



**Wisconsin WISEWOMAN Program
Screening and Healthy Behavior Support
Healthy Lifestyle Guide**



Name: _____
is a Wisconsin WISEWOMAN

My Wisconsin WISEWOMAN Program Coordinator:

Name: _____

Telephone: _____

Today's Date: _____

Next Screening Date: _____

The Wisconsin WISEWOMAN Program is designed to help women reduce their risk for heart disease and improve their overall health by addressing risk factors such as high blood pressure, elevated cholesterol, obesity, physical inactivity, diabetes, and smoking.

The creation and update of this pamphlet have been made possible by cooperative agreements DP13-1302 and DP18-1816 from the Centers for Disease Control and Prevention/Division for Heart Disease and Stroke Prevention/WISEWOMAN Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

**Several factors affect your risk for heart attack, stroke,
and cardiovascular disease.**

Let's take a look at your risk factors.

Blood Cholesterol

- Cholesterol is a fat-like substance in your blood.
- Too much cholesterol can increase your risk of heart disease and stroke.
- The body needs cholesterol to function normally; however, your body makes all of the cholesterol it needs.
- Fatty foods, weight and physical activity affect cholesterol.

Total Blood Cholesterol

Lower risk	Borderline	High	Higher risk
Below 200	200-239	240-399	400 or more

My **total cholesterol** for today was _____ mg/dL

Triglycerides

- Triglycerides are a different type of fat found in your blood.
- At high levels, these fats can increase your risk of heart disease.
- When too many triglycerides form due to unburned calories, they are stored in your fat cells until needed.

Total Triglycerides

Lower risk	Borderline	High	Higher risk
Below 150	150-199	200-499	500 or more

My **triglycerides** level for today was _____ mg/dL



See page 6 for tips on reducing your risk.

LDL (Bad Cholesterol)

LDL are “bad” fats because they can lead to cholesterol buildup and blockages in your large blood vessels that carry blood and oxygen to all parts of your body.

Lower risk

100-129

Borderline High

130-159

High

160-189

Higher risk

190 or more

My **LDL cholesterol** for today was _____ mg/dL

HDL (Good Cholesterol)

HDL are “good” fats because they help to remove LDL from the body, which prevents LDL from building up in your large blood vessels. A higher level is better for HDL.

Total HDL

Poor

Below 40

Better

40-59

Best

60

My **HDL cholesterol** for today was _____ mg/dL

Blood Glucose or Sugar

- Glucose (sugar) is a source of energy for the body's cells and blood.
- Maintaining a healthy blood glucose level is important for good overall health.
- Too much glucose in the blood can cause diabetes, which can lead to heart attack, stroke, kidney failure, nerve damage, or blindness.

Normal

Less than 100 fasting

Elevated

100 –125 fasting

Diabetes

126 or more fasting

My **total blood glucose** for today was:

_____mg/dL fasting _____ mg/dL non-fasting

Blood Pressure

- Blood pressure measures how well your heart is pumping blood.
- Elevated blood pressure can gradually damage tissue and organs, which can lead to heart attack, stroke or kidney failure.

Systolic (top number)

Less than 120	120-129	130-139	140 or Higher	Higher than 180
Normal	Elevated	Stage 1 Hypertension	Stage 2 Hypertension	Hypertensive Crisis
Less than 80	Less than 80	80-89	90 or Higher	Higher than 120

Diastolic (bottom number)

My **Blood pressure** for today was:

1st Reading ____/____mmHg 2nd Reading ____/____mmHg

A1c

- A1c is a test that provides information about your average blood sugars over the past 3 months. We do this test for people who are or might be diabetic.
- A1c is also used to monitor long-term glucose control for diabetics to make adjustments in medicines.

Prediabetes

5.7%-6.4%

Diabetes

6.5% or More

My **A1c** for today was: _____

Height and Weight

My **height** for today was _____ feet _____ inches

My **weight** for today was _____ pounds

Body Mass Index (BMI)

- BMI measurement uses your height and weight to estimate the amount of body fat you have.
- Aim for a healthy weight.

Total Body Mass Index

Low Weight

Less than 18.5

Healthy Weight

18.5– 24.9

Over Weight

25-29.9

Obese

30 or More

My **BMI** for today was _____

Waist Circumference

My **waist circumference** for today was _____ inches

Lower risk

35 or lower

Higher risk

More than 35

I can reduce my risk.

- ✓ Avoid or quit smoking. Avoid secondhand smoke.
- ✓ Exercise: Try for 150 min. of moderate activity per week.
- ✓ Avoid foods high in saturated fats, trans fats, or cholesterol, such as red meats, lard, hard cheese, whole fat milk, butter (try olive oil instead), fried foods, fast food, egg yolks.
- ✓ Limit sugar (including beverages).
- ✓ Limit salt (sodium).
- ✓ Eat more vegetables, fruits, whole grains, and nonfat or low-fat dairy.
- ✓ Eat more fish and chicken (without skin, baked instead of fried).
- ✓ Achieve or maintain a healthy weight.
- ✓ Reduce alcohol consumption.
- ✓ Medication might be recommended. If so, take as prescribed by health care provider.
- ✓ Diabetics: Maintain good glucose control.



