



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



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Howdy and Welcome

Let's hear a rousing WISEWOMAN welcome for new Lifestyle Counselors Cindy Kloss and Janet Kingsley.

Cindy Kloss, BSN, RN has joined the good folks at the Health Department of Northwest Michigan and works in Emmet County. Cindy started with WISEWOMAN in January and comes to the program with 31 years of Pediatric, Neonatal and Obstetrical Nursing experience.

Janet Kingsley is currently interning with District Health Department #10 and is working with WISEWOMAN participants in Wexford and Mecosta Counties. She also started in January of this year.

WISEWOMAN is glad to have you both onboard!



Motivational Interviewing Corner: How Do You Know When You've Got It Right?

Here are some key points that will keep you on the right track with your Motivational Interviewing:

- You are speaking slowly.
- The participant is doing much more of the talking.
- The participant is actively talking about behavior change.
- You are listening very carefully and gently directing the interview at appropriate moments.
- The participant appears to be 'working hard', often realizing things for the first time.
- The participant is actively asking for information and advice.

Adapted from Rollnick, S., Mason, P., Butler, C. "Health Behavior Change A Guide for Practitioners". 2000 Harcourt Publishers Limited

Totally Tofu

~ Shanna Hammond

Public Health Delta-Menominee Counties

“No one actually **likes** tofu.” My own mother said this to me yesterday. Full disclosure...at the time she was trying to convince me of how delicious a Maple-Bacon Donut would be. That’s so my mom. In reality, a lot of people do like tofu, and there are many reasons for women to be interested in getting more soy protein in their diet. Soy is a high-quality protein that has all essential amino acids as well as fiber and isoflavones. And when soy protein comes in the form of tofu, it can be a great substitute in dishes that might traditionally use red meat. In fact, tofu is so versatile; my mom could probably even use it in her Maple-Bacon Donut recipe. (Though, between you and me, she should just destroy that recipe.)

So what is tofu? I like the definition Mark Bittman uses in his book *How to Cook Everything*. “Tofu - also called bean curd – is a bland, cheese- or custard-like food made from soybeans. Since tofu assumes the flavor of almost any food that it is cooked with, it can be prepared with almost any variety of different ingredients.”

Tofu may seem intimidating to women like my mom, who has never cooked with it before, but it doesn’t have to be. Like Mark Bittman describes in his book, tofu has an amazing ability to take on whatever flavors you cook with. So the only issue left when cooking with tofu is texture. Here’s a quick and easy guide by type:

- **Silken** – Like the name sounds, this type tends to be soft and smooth. Uses include pureeing into soups and sauces, and some people even use it in their pudding and pie recipes.
- **Soft** – I find this type more frequently available in my area than Silken and it can be used in the same ways. Though I have cubed and cooked it on its own, it was delicate work and the end result looked a little messy.
- **Firm** - This is the type I use most often because it’s available, easy to work with, and good for stir-fries. Firm tofu holds its shape well.
- **Extra-firm** – Also holds its shape well and is good in stir-fries.



The only tofu I’ve ever cooked with was purchased in the store and packed in water. Water packed tofu needs to be drained and wrapped in paper towels to draw out excess water. After that you’re only limited by your own flavor preferences and creative flair in the kitchen. I’m still learning all the great things you can do with tofu, and I don’t get it right all the time. But I really feel like you can’t mess it up too much because even if it doesn’t look exactly like you pictured, it will taste just like all the yummy ingredients you used to prepare it, especially if you really let it marinate.

That is why people **do** actually like tofu, Mom.

Meet Lifestyle Counselor: Shanna Hammond

Agency:

Public Health, Delta & Menominee Counties

WISEWOMAN Affiliation:

My hire date for the WISEWOMAN program was December 2008, but I didn't actually start training and working until after the holiday, January 2009.

Professional Experience:

Well... I took a while to work my way through college so I've had the opportunity to work a nice variety of jobs. I always gravitate to positions where I work with people, and in college I worked as an ER Tech in the Emergency Room at St. Vincent Hospital in Green Bay, WI and also as a Meal Supervisor for the NEW Community homeless shelter. After college I volunteered as an AmeriCorps VISTA member at a family resource center in downtown Green Bay where I got to work with, and develop a couple of nutrition-related programs that focused on childhood obesity prevention.



Favorite WISEWOMAN Success Story:

So many! One woman that comes to mind was really motivated to change her life when she realized her glucose number was elevated, and she had risk factors. She had seen her mother go through the trials of life with Type 2 diabetes, and she really wanted to do what she could to be healthy. She started to be mindful of her eating, exercise regularly, and has lost a considerable amount of weight. The true motivation to change came from within her, but WISEWOMAN was the catalyst, and a constant support.

Lifestyle Counseling Tip:

I use reflective listening frequently. Because we're interviewing over the phone, I find that reflective listening not only lets the women know that I'm really listening, it also gives them a jumping off point to go further in depth, or detail.

Special Skills:

Empathy.

More about Shanna:

My family's the best! I'm married to my high school sweet-heart and best friend, Mike. We've got 10+ years behind us and are looking forward to at least 65 more. Together we have one daughter, who is 21 months and she is amazing. Her name is PJ and she loves Elmo, farm animals, and green beans.

