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Welcome New WISEWOMAN Agencies

The staff at Michigan Department of Community Health would like to welcome four new organizations to the WISEWOMAN program:

- **Catherine's' Care Center in Grand Rapids** – Kent County
- **Detroit Department of Health and Wellness Promotion – Herman Kiefer Family Health Center** – Wayne County
- **Hackley Community Care Center in Muskegon Heights** – Muskegon County
- **Health Department of Northwest Michigan** – Antrim, Charlevoix, Emmet, and Otsego Counties

The new organizations will begin screening on October 1, 2008.

We look forward to working with these organizations and bringing the WISEWOMAN program to new areas of the state. We also look forward to working with our existing organizations as you continue to deliver quality WISEWOMAN services to the participants in your areas.



Motivational Interviewing Corner

Well it looks Mike Stratton, the presenter at our WISEWOMAN Motivational Interviewing (MI) training in April, really got the ball rolling. It seems that folks can't get enough of Rolling with Resistance, Expressing Empathy, and Developing Discrepancy. So, we've decided to start a monthly section in the Update that will focus on MI. Now, in addition to all the great MI info on the WISEWOMAN website, you'll also get a small dose of it here each month.

This month I'd like to highlight this great article on working with client resistance.

<http://www.motivationalinterview.org/clinical/techniques.html>. It offers some wonderful suggestions and techniques for avoiding certain traps such as the Expert, Premature Focus, and Question and Answer. The article uses examples related to alcohol, but you can easily substitute exercise, smoking cessation, or increasing fruits and veggies. Be sure to check it out. And be sure to let me know if you have any special interest areas in MI. I'll do my best to find out more information for you.

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Pre-Diabetes: What You Should Know

~ By Elaine McDonald
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Underlying today's growing epidemic of type 2 diabetes is a much larger epidemic called pre-diabetes. Pre-diabetes is a condition that precedes type 2 diabetes and is characterized by blood glucose levels that are higher than normal but not high enough to be classified as diabetes. It is estimated that 54 million Americans are affected by pre-diabetes.

The American Diabetes Association (ADA) defines pre-diabetes as either a fasting blood glucose (FBG), between 100-125mg/dl (Impaired fasting glucose/IFG) or a 2-hour oral glucose tolerance test (OGTT) reading of 140-199mg/dl (Impaired Glucose Tolerance/IGT). Both IFG and IGT have been identified as risk factors for development of diabetes and cardiovascular disease.

Classification	Test Used	Desirable	Pre-diabetes	Diabetes
Impaired Glucose Tolerance	OGTT- 75 gram 2 hr. plasma glucose	<140mg/dl	140-199 mg/dl	≥ 200 mg/dl
Impaired Fasting Glucose (IFG)	Fasting Plasma Glucose after 8 hr. fast	<100mg/dl	100-125mg/dl	≥ 126 mg/dl

The American Diabetes Association (ADA) recommends conducting glucose screening within the health care setting. The ADA also recommends that the following individuals be screened for pre-diabetes:

- Individuals who are ≥ 45 years of age, particularly in those with a BMI ≥ 25kg/m².
- Individuals who are < 45 years of age, who are overweight and have the presence of another risk factor.

Additional risk factors include:

- Being physically inactive most days of the week.
- Having a first-degree relative with diabetes.
- Being a member of a high-risk ethnic population (e.g., African American, Latino, Native American, Asian American and Pacific Islander).
- Having delivered a baby weighing > 9lb. or have been diagnosed with Gestational Diabetes Mellitus (GDM).
- Having hypertension.
- Having an HDL cholesterol < 35mg/dl and/or a triglyceride level > 250mg/dl.
- Having polycystic ovarian syndrome (PCOS).
- On previous testing, having IGT or IFG.
- Having a history of vascular disease.