I can tip the scale to protect my heart!

See the Healthy Lifestyle Guide beginning on page 9 of this booklet to learn more.

My Risk Factors

These are some of the risk factors that I can work on to help prevent **stroke, heart attack**, and other **cardiovascular disease (CVD)**, as well as some that I cannot change. Check all that apply.

- Tobacco use**
- Elevated or uncontrolled blood pressure**
- Elevated cholesterol**
- Elevated glucose (Prediabetes)**
- Diabetes**
- Physical inactivity**
- Unbalanced diet**
- Overweight / Obesity**
- Waist circumference greater than 35 inches**
- Alcohol use – more than 1 drink per day**
- Secondhand smoke exposure**
- Personal history of heart attack, stroke, TIA**
- Family history of cardiovascular disease**
Especially: Father/Brother under 55 years old or
Mother/Sister under 65 years old at diagnosis
- Age greater than 55 – risk increases as we get older**

What changes do you need to make?

For each healthy behavior below, check how ready you feel you are to make a change.

= I am **ready to make a change**

= I am thinking about it but **not ready, maybe later**

= I am **not ready today** to make a change or Not Applicable

Increase my physical activity

Eat healthy (more fruits/veggies, reduce bad fats and sugary foods)

Stop smoking (soon or within 30 days)

Control my high blood pressure

Drink more water

Set Your Steps for Success

Now that you have indicated an area where you would like to make a healthy behavior change, work with your provider to answer the following questions.

I want to make the following change(s)

My specific reason for this is

Client-Centered Risk Reduction Plan

The goal of WISEWOMAN is to support you in your journey to improving your health. To do this, we will provide you the chance to take part in a healthy behavior support program at little or no charge to you. Choose a program only if you **are ready** to make a change after discussing your health risk(s) with your provider today.

If you are not ready to make a change today, we will contact you in a month to see if you are ready to participate in one of the healthy behavior support programs.

Healthy Behavior Support Programs

These programs often change in availability; your WISEWOMAN Coordinator will provide the most updated information.

- Health Coaching (Spanish/English)**
Two to four additional sessions with a Health Coach over the phone or in person to help achieve your goals by providing tips, support and information.
- TOPS: Take Off Pounds Sensibly (Spanish*/English)**
Yearlong membership in an ongoing support/educational group for people who are overweight and have a goal to lose weight. Go to www.tops.org to find a Chapter meeting location(s). **Bring this pamphlet with you to the first session.**
- SNAP-Ed Nutrition Classes (Spanish)***
Four classes in which you will learn how to shop for, prepare, and eat healthy, balanced meals.
- Venga y Relájese Stress Reduction Class (Spanish)***
Three classes in which you will learn to recognize stress, how it affects your health and different ways to cope with it.
- Diabetes Prevention Program (Spanish/English)**
A year-long program for people who are overweight and have pre-diabetes to learn healthy ways to lose weight and prevent diabetes; starts with 16 weekly classes. Sign the Provider Enrollment and Consent form. **Bring this pamphlet with you to the first session.**
- YMCA Blood Pressure Monitoring Program (Spanish/English)***
A four-month program for people who are diagnosed with high blood pressure, which is not in good control, and interested in self-monitoring their blood pressure. Includes two personalized consultations per month with a Healthy Heart Ambassador and monthly nutrition education seminars.

** Not available in all parts of the state.*

Healthy Behavior Support Program Promise

Once you have selected and enrolled in a Healthy Behavior Support Program, you will be on your way to reducing your risk of heart disease. **Please remember the following:**

1. You will be offered support and encouragement to help you to attend as many of the program classes as possible.
2. We want you to feel free to talk with your provider about any barriers (transportation, child care) that may come up that might keep you from participating.
3. You will be given healthy behavior resources to help you make healthy lifestyle changes at no cost.
4. Your provider will be receiving information about your attendance and changes in your weight and healthy lifestyle habits.
5. When you complete the program, your provider will call you to schedule a time for you to come to the clinic for a follow-up visit to see how you are doing. This visit will be at no cost to you.



WISEWOMAN Program

Be Wise Healthy Lifestyle & Community Resource Guide



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Health Coaching Agreement

This guide was adapted from the Illinois WISEWOMAN Program Be Wise curriculum. Wisconsin WISEWOMAN wants you to know that you can improve your health by eating healthy foods, being more physically active, maintaining a healthy weight, living tobacco free, and having healthy blood pressure, cholesterol, and glucose values.

If you did not sign up for Health Coaching, please review these pages on your own for great tips on improving health.

If you signed up for Health Coaching, your Health Coach will guide you in making changes in your eating habits by helping you:

- Identify your goals
- Create and achieve small steps toward your goal
- Improve your self-management
- Learn how to stay motivated
- Find community resources to support your goal all by offering you health-related messages, tips, tools, and progress updates.

Your health coach will not tell you what your goal should be, but will show you how it can be reached.

To work with a health coach, you must do the following:

- Agree to have a specific number of health coaching sessions over the next three to six months. The length of each session can be from 15-60 minutes.
- Let your coach know the best time you can be reached for your sessions.
- Agree to have your health coach contact you 30-60 days after you have completed your last coaching session to see how you are doing.

Change Plan Worksheet

Why set goals?

