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Motivational Interviewing: Looking Forward

Looking forward is another method that you can use with your WISEWOMAN participants. This technique encourages the participant to visualize the future as a “carrot” for making change today. Try one of these strategies when you’re trying to move someone along the continuum of change.

- ✓ If you keep going the way you are going, where will you be five years from now?
- ✓ Where would you like to be five years from now?
- ✓ What goals/things do you want for yourself?
 - Have the participant list these on cards and then put the cards in order of priorities.
 - Which is most important?
 - Which is least important?
 - Then ask them where their behavior fits in.
 - Point to the highest priorities and ask them “How many of your priorities would you be willing to give up for your current behavior?”



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.

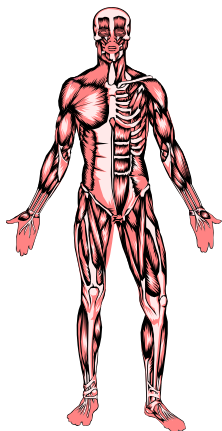
Adapted from article by Sobell & Sobell

What is Diabetes?

Submitted by the Genesee County Health Department

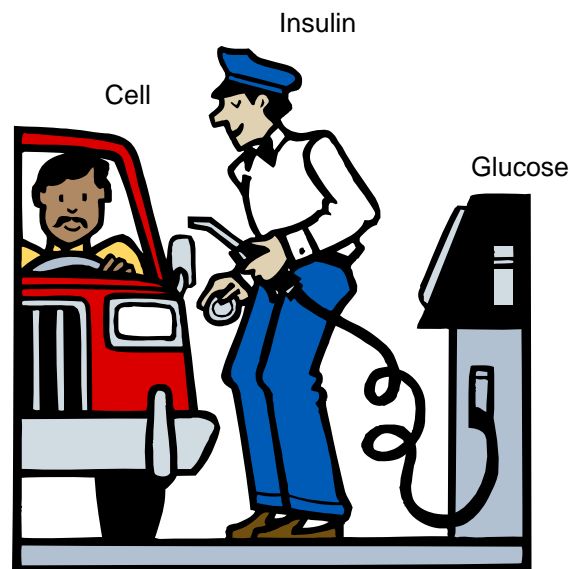
Diabetes is a disorder that affects the way your body uses food for energy and growth.

When you DON'T have diabetes: Your body changes the food you eat into a form of sugar called glucose. Your body uses the glucose for fuel so you can do things like reading, walking, working, etc.



The sugar or glucose is carried to the cells in your body through blood vessels so that the glucose can be made into energy or fuel for your body.

The fuel cannot get into your body's fuel tank by itself. It needs some help from a hormone called insulin. Insulin helps glucose (fuel) get to the right places in your body so you have the energy you need, much like a car that needs gas. Gas cannot get into your car unless you pump some in. Likewise, glucose cannot get into the cells of your body unless you have insulin to help put it in.



When you HAVE diabetes, something goes wrong with this process.

Your body does not make enough insulin

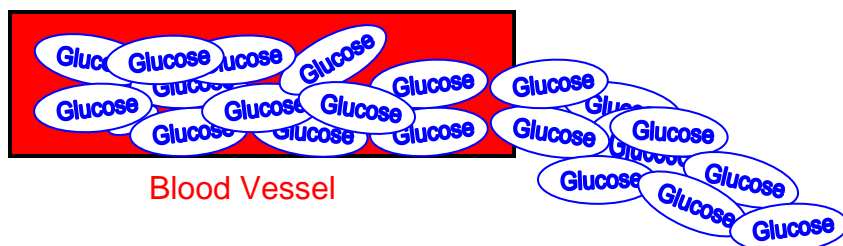
or

Your body does not use insulin the right way

If there is not enough insulin, glucose does not get into the cells of your body and it builds up in the blood vessels. When there is too much glucose in the blood it will overflow into the urine and pass out of your body causing you to lose your body's main source of fuel. High levels of glucose in the blood or urine are main signs of diabetes.

