



WISEWOMAN UPDATE

April 2006

WISEWOMAN Annual Report Now Available

The WISEWOMAN Program is pleased to announce that the FY2005 WISEWOMAN Program Annual Report is now available on the BCCCP website at:

<http://www.michigancancer.org/bcccp/WiseWomanProgram/AnnualReport.pdf>

This report contains program highlights from FY2005 including information on:

- Caseload
- Client demographics
- Risk factors
- CDC performance indicators
- Michigan performance indicators
- Rescreen statistics

REMINDER: End of Fiscal Year Deadlines

April 4, 2006

The last day that Nationwide will cut checks for FY05 claims.

April 15, 2006

The books close for FY05 claims.

Stats At-A-Glance

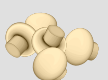
So far this fiscal year, we have screened 1,482 women, which puts us at 37.3% of our caseload goal of 3,975.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for program duration is 34.91%.

It is a Michigan WISEWOMAN Program goal that at least 50% of women report making progress toward their goal(s). For program duration, we are at 49.06%

The Michigan performance indicator for the percentage of eligible women who complete their lifestyle goals is 75%. So far in FY06, 89.3% of eligible women have completed their lifestyle goals.

Congratulations on all your efforts! Keep up the good work.



Tips for Setting Physical Activity Goals

When it comes to physical activity, choose to make goals, long-term and short-term, for the things you want to achieve. The following are some suggestions:

- Identify what you want to achieve. You may want to just feel better, begin a hobby, or lose a few pounds.
- Make your goals specific.
- Make sure your goals are realistic – challenging but attainable.
- Make sure to write your goals down. Put them in a place where you will see them all the time as a reminder – like your bathroom or the kitchen.

Making Good Food Choices

Healthy food habits can help you reduce three risk factors for heart attack and stroke – high blood cholesterol, high blood pressure, and excess body weight.

Set the stage for success by:

- Eating a balanced diet with plenty of fruits, vegetables, cereal and grain products, fat-free and low-fat dairy products, legumes, nuts, fish, poultry and lean meats.
- Mixing one-half regular soda with one-half diet soda until you get used to the taste of diet soda.
- Eating foods low in saturated fat, trans fat, and cholesterol.
- Enjoying a large glass of ice water, hot tea, or another calorie-free beverage. Garnish with a twist of lemon or lime and sip slowly.
- Dividing the extra portions of recipes that serve a large number of people into containers to eat throughout the rest of the week.
- Eating with other people. You'll eat less than if you eat alone.
- Knowing your snack "triggers" and planning ahead. Be ready with healthy snacks to fight the urge for high calorie/high saturated-fat foods and trans fat foods. Grab pre-cut vegetables such as carrots and celery when you're on the run.



Learn How You Can Be Supermarket Savvy

Even though some of us may not like to cook, we all still make it a point to go to the grocery store for at least the basics – like bread, milk, and eggs. But making the wrong choices with those basics can get in the way of your goal to be heart healthy.

Here are some tips to help you become supermarket savvy:

- **Avoid going to the grocery store hungry.**

If you enter the store hungry, then everything will look good to you and before you know it, you'll have a cart full of items of which you only wanted a bite.

- **Avoid shopping during peak times.**

Shopping during these times can be frustrating due to congestion and long lines. So avoid peak times – usually after work (5-7 PM) and on weekend mornings.

- **Shop with a plan of attack.**

Grocery stores are laid out in a way to make you travel all the way to the back of the store, passing cookies, chips, etc., just to get the milk or bread. Chances are you shop at the same store over and over, and you've gotten to learn where everything is placed. Use that to your advantage. Make a list of what you need and visualize where it is so you can get it and get out quick!

Tips for Preparing Fruits and Vegetables

We all know that eating a variety of fruits and vegetables is an excellent way to get essential vitamins and minerals, fiber, and other substances that are important for good health. But what are the best ways to handle fresh fruits and vegetables before eating them?

Here are some things to remember when preparing fruits and vegetables:

- Wash fruits and vegetables only before eating. If you wash the item before storage, it will spoil more quickly.
- The best way to wash the fruit or vegetable thoroughly is by gently rubbing the produce item under clean running tap water.
- If the fruit or vegetable is firm enough (like potatoes and squash) and the skin will be eaten, then a scrub brush should be used to clean the surface.
- All fruits and vegetables should be washed even when the skin and rind are not eaten, such as oranges and melons.
- Take off the outer leaves of leafy vegetables such as lettuce and cabbage before washing. Rinse leaves individually under running tap water and place in a salad spinner to dry.
- Cut out any bruised areas of the produce because bacteria may grow and cause illness if consumed.
- Keep raw meats separate from fresh fruits and vegetables. Use different cutting boards, knives, and utensils when preparing meals.