Knowing where you want to be is the first step in getting there!

Before making your goal, let's review some tips for successful goal setting. When setting a goal, make sure it is **SMART**. Now let's set a goal. A goal is something that you plan to reach.

Specific

This helps you focus on what you want to do. For example, *"I will do a 10-minute walk."*

Measurable

This helps you see your progress. For example, *"I will do a 10-minute walk Monday, Wednesday and Friday. I will write down how long I walk on those days."*

Achievable

This helps to ensure your success, so have a goal that challenges you, but you know you can reach.

Realistic

This helps you know that you can do it. For example, is it realistic to decide to walk for 60 minutes 7 days a week when you have not been walking at all?

Timeframe

This helps you make an action plan. Do you want to reach your goal next week or in three months? For example, *"I will do a 10-minute walk on Monday, Wednesday and Friday for the next 2 months."*

My **SMART** goal is (See page 7 of this booklet)

The most important **reason** why I want to improve my health is:

Physical Activity:

Small Changes, Big Results

Being more active can:

- Keep your heart and blood vessels healthy.
- Improve mood and mental well-being.
- Lower stress.
- Increase energy.
- Help control your weight.
- Lower your risk for diseases such as heart disease, stroke, diabetes, and cancer.



What you should know:

- Make activity part of your life. You don't have to go to a gym or fitness center. Daily activities like brisk walking, gardening, and taking the stairs can help to make you fit and healthy.
- Spend less time being inactive. Just move more!
- Be active during the day. Physical activity does not have to be done all at once. All activity that you do adds up for good health.
- Do a variety of activities. This variety will help you to improve your fitness, strength, flexibility, and balance.
- Make physical activity fun! Walking the dog, playing with grandkids, and dancing are all ways that you can be active.

Tips for Being More Active

Plan activities that you can enjoy even with a busy schedule. Take a few minutes for a walk or do active stretching to clear your head and refresh yourself. If you spend the day doing tiring work, a fun activity like walking with a friend, dancing, or your favorite active sport can give you energy.



Don't let your weight stop you from moving.

- You don't have to wear tight clothes to get a good workout!
- Find a walking partner.
- Exercise while you watch TV or listen to music at home.
- Start with a few changes and add more activity to your life over time.
- If it is too hot or too cold outside, go for a walk in a mall or another facility that is air conditioned or heated or put on an exercise video at home.

Physical Activity Pyramid

The Pyramid reminds you to choose different types of exercises to keep your whole body healthy and strong.

The Physical Activity Pyramid will help you make choices to be more active.



Strength Exercises

Why are strength exercises important?

They help you with daily activities. Strength exercises make muscles, joints, and bones strong and healthy. As we get older, we lose muscle, and bones can also get weak. This makes it harder to do daily activities. You need strength and energy to carry groceries, to clean the house, and to take care of your family!

They help you burn more calories. You burn calories when you exercise. And, when you have more muscle, you burn more calories even when you are resting.

They help you prevent injuries. Injuries from falls are one of the biggest health problems as we age. Strong bones, muscles, and joints help prevent falls and injuries.

TIPS: Think about the muscles you are working. Do exercises to work the large muscles in your arms, legs, stomach, and back (see below).

Use a weight that you can lift easily but makes you tired after you lift it several times. Increase the weight as you get stronger.

- Lift and lower the weight in a slow and controlled way. You will work the muscle better and protect against injury.
- For each exercise, lift the weight 8-15 repetitions. Rest one minute.
- Repeat the exercise. Do two sets of 8-15 repetitions for each exercise.
- Breathe normally. Don't hold your breath as you do the exercise.
- Keep good posture and form. When you are standing to do an exercise, keep your knees slightly bent and your feet 6-12 inches (shoulder width) apart. This will give you better balance.
- Pay attention to your body. Sore muscles are normal, sharp pain is not.
- Do not do an exercise if it hurts.

Major muscles in arms	Biceps: front of the upper arm Triceps: back of the upper arm Shoulder: top of the upper arm
Major muscles in legs	Quadriceps: front of the thigh Hamstring: back of the thigh Calf: back of the lower leg
Other important muscles	Abdominal: muscles over the stomach area Back: muscles that support the spine Gluteal: muscles that make up the buttocks

Strength Exercises (continued)

Myths about strength exercises

Myth #1: I have to go to a gym and “lift weights” to make my muscles stronger.

NO! You can do strength exercises anywhere. You can use your own body weight, an elastic band, or household items, such as soup cans, soda bottles, or milk jugs.



Myth #2: My muscles will get too big if I do strength exercises.

NO! These exercises will not make your muscles bigger. You may even find that your clothes become looser. Muscle in your body burns more calories and takes up less space than fat does.

Myth #3: I will have to work too hard to get any results. It is not worth it.

NO! Do strength exercises just 2-3 times per week for 15-20 minutes each time and your muscles will become stronger. Even light weights will make your muscles work harder and get stronger.

Types of Weights

Hand weights: Small dumbbells can be purchased at most discount stores. They come in different sizes, so you can find ones that are right for you. Soup cans or water bottles will also work.

Resistance bands: Resistance bands are elastic bands or tubing that you pull to work your muscles.

