



WISEWOMAN

# Update

~ Making Healthier Choices for a Healthier Life ~



November 2009

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## Celebrate the Great American Smokeout

This year the Michigan Department of Community Health (MDCH) Tobacco Section joins the American Cancer Society in celebrating the 33rd annual Great American Smokeout on November 19<sup>th</sup> by offering free web based trainings for health care providers and resources for people trying to quit tobacco.

These training programs, as well as brochures, the Michigan Smoker's Quit Kit and other information for those who wish to quit, can all be found by visiting the Tobacco Section website at: [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco). Free, live webinars are also offered by the Tobacco Section on an ongoing basis. For questions or to register, contact Elaine Lyon at [lyone@michigan.gov](mailto:lyone@michigan.gov).

In addition, the MDCH Tobacco Quitline, 1-(800) QUIT-NOW, continues to provide free telephone counseling and referral to Michigan Medicaid, Medicare and uninsured residents. The Quitline has enrolled 30,860 Michigan residents since October 22, 2003.

For more information on the Great American Smokeout, visit [www.cancer.org](http://www.cancer.org). For more information on local resources, visit [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco).



## Eliciting Change Talk

Eliciting change talk, or self motivational statements, is a crucial component and primary goal when using Motivational Interviewing. Eliciting change talk is a strategy to help establish and resolve ambivalence and move forward. Change talk is the client making statements that are in favor of change, which suggests that the client is becoming more ready, willing and able to make a change. However, although a counselor may want to hear change talk, you must avoid imposing it. The goal is to elicit it from the client in a collaborative fashion.

Change can occur in several forms that make up the acronym **DARN C**. This month we'll look at **D & A**.

**D = Desired Statements** (statements indicating a desire to make a change)

- I'd like to quit smoking if I could.
- I wish I could make my life better.
- Getting in shape would make me feel so much better about myself.

**A = Ability Statements** (statements that speak to the client's self efficacy or belief in their ability to make changes)

- I think I could do that.
- That might be possible.
- I'm thinking I might be able to cut back on cigarettes.

An important counselor skill is recognizing client commitment to change over the course of the session and responding to it. The goal is to strengthen the level of commitment. The more a client is making strong commitment statements like "I will do this" and "I'm going to do that" the more likely the client's behavior is going to change.

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

*If you act like you only have a few minutes it can take all day to accomplish a change, whereas if you act like you have all day it may take only a few minutes.*

# Ready to Quit? Try Using “Pack Tracks”

By Carley Reynolds  
Public Health Delta-Menominee Counties

Take the challenge to quit smoking for a day and perhaps for a lifetime. Whether you need to quit “cold turkey,” or need to ease into it, you can be confident that you are making a great choice for your health...and one that could save your life!

If drastic change isn't for you, there are many other options. One gradual strategy of quitting is tapering. Just follow the three steps below and you are already on your way to becoming “smoke free.”

1. Identify the triggers of your smoking habit.
2. Become aware of your patterns of smoking.
3. Remove the easiest cigarettes first.

## “Pack Tracks”

Date: _____							
No.	Time	Need			Mood		
		?	yes	YES	😊	☹️	😡
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

### Directions:

- Cut out the “Pack Tracks”, slide it into the cellophane of your cigarette pack and put a small pencil in with your cigarettes.
- Every time you reach for a cigarette, write down the time, how much you need the cigarette and what mood you are in.
- Do this for 2-3 days.
- Look at all of your completed “Pack Tracks,” and determine which cigarettes would be easiest to cut out first.
- Follow whatever pace of tapering that works for you, for example, cutting out 1-2 cigarettes each Monday.
- Once you reduce to just a few cigarettes per day, consider a quit date.

“Pack Tracks” provided by the American Lung Association.  
[www.lungusa.org](http://www.lungusa.org)



## Meet Lifestyle Counselor: Jen Hansen, MA

### Agency:

District Health Department #10

### WISEWOMAN Affiliation:

Since we first started offering the program to our clients in 2002.

### Professional Experience:

I have been with DHD#10 for nine years and I enjoy it as much as when I first started. Prior to landing here, I worked in the corporate world in the area of employee health and wellness. I was also a teaching assistant for undergraduates classes at Central Michigan University while I was in graduate school.



### Favorite WISEWOMAN Success Story:

One success story I remember is a woman who came through screening that was a healthy weight and had good lifestyle habits. She had never been diagnosed with any issues but during screening was found to have high cholesterol, high blood pressure, and abnormal glucose levels. After having blood drawn and seeing the doctor through WISEWOMAN she was diagnosed with diabetes, high blood pressure, and high cholesterol and put on medication for all three. She was completely surprised and so very thankful that we caught these conditions when we did.

### Lifestyle Counseling Tip:

One thing I find helpful to the women I counsel is acting as a resource to them. While talking about their heart health and test results, other issues tend to come up that they can use a little help with. I often make it a point to track down a resource for them, even if I have to get back to them with information on another day. I've helped women find eye care, domestic violence assistance, charity care programs to help with surgeries, and a variety of other resources. Often our clients don't know where to turn to get the help they need, and I try to remember that I may be their only connection to those resources. The women are always so surprised and pleased that I went out of my way to help them out. Those are the days where I feel most appreciated as a lifestyle counselor.

