



WISEWOMAN UPDATE

September 2004

WISEWOMAN Prescription with Smoking Referral

Remember that women with normal values who smoke but who do NOT want to be referred to Smoking Cessation Resources qualify for the WISEWOMAN Prescription level of intervention.

Only those women with normal values who smoke and WANT a referral for Smoking Cessation Resources qualify for the WISEWOMAN Prescription with Smoking Referral level of intervention.

Caseload Information

Did you know that CDC's goal is for us to screen at least 2,500 women each fiscal year? As of mid August, we have already surpassed this goal with 2,576 women screened. Congratulations!

The WISEWOMAN Program has a 90% caseload requirement. Agencies that screen at least 90% of their caseload will receive 100% of their coordination dollars. Agencies that fail to screen 90% of their caseload will not receive their entire coordination allotment. WISEWOMAN Program agencies that are in their first year of screening are NOT held to the 90% requirement.

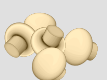
Lifestyle Counselors' Role in Smoking Cessation

Please note that Lifestyle Counselors are not expected to provide actual smoking cessation counseling to clients interested in smoking cessation. Rather the role of the counselors is to:

- Provide smoking cessation resources to clients
- Check in with clients to determine if they have contacted a cessation program and provide encouragement and support.

FY04 WISEWOMAN Claims

Please note that Nationwide must receive all original FY04 claims (dates of services October 1, 2003 – September 30, 2004) by December 31, 2004. Any original FY04 claim that Nationwide receives after December 31, 2004 will be rejected.



Women on the Move! Women and Diabetes Prevention

The National Council of Women's Organizations Women and Diabetes Prevention Project has created a diabetes education brochure that contains general information about diabetes and what you can do to prevent the disease. The brochure is attached for your reference.

To order the brochure or to obtain a free copy of the National Council of Women's Organizations Women on the Move Action Kit, please contact:

NCWO
733 15th St, NW
Suite 1011
Washington, DC 20005
202-393-7122
ncworg@aol.com

MBCIS Data Entry Requirements

When entering WISEWOMAN Program clients into MBCIS, please remember the following:

WISEWOMAN Checkbox Field

- Please mark this field for each WISEWOMAN client before submitting her paperwork to MDCH. This field is located in the Clients Tab of the Client's Window.

WISEWOMAN

- Once the client is enrolled and has services through the WISEWOMAN Program, leave the WISEWOMAN field marked even if she does not participate in the WISEWOMAN Program the following year. The only reason to remove the mark from the WISEWOMAN box is if the box was marked in error.

Program Field

- If the client is involved in the WISEWOMAN Program during the cycle for which you are entering data, please select WISEWOMAN under "Program" in the Enrollment Tab.

Program
WISEWOMAN
BCCCP
STD
FAMILY PLANNING
WISEWOMAN

Level of Education Field

- This is a required field for the WISEWOMAN Program. Please obtain this information from all WISEWOMAN Program clients and enter it in the Enrollment Tab.

Level of Education
Less than high school
High school graduate
Some college
College graduate



5 A Day the Affordable Way

A diet rich in fruits and vegetables does not require spending lots of money. In fact, eating plenty of fruits and vegetables can be one of the most delicious and affordable ways to stay healthy. Graham Kerr, the famous chef, focuses on fruits and vegetables to keep his family's food costs down. In one year, his family of four saved \$500 by eating more fruits and vegetables, and you can too.

All you have to watch out for is the fresh out-of-season produce that has to be flown in, know your prices, buy in season, and shop intelligently for frozen or canned alternatives to keep the lid firmly on your budget.

Here are some tips to help you get 5 A Day the Affordable Way

Go bargain hunting

Compare prices to make sure that you are getting the best deal on your fruits and vegetables. Buy the fruits and vegetables on sale. Also, stick to fruits and vegetables that are in season to cut costs. Check out the "on sale" counter for fruits and vegetables for soups and stir fry.

Take advantage of your supply

So often you'll buy fresh produce and end up throwing it out because it goes bad. Consider freezing it before this happens. Peaches and nectarines are simple to freeze. Just place them in boiling water for a minute. Take them out and the skin will come right off. Remove the pit, cut them into sections, freeze on cookie sheets, and place in storage containers or plastic freezer bags. With berries, all you have to do is wash, freeze, and store the same way.

Go for canned and frozen

Frozen and canned fruits and vegetables are easy and quick to prepare and often less expensive than fresh. Did you know that beans count toward your 5 A Day goal? A variety of delicious and ready to serve beans are available – black beans, kidney beans, chickpeas, and more! They can all easily be thrown on top of a leafy green salad, into hearty vegetable soups, or stuffed into a taco or tortilla along with other vegetables. Just a ½-cup will give you one 5 A Day serving that is packed with protein, fiber, and other nutrients.

Pick your own fruit

Want a fun and cheap idea for eating fruits and veggies? Go strawberry picking in the summer and apple picking in the fall. It's a great activity to do with your family, and you might end up saving money by shopping and playing at the same time.

With these tips, eating a fruit- and vegetable-rich diet is generally an inexpensive way to eat, not to mention high in nutrients.