Tips for getting started

Start easy. Use light weights (2-5 lbs.) or bands. You should be able to easily lift the weight. After a few times, your muscles should begin to feel tired.

Be creative. Use two soup cans or fill up two plastic water bottles and use them as weights. For more weight, fill them with sand or small stones. Be sure that both cans or bottles are the same size and weight.

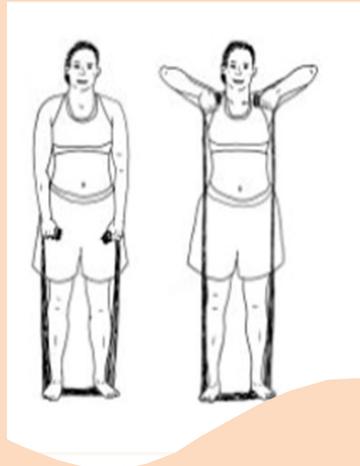


Wear flat, supportive shoes.

Examples of Strength Exercises

Standing Row Shoulder Exercise

Stand on the band with your knees slightly bent. Hold an end of the band in each hand. Start with your arms straight down in front of your body. Pull hands up to chin so that elbows are even with shoulders. Do not bend over or lean forward. Slowly lower your arms to the start position.



Seated Row

Back Exercise

Start sitting on the floor with your legs straight out in front, knees slightly bent, and toes pointing up. Place the tubing around the bottom of your feet. Hold an end of the band



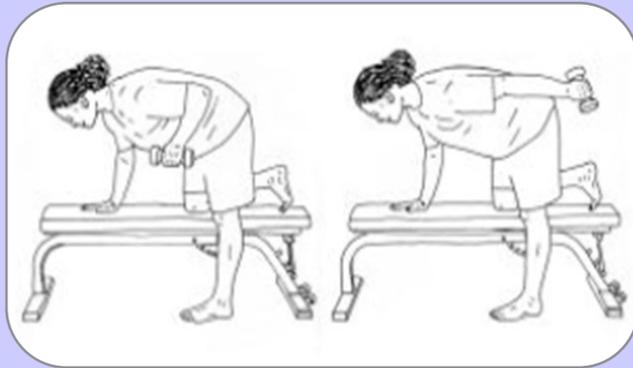
in each hand. Pull your elbows back passing your sides so that your hands are close to your chest. Squeeze your shoulder blades together. Slowly return to the start position.

***Be sure to sit up straight, and keep your body still so that only your arms move.**

Examples of Strength Exercises

Triceps Kick Triceps (back of upper arm Exercise)

Lean forward and rest your right hand on a chair or bench to support your body. Hold a weight in your left hand and bend your elbow so that your upper arm runs along your body. Slowly



straighten your arm behind you. Squeeze the muscle in the back of your arm as you extend your arm. Return to the start position. Repeat by resting your left hand on a chair and bending and extending your right arm.

Wall Push-ups Arms and Chest Exercise

Stand facing a wall with your hands straight out in front of you, palms against the wall. Lean forward so that your weight is supported on your hands. Bend your arms so that you move closer to the wall. Then push yourself back to the start position.

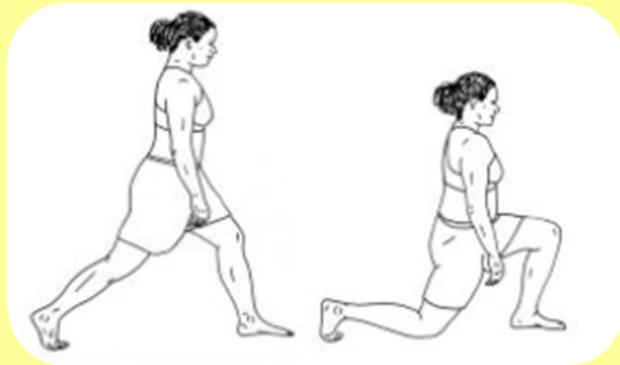


***For more resistance, stand farther away from the wall.**

Examples of Strength Exercises

Lunges (Giant Steps) Leg Exercise

Stand with feet facing forward. Take a big step forward so that one foot is out in front of the other. Slowly bend both knees until the upper thigh is parallel to the floor. Return to start position.



Repeat with other leg.

***You can do this exercise by taking giant steps, bending your knees deeply with each step.**

***You can also stay in place and hold onto something for balance.**

Sit-up Crunches Stomach Exercise

Lie down with knees bent, feet flat on the ground, and arms to the sides. Using your abdominal muscles, lift your shoulders off the ground a few inches, being careful not to jerk your neck. Slowly return to start position.



***Breathe out as you lift up, and breathe in as you relax.**

Examples of Strength Exercises

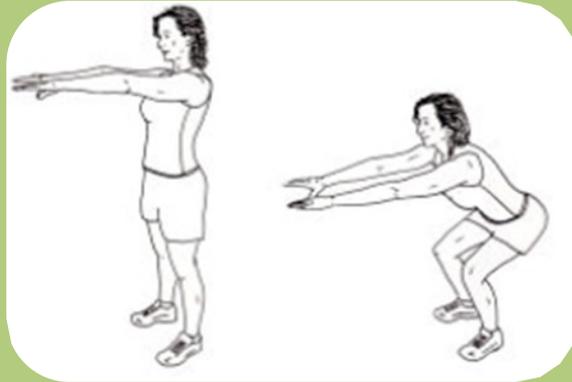
Squats (Knee Bends) Legs Exercise

Stand with feet shoulder width apart. Bend your knees and lower your hips toward the ground.

