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Protecting WISEWOMAN Clients' Personal Health Information: It's All of Our Jobs

In a time when all of us are extremely busy with juggling multiple programs and projects, we can inadvertently forget about our role in protecting clients' personal health information. Please follow these tips to protect your clients' privacy and safeguard your clients' health information:

- Lock paperwork in your desk or file cabinet when leaving your work area.
- Log off your computer when leaving your work area.
- Avoid sharing your MBCIS, Discoverer, BCCCP website, or File Transfer username and password with others.
- Encrypt emails containing clients' names with protected health information.
- Notify state staff immediately with changes to your agency personnel.

When in doubt, ask yourself this simple question:

If this was my information, would I like it to be handled in this manner?

Motivational Interviewing Corner: THE BASICS PART II

OARS is the acronym used to define the basic approach to interactions in motivational interviewing: (1) Open-ended questions, (2) Affirmations, (3) Reflective listening, and (4) Summaries. Last month we talked about open-ended questions. This month we're looking at affirmations.

AFFIRMATIONS

Affirmations are statements and gestures that recognize a WISEWOMAN participant's strengths and acknowledge behaviors that lead in toward positive change, no matter how big or small. Affirmations build confidence in one's ability to change. To be effective, affirmations must be genuine and fitting.

Examples of affirming responses:

- I appreciate that you are willing to meet with me today.
- You are clearly a very resourceful person.
- You handled yourself really well in that situation.
- That's a good suggestion.
- If I were in your shoes, I don't know if I could have managed nearly so well.
- I've enjoyed talking with you today.

Adapted from handouts by David Rosengren and from Miller & Rollnick, Motivational Interviewing, 2nd Edition, 2002

February is American Heart Month

With Valentine's Day right around the corner, it only makes sense that **February** is a month all about the heart and is recognized as **American Heart Month**. Did you know that heart disease is the number one killer of both men and women in this country? In fact, there is an entire campaign called **Go Red For Women** to advocate for heart disease prevention for women.

One of the most important parts of prevention is to learn the **warning signs of heart attack, stroke, and cardiac arrest**. **Nutrition** also plays a key role in heart disease prevention. You can find more information by visiting AmericanHeart.org and GoRedForWomen.org.

Nutrition strategies for preventing heart disease include:

1. **Eat less sodium.** Keep sodium to less than 2,300 mg per day. If you already have high blood pressure, stay below 1,500 mg per day.
2. **Keep the bad fats low.** Saturated fat should be less than 7% of your calories (try staying below 15-20 grams per day) and trans fat should be less than 1 gram (better to have none) per day. Saturated fat is found in fatty meats, high fat dairy (butter, cheese, cream, whole milk), palm kernel oil, and coconut oil. Trans fat has been significantly reduced in our food supply but you can still find it in some fried foods, crackers, donuts, desserts, etc. Read food labels and look up nutritional information at your favorite restaurants to see how much saturated and trans fat are in your favorite foods.
3. **Keep dietary cholesterol low.** Aim for less than 300 mg per day. Egg yolks and seafood like shrimp and lobster are highest. You can have some of these foods, but just limit portion and frequency. An average of one egg yolk per day is fine, but try not to have 2-3 eggs daily.
4. **Eat more soluble fiber.** Eat more beans, oatmeal, fruits, and vegetables.
5. **Choose foods with plant sterols.** Plant sterols are fortified into a lot of products.

AGENCY SPOTLIGHT: **Detroit Department of Health and Wellness Promotion**

By Brooke Spencer, MD, MPH
Detroit Department of Health and Wellness Promotion

The PATH program is a program that runs concurrently with the WISEWOMAN program and many other programs that are offered for patients with chronic disease at the Detroit Department of Health and Wellness Promotion. It is designed to provide the skills and tools needed by people living with chronic health conditions to improve their health and manage their symptoms.

Through this open forum, patients gather and discuss their challenges as well as coping mechanisms that they use to get through life, living with a chronic disease. Outcomes of this program are that participants are able to overcome stress and relax, handle everyday activities more easily, and stay independent.

Two hour group sessions are held once per week by two trained licensed social workers who conduct the workshop (one or both may have a lifelong health condition). In the words of one of the participants....

