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Welcome to FY09

The start of Fiscal Year 2009 is an exciting time for the WISEWOMAN program as there are a lot of great things happening in October:

- Four new organizations will begin screening this month; they were introduced in the September *WISEWOMAN Update*.
- The WISEWOMAN MBCIS module will go live October 1. Training for data entry staff will happen during the month of October.
- Updated forms are posted on the WISEWOMAN website. You will need to use the new forms since data entry will take place at the local level.
- There are three new educational handouts on the website: 1) What is Blood Pressure?, 2) What is Cholesterol?, and 3) What is the A1c Test?
- A new fax referral form for the Michigan Quitline is on the website. Instead of waiting for the participant to call the Quitline, you can fax her information to the Quitline and let them call her!
- Updated WISEWOMAN policies and procedures will be posted on the website this month. These policies and procedures are under review and will be posted as soon as they are finalized.

Please visit the WISEWOMAN website to find out more:
<http://www.michigancancer.org/bcccp/WiseWomanProgram>

Motivational Interviewing Corner: Reframing

Reframing is a strategy in which you invite clients to examine their perceptions in a new light or a reorganized form. In this way, new meaning is given to what has been said. For example, a client reports a spouse or loved one as saying, "You really need to lose some weight to help get your blood pressure under control". The client may view this as "he's such a nag" or "he is always telling me what to do." The counselor can reframe this as "this person must care a lot about you to tell you something he feels is important to you, knowing that you will likely get angry with him."

Examples:

Client: My husband is always nagging me about eating better.

Counselor: "Sounds like he's pretty concerned about you." **Reframe** ("nagging" as "concern")

Client: "My boyfriend and kids know I've cut down a lot, but every time I do smoke they make a remark."

Counselor: *Their efforts to help feel like pressure to quit.* **Reframe** ("pressure" as "help")

Client: I've tried to quit before and failed.

Counselor: *Each attempt can move you closer to success.* **Reframe** ("failure" as "step toward success")

Based on information from *motivationalinterview.org*

Annual Mammogram and Monthly Self Breast Exam: Why are Both so Important?

By Mary Thrushman
Huron County Health Department

October is Breast Cancer Awareness Month. Let me share recent stories about the experience my co-worker and I had in determining our breast cancer diagnoses:

Gretchen Tenbusch
Health Officer at the Huron and Tuscola County Health Departments

In February 2007, a lump was felt in the left breast during her monthly self breast exam. She scheduled her annual physical and mammogram. The mammogram recommended a biopsy which came back negative. She continued to do monthly self breast exams with no findings.

In February 2008, she returned for her routine annual exam and mammogram. The mammogram again recommended a biopsy in the same location. This did not cause great concern, knowing the biopsy was benign in that area the year before.

With the biopsy completed, she returned to the surgeon and was told **“You have lobular carcinoma in-situ.”**

Mary Thrushman
WISEWOMAN Program Lead/Counselor and
BCCCP Program Lead for the Huron County Health Department

In May of 2006, after a few weeks of having deep left breast pain, she scheduled her annual physical exam. The physician told her everything was fine and ordered a screening mammogram only.

The pain continued and knowing something was wrong, she continued to do monthly self breast exams; she found the lump five months later.

A biopsy was completed and when she returned for the results, was told **“You have invasive ductal carcinoma.”**

Just three words “You have cancer” were devastating for both of us. We are doing well and maintaining a good sense of humor. Even with more surgeries ahead for both of us, we remain optimistic.

This brings us to the importance of women having annual mammograms and doing monthly self breast exams. What if Gretchen did not have her annual mammogram, or I did not do self breast exams? The outcome would certainly have been worse.

We are the same age. Our children attend the same school, classes, and participate in band and soccer together. We work at the same facility and our spouses bowl together on a bowling team in our church league. With time spent together, we support each other and discuss the commitment we feel about reaching out to as many women as possible about monthly self exams, annual mammograms, and living a healthy lifestyle.

Intimate Partner Violence among Pregnant and Parenting Women Local Health Department Strategies for Assessment, Intervention, and Prevention

The National Association of County and City Health Officials has issued a brief that illustrates the public health importance of intimate partner violence (IPV) among pregnant women and shares promising approaches to the identification, intervention, and prevention of IPV. Four local health departments who have integrated screening and prevention activities into existing services for women of childbearing age are highlighted.

This publication is available as a free PDF download. To download the issue brief, please visit:
<http://www.naccho.org/na220pdf>.

