



WISEWOMAN UPDATE

August 2006

WISEWOMAN Program Contact Information

Attached please find an updated WISEWOMAN Program Contact Information for Michigan Department of Community Health staff. This list has been revised to reflect Viki Lorraine's contact information.

Stats At-A-Glance

So far this fiscal year, we have screened 2,818 women, which puts us at 71.4% of our caseload goal of 3,949.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for program duration is 35.3%.

The CDC performance indicator for the percentage of women who attend at least one lifestyle counseling session is 75%. So far in FY06, 91.7% of women have attended at least one counseling session.

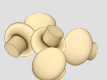
The Michigan performance indicator for clients who adopt a healthier lifestyle throughout the year following their screening – as evidence by the client making progress toward established goals – is 50%. For program duration, 52% of clients have adopted a healthier lifestyle.

Congratulations on all your hard work! It is clear that your dedication and commitment to the program has enabled us to achieve these impressive rates.

Setting Goals for Success

Setting goals that you can achieve helps keep you motivated. Research shows that people who write down realistic goals are more likely to meet their goals. The best goals start where you are now and build slowly over time - you can always set new goals as you meet previous ones. Goals should focus on the action not the results. For example:

This month, I will increase the days I engage in physical activity from 3 days to 5 days.



Rewarding Yourself for Reaching Your Goals

What do you do to reward yourself when you meet your healthy lifestyle goals? Rewards can be important for keeping up your motivation for being healthy. It is a good idea to identify rewards for both your short-term and long-term goals. Rewards for long-term goals should be larger and more special. Try making a contract with yourself. It can be as simple as:

My short-term goal is:

When I reach my goal, I will reward myself with:

My long-term goal is:

When I reach my goal: I will reward myself with:

A reward can be anything that motivates you, although it is best to avoid unhealthy rewards. Rewards that support your healthy behaviors can be a good choice (e.g., a new CD to use when walking).

It's Not All in Your Weight



Many people start an exercise program because they want to lose weight. When they don't lose weight or don't lose it quickly enough, they often quit their program.

Research shows that it is possible to be "fit at any size." Regardless of your size, being active is one of the best things you can do for your health and well-being. People who are fit, regardless of their size, are at lower risk of premature death and have better health profiles than those who are not fit.

So don't give up on your program if you don't lose weight. Here are just a few of the benefits 30 minutes of exercise, 5 days a week can give you:

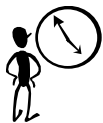
- Better control over blood pressure, glucose levels, and cholesterol
- Reduced risk of heart disease and some types of cancer
- Reduced risk of premature death
- Improved energy and quality of life and reduced feelings of stress and depression



Safety While Exercising

Safety is important in reducing your risk for injury when you exercise. Try the following tips to improve safety when you exercise:

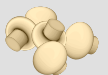
- Always carry identification with you
- Resist the temptation to wear headsets in settings where you need to be able to hear traffic
- Consider carrying a cell phone
- Use pedestrian crosswalks and stoplights where available
- Walk and run against traffic so you can see approaching vehicles
- Avoid poorly lit areas at night
- Wear bright, reflective clothing at night
- Always let someone know what route you are planning to take
- When you are on vacation, familiarize yourself with the safe routes before using them or use the hotel's gym



Finding Time to Exercise

People today have busy lives and sometimes exercise must be worked into the day. Try to make exercise a habit and part of your daily life, like brushing your teeth. See how creative you can be. Try these tricks:

- Break your exercise into two 15-minute sessions – a brisk walk at the start of your lunch hour and another one with the dog or the baby stroller when you get home from work.
- Have a fallback plan if your day is more packed than usual. Is there time to squeeze in a walk between errands or on the way home from work? Bring your shoes with you or keep them in the car.
- Could you give up that TV show you really don't like anyway, or tape it to watch it on the weekend?
- Park farther from store entrances, or take the stairs instead of the elevator.
- When traveling, choose a hotel near a park or mall, or one with an exercise room. Pack an exercise tape or CD and Walkman. Just remember the safety tips listed above.





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