



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



December 2009

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December is HIV/AIDS Awareness Month

Sexual violence, sexual coercion, and dating violence are significant issues though frequently unrecognized and even more often, untreated. The ramifications of sexual violence last well beyond the incident itself.

Sexual violence is related to a wide range of negative health outcomes including greater incidence and exposure to HIV and other STDs, unhealthy weight, asthma, diabetes, substance abuse, risky sexual behaviors, miscarriage, and unplanned pregnancy.

The Family Violence Prevention Fund (FVPV), through a national project, is taking on the issue of sexual violence and its reproductive health implications. Through a national initiative, kNOW MORE, the FVPV is working to educate individuals and professionals about the reproductive health consequences of violence and sexual coercion. Through a national public awareness campaign, youth and adults are invited to say 'no more' to reproductive coercion; know more about how to stop it; and say more to anyone and everyone who will listen.

To learn more, please visit the FVPV's new website www.knowmoresaymore.org.



Eliciting Change Talk*

Last month we looked at the D and the A in the DARN C acronym that is used to identify Change Talk in our clients. Change talk occurs when the client makes a statement that expresses their willingness to change. In the November Update, we covered **D**esired Statements (I'd like to quit smoking) and **A**bility Statements (I think I could do that.)

This month we'll be looking at the **RN C** in DARN C.

R = Reasons Statements

- I have to quit smoking because of my asthma.
- I don't like my grandchildren to see me smoking

N = Needs Statements

- It's really important to my health to change my diet.
- I'll get cancer if I keep smoking like this.

DARN statements are important to recognize and then emphasize to the client. These statements are also avenues to the most important part of change talk, the C in DARN C – Commitment Language. Commitment language is the strength of change talk. For example, a person could say "I might change." or "I would consider changing." They could also say "I'm planning to change." or "I will change." The last two examples represent authentic commitment. The strength of the verb in the sentence has been shown to correspond with the strength of the client's commitment. Your job is to help the client go from "might" to "will". For more information on how to do that, check out this great tutorial:

http://sflip.excellencegateway.org.uk/PDF/E15-11_Eliciting%20Change%20Talk.pdf

*Adapted from Motivational Interviewing Assessment: Tools for Enhancing Proficiency 2006

Meet Lifestyle Counselor: Carley Reynolds, RN, BS

Agency:

Public Health Delta-Menominee Counties

WISEWOMAN Affiliation:

1.5 years

Professional Experience:

In college, I worked as a Health advocate doing health and wellness programming for the student body of the University of Wisconsin Stevens Point. I worked as a lifestyle counselor for a private company out of Sheboygan, WI for one year. I am currently an RN for the Health Department.



Favorite WISEWOMAN Success Story:

I don't have any in specific, but I have had quite a few women who really make the commitment to improve their health after their screening and make huge changes. I have helped a lot of women quit or cut down on their smoking. I also had a lot of women say that they have been managing their stress better since having the relaxation program we put on in our county.

Lifestyle Counseling Tip:

I have a lot of women who want to quit smoking use "Pack Tracks" from the American Lung Association. They work really well for making the participant aware of their habit and to help identify the easiest cigarettes to taper off first.

I also have the participants rate on a scale of one to ten how well they think they are doing with their goals. I then have them explain to me the reasons they chose the number they did.

Special Skills:

I am certified as a Freedom from Smoking facilitator through the American Lung Association. I have completed two levels of intrinsic coaching instruction from a company called Totally Coached®. I have a lot of experience with wellness programming from my job as a Health Advocate in college where I got my bachelors degree in Community Health Promotion and Wellness. I am also a registered nurse.

More about Carley:

My husband's name is Dan. We have been married for 2 ½ years. We have a son named Collin who is 6 months old. He is a wonderful baby, and we enjoy every second with him! We also have a kitty named Oliver and yellow lab named Doc.

Tips for Avoiding Extra Calories this Holiday Season

- Never arrive at a holiday party hungry.
- Divert your attention by socializing rather than hanging out at the buffet table.
- At the buffet table, use the smallest plate available and don't stack your food.
- Be choosy about sweets — limit indulgences to small portions that are your top favorites.
- Limit “tastes” while cooking your holiday meals.
- Walk it off — go out for a walk either before or after the meal or party.
- Pack some healthy snacks when running errands or shopping to avoid high calorie temptations food court.
- Try mixing a half glass of wine with sparkling water or avoid alcohol altogether.



http://aom3.americaonthemove.org/~link.aspx?_id=52FBFFB5F2FC4B7F8626AC336BB92B1A&_z=z

4 Tasty Ways to Eat Smart during the Holidays

1. Make Every Bite of Food Count.

Taste is the number one reason why we eat a certain food. So, here is the key to healthy holiday eating. Stop thinking you have to give up your favorite holidays treats, like those cookies made by a special relative. As soon as you even think of not eating something, you want to eat more. Instead, plan to enjoy one or two cookies rather than a whole plate. To get the most flavor and pleasure from any food, slow down and savor every bite.

2. Make Over a Favorite Recipe.

Many of our favorite holidays recipes could be made healthier. Luckily, there are lots of ways to lighten up the typical recipe without giving up taste or texture. The Mayo Clinic has a basic guide to redoing recipes with your health in mind. Go to www.mayoclinic.com/health/healthyrecipes/NU00584. For foods that you want just the way they are, eat a smaller portion. Cut your usual serving in half, eat slowly, and savor every bite.

