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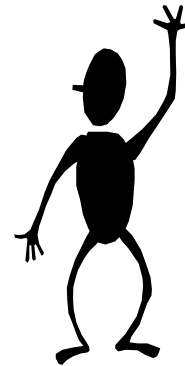
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HOWDY & WELCOME

Let's hear it for **Tristen Laursen**, the new Medical Assistant and Lifestyle Counselor in Sanilac County. Tristen started at the Austin Street Clinic in April. She worked in another medical office as a Medical Assistant before coming to WISEWOMAN.

There's also a new face up in Delta Menominee. **Mallery Fisher** is a new Lifestyle Counselor intern. She's finishing up her degree in dietetics at Central Michigan University and has worked as a Health Educator Assistant. Mallery started in May.

A big WISEWOMAN welcome to you both!

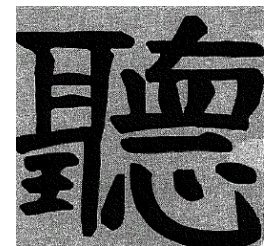


Motivational Interviewing Corner: Developing Discrepancy

Part of developing discrepancy is getting the WISEWOMAN participant to talk about the importance of achieving future goals or making changes to the status quo. When a current behavior is in conflict with a person's overall goals, focusing on this discrepancy can provide motivation for change.

Here are a few techniques for creating a gap between where the person is and where they want to be.

- ✓ Tell me some of the good things and less good things about your behavior/concern.
- ✓ What will your life be like (# years from) if you don't make changes and continue to (smoke, have high blood pressure)?
- ✓ Explore how a client's life would be different if he/she did not have the problem or were not engaging in the behavior.
- ✓ What was your life like before you started having problems with (the behavior)?
- ✓ Describe a typical day.



This Chinese symbol for the verb "to listen" is a perfect representation of the essence of Motivational Interviewing. The symbol has four elements – ears, eyes, heart and undivided attention.

Adapted from article by Sobell & Sobell

Understanding (and Overcoming) Stress

By Sara Lake
Catherine's Care Center

Do you have stress in your life? Chances are, the answer is yes. Stress is a natural occurrence in the body, but sometimes it can affect our moods and behaviors. It can also affect physical well-being. If you are stressed, for example, you may experience:

- Trouble sleeping
- Headaches
- Lack of concentration
- Anxiety
- Heart problems
- High blood pressure
- Increased diabetes symptoms

Although physical health is critical to our daily functioning, mental health is just as important. We experience many emotions, and, at times, they may get the best of us. Perhaps you already have coping mechanisms that you use to keep stress at bay. Here are some tips that can keep you in control:

1. **Recognize your stressors** - What is causing you to feel this way?
2. **Figure out how you deal with stress.** Some people may go for a walk or talk with friends. Be aware if you turn to self-destructive behaviors, such as drinking or smoking.
3. **Take small steps** – a short walk or a healthy snack can help ease tension you feel. Exercise and maintaining a good diet are always important!
4. **Think about the progress you've made.** Looking back at what causes stress may help prevent future stressful events from taking place.
5. **Connect with a support system.** Talking with friends or family may help release your troubles, and they may also have insight to solve your issues. If you feel that the stress is severe enough to interfere with your life, consider visiting a mental health professional (you can talk with a lifestyle counselor too!).



Source: American Psychological Association,
<http://apahelpcenter.mediaroom.com/index.php?s=pageA&item=42>
National Women's Health Information Center,
<http://www.womenshealth.gov/faq/stress-your-health.cfm>

Meet Lifestyle Counselor: Elaine McDonald, RN, BSN

Agency:

Lenawee County Health Department

WISEWOMAN Affiliation:

Six (6) years

Professional Experience:

I have worked in Women's Health Care at Sinai-Grace Hospital, the Dominican Sister's, and even at a dermatology office. I've been at the Lenawee County Health Department for the last 13 years, having worked in diabetes education/empowerment and the immunization clinic. I continue to work in the Family Planning Clinic as well as the WISEWOMAN Program. In Public Health you have to wear many hats!



Favorite WISEWOMAN Success Story:

Many of the WISEWOMAN Diabetes Primary Prevention Project (WWDP3) participant's have lost weight and started doing more physical activity, reducing their risk of developing diabetes. When WISEWOMAN participants have blood glucose levels in the pre-diabetes range one year and the next year it is normal that is great success to me!

Lifestyle Counseling Tip:

I am a firm believer in the "empowerment" approach and motivational interviewing.

Special Skills:

Having worked in the field of diabetes education and having lots of training in the "empowerment" approach, I think lifestyle counseling is my strength. I am also familiar with many of our community services, so if I can't help someone, I usually can refer them to someone who can 😊.

More about Elaine:

I have been married for 26 years and have three great children. My oldest daughter lives in Atlanta and my two younger children go to college in Tennessee, so we are traveling south as much as possible. My husband and I are both from families of nine children so we have great family gatherings!