Symptoms of diabetes include:

- ✓ increased thirst and urination
- ✓ constant hunger
- ✓ weight loss
- ✓ blurred vision
- ✓ extreme fatigue



Meet Lifestyle Counselor: Holly Joseph, BS, CCM

Agency:

District Health Department #10 (DHD #10)

WISEWOMAN Affiliation:

About 6 years. I have worked for DHD #10 for 12 years, but doing a number of programs so sometimes it is hard to remember when I started certain programs.

Professional Experience:

In the past, I worked as a Community Skills Trainer caring for clients with profound mental and physical disabilities. I also was an actor with the Mad Hatters Theatre Company doing interactive theatre that promoted understanding and inclusion of all people. Working at DHD #10 is my first job after graduating from Western Michigan University, and they haven't been able to get rid of me since! In addition to WISEWOMAN and other programs, I am a Michigan Department of Community Health certified HIV case manager and coordinate the HIV Care Program at DHD #10.



Favorite WISEWOMAN Success Story:

My favorite WISEWOMAN success story is of a woman that, while a healthy weight, had high cholesterol. While she communicated that even if she considered eating differently, she was sure her husband would not allow it. In talking about healthy food choices, she was very adamant that her husband - being Italian - would never eat anything but authentic Italian foods that were high in fat, salt, and made the way his own mother made them. She felt that her husband, who was very overweight, was set in his ways, and she seemed sad as she knew that his life and, indeed her own, were in jeopardy but felt helpless. I gently imparted small ideas for changes that could help make his favorites healthier. Even though she was surprised and glad for the information, she continued to be very skeptical about her husband's attitude about certain foods in their home. However on the first follow up call she proudly explained the small changes that the whole family, including her husband, were making. Not only did she have many questions about healthy cooking and physical activity, she also asked when she could expect another call. In the subsequent follow up calls, the changes continued and started resulting in positive results they were all feeling and seeing. Her husband was a willing participant and very happy about losing weight while dealing with a lot of health concerns as a result of obesity. He was also trying to prepare for a gastric bypass. She often said that she was very grateful for the Breast and Cervical program as she was followed and supported through the process of investigation of a breast lump by our wonderful follow up nurse, Robin Walicki. She also said that the healthy lifestyle counseling gave her knowledge and skills that she could use to communicate with her husband in a way he would be receptive. She felt that this would not have been possible without the WISEWOMAN program. This occurred earlier in my days of being a lifestyle counselor and taught me that even though she seemed somewhat rigid and unwilling to consider any changes at the time of her appointment, the small ideas sparked something much bigger. You never know how small of a thing you say can impact a person's life.

Lifestyle Counseling Tip:

I think just conveying to the ladies that everything doesn't have to be changed at once. And after listening to their concerns, when appropriate, letting them know my own life struggle with obesity and what worked for me and what didn't. They sit up a little straighter and feel more relaxed and ask more questions, after I say I too still have to deal with my own demons of Dairy Queen.

Special Skills:

All the amazing lifestyle counselors seem to have the special skills to make women feel comfortable and accepted as they are. This results in them being more receptive to possible changes to improve their health.

More about Holly:

I was raised by two wonderful parents that worked hard to give my brother and I a very happy home life and childhood. My mother came to the marriage with me age two. She lovingly referred to me as the Polish Soul Sister. We were the poster 70s hippie family with dad's hair to his waist and mom's permed out white ladies afro. They enriched my life when they had my brother whom is a constant friend in my life. Unfortunately we lost our heart my mom 3 years ago after a valiant fight with cancer. She wanted us all to live happy lives in spite of the void she knew would be unbearable for us. Thankfully, I have been with my wonderful companion of 10 years, Albert. We have a home together in Manistee that I cherish.

