



WISEWOMAN UPDATE

April 2007

National Public Health Week: April 2 – 8, 2007

National Public Health Week 2007 will be observed April 2 – 8. This year's theme is *Take the First Step! Preparedness and Public Health Threats: Addressing the Unique Needs of the Nation's Vulnerable Populations*. During this week, Americans are encouraged to take the first step toward becoming better prepared for a public health emergency. The focus areas for the week are as follows:

- **Monday** – Addressing the unique needs of mothers with children in the household
- **Tuesday** – Addressing the unique needs of local food banks
- **Wednesday** – Addressing the unique needs of hourly-wage workers and employers
- **Thursday** – Addressing the unique needs of schools serving children in kindergarten through 12th grade
- **Friday** – Addressing the unique needs of individuals with chronic health conditions, with a focus on diabetes, asthma, cancer, and high blood pressure.

Stats At-A-Glance

CASELOAD

Current # Screened	FY07 Goal	Goal Attained
1,437	3,258	44.1%

CDC PERFORMANCE INDICATORS

Activity	Current FY07 Michigan Rate	CDC Rate
Rescreening	33.9%	75%

At least one lifestyle counseling session attended

95.7%

For program duration, 80.6% clients have had at least one session.

75%

IMPROVEMENTS IN MEASURABLE SCREENING VALUES

(for clients returning for 1st annual rescreen)

Current FY07 Rate	FY07 Michigan Goal
45.3%	50%





Shape Matters: Are You an Apple or a Pear?



Research shows that body shape – the type of fat and where it is stored on the body – is an important indicator of future health problems.

Apple-shaped people store excess “visceral” fat around their waist and chest, surrounding their internal organs. Although it is normal to have some fat cushioning our organs, visceral or apple-zone fat can be harmful. Visceral fat decreases insulin sensitivity (insulin is the hormone that monitors blood glucose levels), making diabetes more likely. It also decreases HDL cholesterol levels, increases triglycerides, creates more inflammation, and raises blood pressure. Apple-shaped people are more likely to develop disorders such as high blood pressure, heart disease, stroke, type II diabetes, and some cancers, such as breast and endometrial cancer. Stress and sleep disturbances are the main culprits in adding inches to the waist.

The good news is that by losing just 2 inches around the waist, apple-shaped people can reduce their risk for these diseases by 50 to 60 percent. If your waist measurement shows you are an “apple,” adding more steps each day will be a top priority. According to physician and researcher Marie Savard, MD, the best way to burn apple-zone fat is to get lots of daily physical activity. She also recommends trading in the scale for a tape measure and eating a diet high in complex carbohydrates (fruits, vegetables, and whole grains) and moderate fats and protein. You can also save calories by using a sugar substitute in your beverages and cooking.

Pear-shaped people add extra “subcutaneous” fat around their hips, buttocks, and thighs, just below the skin. Pear-zone fat is protective. Although “pears” are more susceptible to problems like osteoporosis and varicose veins, subcutaneous fat helps to trap and store dietary fat (stored triglycerides). It’s nature’s way of storing fat for use as energy in times of famine. Most obesity related health problems are related to visceral apple-zone fat, not “subcutaneous” pear-zone fat.

Here are 2 ways to track changes to your body shape and size:

1. **Waist size** – For women, a healthy waist measurement is less than 35 inches, and for men, less than 40 inches.
2. **Body Mass Index Calculator** – Body mass index (BMI) is a measurement of body fat based on height and weight that applies to adults. A healthy BMI range is 18-25. You can determine your BMI by visiting http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm



Tips to Stay Motivated with a Walking Plan



- Ask other people to walk with you. Find a partner or a group. When you know someone else is waiting for you, it keeps you going.
- Wear comfortable shoes and good socks to help cushion your feet.
- Wear clothes that are right for the season. Try using layers of clothing in the cold weather to keep you warm, and cotton clothes in the summer to keep you cool.
- Drink plenty of water. It doesn't have to be that fancy bottled stuff – get your own container and keep it filled with plenty of regular water. Carry it with you if you can.
- Don't forget to stretch before you walk. Try to start off slowly.
- Be safe – pay attention to your surroundings.
- Walk in a safe place that has plenty of lights in the evening. Try walking around a local school's parking lot or going to the mall.
- Try to walk at least three times a week. It may seem like a lot at first, but you will gradually build up.
- Try to think of your walk in three parts. Imagine a warm-up period at the beginning, challenge yourself with a brisk pace in the middle, and finally picture a cool-down. You can feel success when you finish each part.

Keeping Your "Slips" from Becoming "Relapses"

No matter how faithful you are in your exercise program, there will be times when you "slip" by missing exercise sessions. These slips happen for everyone. So, don't beat yourself up, and don't blow it out of proportion.

You can probably relate to the dieter who eats a bowl of ice cream, then says, "I blew it," and decides to eat the whole quart and start his/her diet again next month. Thinking in black and white terms ("on diet" or "off diet"), rather than in shades of grey, gets us in trouble. When you miss an exercise session or even a week of exercise sessions, try not to view this a "failure."

There are times when you are probably more likely to slip; while traveling, during the holidays, when the weather is bad, or when you are feeling stressed, depressed, or tired. Try to anticipate your own "high-risk" situations and plan for how you will deal with them when they happen.



Benefits of Strength Training

Strength training refers to exercises that work the muscles through progressively increased resistance. These exercises improve muscle strength and increase metabolism.

Two common misconceptions of strength training are that it:

1. Requires heavy weight lifting
2. Will cause women to produce bulging muscles.

Equipment that can be used for strength training includes resistance bands, free weights (also known as dumbbells or hand-held weights), and weight machines. **You can even use canned goods or plastic jugs filled with sand or water.** The idea is to stress the muscles. You can purchase free weights at athletic or variety stores. Beginners should start out by doing 3 sets of 10 repetitions with enough weight to fatigue the muscle.

Staying Active for the Long Term

Keeping up your exercise program for the long term is a challenge for everyone. Here are some common issues that trip people up:

- **Unrealistic expectations:** Exercise might not make you look like a supermodel or bodybuilder. Decide on what realistic benefits you value.
- **Too many “shoulds” in your life:** People who give up on new lifestyle changes such as exercise are often people who haven't found a way to enjoy life. If exercise is just another chore on your list, you won't keep it up. Have more fun in your life. Do something for fun everyday.
- **Ignoring the “slippery slope” of backsliding:** It is easier to get back on track after a day or week off than a month. If something gets you off track get back on track quickly without guilt.
- **Listening to negative people:** Some people may feel threatened by your new healthy lifestyle. Don't let them make you feel guilty for being the best person you can be. You deserve to be healthy and happy.