Return to standing position.

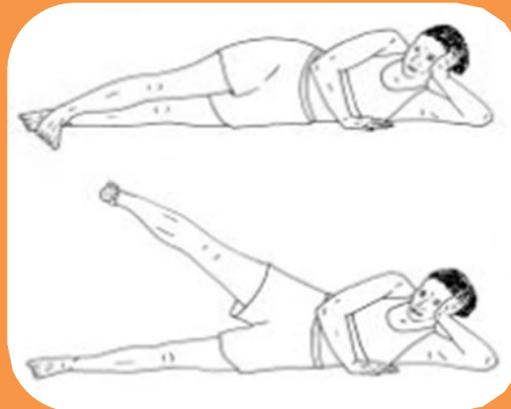
***Do this exercise as if you were trying to sit in an imaginary chair, and as you touch the seat you stand back up.**

***Beginners can do this exercise by actually sitting in a chair and standing back up. You may also hold onto a stable object to help you balance.**



Leg Lifts Leg Exercise

Lie on your side. Rest your head on your bent arm. Keep both legs straight. Slowly lift your top leg up. Return to starting position. Turn over to opposite side and repeat with other leg.



Stretching (Flexibility)

Why are Stretching Exercises Important?

- Reduce stiffness in joints
- Reduce muscle tightness
- Improve balance
- Improve posture
- Reduce injury

As we get older, our muscles and joints may become stiff. This increases risk for injury and makes it hard to do daily tasks.



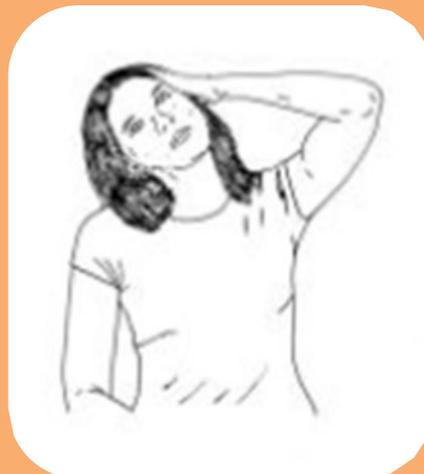
Stretching Tips for getting started

- Stretching is best when your muscles are warm—try moving around for two minutes before you stretch to warm up.
- Do a variety of stretches.
- Hold each stretch for 10-30 seconds on each position—don't bounce.
- You may feel slightly uncomfortable, however, you should never feel a sharp or stabbing pain while doing the stretch.
- Only move so that you feel the muscles become longer.
- Remember to BREATHE during each exercise!
- Fit in stretching throughout your day, while talking on the phone, waiting for food in the microwave, before getting out of bed.
- Try to do the stretches several times each week.

Examples of Stretching Exercises

Neck Stretch

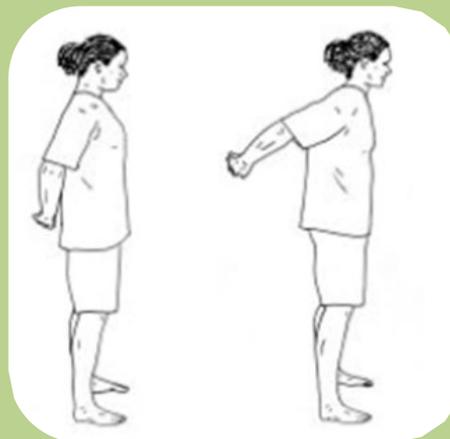
While looking straight ahead, tilt your head to the side and try to touch your ear to your shoulder. Keep your shoulders still and relaxed. Don't raise your shoulder to meet your ear. Hold the stretch for a few seconds. Then, repeat the movement to the other side. Next, try to touch your chin to your chest - go down only as far as is comfortable, hold for a few seconds.



***Take a deep breath to help you relax.**

Shoulder Stretch

Link your fingers together behind your back with your palms facing upward. Slowly move your elbows toward each other as you straighten your arms. Hold for a few seconds and then relax.



Examples of Stretching Exercises

Lower Back Stretch

Lie on your back, and bring both knees into your chest. Place your hands on your knees and make small circles with your knees.



***This should feel like a mini back massage.**

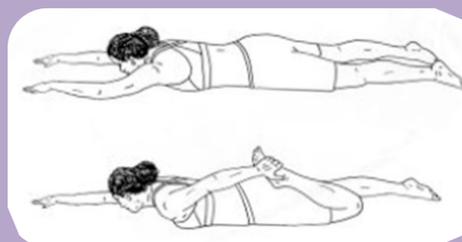
Thigh Stretch (back of the upper leg)

Sit upright on the floor with your legs straight and spread apart slightly. Reach your arms in front of you and slowly lean forward. Reach as far as you can and hold for a few seconds.



Thigh Stretch (front of the upper leg)

Lie on your stomach with your arms stretched out in front of you. Bend your left knee and grab the top of your foot with your left arm. Slowly pull downwards. Hold for a few seconds. Repeat with the right leg.



