

# WISEWOMAN UPDATE

February 2005

## 2005 BCCCP/WISEWOMAN Program Annual Meeting

**What:** BCCCP/WISEWOMAN Program Annual Meeting

**Where:** Grand Traverse Resort in Acme, Michigan

**When:** May 12 - 13

**Theme:** Empowerment and Diversity: Overcoming Barriers to Quality Care

Separate meetings for BCCCP and WISEWOMAN Program staff members will take place on May 11. These meetings will also be held at the Grand Traverse Resort.

Registration information will be sent your agency soon. If you have any questions, please contact Amy Stagg at 517-324-7310 or [stagg@michigan.gov](mailto:stagg@michigan.gov).

## FY04 Resubmitted Claims

As a reminder, Nationwide must receive all FY04 resubmitted claims by March 31, 2005.

All resubmitted claims must:

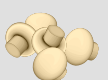
- Be sent in as paper claims **AND**
- Have "Correction" or "Resubmission" written at the top of the claim.

If "Correction" or "Resubmission" is not written at the top of the claim, the claim will enter Nationwide's normal claim flow and be rejected as a duplicate claim.

## Obesity Website

The Food and Drug Administration has a website that contains a vast amount of information on overweight and obesity. Topics include setting weight loss goals, meal planning, boosting your physical activity, and choosing a heart-healthy lifestyle.

Please visit [www.fda.gov/oc/opacom/hottopics/obesity.html](http://www.fda.gov/oc/opacom/hottopics/obesity.html) to access this information and much more.



## Grocery Shopping Tours

Are you interested in offering your WISEWOMAN clients new counseling options? If so, consider grocery shopping tours.

The Lenawee County Health Department WISEWOMAN Program has been offering quarterly grocery shopping tours to WISEWOMAN clients since September 2003. The grocery shopping tour provides a hands-on way for WISEWOMAN clients to learn more about label reading and making smart, heart-healthy choices at the grocery store.

Tour evaluations indicate that participants value knowing how to read and evaluate the nutritional information on a food label, and they are empowered to make healthier choices, realizing that healthy shopping and cooking do not have to be confusing, time-consuming tasks.

Please contact Elaine McDonald, WISEWOMAN Program nurse for the Lenawee County Health Department, at 517-264-5223 or [elainemcdonald00@hotmail.com](mailto:elainemcdonald00@hotmail.com) for more information.

## Prochaska's Stages of Change

Helping clients engage in healthy lifestyle behaviors is an important role of the WISEWOMAN Lifestyle Counselors. Understanding client readiness to make change, appreciating barriers to change, and helping clients anticipate relapse can help improve client satisfaction and lower counselor frustration during the change process.

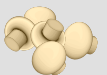
The Stages of Change model shows that for most persons, a change in behavior occurs gradually, with the patient moving from being uninterested, to considering a change, to deciding and preparing to make a change. Genuine, determined action is then taken and, over time, attempts to maintain the new behavior occur. Relapses are almost inevitable and become part of the process of working toward life-long change.

Attached is a document that summarizes Prochaska's Stages of Change. The five stages of change are discussed as well as sample questions counselors can ask clients about their readiness for change.

## Educational Materials

Are you thinking about offering your clients new educational materials? If so, consider asking yourself the following questions before the materials are distributed:

Do the materials promote learning and insight? Are they practical and useful? Are they user-friendly and easy-to-read? Can clients read them at their leisure? Does the client want the information?



# Sensational Cooking Substitutions

You can easily increase nutrition and trim the fat in many of your favorite recipes by using the healthier alternatives listed below.

## ***Instead of...***

1 cup of cream

Cream to thicken soups

Oil base for marinade

Stick margarine

2 oz. mild cheddar cheese

High-fat sauces over meat/poultry

Wine

White rice

Bread crumbs

Meat/poultry for stir-fry

Ground meat

## ***Try...***

1 cup of evaporated milk

Pureed potatoes or vegetables

Citrus juice or flavored vinegar

Small amount of olive oil, canola oil, or broth

1 oz. reduced-fat sharp or extra-sharp cheddar cheese

Vegetable purees (blend steamed broccoli, sautéed onion, garlic, salt, and pepper) or fruit salsa

Broth or apple juice

Brown rice, bulgur, kasha, quinoa, whole wheat couscous

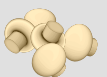
Toasted wheat germ or whole wheat bread crumbs

Extra-firm tofu or more vegetables

Ground turkey breast, crumbled tofu, tempeh, textured vegetable protein (soy crumbles), beans, or less meat plus finely chopped vegetables

These substitutions and more are listed on the "Sensational Substitutions" reference card provided to your agency by the American Institute for Cancer Research.

If you need more of these reference cards to distribute to clients, please contact Patty Ferry at 517-335-9966 or [ferryp@michigan.gov](mailto:ferryp@michigan.gov).





## Prochaska's Stages of Change

### PRECONTEMPLATION

The individual is not even considering changing.

**Goal at this stage:** Help them to begin thinking about changing a behavior.

#### ? Possible Questions

- What would have to happen for you to know that your high blood pressure is a problem?
- Have you tried to make changes in the past?



### CONTEMPLATION

The individual is ambivalent about changing and is assessing barriers to change as well as benefits.

**Goal at this stage:** Help them to examine the benefits and barriers to making the change.

#### ? Possible Questions

- What do you want to change?
- What are some reasons for not changing?
- What gets in the way of you changing?
- What might help you with what gets in the way?
- What has helped you be successful at change in the past?
- What would help this time?



### PREPARATION/DETERMINATION

The individual is preparing to make a change and may be experimenting with making small changes. It is a shift to more decisive action.

**Goal at this stage:** Help them discover what is necessary for decisive action.

#### ? Possible Questions

- What has worked to address what gets in the way of you making the change?
- What would be a good date to start making the change?

## ACTION

The individual is engaging in the behavior change.



**Goals at this stage:** Help them take decisive action.  
Prepare them for how long it takes to move from action to maintenance (usually 6 months).

### ? Possible Questions

- What might help you continue to be successful at making the change?
- What gets in the way of keeping you on track with making the change?
- What has proven to be helpful in addressing what gets in the way?

### Other Pointers

- Reinforce their decision
- Show excitement about the small successes
- View obstacles as helpful information

## MAINTENANCE

The individual has incorporated the change into her daily lifestyle and is working to prevent relapse.

**Goals at this stage:** Reinforce the positives of her continuing to engage in the new behavior.  
Help her understand that relapse is a normal part of the process of change.  
Reframe "failures" as opportunities to learn new lessons.



### ? Possible Questions

- What has helped you be successful?
- What has gotten in the way of you being successful?
- What have you learned from your "setbacks"?



**Note:** Individuals are more susceptible to relapse when in distress (i.e., lonely, depressed, etc.).

**Some** individuals get to the ideal stage of **Termination**, where they believe that no matter what happens, they have total confidence that they will not engage in the old behavior.