For more information or questions regarding the publication, please contact Erin Cox at ecox@naccho.org or (202) 507-4210.



Healthy Recipe Makeover

Extreme makeovers seem to be all the rage these days. But when it comes to making your favorite recipes healthier, your makeover can be simple and you probably won't be able to tell the difference between "before" and "after" – especially when it comes to taste. So grab a couple recipes and get ready to complete your makeover, using the suggestions below.

Less is More

Sometimes you can create a recipe that's better for you just by using a little less of some ingredients. When your recipes call for any of these items, try reducing the amount by $\frac{1}{4}$ to $\frac{1}{2}$:

- Butter or margarine*
- Oil or shortening*
- Chocolate chips
- Chopped nuts
- Coconut
- Cracker or bread crumbs
- Crumbled bacon, sausage, or ground beef
- Grated cheese
- Sugar**

* If you're baking, replace the amount of fat you're leaving out with low-fat milk or buttermilk, applesauce, prune puree, or plain low-fat yogurt. Reductions not recommended for yeast breads or piecrusts.

** Reduction in sugar not recommended for yeast breads.

Send in the Substitute

Try these healthy replacements for common ingredients in everyday recipes:

Instead of:	Substitute
Whole milk	Nonfat or 1% milk
Heavy cream	Evaporated skim milk
Sour cream	Reduced fat or fat-free sour cream
Cream cheese	Neufchatel, light, or fat-free cream cheese
Ricotta or cottage cheese	Part-skim ricotta cheese or 1% low-fat cottage cheese
Regular cheeses	Part-skim, reduced-fat cheeses
Whole egg	2 egg whites or 1 cup egg substitute
Regular ground beef	Ground sirloin or lean ground turkey; ground soy substitute
Bacon	Canadian bacon, turkey bacon, or lean ham
Sausage	Lean (light) sausage or soy sausage
Chicken pieces	Skinned chicken pieces
Canned cream soup	95% fat-free canned cream soup
Oil for sautéing	Broth, wine, or cooking sherry
Oil for baking	Low-fat buttermilk, unsweetened applesauce, or prune puree
Oil for marinades	Wine, water, unsweetened fruit juice, tomato juice
Mayonnaise	Light or fat-free mayonnaise
Whipping cream	Light or fat-free whipping cream

When you're giving your favorite recipe a healthy makeover, it's best to try just 1 change at a time to see how it satisfies your taste buds. With a little experimenting, you'll soon impress yourself and others with delicious, nutritious dishes. Avoid splurging on extra large portions or helpings though. Eating more – just because it's prepared healthier – will sabotage your makeover.

Fitness for Less: 4 Low-Cost Ways to Shape Up

Take Advantage of Everyday Opportunities

You don't necessarily need special equipment for an aerobic workout. With a little foresight, activities you may take for granted can become part of your exercise routine.

- **Step it up.** Take a brisk walk every day, whether it's a path through your neighborhood or laps in a local mall. Take the stairs instead of the elevator, or make a full workout of climbing the stairs. Sneak in extra steps whenever you can by parking farther away from your destination.
- **Make a workout of household chores.** Mow the lawn, weed the garden, rake the leaves or shovel the snow. Even indoor activities such as vacuuming and scrubbing count as a workout if you increase your heart rate.
- **Join in the fun.** If you have children, don't just watch them play. Join them for a game of tag or kickball. Walk them to the park. Dance. Take a family bike ride.

Improvise

If you'd rather not spend a penny on exercise equipment, use ordinary household items for various upper and lower body exercises:

- **Canned goods.** Many canned goods can serve double duty as hand weights.
- **Milk or water jugs.** Fill empty milk or water jugs with water or sand and secure the tops with duct tape. To adjust the weights as your fitness level changes, simply add more water or sand. If you wonder how much weight you're lifting, simply weigh the jug on your household scale.
- **Step stools.** A low, sturdy step stool can become exercise equipment if you use it for step training — an aerobic exercise resembling stair climbing.

Consider Modest Investments

If you're looking for fitness bargains, these inexpensive exercise products may be a good bet:

- **Dumbbells.** Dumbbells are small, hand-held weights that you can use to strengthen your upper body. They're available in many sizes.
- **Resistance tubing.** These stretchy tubes offer weight-like resistance when you pull on them. Use the tubes to build strength in your arms and other muscles. Choose from varying degrees of resistance, depending on your fitness level.
- **Jump-ropes.** Skipping rope can be a great cardiovascular workout.
- **Exercise videos or DVDs.** Create the feel of a health club aerobics class in your own living room, or choose a program that'll help you improve your strength and flexibility. Pick a program that matches your current fitness level and is endorsed by a certified fitness instructor.