Balance Exercises

Having good balance is important for many everyday activities. Balancing exercises can help prevent falls and avoid injuries that may result from falling. Balancing exercises overlap with lower-body strength exercises, which also improve your balance. These exercises will also improve your posture.



Balance tips for getting started

- Have a stable support within reach that you can use to help you balance.
- Make the exercise easier by extending your arms to the side.
- Make the exercise harder by crossing your arms across your chest or by doing the exercises with your eyes closed.
- Hold the position for several seconds. Increase the time of each exercise as your balance gets better.
- Balance exercises can be done anywhere including while waiting for the bus or standing in line at the grocery.

Examples of Balance Exercises

One Foot Balance

Stand on one foot for 10 seconds.
Repeat on the other leg.

***Harder: hold the leg so that it is straight in front of you.**



Heel / Toe Balance

Stand with one foot directly in front of the other with your toe touching your heel. Balance for 10 seconds. Repeat with the other foot in front.

***Harder: try the exercise while walking as if you were on a tightrope.**



All 4s Balance

Kneel on all fours while keeping a straight back and neck. Lift one arm off the floor and hold for a few seconds. Return the arm to the floor and lift the other arm. Repeat balance exercise with each leg, lifting straight back.

Remember to keep your back straight during each exercise.

Harder: lift opposite arm and leg at the same time.



Simple steps for keeping a log

Mark the number of minutes you spend in each type of activity. Check one box for every 5 minutes of activity. At the end of the day, count the total number of minutes you spend in each type of activity.



For Example . . .

If you spend 30 minutes washing floors, 10 minutes brisk walking, and five minutes stretching, you would mark boxes on your Physical Activity Log as follows:

Moderate lifestyle activity

X	X	X	X	X	X
---	---	---	---	---	---

(Six boxes are marked because $6 \times 5 = 30$)

Brisk walking/aerobic exercise

X	X				
---	---	--	--	--	--

(Two boxes are marked because $2 \times 5 = 10$)

Stretching exercises

X					
---	--	--	--	--	--

(One box is marked because $1 \times 5 = 5$)

Write the numbers in the “Total” column (see example on the next page). Write down when you were inactive. Answer the questions on the log by circling “Yes” or “No.” Write down any other notes.

Sample Physical Activity Log

= 5 minutes
 = 30 minutes

Moderate Lifestyle Activity	Total																																
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Brisk Walking or Aerobic Exercise

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Strength Exercises

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Stretching Exercises

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Daily Steps

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Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.	YES	NO
I talked to someone about physical activity today.	YES	NO
I met my physical activity goals today.	YES	NO

Notes

Be A Physical Activity Role Model



As you become more active, your family and friends will take note!

- Share what you have learned. Talking about information you have discussed at the sessions not only reinforces your knowledge, but gives you the opportunity to teach it to others.
- If you have kids, play a game where they name which physical activity they are doing while watching TV or riding their bike.
- Challenge your partner to see who can take the most steps in a week using the step counter.
- Make learning new habits fun.
- Get your family and friends up and moving with you; this will make it easier for you to continue to be more active and it will help them become healthier!
- Share with them how much better you feel!

Physical Activity Community Resources

The WISEWOMAN Program recommends moderate intensity physical activity such as brisk walking, gardening, or any movement that causes a moderate increase in your breathing or heart rate. Remember, before increasing your physical activity you should talk with your health care provider.



Community Fitness Centers

The YMCA, Planet Fitness, SNAP, and local fitness centers offer classes and/or exercise equipment to help you increase your physical activity. Prices vary and some may offer discounts. Look for a facility near you.

Exercise Videos

Look online for exercise videos that are easy to do at home.

DVDs can also be checked out at no charge through your public library.

Community Senior Centers

These centers offer a safe place for social, educational, fitness and recreational activities for adults ages 50 and up. Activities include: dancing, meals, exercise classes, use of fitness center, and more. Look for a facility near you.

Local Recreation Departments

Recreation departments offer a variety of exercise classes and activities such as dancing, yoga, aerobics, swimming, Zumba, and more at, a low cost. Call or visit the website of your city's rec department to find out more.

Parks and Trails

Get outside and take advantage of beautiful parks and trails nearby for exercise. Visit <https://dnr.wi.gov/topic/parks/coparks.html> to find parks in your county.

Mall Walking

When the weather isn't great, go to your nearest mall to walk for exercise.

Healthy Eating:

Small Changes, Big Results

Eating healthy can:

- Keep your heart and blood vessels healthy
- Improve mood and mental well-being
- Lower stress
- Increase energy
- Help control your weight
- Lower your risk for diseases, such as
- heart disease, stroke, diabetes, and cancer



What everyone should know:

- All foods fit in a healthy lifestyle. There is no such thing as a “bad” food.
- Eat a variety of foods. Include plenty of fruits, vegetables, and whole grains.
- Limit foods high in unhealthy fats. Fat is an important part of our diet, but many of us eat too much unhealthy fats.
- Be aware of your portion size. This awareness helps us choose a variety of foods in the right amounts.
- Taste and prep time are important! Healthy eating does not mean you can't enjoy foods. Healthy eating does not have to take a lot of time.

