



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



November 2010

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Good News ☺

Cora Pitts has already signed up two new women in her work as a new WISEWOMAN Lay Health Educator for the WISEWOMAN/Body & Soul Partnership in Flint. More on this great group of women will be coming in the not too distant future.

Howdy & Welcome

Let's hear it for Alicia Reyes, a new Lifestyle Counselor in Lenawee County. Alicia is bilingual and will focus on serving Hispanic participants. She comes to WISEWOMAN with a background in Accounting and Financial Analysis. Alicia started on September 23rd. Welcome!

And let's not forget to send a hearty welcome to intern Jackie Lajza. Jackie is working in District Health Department #10 (Wexford County) until December. We're glad to have you, Jackie!



Motivational Interviewing Corner

For the next four months the Motivational Interviewing Corner will be looking at COMMON 'TRAPS' WITH UNMOTIVATED CLIENTS.

This is part two of a four-part series on **COMMON 'TRAPS' WITH UNMOTIVATED PATIENTS**

Question-Answer Trap

When you ask one question after another, the client may give a series of brief, uninformative responses. For example:

Counselor: So what do you see as the problem with your diet?

Client: *Well, I guess I eat too much.*

Counselor: Why is that a problem for you?

Client: *Because I'm too fat.*

Counselor: Okay, why are you concerned about being overweight?

Client: *It's not healthy.*

Counselor: What concerns you about being unhealthy?

Client: *I might get sick.*

Such exchanges promote passivity on the part of clients and don't stimulate a deep exploration of issues. The question-answer trap can be avoided if you limit your questions and respond with reflections that encourage further exploration. A rule of thumb is to ask no more than two consecutive questions before offering a reflection.

Lying or Half Truths?

You Decide – KNOWLEDGE IS POWER!

By Mary Thrushman, Huron County Health Department

Low Sodium Food Labels (per serving)

- **Salt free** - Less than 5mg sodium.
- **Sodium free** - Less than 5mg sodium.
- **No Salt added** – Salt is not added during processing. (Not necessarily sodium free)
- **Very Low Sodium** - 35 mg or less sodium.
- **Low Sodium** - 140 mg or less.
- **Light in Sodium** - 50% less sodium when compared with normal serving size. (Restricted to food with 40 calories or more per serving or more than 3g of fat per serving)
- **Less Sodium or Reduced Sodium** - At least 25% less when compared with normal serving size.

Notes to Remember

- Read Nutrition Labels: Compare amount of sodium in processed foods such as: bread, cereal, cheese, frozen dinners, packaged mixes, salad dressing, sauces and soups.
- Read the percent of DV (Daily Value) on the Nutrition Facts Label & always compare brands.
- Choose foods with lower values: Compare the amount you will eat to the serving size. Read label & do the math. Sodium content on a label is based on number of servings in the package. Example: a can of soup may say 740 mg of sodium, that number is based on 2.5 servings in the can; therefore, $740 \times 2.5 = 1,850\text{mg}$ of sodium is in the can.

Reading Claims For Fat Content (per serving)

- **Fat Free:** Less than 0.5g of fat or saturated fat per serving.
- **Saturated fat free:** Less than 0.5g of saturated fat & less than 0.5g of trans fat.
- **Low fat:** 3g or less of total fat.
- **Low saturated fat:** 1g or less of saturated fat.
- **Reduced fat or less fat:** At least 25 percent less fat than the original version.

Claims For Cholesterol Content (per serving)

- **Cholesterol free:** Less than 2mg
- **Low cholesterol:** 20mg or less.
- **Reduced cholesterol:** 25% less cholesterol than the original version.

Claims For Sugar Content (per serving)

- **Sugar free:** Less than 0.5gm of sugar.
- **Reduced sugar:** At least 25% less sugar than the original version.

Claims For Fiber Content (per serving)

- **High fiber:** 5g or more of fiber.
- **Good source of fiber:** - 2.5g or 4.9g of fiber.

Claims For Calorie Content (per serving)

- **Calorie free:** Less than 5 calories.
- **Low calorie:** 40 calories or less.