“it is comforting to know that I am not alone, and that there are others like me who share some of the same challenges that I do.”

For further inquiries about this program, please contact Olivia Ramsey at (313)876-4007.

What Do 300 Calorie Breakfasts Look Like?

Here are three morning meals that each weigh in at 300 calories. Healthy and quick homemade meals (left column) pack whole grains, fresh fruit, and protein - a filling combination that will keep you fuller longer. You could only eat a fraction of the comparable restaurant meals (right column) for the same number of calories.

Fruit & Bagel



- 1 Western Whole Wheat Bagel
- 3 Tbsp fat free cream cheese
- 1 orange
- 10 pineapple chunks

Blueberry Muffin



- 3/4 of a Starbucks Blueberry Muffin

Entire Portion
420 calories
20 g fat
54 g carbs

VS

Eggs & Toast



- 1 egg, 2 egg whites
- 2 slices of light bread, buttered
- 1 sliced strawberry
- 1 veggie sausage patty

Restaurant Omelette



- 1/3 of an IHOP Big Steak Omelette

Entire Portion
915 Calories
72 g Fat
14 g Carbs

VS

Waffles with Berries



- 2 low fat Nutrigrain Eggo Waffles
- 1 serving Dannon Light 'n Fit yogurt
- 1/2 cup blueberries
- 1 cup strawberries

Stuffed Hotcakes



- 1/5 of Bob Evans Caramel Banana Pecan Cream Stacked and Stuffed Hotcakes

Entire Portion
1,540 calories
77 g fat
198 g carbs

VS

What Do 350 Calorie Lunches Look Like?

These midday meals contain 350 calories each - the perfect amount to keep you going without wrecking your diet. Packing one of the homemade lunches on the left doesn't take long, and look at all those low-cal and filling veggies you'll get! Notice how seemingly healthy options like the restaurant foods on the right can be very misleading!

Frozen Pizza with Salad



Lean Cuisine Spinach and Mushroom Pizza
Caesar side salad with light dressing

Meat Stuffed Pizza



1/3 a slice of Sbarro
Sausage & Pepperoni
Stuffed Pizza

Entire Portion
976 calories
47 g fat
83 g carbs

VS

Tomato Soup & Sandwich



3 oz deli turkey breast
lettuce, onion, tomato & mustard
2 slices light bread
1 cup tomato soup

Potato Soup & Deli Sandwich



1/6 of a Panera Sierra
Turkey Sandwich with
Panera Baked Potato
Soup

Entire Portion
1370 calories
77 g fat
119 g carbs

VS

Veggie Burger Meal



Boca frozen burger patty
lettuce, onion & tomato
1 whole wheat bun
1 baked sweet potato

Restaurant Veggie Burger



2/5 of Ruby Tuesday's
Veggie Burger

Entire Portion
955 calories
52 g fat
76 g carbs

VS

What Do 400 Calorie Dinners Look Like?

By combining whole grains with lean protein and vegetables, these homemade dinners (left column) are a snap to prepare - and they'll keep the late-night munchies at bay! In contrast, the high-fat and high-calorie meals on the right don't offer much in the way of nutrition or volume.

Frozen Turkey Meal



Lean Cuisine Glazed Turkey Tenderloins Meal
1 cup green beans
1 whole wheat dinner roll

VS

Frozen Chicken Pot Pie



1/3 of a Marie Callender's
Chicken Pot Pie

Entire Portion
1060 Calories
62 g Fat
96 g Carbs

Chicken Stir Fry & Rice



4 oz grilled chicken
1/2 cup brown rice (cooked)
1-1/2 cups frozen veggie blend
1/4 cup red Thai sauce

VS

Chicken & Rice Takeout



1/3 of P.F. Chang's
Orange Peel Chicken
with steamed white rice

Entire Portion
1150 calories
46 g fat
127 g carbs

Whole Wheat Pasta



2 oz whole wheat pasta (dry)
1/2 cup tomato sauce
1/2 cup frozen spinach
1/2 cup cannellini beans

VS

Five Cheese Pasta



1/2 of Olive Garden's
Five Cheese Ziti Al Forno

Entire Portion
843 Calories
37 g Fat
84 g Carbs