Major Food Groups

Vegetables For a 2,000 calorie daily food plan, eat 2-1/2 cups every day.

- Eat more red, orange, and dark green vegetables like tomatoes; sweet potatoes; collard, mustard or turnip greens; kale; broccoli.
- Add beans and peas in salads.
- Add kidney beans or black-eyed peas in soups.
- As a main dish, serve pinto beans or baked beans.
- Fresh, frozen, and canned vegetables all count.
- Choose “reduced sodium” or “no salt added” canned veggies.



Fruits For a 2,000 calorie daily food plan, eat 1-1/2 cups every day.

- Any fruit or 100% natural juice counts as part of the fruit group.
- Fruits can be fresh, canned, frozen or dried, and then can be eaten whole, cut up, or pureed.
- Choose only juices that are 100% juice.
- Choose fruits for snacks, salads, and desserts.
- At breakfast, add banana or strawberries to cereal, blueberries to pancakes.



Grains For a 2,000 calorie daily food plan, eat 6 ounces every day.

- Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice and pasta.
- Check the ingredients list on product labels for the words “whole” or “whole grain” for the grain ingredient name. Choose products that name a whole grain first on the ingredient label.



Dairy For a 2,000 calorie daily food plan, eat or drink 3 cups every day.

- Choose skim (fat-free) or 1% (low-fat) milk and/or milk products such as yogurt, ice cream, and cheese. These lower fat versions have the same amount of calcium and other important nutrients as whole milk, but less fat and calories.
- Top fruit salads and baked potatoes with low-fat yogurt or low-fat sour cream.
- If you are lactose intolerant, try lactose-free milk, or fortified soy milk, almond or rice milk.



Proteins For a 2,000 calorie daily food plan, eat 5-1/2 ounces every day.

- Eat a variety of foods from the protein food group each week, such as seafood (fish, shrimp, sardines), beans, peas, and nuts, as well as lean meats (beef, pork), poultry (chicken, turkey), and eggs.
- Trim or drain fat from meat and remove skin from poultry to cut fat and calories.
- Twice a week, make seafood the protein on your plate.



What's on Your Plate?

Before you eat, think about what and how much goes on your plate or in your cup or bowl. Over the day, include foods from all food groups:

- Vegetables
- Fruits
- Whole grains
- Low-fat dairy products
- Lean protein foods



What Is a Serving?

VEGETABLE GROUP 1 serving is:

- 1 cup raw leafy greens (cabbage, spinach, lettuce, collard, mustard and/or turnip greens)
- 1 small baked potato
- 1 small sweet potato or yam
- ½ cup raw or cooked vegetables (carrots, cucumbers, broccoli)
- ¾ cup vegetable juice (V8, tomato juice)

Choose dark green leafy vegetables over pale or light green ones.

FRUIT GROUP 1 serving is:

- 1 medium piece of whole fruit (apple, orange, banana)
- 1 cup diced watermelon, cantaloupe
- 6 strawberries
- ½ grapefruit
- ½ cup chopped or canned fruit
- ¾ cup fruit juice
- ¼ cup dried fruit (raisins, dried plums)

Eat small amounts of dried fruits. They have more calories than the same amount of fresh fruit!

What Is a Serving? (continued)

GRAIN GROUP 1 serving is:

- 1 slice of bread
- 1 small muffin (corn bread) or biscuit
- 1 oz. dry cereal (1 cup flakes)
- ½ hamburger bun or bagel
- ½ cup cooked pasta (spaghetti, macaroni, noodles), rice, oatmeal, or 1 cup of grits
- 3 graham crackers

Whole grains are your best choice!

DAIRY GROUP 1 serving is:

- 1 cup milk or yogurt
- 2 slices of cheese
- 1-½ sticks of string cheese
- 2 ounces processed cheese (American, Velveeta)

Choose low-fat most of the time!

PROTEIN FOODS 1 serving is:

- 2-3 oz. cooked lean meat (pork, ham, beef, rabbit, venison, turkey)
- 2-3 oz. cooked fish (catfish, cod, salmon, whiting)
- 2-3 slices of sandwich meat
- 1 cup cooked dried beans (red, pinto, navy) or peas (black-eyed, sweet)
- 7 medium shrimp
- 4 tablespoons of peanut butter
- 2 eggs
- 1 chicken leg or ½ a chicken breast
- 1 oz. neck bones
- 1 cup cooked and diced chitterlings

Trim or drain fat from meat and remove skin from poultry.

Portions vs Servings

Portion

A portion is the amount of food you really eat. Being smart about portions can help you control your weight and remind you to eat many types of food. Here are some tips for portion control:

TIPS . . . when eating at home

- Eat on a smaller plate.
- Put food away after you have served it.
- Chew gum while you cook so you don't "nibble."
- Use measuring cups to see how much food fits into your favorite bowl.
- Put snacks into single-serve containers or bags. Don't eat straight out of the bag or container.

TIPS . . . when eating out

- Split a meal with a friend or family member.
- Put half of your meal in a box to take home.
- Order a child's plate or kid's meal.
- Don't "super size" your meals.
- Stay away from "all you can eat" places.

Serving: A serving is the amount of food that counts as one (1) serving on MyPlate.gov and food labels.