Buy Local

By Kim Harrigan
District Health Department #10

Unless you live on a farm, the primary place you probably get your produce is from a major grocery store like Meijer or Kroger. But did you know that most produce is picked 4-7 days before it arrives on supermarket shelves and is transported an average of 1500 miles before it reaches its destination? And this is just for U.S. grown produce. The distances are substantially longer for produce that is imported from Mexico, Asia, South America, etc.

Why do we use all of this energy when we have plenty of fresh produce being grown in our own communities? There are almost 2 million farms in the US, 80% of those are small farms and most are family owned. If you do some research there is probably a farm within your county that sells anything from fruits & vegetables to free range beef & poultry.

People worldwide are rediscovering the benefits of buying local food. It is fresher than anything you buy in the supermarket; it is tastier and more nutritious. It is also GREAT for your local economy. Buying directly from local farms helps keep them in business. Many small farms are certified organic which means the food is better for you and better for the environment.

The convenience of buying produce and other foods from the grocery store may turn some people away from tracking down a local farmer and having to travel to get their products. However, many communities have weekly farmers markets in which a variety of local produce is sold in one location.

Another option that is gaining in popularity is CSA (community supported agriculture). CSA is a way for the food buying public to create a relationship with a local farm and receive a weekly basket of produce. In a sense you are becoming a 'member' or 'shareholder' of that particular farm. Members pay for a full season which generally runs from late spring through early fall. Each week you receive a basket of fresh, in-season produce that is either delivered or picked up at a convenient location.

Food co-ops are another great way to buy fresh, high quality and often local food without losing the convenience of a grocery store. Food co-ops are customer owned businesses that provide grocery items of the highest quality and usually support their local communities by selling produce grown on local farms.

For more information about buying local food check out these websites:

- www.localharvest.org
- www.sustainabletable.org
- www.coopdirectory.org/directory.htm
- www.farmersmarkets.msu.edu



Smokefree Women Web Site Launched

The popular Smokefree.gov Web site has spun off a new section, Smokefree Women (<http://women.smokefree.gov>) and a companion [Facebook page](#) with information, tools, and discussion forums specifically developed to help female smokers quit. Women who smoke experience the same health hazards as men. But, they also face hazards unique to women, including endangering the life and health of a developing child if they smoke during pregnancy. The new site focuses on helping women integrate smoking cessation into daily life and family matters to help women stay smokefree. It was designed with the knowledge that different women need different resources to quit.

The Web site and Facebook page contain interactive features, as well as tools that users can download to their personal Facebook profiles. For example, the "Talk to an Expert" feature allows users to receive information and advice about quitting smoking through real-time telephone-based or online LiveHelp messaging with National Cancer Institute (NCI) smoking cessation counselor. A step-by-step Quit Guide is also provided, and the "Topics that Interest You" section includes information on smoking and pregnancy, depression, weight management, and relationships.

The screenshot shows the homepage of the Smokefree Women website. At the top, there is a search bar and the text "SmokefreeWomen". Below this, a woman in a red top and grey beret is featured. To her left, the text reads "Quit Smoking TODAY! we can help". Below this, there are several interactive options: "Learn about topics that interest you" (with sub-options: Benefits of quitting, Depression, Pregnancy, Relationships and smoking, More...), "Use the quit guide", "Talk to an expert", and "Get print resources". There is also a "Take our monthly quiz!" section with a "GO" button. To the right of the woman, there is a quote: "I have more money to spend on things that I want" - Heather. Below the quote, there is a "Vote" button. At the bottom right, there is a "Map" section with a "Vote" button and a "Map" button. The footer contains navigation links: "home | about smokefree women | privacy | accessibility | disclaimer || smokefree.gov" and logos for NCI, CDC, and USA.gov.

Smokefree Women was developed by the [Tobacco Control Research Branch](#), in NCI's Division of Cancer Control and Population Sciences, with assistance from the [CDC](#), Health Canada, American Legacy Foundation, The Robert Wood Johnson Foundation, American Cancer Society, and NCI's Office of Communications and Education.

Quick and Flexible Breakfast Options

Whether you tend to stick with traditional breakfast options or you prefer the variety offered by nontraditional breakfast fare, you have plenty of ways to get in a healthy breakfast each day. Here are some specific examples of healthy breakfast options:

- Cooked oatmeal with almonds or dried cranberries
- Cold cereal with a side of fruit
- A whole-wheat pita stuffed with hard-boiled eggs
- Leftover vegetable pizza
- Vegetables, salsa, and low-fat shredded cheese wrapped in a tortilla
- Whole-wheat crackers with low-fat cheese or peanut butter
- A microwaved potato topped with broccoli and grated Parmesan cheese
- Multigrain pancakes with fruit and yogurt
- A whole-grain waffle with peanut butter



<http://www.mayoclinic.com/health/food-and-nutrition/NU00197/NSECTIONGROUP=2>