



WISEWOMAN UPDATE

May 2006

Loneliness Linked to High Blood Pressure

A University of Chicago study by Hawkey, Masi, Berry, and Cacioppo published in the journal *Psychology and Aging* has determined that loneliness is linked to higher blood pressure in adults. The increase in blood pressure associated with loneliness is about the same magnitude as reductions attained through weight loss and regular physical activity in people suffering from hypertension. For more information on the study, please visit the University of Chicago website at:

<http://www-news.uchicago.edu/releases/06/060328.loneliness.shtml>

Cholesterol Mythbuster: Cholesterol Only Comes From the Foods You Eat

People get cholesterol in two ways. The body – mainly the liver – produces varying amounts, usually about 1,000 milligrams a day. Foods also can also contain cholesterol. Foods from animals (especially egg yolks, meat, poultry, fish, seafood, and whole-milk dairy products) contain it. Foods from plants (fruits, vegetables, grains, nuts, and seeds) don't contain cholesterol.

It is easy to modify the amount of cholesterol you eat, but in some cases, the amount of cholesterol your body produces may be above average and can affect your cholesterol levels. In these cases, additional help from certain cholesterol medications can be beneficial for the long term.

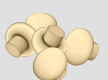
Stats At-A-Glance

So far this fiscal year, we have screened 1,861 women, which puts us at 46.8% 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 34.87%.

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 50.8%

The Michigan performance indicator for the percentage of eligible women who complete their lifestyle goals is 75%. So far in FY06, 88.8% of eligible women have completed their lifestyle goals.



Tips to Help You Eat Whole Grains

At Meals:

- Substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.
- For a change, try brown rice or whole wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth, and spices. For a special touch stir in toasted nuts or chopped dried fruit.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

As Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt or butter.



Sweet Relief!

Did you know that Americans consume an average of a half-cup of added sugar each day? That's about 20 teaspoons! Sugar doesn't contain any vitamins or minerals – it is what dieticians refer to as “empty calories,” so it's one of the first things to cut from your diet if you're trying to lose weight.

Try these tips to reduce the amount of sugar in your diet:

- Soft drinks are the first place to look if you're trying to cut sugar. A 20-ounce bottle of non-diet soda can contain up to 20 teaspoons! Plus, soft drinks don't make you feel full, so you may end up consuming hundreds of calories without even realizing it.
- Know how much sugar you're eating. Take a look at the sugar content of a few popular foods:

Food:	Teaspoons of sugar per serving
12-ounce fruit drink	12
Chocolate milk (10 ounces)	9
Fruit-flavored yogurt (1 cup)	7
Small slice of cake, frosted	5
Sherbet (1/2 cup)	5

- Be careful with reduced-fat or fat-free foods. Food companies often compensate for the loss of fat by adding more sugar.
- Choose canned or frozen fruits canned in water or fruit juice instead of syrup.
- Choose unsweetened cereals. Try sweetening them with sliced fruit or an artificial sweetener.
- Try reducing the amount of sugar in your favorite recipes. You can often reduce the amount of sugar by up to half without compromising the taste.
- When you're looking for a sweet snack, try fresh or dried fruit instead of candy.
- Try substituting fruit instead of jams, jellies, or syrups. A few examples:
 - Try using heated applesauce instead of syrup on pancakes and waffles.
 - Use mashed banana on bread and sandwiches instead of jam or jelly.

