



WISEWOMAN UPDATE

June 2005

WISEWOMAN Meetings and BCCCP/WISEWOMAN Program Annual Meeting

Thank you to everyone who participated in the WISEWOMAN Meetings and BCCCP/WISEWOMAN Program Annual Meeting on May 11-13. We had a great turnout! We appreciate your input and gained much from the discussions that took place on May 11th. We are appreciative of all the hard work you do, and it was wonderful to hear first-hand about the successes you are having with the program!

New Program Structure Update

We are moving forward on getting all the documents revised to reflect the new program structure. We anticipate sending everything out to you in the next few weeks. An email has been sent to the WISEWOMAN Coordinator at each agency inquiring about the need for a conference call to discuss the changes with staff.

If you would like to ensure the opportunity to have a conference call with MDCH WISEWOMAN Program staff, please let your WISEWOMAN Coordinator know so a call can be scheduled.

We are still looking at a start date of July 1, 2005 for the new structure. If you have any questions, please contact Patty Ferry at 517-335-9966 or ferry@mdch.state.mi.us.

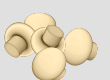
Stats At-A-Glance

The state WISEWOMAN Program caseload goal for FY05 is 3,525. So far, we have screened 2,162 women...that is 61.3% of our goal.

During this fiscal year, the program has newly identified 168 women with high cholesterol (≥ 240) and 185 women with high blood pressure ($\geq 140/90$).

Of the women eligible to complete a lifestyle contract in FY05, 81.4% have done so.

The CDC performance indicator for rescreening is 75%. Our current rescreening rate for the program duration is 35.77%.



Physical Activity: Choose Your Game

It's important to enjoy what you're doing so you won't get bored or think of physical activity as a chore. To help you choose the activity that's right for you, ask yourself these questions:

Do you like to be social, or would you prefer time to yourself?

- Social butterflies should try activities that connect them with other people. Try walking with friends, joining a team or recreation association, or go line dancing.
- If you need time to yourself, walking, running, swimming, or gardening can give you time to reflect.

Do you need to get energized or wind down?

- For an energy boost, try aerobic activities that get the heart pumping.
- Reduce stress with activities like yoga or tai chi.

Are you goal-oriented, or do you like to stay flexible?

- If you like to feel a sense of accomplishment, choose activities where you can chart and monitor your progress like training for a run, or taking up an activity with increasing skill levels, like martial arts.
- For a flexible routine, try walking or finding an exercise video you can do at home.

Do you want to get away from it all or get involved?

- If you want to get away, choose outdoor activities like hiking, biking, or rollerblading.
- To get involved in the community, consider building homes for the disadvantaged, participating in charity walks and runs, helping an elderly neighbor with yard work, or tidying up a local school.

Consider this....

Nearly 25 percent of the trips made from home are less than one mile, yet 75 percent of these trips are made by car.

So...the next time you get in your car, consider walking to your destination instead.



Setting Active Goals

Try to work activity in your daily life by setting realistic goals. Activity doesn't have to take up a lot of time in your day. In fact, many people find that they can significantly increase their activity just by taking a few small steps.

It's essential to be realistic about what you can do – either because you're busy or because you simply haven't been active in quite a while. Some examples of realistic goals are:

- Add 15 minutes of activity to your daily routine – whether it's walking, playing with the kids, swimming, or another activity that you enjoy.
- When given the choice between walking or driving, choose walking – going up the stairs instead of the elevator or parking further away from the store. Or walk the kids home from school or activities.
- Each weekend day, spend an hour doing something physically active – gardening, hiking, playing a sport, taking a fitness class.

Write down your goal and give yourself a timeframe – say, one month – to accomplish that goal. The timeframe is very important – without it, you may lose momentum, and you won't know whether you've been successful.

At the end of the time period, ask yourself:

- Was I successful in accomplishing my goal?
- If not, what got in the way? And how can I overcome those obstacles? Perhaps I need a more realistic goal.
- If I was successful in accomplishing my goal, how can I build on that success and set a new, slightly higher goal?

By setting goals, meeting them, and then setting slightly higher goals, you will eventually exceed your own expectations about what you can do.

Staying Motivated

Are you having difficulty staying motivated? If so, try to remember that physical activity can provide:

- **Pleasure.** Physical activity can be fun...just try to find an activity that you enjoy doing.
- **Health and fitness benefits.**
- **Improvements in appearance.**
- **Social opportunities.** Engaging in physical activity with friends or family gives you a chance to visit and chat while you work out.

