



# WISEWOMAN UPDATE

September 2005

## Revised Paperwork

We have begun to review the newly revised paperwork from you, and it looks great! Thank you for paying attention to details and being sure the forms are completed thoroughly and correctly.

We have noticed that some of you are forgetting to write the average of the two blood pressure measurements in the box indicated on the *Screening Form*. Please remember that our new protocols indicate that two blood pressure measurements are taken, and the average of these measurements is used to determine the category and resulting medical referral. If you have any questions regarding this protocol, please contact Patty Ferry at 517-335-9966 or [ferry@michigan.gov](mailto:ferry@michigan.gov).

## New Program Structure...What Do You Think?

Now that the new program structure has been in place for two months, we want your feedback. Please contact Patty Ferry at 517-335-9966 or [ferry@michigan.gov](mailto:ferry@michigan.gov) and let her know what you think, especially what is going well and what has been challenging.

We are particularly interested in how the revised forms are working and how the women are responding. Your feedback is important to us!

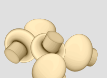
## Stats At-A-Glance

Since October 1, 2004, we have screened 3,315 women...putting us at 83.65% of our FY05 caseload goal of 3,963.

So far in FY05, 79% of all women screened have participated in at least one lifestyle counseling session. Great work everyone! The CDC performance indicator for this measure is 75%.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for the program duration is 36.19%.

According to CDC, at least 95% of clients with alert values should attend a diagnostic exam, and the average time from screening to the exam should be less than 7 days. Currently, in FY05, only 73.7% of our clients with alert values have attended a diagnostic exam. However, of those who have attended, the average time from screening to the diagnostic exam is 6.57 days.



## Fitness Tips for Hot Days

It's hot and humid; a time of sweat and bad hair days...the season when many people find their regular, brisk walk or workout is the last thing they feel like doing. So how do you stay active despite the heat?

Here are some fitness tips for hot days:

- Change the time of day that you engage in physical activity. If you walk after work, get up 15 minutes earlier and walk in the morning.
- Switch to swimming for a time, rather than walking or running outdoors in the heat.
- Take a cycling class or another class inside an air-conditioned YMCA, health club, or community center.
- Try videotapes or DVDs for an indoor workout or do some basic stretches indoors.
- Use walking tapes at work. Get approval from your employer to play a walking tape in an air-conditioned space, instead of walking outdoors at lunchtime.
- Try climbing the stairwells at work. If stair climbing is new to you, start slowly. Go up a flight, then briskly circle each floor.
- If you don't want to leave home, lift soup can weights overhead, do stomach crunches, and stretch your lower back, arms, and legs as you watch TV.
- Move your walks to a mall.

## September is National 5 A Day Month

In 2002, less than 25% of Michigan adults and less than 20% of Michigan children ate the required amount of fruits and vegetables every day. In response to this issue, Michigan will celebrate National 5 A Day Month this September. This year's theme, "Energize and Mobilize – Eat Fruits, Vegetables, and Be Active", empowers the community to celebrate good health by eating the recommended amount of fruits and vegetables and enjoying physical activity every day. It also encourages people to mobilize community leaders and residents to create communities where eating fruits and vegetables and being physically active are easier to do and more supported by community members.

Improving the health of the community through good nutrition and physical activity may help reduce the costs associated with overweight and obesity. It may also decrease the risk of various life-threatening diseases, such as heart disease, cancer, and type 2 diabetes, and cut down on loss of productivity in workplaces throughout the region.

National 5 A Day Month is a perfect time of year for the whole family to learn more about the importance of eating fruits and vegetables and increasing physical activity. For more information, visit the Michigan Steps Up website, [www.michiganstepsup.org](http://www.michiganstepsup.org), the Centers for Disease Control and Prevention website, [www.cdc.gov/5aday](http://www.cdc.gov/5aday), or the National Cancer Institute's 5 A Day website at [www.5aday.gov](http://www.5aday.gov).



## Tips for Eating More Fruits and Vegetables

You can take steps to energize you and your family to eat more fruits and vegetables. Here are some helpful tips:

- **Make ready-to-eat fruits and vegetables readily available for your family.** Keep ready-to-eat fruits and vegetables available in a bowl in the kitchen counter and at eye level in the refrigerator. Apples, pears, grapes, carrots, and celery sticks are just a few examples of some quick and easy snacks. You can also pre-cut larger fruits and vegetables and store them in plastic sandwich bags to grab on the go.
- **Variety is the spice of life, even with fruits and vegetables.** Try something new! Ever tried a tangerine, kiwifruit, or baby bok choy? Bring home a new fruit or vegetable. Add something new to a green salad, such as mandarin orange slices or dried cherries. Add cucumber and tomato slices on your sandwich, and add peppers and carrots to a healthy side dish. Trying new things will keep you and your family interested in healthy food, and you may find some new favorites.
- **Take your healthy habits with you outside of the home.** Order healthy foods when eating out. We spend more than 46 percent of all food dollars on restaurant food, so consumer preferences count. Don't be shy about making healthy requests. Look for items that are broiled or roasted instead of fried. Ask for extra tomatoes, peppers, or other vegetables in sandwiches, pizzas, or baked potato toppings.

## Cholesterol Education Month Celebrated in September

Research has clearly shown that lowering cholesterol can reduce the risk of developing heart disease. September is Cholesterol Education Month, and this year's theme is "Know your cholesterol numbers, know your risk." This theme emphasizes two of the main thrusts of the cholesterol guidelines: the importance of having your cholesterol measured and knowing your risk of developing heart disease.

The National Institutes of Health's National Cholesterol Education Program has developed the [2005 National Cholesterol Education Month Kit](#). This online kit contains a variety of materials that will assist you in bringing information on cholesterol lowering into your community, program, or practice. Some of the items included in your kit are:

- Suggestions on [simple steps](#) you can take to reduce your risk for heart disease.
- Links to heart-healthy recipes, including African American, Latino, and Stay Young at Heart favorites
- A [Chart your progress – Reach your goal](#) worksheet to help you keep track of your cholesterol numbers.
- [Questions and answers](#) about the new food label: saturated fat, trans fat, and cholesterol.

To access this tool kit, please visit <http://hin.nhlbi.nih.gov/cholmonth>.