Be a Savvy Shopper

If you're interested in a specific exercise class or piece of equipment, shop around.

- **Check out your local recreation department.** Many recreation departments offer discounted fitness classes to local residents. If you live near a high school or college with a fitness center, ask if the facility is available to community members.
- **Buy used equipment.** Some sporting goods stores specialize in used equipment, or you can check out listings for exercise equipment in the local newspaper. You may also find great deals on used exercise equipment online. Just make sure the cost of shipping won't put the item out of your budget.
- **Share costs with a friend.** Trade exercise videos or DVDs with a friend so that neither of you gets bored doing the same workout over and over again. Find a personal trainer who'll let you share the cost of a session with a friend or two.
- **Know what to avoid.** Some fitness products aren't worth buying, no matter how low the price. Don't buy herbal supplements or other products that claim fitness benefits overnight or promise to melt away pounds without diet and exercise. Also avoid exercise products that focus on one body part, such as abs or thighs. There's no such thing as spot reducing.

Grocery Store Steals and Tips: How to Eat Right and Save Too!

Trying to eat healthy on a tight budget? An important part of starting a healthy diet is to be supermarket savvy. At times, eating nutritiously can cost a little more than the unhealthy foods you might consume, so it's important to know how to get the most out of your buck when you stop at the store.

Here are some tips on how to save:

<p>Plan</p> <p>Plan your meals out for the week. You'll be more likely to avoid impulse buying. Chances are, if you do succumb to spur of the moment shopping, you'll not only add to your bill, but also make selections that are not the healthiest foods. Plus, if you have a plan for each night, you'll be less likely to spend money at a restaurant.</p>	<p>Clip it</p> <p>Coupons really can save you money. Yes, it takes time to go through the paper to find them. But in the long term, these can add up. A warning: only use coupons on items you are buying anyway. If you buy items you don't want just because they are a "deal," you're not putting your money to good use.</p>
<p>Glance up and glance down</p> <p>Some manufacturers actually pay more to have their food placed at eye level, and these products are often pricier than other brands. Better deals will probably be found above and below this. To save money, all you have to do is look.</p>	<p>Shop in season</p> <p>Fresh fruits and vegetables are an important part of any diet, but they can be costly. To avoid this, buy produce when you know it's in season. It'll be cheaper and taste fresher. For example, blueberries are in season from late spring through summer, so try picking up these nutrition powerhouses then. They'll taste great, cost less, and give your diet a boost.</p>
<p>Take your time</p> <p>Go when you're not in a rush and when you're not tired. If possible, it's also a good idea to go alone. You avoid little ones sneaking extras into the cart or fussing until you buy that box of new, cool dinosaur-shaped cookies. Save yourself the peace of mind and leave the kids at home. If you are able to go slowly and without distraction, you'll have more time to hunt around for better buys.</p>	<p>Grow it yourself</p> <p>It might take a little extra time and energy. Still, not only is it cheaper in the long run, but there is nothing like the satisfaction that comes from serving food that you nurtured and cultivated yourself. These fruits and vegetables might even be healthier than the store's produce; they won't have been exposed to harsh pesticides or been transported on a truck. It might be unreasonable to expect you to farm dozens of plants, but a couple of pots on the deck or porch are pretty manageable.</p>
<p>Bring a calculator</p> <p>If you're really serious about saving money, gauge the cost per ounce to compare different brands and sizes. The biggest size is not always the best deal. Be flexible with the brands that you buy. Oftentimes, the store brands taste just as good as the national brands and come at a fraction of the cost. Don't be afraid to experiment. You might be pleasantly surprised.</p>	<p>Look for inexpensive items</p> <p>Some fruits are cheaper than others, like bananas (loaded with potassium), watermelon (in season), and oranges (especially in the winter). While apples are often cheap, the prices of other fruits, like pears, can beat them depending on the season. Canned veggies, which can be just as nutritious as fresh varieties, make another affordable choice. Look for cans of beans; they are full of protein and are great additions to many recipes. Eggs, also a good source of protein, are cheaper than meat, too. A lot of healthy foods might be featured as weekly specials. Keep your eyes peeled for the deals.</p>