ADA Recommendations for the Prevention of Type 2 Diabetes

- Individuals at high risk for developing diabetes need to become aware of the benefits of modest weight loss and the participation of regular physical activity.
- Individuals with pre-diabetes should be given counseling on weight loss as well as instruction for increasing physical activity.
- Follow-up counseling appears to be important for success.
- Monitoring for development of diabetes in individuals with pre-diabetes should be performed every 1-2 years.
- Close attention should be given to, and appropriate treatment given for, other CVD risk factors including smoking, hypertension, and dyslipidemia.
- Drug therapy should not be routinely used to prevent diabetes until further investigation is conducted.

What can we do to help our WISEWOMAN participants at high risk for diabetes?

Convey that if they are found to be at high risk of type 2 diabetes, there is hope that they can prevent or delay the onset of type 2 diabetes and the time to start prevention is now! Let them know the statistics. The Diabetes Prevention Program (DPP) was a study conducted at 27 clinical centers around the country on participants with pre-diabetes. The study concluded that participant's who received intensive lifestyle intervention with a goal of losing 5-10% of their body weight thru good nutrition and obtaining 150 minutes of physical activity per week reduced their risk of developing type 2 diabetes by 58-71%! WISEWOMAN's emphasis on improving nutrition, increasing physical activity, and eliminating tobacco use is consistent with the recommendations for prevention of diabetes. Together we can make a difference!

Some helpful websites for more information include:

- The American Diabetes Association (ADA) - www.diabetes.org
- National Diabetes Education Program (NDEP) - www.ndep.nih.gov
- Center for Disease Control Diabetes Public Health Resource - www.cdc.gov/diabetes

Eating Right When the Budget's Tight

Higher food prices are driving many people back home for dinner instead of eating out. It's a great opportunity to prepare meals that are healthier and, at the same time, lower your risk for chronic disease. With a little planning, you can shift money you'd spend on less-than-healthy foods like rice mixes, packaged desserts, prepared sauces, and dressings to basic healthy ingredients you can eat in a healthier way while staying within budget.

Here's how you can shop to benefit your wallet as well as your health:

- **Make your own.** When it comes to snacks, it's often healthier and less expensive to simply make your own. Whip up a healthy summer dip (try the Tomato and Red Pepper Dip recipe below) with fresh, cut-up vegetables instead of chips. Or make your own chips (try the Toasted Whole Wheat Pita Wedges recipe below).
- **Buy plain rice** instead of a boxed mix and flavor it with your own herbs and spices. Use healthy olive oil and vinegar to make your own dressings. (Some canned healthy foods like beans, tomato products, and soups are high in sodium. Just drain and rinse your beans and choose reduced-sodium versions of tomato products and soups.)
- **Avoid shopping when you're hungry** so you don't buy more than you need and can better resist impulse buys.
- **Check your refrigerator.** See what needs to be used or frozen before it spoils. Then make a list of what to buy.
- **Plan to buy supplies for several days' worth of meals.** It can help to plan in advance so you don't end up at the fast-food drive-thru when you're very busy and have few groceries at home.
- **Recycle leftovers.** Refrigerate them within two hours and use them in another meal the next day. Add leftovers to salads, pasta, pizza, or burritos. Cook aging fresh vegetables as part of a stir-fry, chili, or soup. Chop overripe fruit and whirl in the blender for a sauce or smoothie with low fat yogurt. Mixed dishes can be frozen in single-serving portions – just clearly label and date them. When you are reheating leftovers, reheat solids to 165 degrees and boil soups.



Tomato and Red Pepper Dip

Ingredients:

1 jar (12 oz.) roasted red peppers, rinsed and drained
1 can (15 oz.) white beans, rinsed and drained
1/4 cup tomato paste, preferably reduced sodium
2 garlic cloves, minced
3 Tbsp. lowfat mayonnaise
1 tsp. dry oregano
1 tsp. ground cumin
1/4 tsp. ground chili powder or pinch cayenne pepper
Salt and freshly ground black pepper, to taste

Instructions:

Coarsely chop peppers. Place in food processor or blender and puree. Add beans, tomato paste, garlic, mayonnaise, oregano, cumin, and chili powder or cayenne. Process to smooth puree. Season to taste with salt and pepper. Let stand one hour before serving. Keeps up to 3 days, tightly covered and refrigerated. Makes 2 1/4 cups.