### Special Skills:

Being that my undergraduate degree is in exercise science I do have a lot to share as far as weight loss and physical conditioning. I love physiology and am completely fascinated by the skeleton, muscles, and all of the inner workings of the human body! I do encourage women to participate in strength training of some kind and I am always showing clients a few things that can try with little or no equipment.

### More about Jen:

I met my husband Steve on a set up/blind date when I first moved to Ludington. He would tell you it wasn't really "blind" since I got a first look at him weeks before when I happened to walk right past him and spotted his name on his uniform. I just tell him he's lucky I still agreed to be set up with him after seeing him only in his ultra-flattering brown polyester sheriff's uniform with the tacky clip on tie! We share our home with our big golden retriever, Milo, and our even bigger lab, Duke. We just adopted them both this past year and they provide us with endless entertainment. In my free time, I enjoy hiking around the beautiful state park, playing the piano, spending time with the dogs, and my latest fitness endeavor, Zumba!

# Tips to Avoid Mindless Eating

People seem to gain weight easily but have a hard time taking it off. Americans are continuing to get heavier, increasing the risk of getting Type 2 diabetes, heart disease, stroke, cancer and various other health conditions.

Healthy eating can play an important role in helping you avoid excess weight. It can also increase the quality and length of your life. Interesting new research is revealing that part of the reason why it's so difficult to eat healthy is that "hidden persuaders" can lead you to eat more than you think you're eating.

Here are some tips to avoid mindless munching:

- **Be aware of the size and shape of containers.** It's the amount of food that counts, not what it looks like.
- **Serve food on smaller plates and bowls.** Empty plates and bowls cue some people to stop eating.
- **Use nutrition labels, paying attention to the serving size listed.** Consider the facts; don't guess at how many calories you're eating.
- **Look past the packaging.** A food's package or the language on a menu can lead you to actually like a food better, increasing your chance of overeating.
- **Keep visual reminders of how much you're eating.** Keep wrappers, empty containers, bones, and other reminders of how much you've eaten nearby.
- **Think about eating a healthier meal.** Don't just focus on separate parts of the meal.
- **Control your purchases.** Don't let signs lead you to buy more than you need.



*NIH News In Health, July 2005*

# Weight Control Tips

Controlling your weight is simple: eat less and exercise more. But it's much harder than it sounds. Researchers have recently found several factors influencing your weight that you might not be aware of. Here's how to recognize and take control of the things that may be tripping up your efforts at weight control.

- **Use nutrition labels.** Don't guess how many calories you're eating.
- **Watch your portions.** Value-size servings aren't a bargain if you're eating too much.
- **Cut the sugar.** Don't let sugary pop or other sweets crowd out healthy foods and drinks.
- **Don't eat out of habit.** Mindless eating at work or in front of the TV can pack on the pounds.
- **Think about the whole meal,** not just the main course.
- **Use smaller dishes and containers.** Larger ones encourage you to eat more.
- **Get enough sleep.** Less sleep is linked to higher rates of obesity.
- **Get active.** Look for opportunities to add physical activity to your daily routine.
- **Do it together.** Family, friends and coworkers can all help each other make healthy changes to their lives.



*NIH News In Health, October 2009*

# Holding Off Holiday Weight Gain

Indulge in rich foods over the holiday season and you may wind up paying the price in extra pounds. While research shows that most people don't gain as much weight as they fear they will over the holidays, many can't seem to lose their holiday pounds afterward.

The extra weight can build up over the years and contribute to obesity later in life. Why not make this the year you reverse the trend and stop gaining weight over the holidays?

Here are some tips for keeping weight off during the holidays:

- **Physical activity.** People who are more active are more likely to maintain their weight during the holidays.
- **Limit alcohol consumption.** Alcohol can be a major source of hidden calories.
- **Limit pop and other sweetened beverages.** These drinks add extra calories, too.
- **Schedule holiday food celebrations at normal meal times.** Celebrations outside of normal meal times encourage people to pile on extra calories.
- **Choose foods with fewer calories.** Foods with fewer calories for their size make you feel fuller sooner.
- **Use smaller plates.** The bigger your plate and the more food that's on it, the more you're likely to eat in the end.
- **Eat a healthy snack beforehand.** You'll be less likely to eat a lot of fattening food at the party.
- **Weigh yourself daily.** And plan how you'll get back on track if your weight begins to creep up.



NIH News In Health, November 2007



World Diabetes Day is celebrated every year on November 14. The World Diabetes Day campaign is led by the International Diabetes Federation and its member associations. The theme for this year's campaign is the need for diabetes education and prevention.

The World Diabetes Day website has materials and tools to use as organizations prepare activities in their communities ([www.worlddiabetesday.org](http://www.worlddiabetesday.org)).

To better help organizations and partners in Michigan prepare activities, the Prevention Workgroup within the Diabetes Partners in Action Coalition (DPAC) created tools for use on World Diabetes Day. On the DPAC Prevention Workgroup website you will find a list of simple activities for your community, a fact sheet to use when developing materials or speaking with the press, and the Governor's World Diabetes Day Proclamation.

Visit the DPAC Prevention Workgroup site at: [www.dpacmi.org/workgroupPrevention.aspx](http://www.dpacmi.org/workgroupPrevention.aspx).

## Examples of World Diabetes Day Activities

### Simple:

- Light a blue candle graphic for your website
- Bring in blue balloons to the clinic to generate awareness
- Print flyers from the World Diabetes Day website and post at worksite

### Less Simple:

- Light up a local monument or building with blue lights
- Bring diabetes prevention speakers to the community