

Organization: Bladen County Health Department**County:** Bladen**Address:** P.O. Box 189
Elizabethtown, N.C. 28337**Phone:** 910-872-6252**Website:** <http://www.bladeninfo.org/departments/health/>**Project:** Event/ Women's Health Forum*****Below are excerpts from their final report*****

About the Project: Bladen County Health Department hosted a “Women's Health Forum” on March 31, 2009 from 4:00 p.m. through 6:00 p.m. The forum was advertised through out the health department, and was featured on local billboards, flyers and on Bladen Online (a local online newspaper). The purpose of the forum was to evaluate participants’ BMI, bone density testing and A1C testing (a diabetic evaluation test). Participants signed in at the front desk and were given folders with educational information and medical evaluation forms. They were then taken to the clinic area by an RN where they received their medical evaluation. Once their testing was completed they proceeded to the large conference room where there were information tables from N.C. Cooperative Extension, Bladen County Hospital, and other departments in the health department and several presentations and a question-and-answer period.

Successes: Bladen County Health Department has no funding available to provide the types of testing that was needed for our “Women's Health Forum.” This grant made possible the testing of A1C, and bone density to individuals in the county that could not afford these tests. The A1C was important for the diagnosis and the assessment of blood glucose levels which gives the clinician more knowledge of how the client is managing their diabetes. Height and weight was assessed on each individual and BMI was calculated and the client was advised with the healthy range of BMI and how the effects of BMI can relate to A1C levels. Educate and inform for healthier diet and exercise routine can influence health and well-being of the individual and carry out to the community.