**KNOW WHAT YOU ARE READING. COMPANIES TRY TO PULL YOU IN. THAT IS THEIR JOB!
BUT, WHAT YOU SEE OR THINK - IS NOT ALWAYS WHAT YOU GET!**

Meet Lifestyle Counselor: **Troy Parks**

Agency:

District Health Department # 10

WISEWOMAN Affiliation:

Almost 3 years now

Professional Experience:

I worked in an alternative middle school before I came here. My position was to assist students with homework and I was also there for disciplinary measures, (I wasn't always everyone's favorite person). While attending Central Michigan University, I interned for a non-profit cancer agency and assisted with smoking cessation programs and offered assistance to cancer patients that needed help finding resources to different types of programs.



Favorite WISEWOMAN Success Story:

I had a client come in one day and tell me that she had just gone through a major loss in her life. Her son and daughter were in a car accident and her son was killed and her daughter was severely disabled as a result. She also had just separated from a long time boyfriend. This client found comfort in eating and lost all interest in being active and had gained a considerable amount of weight, which only compounded her ability to cope with her loss. This particular client said that it made her day to have someone to talk to about this and was so grateful for our program and what we offered. This client enjoyed having us here so much that she makes a point to stop and chat with me every few months.

Lifestyle Counseling Tip:

I really don't have any special tricks to speak of. However, being a male sometimes forces a different type of dialogue that a lot of the clients probably aren't used to, but from what I have been told by many of them, is welcomed.

Special Skills:

I think that being a male in this program gives me an advantage of seeing situations from a totally different perspective. Often times it can be easy to compare yourself to a situation when someone is telling you a story. Although this has its advantages, it is easy to become biased and compare to similar situations in your own life. Coming from an entirely different area of life allows me to hear and absorb each client's situation and assess them from an outsider's point of view. As a counselor, this gives me an opportunity to listen and empathize with clients in a way that forces me to not fully relate and compare to my own life and allows me to give unbiased feedback.

More about Troy:

My family and I live in Mount Pleasant. Although Mount Pleasant may sound far from the District 10 region that I work in, it allows for some beautiful scenery on my commute back and forth to work. I have the most beautiful 8 year old daughter at home named Olivia. Olivia's mother, Abbey and I have been engaged for over 9 years now!! Yes, that's right 9 YEARS! It's a long story...

What's Local: Broccoli

Local this month is that beautiful broccoli. Like kale, spinach and other cool weather crops, it loves the chillier weather. Most of the broccoli grown in Michigan comes from Oceana and Mason counties. And this recipe just goes to show you that there are other ways to eat this wonderfully healthy veggie besides dousing it in cheese. ☺

Check out this link for info on how to store, preserve and prepare Michigan broccoli

http://www.fooddomain.msu.edu/docs/bulletin/BROCCOLI_ed.pdf

Ingredients

- 1 1/2 pounds fresh broccoli, cut into bite size pieces
- 1/3 cup butter
- 1 tablespoon brown sugar
- 3 tablespoons soy sauce
- 2 teaspoons white vinegar
- 1/4 teaspoon ground black pepper
- 2 cloves garlic, minced
- 1/3 cup chopped salted cashews

Directions

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil, and cook for 7 minutes, or until tender but still crisp. Drain, and arrange broccoli on a serving platter.

While the broccoli is cooking, melt the butter in a small skillet over medium heat. Mix in the brown sugar, soy sauce, vinegar, pepper and garlic. Bring to a boil, then remove from the heat. Mix in the cashews, and pour the sauce over the broccoli. Serve immediately.

Yield 6 servings



October is Domestic Violence Awareness Month - 4 Tips for How You Can Help

The Family Violence Prevention Fund estimates that one out of every three women worldwide has been a victim of domestic violence. In America, that rate is slightly lower at one in four women.

Far too often, domestic abuse goes unheard, ignored or unreported, but during the month of October, various non-profit and governmental organizations are urging people to get the word out.

Domestic violence affects not only women, but the elderly, the disabled and even pets as well.

Courtesy of the National Coalition Against Domestic Violence (NCADV), here are some ways you can help people who have been victims of domestic violence:

1. Donate your used cell phone to a local women's shelter.
2. Join the **Million Voices Campaign** <http://www.thehotline.org/million-voices-campaign/>, which seeks to spread awareness about domestic violence and is organized by the NCADV.
3. Donate to a non-profit that hosts emergency shelters and provides other services to women and teenage girls who have been abused.
4. Wear a purple ribbon.