3. Make Lean Protein a Priority.

Holiday meals, snacks, and treats tend to be high in sugar and fat, but low in protein. High quality protein helps give you a feeling of fullness. It also has other important health benefits (maintaining muscle mass, blood sugar, and healthy bones, etc.). Include some lean protein every time you eat, especially at breakfast and snacks. For some tasty ideas, try 8 ounces of low-fat yogurt, a string cheese stick, a handful of nuts, or one or two slices of lean deli meat.

4. Make smart snacks a daily habit.

Snacks have two important roles in a healthy lifestyle. First, smart snacks are a way to fill in nutrient gaps. Many Americans aren't getting enough calcium, fiber, potassium, or vitamins A and C. Also, a small snack — before a big buffet or holiday party — helps tame your appetite so you aren't tempted to eat everything in sight. Fruits, veggies, and lean protein always make smart snacks. Try an apple with cheese slices or baby carrots with a stick of beef jerky.

<http://www.myeatsmartmovemore.com/Texts/RightSize/4TastyWaysToEatSmartDuringTheHolidays.pdf>

How Do I Know When I am Hungry or Full?

Going too long between eating and overeating at mealtimes makes it harder to know when you are hungry and when you are full. During your meal or snack (at about halfway is best), take time out to check in with your body. Does the food still taste good? Do you want more? Are you still hungry? If no, then stop eating.

Before, during and after a meal use this scale to help you know your hunger and fullness cues.

- **At 0, you are starving.**
You've gone too long without eating (6-8 hours) and are possibly irritable and grumpy. You might be feeling nauseous or dizzy, or you may have a headache.
- **At 1, you are ravenous.**
All you can think about is how hungry you are. You can only think about what you want to eat. When you do eat it is likely that you will overeat.
- **At 2, you are too hungry.**
You are probably irritable. You may have a headache. Your stomach might be aching by now. It has probably been 4 or more hours since you last ate.
- **At 3, you are having hunger pangs.**
It's time to eat. Your body is giving you the natural signals that it needs food. This is a good number to start eating - wait any longer and you will be too hungry. It has probably been about 2-3 hours since you last ate.
- **At 4, your hunger is just starting to awaken.**
There is a sense of emptiness in your stomach. This can also be a good time to eat. You may have eaten about 2 hours ago.
- **At 5, you are neutral.**
You aren't hungry or full-this sensation exists between mealtimes. If you feel this and want to eat, it is not due to hunger-you may want to eat out of boredom or stress.
- **At 6, you are just satisfied.**
You aren't hungry anymore, but probably will be in about 2 hours. There is definitely more room for food, and you still feel light and energized. This is a good place to finish a meal or snack.
- **At 7, you are 'just right'.**
You have had your fill of the food you wanted. You are no longer hungry and you probably won't need to eat again for approximately 3 hours. This is also a good place to finish a meal or snack.
- **At 8, you had a few bites too many.**
You ate a few more bites because it was there or tasted good. You might feel a bit bloated like you need to undo the top button of your pants. You may not be hungry for another 4-5 hours.
- **At 9, you are stuffed.**
You have gone overboard. Your meal has gone past the point of pleasure and you now feel uncomfortable. You may feel a bit numb or sleepy. You will not be hungry for approximately 6 hours.
- **At 10, you feel sick.**
You feel uncomfortable to the point of pain. You may need to lie down until you feel better. You can expect to be hungry again in another 7-8 hours.



Burn Off Holiday Calories: No Gym Required

As much as we look forward to the holidays and all that comes with them (the friends, the family, and of course, the food!), it's hard to escape the stress that they bring. So don't worry if you don't have the time to be as physically active as you normally would. Several holiday activities actually are great calorie burners. Take a look at these common activities and the number of calories* they burn:

- **Wrapping gifts or making crafts:** 30 minutes = 48 calories
- **Light baking** (of all your favorite treats): 1 hour = 159 calories
- **Tending bar for guests** (not drinking it yourself!):
1 hour = 146 calories
- **Changing bed linens** (for the out-of-towners):
15 minutes = 40 calories
- **Loading & Unloading the car** (suitcases, groceries, kids): 10 minutes = 32 calories
- **Carrying groceries:** 5 minutes = 13 calories
- **Taking out Trash:** 2 minutes = 5 calories
- **Carrying wood or lumber:** 5 minutes = 26 calories
- **General to Heavy house cleaning:**
1 hour = 191 calories
- **Clearing dishes from the table:** 5 minutes = 13 calories
- **Washing dishes by hand:** 15 minutes = 37 calories
- **Dusting:** 15 minutes = 40 calories
- **Food preparation:** 1 hour = 195 calories
- **Flag Football** (fun for the whole family):
1 hour = 508 calories
- **Putting away groceries:** 5 minutes = 13 calories
- **Quick nature hike after dinner:** 15 minutes = 95 calories
- **Mopping floors:** 15 minutes = 56 calories
- **Playing catch** (baseball or football): 30 minutes = 79 calories
- **Grocery shopping** (with cart): 30 minutes = 73 calories
- **Grocery shopping** (with basket): 30 minutes = 79 calories
- **Socializing while standing:** 1 hour = 127 calories



**Based on a 40-year-old 5'5", 140-pound woman. Men, and women weighing over 140 pounds will burn more calories during the same activities.*

http://www.sparkpeople.com/resource/fitness_articles.asp?id=326