The Truth about Fruits

By Teresa Jones
Hackley Community Care Center

Eating fruits before meals can reduce appetite

Studies have shown that eating some fruits or drinking 1-2 cups of fruit juice in 20-40 minutes before meals can prevent obesity caused by eating too much. Fruit or fruit juice is rich in fructose and glucose, which can be quickly absorbed by the body to raise blood glucose concentrations and reduce appetite. Crude fiber contained in the fruit can let the stomach have a sense of satisfaction.

In addition, eating fruits before meals can significantly reduce the demand for fatty food; it indirectly prevents the excessive accumulation of fat in the body. However, many fruits such as persimmon, hawthorn fruit, almond, pineapple and so on cannot be eaten on an empty stomach. It is best to choose fruits where acidity and astringency are not too strong, such as apples, pears, bananas, grapes, watermelons, and melons.

It is difficult to achieve the effect of weight loss eating fruits after a meal. Because eating fruit after a meal is identical to eating excess sugar, this part of the extra sugar can be translated into fat and store in the body easily, and you may gain weight.



Choose fruits with less sugar to eat

According to research, the glycemic index of pineapple, cantaloupes, papaya, bananas, and grapes is high so you should try to avoid eating too many of these fruits. Unlike apples, kiwifruit, lemons, plums, cherries, citrus, and so on have a lower glycemic index and are considered to be a much better choice for you.

Do not eat too much

Most people believe that the fruit is rich in cellulose, almost no fat and protein, and this has lead to uncontrolled consumption. In fact, this is a misunderstanding. For instance, every 100 grams of strawberries contain about 30 calories. So if you like to eat strawberries and eat a lot of them, your calorie intake is staggering. Another example is if you eat a half medium-large watermelon, then your intake of calories is about 680 calories, which would be equivalent to three bowls of rice.

As long as the methods are right, there will be a lot of results of fruit weight loss. However, DO NOT substitute fruits for the staple food and dinner. After all, the fruits' nutrients are incomplete, so if long-term use of fruit in place of meals occurs, you will affect your health.



Freshen Up Your Meals

When summer produce abounds in local farmers markets, grab a variety of fresh fruits and vegetables and add excitement to your meals. Here are a few fun ways to add fresh fruits and vegetables to your day.

- Make a fresh fruit smoothie by blending fruit with a splash of milk or yogurt and ice.
- Add tomato, onion, and pepper to your omelet.
- Top your breakfast sandwich with sliced tomato and fresh greens instead of bacon or sausage.
- Add diced fresh peppers and squash to your salad.
- For a fun twist, top your greens with peaches, strawberries, or blueberries.
- Try raw veggies for a crunchy snack.
- Spice up your sandwich with added vegetables - try cucumber, squash, and peppers.
- Fresh or grilled veggies make a great addition to most side dishes.
- Grill up peaches and serve with a light sprinkle of brown sugar or vanilla frozen yogurt for a healthier after-dinner treat.



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Free Calorie Counter, Diet, and Exercise Journal Available from myfitnesspal

With a 100% FREE membership to MyFitnessPal.com, you'll have access to:

- **An easy-to-use food diary on the web** – Track what you eat with just a few clicks from anywhere with an internet connection – at home or at work.
- **A searchable food database of over 207,000 items.**
- **Your own personal food database** – add your own foods and recipes at any time and access them from anywhere with an internet connection.
- **Support and motivation from people just like you** – The discussion forums let you learn from others, share your own tips, receive and give encouragement, and make friends.
- **A personalized diet profile** – customized to your unique weight loss goals
- **Flexibility** – The system can support any nutrition plan.



100% FREE Calorie Counter
Lose weight with our free diet journal
Track meals and exercise quickly and easily
Effective and essential
Studies show diet journals help weight loss
Works with any diet plan
Count calories, carbs, and more
[join now - FREE](#)
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To learn more, please visit <http://www.myfitnesspal.com/>.