



---

<b>Success Story Title</b>	Getting Leaner in Lenawee
<b>Location</b>	Lenawee County
<b>Focus</b>	Long Term Healthy Lifestyle Change
<b>Strategies</b>	Regular follow-up contact by Lifestyle Counselor Fran Landwehr and a strong commitment to long term lifestyle change has really made a difference for WISEWOMAN participant Holly Haynes.
<b>Outcomes</b>	<p>Initial Exam: 11-17-08 Weight 190, BP 124/68, Cholesterol 210, HDL 38, Fasting Blood Glucose 102 (pre-diabetes)</p> <p><b>Counseling 12-29-08:</b> Had joined <b>Weight Watchers</b>, learning lots about nutrition, <b>added more fruits, vegetables, and fiber to diet</b>. Fat free milk and other low fat foods too. Plans to walk with friends when it's warmer. Barrier: making herself get out of the chair. Lost 3 lbs.</p> <p><b>Counseling 03-02-09: Walking</b> with friends. <b>Lost a total of 16 lbs.</b> Feels good about this, people at church are noticing. Between Weight Watchers and WISEWOMAN, she is <b>learning a lot about nutrition and better foods and the importance of exercise</b>. Barrier: Snacks, but "I'm getting better". At her last weigh in <b>BP was 106/60</b>. Anxious to go for her Doctor visit next month, eager to see test results.</p> <p><b>Counseling 06-14-09: Lost a total of 26 lbs.</b> Happy Happy!! Says her new goal is to lose 40 lbs. <b>Increasing vegetables and whole grains and fiber</b>. Had to buy some new clothes. <b>Cholesterol down to 187, Glucose is normal, BP was normal</b>, Barrier: "Temptation sometimes, but I get back on track."</p> <p><b>Counseling 10-26-09: Lost a total of 30 lbs.</b> Had a set back, three people she was close to died, said depression set in and she gained back 5 lbs, but sounds determined to "get back on track". Barrier: Making time to exercise.</p> <p><b>Counseling 11-09-09:</b> Eating lots of 3 bean salads, <b>wiser snack choices, weighs her portions, reads labels</b>, attends Weight Watchers regularly. Keeping the 30 lbs off. Enjoys the positive comments she hears from friends, <b>less hip pain, feels good and feels better about herself</b>. Appreciates the gentle persuasion and encouragement from WISEWOMAN and Weight Watchers.</p>
<b>Submitted by:</b>	Fran Landwehr Lenawee County Health Department 1040 S. Winter, Suite 2328 Adrian, MI. 49221 <a href="mailto:franlandwehr@yahoo.com">franlandwehr@yahoo.com</a> 517-264-5253