

WISEWOMAN UPDATE

October 2005

WISEWOMAN Client Satisfaction Survey Update

Here is a status update on the client satisfaction survey sent to WISEWOMAN Program participants by MDCH. This survey is part of ongoing efforts to assess the feasibility and acceptability of the WISEWOMAN Program for all parties.

- The survey was sent mid-May to all of the clients enrolled in the WISEWOMAN Program in 2004.
- The response rate was 37 percent, which we are very pleased with.
- The data entry of the (1200+!) responses has been completed.
- A draft report of aggregate findings is forthcoming and will be shared with all agencies.
- Agencies will also receive data on their own respondents (in aggregate) after the overall report is completed.

Please feel free to contact the evaluator, Nancy McCrohan, at 517-324-8359 or nmccroha@mphi.org with suggestions, comments, or questions.

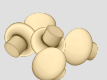
Stats At-A-Glance

We have screened 3,525 women since October 1, 2004. That puts us at 88.95% of our caseload goal of 3,963. Remember, you have until November 8, 2005 to get screening paperwork to MDCH in order for the client to count toward your FY05 caseload.

So far in FY05, 79.3% of all women screened have participated in at least one lifestyle counseling session. The CDC performance indicator is 75%.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for the program duration is 35.81%.

One of the Michigan WISEWOMAN Program goals is for at least 50% of clients who establish Healthy Lifestyle Goals to make progress toward those goals in the following year. Of the women screened in FY05, 47.3% have indicated they are making progress toward their established goals.



Staying Active as You Age

People reach their maximum physical strength, endurance, and flexibility at about age 25, then slowly lose that level of strength and fitness as they age – unless they stay physically active. And the rewards for staying physically active are substantial, including feeling more energetic and less stressed; controlling body weight; and lowering your risk for heart disease, diabetes, and several types of cancer.

Researchers have confirmed that one-third of US cancer deaths each year are due to poor diet, insufficient physical activity, and excess body weight. The American Cancer Society Guidelines call for at least 30 minutes of moderately-intense activities on at least 5 days a week to help lower the risk of cancer.

Here are some general activity goals for people as they age in order to maintain good health. People change the oil in their cars, they save money for their retirement - why not make some deposits for your health, too...by taking care of your muscles as you age?

Ages 40-49

The body ages more rapidly, with muscle mass, strength, and bone mass all dwindling 10% in 10 years. 40-somethings who do not engage in physical activity will not need as many calories as they did in previous years, generally 120 fewer calories per day.

People in their 40s should combine aerobic physical activity with strength training to prevent weight gain and bone loss. Strength training activities also play a key role in preserving muscle mass, which boosts metabolism and prevents weight gain.

Weight-bearing activities like walking, running, dancing, and stair-stepping are recommended at least 5 days a week for 30 minutes at a time to prevent bone loss.

50s and older

The body ages a bit more quickly than in the 40s. Physical activity now should also reinforce the functional skills people need for everyday living: walking, getting up from a chair, climbing and descending stairs, getting up off the floor. These are tasks we take for granted in our youth but can be challenging and humbling as we age.

Muscle Mass = Metabolism and Body Weight



Tips for Staying Motivated

Be Specific and Choose Variety

Rather than having general goals like “getting in shape” or “exercising more”, choose concrete goals such as walking 30 minutes on Tuesdays and Thursdays, and doing stretching exercises five minutes each morning. The more variety you have, the more likely you will continue. A well-rounded program that includes aerobic physical activity and strength training using weights – even when performed in small increments – is key.

Incorporate Fitness in Your Lifestyle

Begin to see physical activity as an everyday opportunity. For example, use the stairs instead of the elevator, walk during lunch, or bike to work. Combine fitness with your family chores and activities, such as raking leaves or gardening.

Motivate Yourself

Try visualizing techniques to help your motivation. Imagine yourself being in shape and how it feels. Create a vision of yourself looking fit. Rather than focusing on feeling out of shape, picture yourself feeling energized after your workout. Also, reward yourself when you meet each of your goals.

Get a Support System

Build a support system of family, friends, co-workers, and/or neighbors. They can help encourage you when your motivation is low. You can also engage in physical activity with someone else. Try to find a buddy who shares similar fitness interests. Many shopping malls have mall-walker programs where you can meet others.

Expect Setbacks and Prepare for Obstacles

Things like time, illness, or bad weather may occasionally get in the way. Disruptions are inevitable. Accept them and move on. If you go off your program, you can always adapt and resume. Remember...some physical activity is better than none at all.