What's Local: Potatoes

About the only Michigan grown produce still left on the grocery store shelves is one of my personal favorites – potatoes. And we all have our favorite way of serving them up. The good news is, despite their bad rap, potatoes eaten with the skin provide nearly half of the Daily Value for vitamin C and are one of the best sources of potassium and fiber. Try this recipe for one of the fastest, healthiest and tastiest ways to go....

Boiled New Potatoes with Butter and Dill

Boil some new potatoes in slightly salted water for 25-30 minutes.

Drain and toss in a pat of butter (or your butter alternative of choice) and a pinch of dried or freshly chopped dillweed.

Pure and simple and ever so delicious....



Good News

This month several WISEWOMAN agencies have good news to share. First, the folks at **Public Health Delta Menominee (PHDM)** in the UP recently received a 2010 **Action Communities for Health, Innovation, and EnVironmental ChangE (ACHIEVE)** grant from the National Association of County and City Health Officials (NACCHO). They are one of 40 newly funded sites from around the country, and are one of only 10 sites selected to collaborate and partner directly with NACCHO. PHDM was awarded \$15,000 for Year 1, with the potential for an additional \$25,000 for implementation in Years 2 and 3. **CONGRATULATIONS!!**

And, from Deb Bauman at **District Health Department #2** comes the good news that they are now providing screening through the Michigan Colorectal Cancer Screening Program. They will be screening 150 clients this fiscal year. Good job!!

How to Combat the Winter Blues

The days are dark and cold, and it's harder to get outside. The combined effect can put you in a real funk. These tips can help.

Exercise. A brisk walk can do wonders for your mood. If it's too cold outside, try some indoor exercises.

Eat a balanced diet. Eating a balanced diet is important for your overall health. Try to avoid excessive caffeine and sugar – they can make you feel anxious and irritable.

Get a good night's rest. Aim for 8 hours every night. If you're not sleeping well, try going to bed at the same time every night and waking up at the same time every morning. A routine can help you sleep more regularly.

Stay connected. During the winter months, people tend to stay inside, which can make you feel isolated. Reach out to friends and family – send an email or pick up the phone.

If these tips don't help, talk to a mental health professional. You may be suffering from season affective disorder (SAD), which can be treated with light therapy and other interventions.



Reliable Resources on Food for Your Health

“Before you get started or restarted down the path to a healthier lifestyle, be sure you’re following sound advice,” says Gretchen Hofing with Michigan State University (MSU) Extension. Beware of nutrition quackery. This could include products that claim a miracle cure, quick fix or that focus on a single food or nutrient, taking advantage of people through the creation of false hopes. Time spent with one of these products is time lost for accessing effective health care; interference with a healthy lifestyle; and a waste of money.

“As a dietitian and soyfoods health educator, I get asked many questions about the appropriateness and safety of certain foods, specifically soyfoods,” says Hofing. “Two of the keys to diet are variety of foods and moderation in the frequency and amount of foods.

When it comes to nutrition, diet, and healthy lifestyles there are many good free resources available. Take the time to look at the credentials of the resource and/or the supporter or sponsor of a website. Does the sponsor have something to gain financially from this web site? Is there research from multiple studies to support the use of the product or the recommended behaviors? If it’s a food or vitamin product, are the ingredients listed? Are proven results rather than anecdotes or testimonials used to sell it? Are there unrealistic claims to ‘revitalize or boost your energy’?

One of those trusted web sites for overall nutrition guidance throughout the lifespan, which also includes menu planning tools, is www.mypyramid.gov. Specifically for soyfoods there are a number of good on-line resources available. Two web sites in particular, www.soyconnection.com and www.soyfoods.org, have a variety of resources including fact sheets on soy and health, recipes, newsletters, research news and interactive media and learning tools.

Soy Turkey Chili

3 cups boiling water
2 cups texturized soy protein (TSP)
2 lbs. ground turkey breast
3 cups onions, chopped
3 cups green peppers, chopped
1 tablespoon garlic, minced
1 tablespoon soybean oil (vegetable oil)
10 ounces canned diced tomatoes, including liquid
1 ½ quarts tomato sauce
4 ounces canned green chilies, diced (1/2 cup)
1/3 cup chili powder
2 teaspoons salt
1 tablespoon jalapeno peppers, minced
3 quarts water

In a large bowl, pour boiling water over soy protein.

In a 14-quart pot, sauté turkey, onions, peppers, and garlic in oil over medium high heat until turkey is no longer pink.

Add rehydrated soy protein and remaining ingredients. Bring to a boil; reduce heat and simmer uncovered for 45 minutes.

Serve with assorted condiments, such as shredded low-fat Cheddar cheese, yogurt, sour cream or minced onion. Makes 24 servings.



Per serving: 97 calories, 1.3 g fat, 27 mg cholesterol, 144 mg sodium, 7.5 g carbohydrate, 16 g protein, 3.1 g dietary fiber

Source: *Great Health, Great Taste Everyday*, United Soybean Board