Nutritional Information:

Per 2 tablespoons: 32 calories, <1 g total fat (<1 g saturated fat), 6 g carbohydrate, 1 g protein, 1 g dietary fiber, 120 mg sodium.

Toasted Whole Wheat Pita Wedges

Ingredients:

2 whole wheat pita breads (6 inches)
Olive oil spray
2 Tbsp. Parmesan cheese

Instructions:

Preheat oven to 350 degrees. Separate halves of each pita bread, then cut each half into 8 wedges. On large baking sheet, place wedges in single layer. Spray lightly with olive oil. Sprinkle with Parmesan cheese. Bake for 15 minutes. Makes 4 servings.

Nutritional Information:

Per serving: 97 calories, 2 g total fat (<1 g saturated fat), 18 g carbohydrates, 4 g protein, 2 g dietary fiber, 217 mg sodium.

Eating Smart When Eating Out

Summertime is a busy time, and with the temperature soaring, who wants to cook? Add to that our vacation days, and we can eat a lot of our meals out this month. But be wary, those extra meals out can be the downfall of our resolutions to eat smarter.

To help you stick to those resolutions, here are 10 tips for eating smarter when eating out:

1. Eat when you are hungry and stop when you are full. It sounds simple, but how many times do we grab an ice cream from the beach vendor, not because we are hungry, but because he is there. Pay attention to your body when snacking and at meal times, and you'll find you eat less.

2. Start with a salad with low-fat dressing. By eating a fiber-rich salad first, you will fill up more quickly and eat less of your higher calorie entree. Ask for the dressing on the side and use only what you need.

3. Box up half your entree. Most restaurant portions are 2-3 times what you need. Ask your server to bring out a box with your entree, or box up half at the end of your meal. If you are on vacation and don't have a place to store it, consider splitting an entree with someone.

4. Avoid cream sauces such as Alfredo, Carbonara, or any sauce with the word cream or creamy in the description. These tend to be high in fat and calories. Also avoid anything au gratin, buttery, pan-fried or creamed.

5. Look for things that are broiled, boiled, baked, poached, steamed, roasted, and grilled. These are healthier methods of preparation. Be sure to ask your server if things are cooked with butter. You can ask for the butter to be left off.

6. Ask for alternative sides. If your entree comes with fries, hushpuppies, or some other fried goodie, ask if you can substitute vegetables or a side salad.

7. Watch what you drink. It's tempting to get a regular soda or sweet tea with unlimited refills, but that also means unlimited calories. Try water, diet soda, or unsweetened tea. Pay attention to your alcoholic beverages as well.

8. When possible, avoid buffet restaurants. It's hard not to sample a little of everything and before you know it, your plate is overflowing. When at a buffet, start with a salad with low-fat dressing. Watch out for the cheese, meats, and mayonnaise-based salads on the salad bar. These add extra fat and calories. Then look for baked or broiled meats and vegetables that are not sitting in oil or fat.

9. Pay attention to what you eat before your meal arrives. Many restaurants put out bread and butter or chips and salsa for you to munch on while you wait on your entree. Be careful, these can add up to a meal's worth of calories if you don't pay attention to how much you eat. Take one piece of bread, or a portion of chips, and put them on your plate. Eat only what you have taken and don't ask the server to refill the bowl.

10. Split dessert. One of the best parts of eating out is the yummy dessert that someone else made! To satisfy your sweet tooth while being mindful of your resolution to eat smarter, split one dessert among your entire dining party. Everyone gets a taste, but no one eats too much!



Plan Your Snacks

Planning ahead can help you make smart choices. Try these simple tips to help you plan and prepare snacks.

