanish
- Recruitment for candidates
- Volunteers identified
- Close working relationships with our Diabetes Program and diabetes promotoras for training and support
- Curriculum: *Su Corazon Su Vida*

Recruitment and Enrollment

- In-house referrals (54 current referrals)
- Midwifery Care of Holyoke
- Eligibility for women 18-45 years old
- Holyoke resident
- BMI of 25 or higher
- Desire and willingness to make positive changes in their life
- Exercise Clearance from provider

Individual Interview with Nutritionist

- Nutrition Assessment
 - Body Composition Analysis with Tanita Scale
- Fat Percentage, Fat Mass, Free Fat Mass (muscle, bone, water)
 - Weight , Height, BMI
 - Body Measurements : Waist and Hips
 - Diet History
- Eating behavior
- Eating habits, food preferences, dislikes,
- Lab data
- Bilingual/ Bicultural Nutrition Education
- Patient Goal Setting



Programmatic Interventions

- Breakfast and Lunch Clubs
- Promotoras de Salud
- Bilingual/Bicultural Nutrition Education
- Exercise Classes: yoga, weights, walking, aerobics
- YMCA Certified Aerobic Instruction
- Supermarket Tours
- Individual and Group Counseling
- Staff Training
- Support Groups



Breakfast and Lunch Clubs

- Food Portion Controls
- Cooking Techniques for Losing Weight
- Menu Planning
- Low Calorie Recipes
- Nutritional Values
- Exercise



Incentives for Program Participants

Each participant receives a special Patient Kit including:

- Pedometer
- Measuring tape
- Personal Card to track goals and measurements of weight, waist and hips



Getting Motivated and Ready for Action in March 2005

- Kick-off with Mall Walk with Mayor and City Councilors
- Motivational speakers before event
- Community Involvements with local sponsors providing free fruit smoothies and raffling 4 \$50 gift certificates for fitness gear
- Media Coverage
- Cheerleading and motivation by YMCA aerobics instructor for the walkers



Weekly Calendar of Programs

Monday	Tuesday	Wed.	Thursday	Friday
Individual Nutritional Interventions	Nutritional Program <i>Su Corazon Su Vida</i>	Individual Nutritional Interventions	Individual Nutritional Interventions	Support Group
Exercise Class	Breakfast Club Lunch Club (alternate)	Mall Walking Group (transportation provided)	Exercise Class	Exercise
Promotora Training	Exercise	Team Meetings	Promotora Training	Yoga

The Future . . .

Health Resources and Services Administration
Maternal and Child Health Bureau

- Additional nutritionist hired
- More Promotora training
- YMCA certified training for our Lifestyle Coordinator in April 2005
- Meeting and coordination of service for pre- and post-natal women (Holyoke Midwifery)
- Stress Management Group with mental health organization (MSPCC)





Bright Futures for Women's Health and Wellness
MCHCOM.COM ~ March 15, 2005

Sabrina Matoff, M.A.
 Acting Director
 U.S. Department of Health and Human Services
 Health Resources and Services Administration
 Office of Women's Health

U.S. Department of Health and Human Services
HRSA
 Health Resources and Services Administration

Health Resources and Services Administration
 Maternal and Child Health Bureau



Bright Futures for Women's Health & Wellness

- Bright Futures for Women's Health and Wellness (BFWHW), sponsored by HRSA MCHB, builds on Bright Futures for Infants, Children and Adolescents.
- BFHW provides materials for women and healthcare professionals to support increased delivery of preventive health services to women throughout the lifespan.
- BFHW supports community-wide health promotion activities for women.

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BFWHW Tools

- Physical Activity and Healthy Eating
 - Self-Assessment Tools in English and Spanish
 - Adolescent Wallet Card
 - Community Toolkit
 - Reaching Your Goal Tip Sheets
 - Provider Training and Counseling Support Tool
- Mental Health and Wellness
- Perinatal Mental Health and Wellness

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BFWHW Adolescent Tools

**Health Resources and Services Administration
Maternal and Child Health Bureau**

Physical Activity & Health Eating Guide & Wallet Card for Young Women

- **Purpose:** Encourage a dialogue between adolescent female patients ages 11-20 and their health care providers, and help patients set realistic behavior change goals.
- **Guide sections**
 - Patient assessment questions
 - Provider discussion leads
 - Recommendations
- **Wallet Card** is an additional take home item to reinforce information contained in the Guide.
- **Starter sets** are available from the HRSA Information Center (1-888-ASK HRSA) as well as online at <http://www.hrsa.gov/WomensHealth/mybrightfuture/menu.html>
- **Outreach** to national and state health organizations, Federally Qualified Health Centers, adolescent practice journals, health professional associations.

U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration

BFWHW Recommended Flow in Clinical Setting

**Health Resources and Services Administration
Maternal and Child Health Bureau**

**BFWHW Physical Activity and Healthy Eating Materials:
Recommended Flow in Clinic Setting**

Step 1: Front Desk

- Front desk staff gives patient appropriate Guide.
- Adolescent girls are also given wallet card.

Step 2: Waiting Area

- Patient completes patient section of Guide.

Step 3: Clinical Area

- Staff checks and records height, weight, BMI, blood pressure, and other measurements.

Step 4: Exam Room

- Provider reviews patient answers to Guide.
- Provider makes recommendations using the accompanying support tool.
- Provider and patient use recommendations to set goals.

Step 5: Front Desk

- Provider directs patient to more information in Guide and Tip Sheets for adult women.
- Adult patients collect the recommended Tip Sheets.
- Patients take Guide home for future reference.

U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration

Contact Information

**Health Resources and Services Administration
Maternal and Child Health Bureau**

HRSA Office of Women's Health
5600 Fishers Lane, Room 18A-44
Rockville, MD 20857
301-443-8695 phone
301-443-8587 fax
www.hrsa.gov/womenshealth

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