



# WISEWOMAN UPDATE

August 2003

## Interactive Health Tutorials

The Patient Education Institute has created interactive health tutorials that use animated graphics to explain procedures and conditions in easy-to-read-language. Health tutorial topics include:

- Hypertension
- Exercising for a Healthy Heart
- How to Prevent Heart Diseases
- Managing Cholesterol
- Preventing Strokes
- Smoking – The Facts

These tutorials are available online at <http://www.nlm.nih.gov/medlineplus/tutorial.html>.

## Revised WISEWOMAN Forms

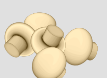
Thanks to all of you who provided feedback on the revised WISEWOMAN forms. A memo was sent August 5, 2003 that describes the final changes made to the forms. It also includes an RSVP for a conference call that will take place on August 25, 2003 from 9:00 – 10:00 a.m. for those agencies who wish to go over the changes in detail. New forms will be shipped by August 11, 2003. Agencies can begin using the new forms as soon as they are received. **All agencies must use the new forms by September 2, 2003.** If you have any questions, please contact Patty Ferry at (517) 335-9966 or [ferryp@michigan.gov](mailto:ferryp@michigan.gov).

## WISEWOMAN Lifestyle Counselor Survey

Thank you to those of you who have completed the WISEWOMAN Lifestyle Counselor Survey. Your thoughtful responses will enable us to gain a better understanding of the intervention portion of the program.

For those of you who have not yet completed the survey, we need your feedback. Before any decisions can be made about the program, we need to gather everyone's opinion. Please complete the survey at your earliest convenience and return it in the envelope provided.

Please contact Nancy McCrohan at (517) 324-8359 or [nmccroha@mphi.org](mailto:nmccroha@mphi.org) with any questions.

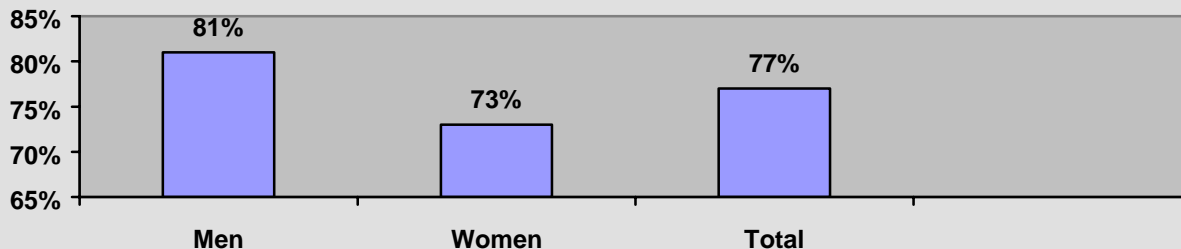


# The Critical Role of Healthy Eating

Research shows that good nutrition lowers people's risk for many chronic diseases, including heart disease, stroke, some types of cancer, diabetes, and osteoporosis. For example, 10 million Americans are at risk for type 2 diabetes. Proper nutrition and physical activity can sharply lower their chances of getting the disease.

Although Americans are slowly adopting healthier diets, a large gap remains between recommended dietary patterns and what Americans actually eat. Only about one-fourth of U.S. adults eat the recommended five or more servings of fruits and vegetables each day.

**Percent of Adults Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables a Day, by Sex, 2000**



Source: CDC, Behavioral Risk Factor Surveillance System.

Poor eating habits are often established during childhood. More than 60% of young people eat too much fat, and less than 20% eat the recommended five or more servings of fruits and vegetables each day.

## Trans Fat Will Now Be Listed On The Nutrition Facts Label

On July 9, 2003, the Food and Drug Administration issued a final rule requiring manufacturers to list trans fatty acids, or trans fat, on the Nutrition Facts panel of most conventional foods and some dietary supplements. Consumers will soon begin to find trans fat on the nutrition label, listed directly under the line for saturated fat, and it will be required on all food labels by January 1, 2006. This regulation will provide additional information to help Americans lower their intake of trans fat as part of a heart-healthy diet. For more information, please visit

[www.hhs.gov/news/press/2003pres/20030709.html](http://www.hhs.gov/news/press/2003pres/20030709.html).



# Healthy Eating Tips

Here are some tips for healthy eating at home, work, and elsewhere. Try some of these ideas.

- Start your day off right!
  - ♥ Eat breakfast
  - ♥ Drink 100% fruit juice (canned, from a carton, or freshly squeezed) with breakfast or take a can to drink at work
  - ♥ Spruce up your breakfast – a banana or handful of berries will liven up your cereal, yogurt, waffles, or pancakes
  - ♥ Take a piece of fruit to munch on during your commute
- An easy way to make fruits and vegetables more accessible to you is to make sure you buy them. So when you go grocery shopping, visit the produce section first. Then keep bowls of fruit on the kitchen table and counter. Now that you have bought them, eat them.
- Baked potatoes, corn on the cob, and bread. What do these items often have in common? We cover them in butter, right? And if we are not careful, we do not realize how much we actually use. If you must use butter and margarine, use them sparingly. Even better, switch to reduced-fat margarine or try jelly on your bread, bagels, and other baked goods.
- Use “lite” or low-fat dairy products (e.g., milk, cheese, yogurt, or sour cream). Use in recipes and/or drink 1% or skim milk. You will still get the nutrients and taste, but not the fat.
- When you make or buy a salad, a little bit of dressing goes a long way. Measure 1 tablespoon of dressing and toss well with your salad. The dressing coats the salad instead of drenching it. For even more flavor, sprinkle the salad with lemon pepper before adding dressing. Even better, use light or fat-free salad dressing. The same principle applies when using condiments; a little mayonnaise is all you need. Or use the light or fat-free kind.
- If you like to eat meat, there is no reason you have to give it up. But you can help reduce fat by choosing the leanest cuts such as beef round, loin, sirloin, pork loin chops, turkey, chicken, and roasts. All cuts with the name “loin” or “round” are lean. And if you cook it yourself, trim all visible fat and drain the grease.
- What can we say about fried foods? They taste great but are not great for you. They are high in fat. We have come up with a few suggestions that will save your arteries. Use oils sparingly (try olive and canola oils). Bake chicken without the skin. Substitute a potato for french fries.

