



WISEWOMAN UPDATE

June 2004

WISEWOMAN Program Meeting

We had a great turnout for the WISEWOMAN Program meeting at the Grand Traverse Resort on May 19, 2004! Twenty-nine local agency staff members attended the morning meeting in person and 7 participated through conference call. Fourteen staff attended the afternoon meeting.

In addition to the Michigan Department of Community Health (MDCH) updates, lots of wonderful ideas were shared by attendees on how to effectively work with women to assist and support them in making healthy choices.

MDCH is glad so many local staff members were able to attend the meetings. We are proud of the work you do and appreciate your commitment to helping underserved women improve their health through making healthy behavior changes.

WISEWOMAN Program Welcomes New Staff

As most of you know, MDCH hired a new Data Entry Associate, Lindsay Noechel. Lindsay is currently a student at Michigan State University working on her Masters Degree in Social Work.

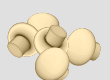
We are excited to have Lindsay on board. She can be contacted at 517-335-9273 or noechell@michigan.gov. Please join us in welcoming Lindsay to our staff!

Diabetes Resources

We have compiled a list of diabetes resources that may be helpful for your clients who have diabetes. The attached list of diabetes resources includes the following information: Diabetes Dictionaries, Federal Government Resources, Professional Associations/Organizations, and Michigan Diabetes Resources.

Services Authorized but not Billed Report

The most recent Services Authorized but not Billed Report was much longer than usual. In order to ensure timely reimbursement, please bill Nationwide for these services. If you need assistance interpreting the report, please contact Robin Roberts at 517-335-1178 or robertsrobi@michigan.gov.



SMART Healthy Lifestyle Goals

A goal is just a wish if it isn't SMART – **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**rackable. Here's how to outline your own SMART healthy lifestyle goals:

Specific

Be precise about what you do, when you'll do it, how it will be done, and with whom (if applicable).

Measurable

Include yardsticks or measures of success, including time, frequency, and amount.

Achievable

Set your sights on an attainable goal, yet one that causes you to stretch, to go beyond what you're doing today. It should be a behavior change you know you can accomplish if you're consistent and persistent.

Relevant

Your goal should matter to *you*, first and foremost. Although it's nice for your spouse, kids, boss, parents, and friends to want you to be successful, your desires are what count.

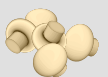
Trackable

Successful behavior change doesn't happen in one fell swoop – it takes time. So your goal should include milestones along the way such as a number of times a day or days a week.

Sample SMART goals:

"Beginning Sunday, January 12, I will walk briskly around the track at Jefferson Middle School or in the neighborhood for at least 20 minutes every Monday, Wednesday, and Friday night before dinner."

"Beginning Sunday, February 9, I will increase my fruit intake by substituting one fruit serving for dessert at dinner."



Hold the Salt: How to Reduce Salt and Sodium in Your Diet

You can help prevent and control high blood pressure by cutting down on salt and other forms of sodium. Here are some tips on limiting your intake of salt and sodium:

- Use reduced-sodium or no-salt-added products, such as no-salt-added canned vegetables or ready-to-eat cereals that have no added salt.
- When you cook, be “spicy” instead of “salty”. Flavor foods with herbs, spices, wine, lemon, lime, or vinegar. Be creative!
- Don’t bring the saltshaker to the table. Try an herb substitute instead.
- Use fresh poultry, fish, and lean meat rather than canned, smoked, or processed types.
- Cut down on cured foods (such as bacon and ham), foods packed in brine (such as pickles and olives), and condiments (such as mustard, ketchup, barbeque sauce, and MSG). Limit even lower-sodium versions of soy sauce and teriyaki sauce.
- Read the label and choose convenience foods that are lower in sodium. These foods include frozen dinners, pizza, packaged mixes, canned soups and broths, and salad dressings.

Eating Healthy with Ethnic Food

Did you know that many ethnic cuisines offer lots of healthy food options? So if you want to eat healthy and still have lots of different choices, take a taste adventure with ethnic foods. Here’s a sample of healthy food choices and terms to look for when making your selection:



Chinese

- Steamed
- Jum (pached)
- Kow (roasted)
- Shu (barbecued)
- Steamed rice
- Dishes without MSG added



Italian

- Red sauces
- Primavera (no cream)
- Piccata (lemon)
- Sun-dried tomatoes
- Crushed tomatoes
- Lightly sautéed
- Grilled



Mexican

- Spicy chicken
- Rice and black beans
- Salsa or Picante
- Soft corn tortillas