- Carry a snack bag with you when you leave home for the day. It's a good way to eat healthy and save money.
- Include seasonal fruits and vegetables on your shopping list. They will be less expensive and taste great.
- Find healthier options for the kinds of snacks that you usually crave – sweet, sour, salty, savory, crunchy, chewy, etc. For example, if you are looking for something sweet, eat an orange or an apple. For something salty, grab a small portion of nuts or low-fat popcorn.
- Organize a healthy snack shelf or drawer at home.
- Keep healthy snacks in small portions at work or in the car.

5 P's of Making a Change

- 1. Proper Goals.** Proper goals are reasonable and specific. Set small goals that you know you can reach. When you reach one goal, set a new one. Make your goals specific. Don't just say you want to lose weight, specify how much you want to lose and by when.
- 2. Plan.** Once you have set your goals, make a plan as to how you are going to reach them. For example, if your goal is to eat more fruits and vegetables, you could decide you are going to substitute a piece of fruit for your usual mid-morning snack and eat at least two vegetables with dinner every night.
- 3. Progress.** Track your progress along the way. As with every new endeavor, it is important to monitor how you are doing so if things veer off track, you can quickly correct them. Keep a food log or an activity log, depending on your goal. You may want to track how you are feeling about your goal each day and the things that derail you so you can be prepared the next time they occur.
- 4. People.** Make yourself accountable to the people in your life. Tell someone or several people about your goal and ask them to hold you accountable. It is easier to keep yourself motivated if you know someone else is watching your progress. But be sure to hold yourself accountable, too. After all, you are making these changes for yourself.
- 5. Perseverance.** Remember that stuff happens. Even the most dedicated of people will have setbacks every now and then. When that happens, don't let it ruin all the progress you are making. Forgive yourself, make note of what caused the setback and make a plan to combat it the next time, and then get right back on your healthy eating or activity plan.

When it comes to healthy eating and physical activity, it's never too late to pick back up an old goal, or make a new one.

Three Habits for Highly Effective Weight Loss

With over two-thirds of American adults overweight or obese, many people are searching for ways to lose weight – and possibly decrease the risk of chronic disease at the same time. According to some recently-published studies, the key to shedding pounds and keeping them off may lie in our everyday habits.

Here are three behavioral strategies that may help:

- 1) Pick Up a Pen:** Tracking what you eat in a food diary can lead to shedding more pounds, according to a study published in the August 2008 issue of the *American Journal of Preventive Medicine*. In the study, approximately 1,700 participants were asked to restrict calories, exercise at moderate intensity levels, attend group sessions, and follow a diet high in fruit and vegetables aimed at stopping hypertension (the DASH diet). After six months, more than two-thirds of the participants lost at least nine pounds. The biggest weight loss was experienced by those who kept the most extensive food records every week. Other behaviors associated with increased weight loss include more minutes spent exercising and attending group sessions.
- 2) Avoid Weekend Pitfalls:** Does this sound like you? Weekdays it's a healthy pattern of calorie-cutting and exercising: weekends, not so much. This pattern, according to a study published in the August 2008 issue of *Obesity*, may be the reason behind your slower-than-expected weight loss. In the study, 48 adults were assigned to two groups for a year – one group that restricted calories, and one that exercised daily. Daily weight changes, calorie intake, and activity levels were measured for weekends and weekdays. During weekdays, both groups were burning more calories than they were consuming, which leads to weight loss. Yet on weekends, both groups ate more calories compared to weekday consumption and the exercise group was less active, which prevented them from losing weight.
- 3) Integrate Small Changes:** Whether it's adding one more vegetable or another hundred steps to your day, a new study suggests that focusing on small, cumulative changes can make significant differences in weight loss and maintenance. Published in the *Annals of Behavioral Medicine*, the study compared weight loss and maintenance between a standard weight loss group, and a group that selected healthful, small changes that would fit into the individuals' lives. Both groups received the same amount of time with counselors and exercise training programs over the course of four months. After another three months of no meetings, the small-change group kept significantly more weight off than the standard-diet group.