A small fist or a ball is one serving of fruit, vegetables, pasta, or rice.



A cupped handful is one serving of chips or pretzels.



A thumb is one serving of salad dressing.



Two fingers or four dice are one serving of cheese.



A palm or a deck of cards is one serving of cooked meat.



Track Your Progress

Why is it helpful to write down the foods you eat?

- To learn about your habits. When you write down what you eat and drink, you can see the choices you make. You can feel good about your healthy choices. You can also see where you might be able to make small changes.
- To remind yourself to be healthy. When you write down what you eat and drink, you will think about making healthy choices more often.
- To track your progress. Have you set any short-term healthy eating goals? When you write down what you eat and drink, you can look back to see if you met your goal.



Simple steps for keeping a food log

- At the end of the day, count the number of servings you eat for each food group. Write the totals.
- Write down the fats, oils, and sweets you eat, such as butter, salad dressing, soda, or cookies.
- Write down notes about your eating choices for the day.

Sample WISEWOMAN Food Log

Indicate number of servings per day

Total Servings

Grain Group

Whole grain _____

Not whole grain _____

Vegetable Group _____

Fruit Group _____

Milk, Yogurt, and Cheese Group

Whole or regular _____

Reduced fat (2%) _____

Nonfat or low-fat (skim or 1%) _____

Meat Group

High-fat (fried chicken/fish, ribs, sausage, <90% lean beef) _____

Lean or low-fat (skinless chicken, fish, lean beef, or pork) _____

Fats and oils _____

Sweets _____

Questions

I thought about healthy eating today YES NO

I talked to someone about healthy eating today. YES NO

I met my eating goals today YES NO

Food Labels

Learning to read food labels is an important skill to help you improve your eating habits. Food labels can help you tell if a food is a healthy choice.

Source: fda.gov

Calories refers to the total number of calories, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food.

As a general guide: 100 calories per serving of an individual food is considered a moderate amount, and 400 calories or more per serving of an individual food is considered high in calories.

To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving size is based on the amount of food that is customarily eaten at one time and is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is *usually based* on one serving of the food; however, some containers may also have information displayed per package.

When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Servings per container shows the total number of servings in the entire food package or container.

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

As a general guide: 5% DV or less of a nutrient per serving is considered low, and 20% DV or more of a nutrient per serving is considered high.

Nutrients to get less of: saturated fat, sodium, added sugars, and trans fat. Most Americans exceed the recommended limits for these nutrients, and diets higher in these nutrients are associated with an increased risk of developing some health conditions, such as high blood pressure and cardiovascular disease. Compare and choose foods to **get less than 100% DV of these nutrients each day.**

(Note: *Trans* fat has no %DV. Use the amount of grams for comparison and keep the intake of trans fat as low as possible.)

Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Many Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can reduce the risk of developing some health conditions such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Compare and choose foods to **get 100% DV of these nutrients on most days.**

Healthy Eating: Fats

A low-fat diet is important for your heart's health. Choosing foods low in fat will also help you control your weight.

Go low-fat!

- Limit high-fat toppings, such as butter, margarine, mayonnaise, and salad dressings. Try non-fat or low-fat spreads and salad dressings.
- Cook with cooking spray or healthy oils, such as olive oil or canola oil.
- Eat lean meats and fish. Cuts of meat with the words “loin” or “round” (sirloin, round steak) are lower in fat. Remove skin from chicken. Trim fat from meat before cooking.
- Choose skim or low-fat milk, low-fat yogurt, and low-fat cheese.
- Grill, roast, broil, or bake foods instead of deep frying.

Read food labels for fat

- **Total Fat:** This is the total amount of fat in the food. A healthy goal for a low-fat diet is about 50-65 fat grams per day from all fats.
- **Saturated and Trans Fat:** Choose foods with little or no saturated or trans fat. A healthy goal is less than 20 grams per day from saturated fats.

Healthy Eating: Fiber

When you are grocery shopping, buy foods that are high in fiber, such as fruits, vegetables, and whole grains.

Why is fiber important?

- Fiber keeps our digestive systems working well.
- Fiber helps us feel full.
- Fiber lowers blood cholesterol.
- Fiber reduces our risk of colon cancer.



How much fiber should I eat?

Try to eat at least 20 grams of fiber each day.

What foods contain more fiber?

- Whole grains (whole wheat, bran, oatmeal, barley, brown rice, cornmeal, and popcorn).
- Whole fruit (apples, oranges, strawberries).
- Beans and peas.

Easy fiber tips

- Eat more fruits and vegetables. If possible, eat the skin, too.
- Choose whole fruit instead of fruit juice.
- Eat whole-grain breads and cereals. Look for the words “whole grain” as the first ingredient on the package.
- Enjoy high-fiber snacks, such as carrots, apples, and plain popcorn.

Read food labels for fiber

- Look for the number of grams of fiber per serving.
- Choose foods with 2 grams or more per serving.
- *High fiber* = 5 or more grams per serving.
- *Good fiber* = 2.5 to 5 grams per serving.

Shopping for Healthy Foods

The grocery store is a place that can make healthy eating *hard* or *easy*.

You can find lots of foods that are high in fat and calories but low in nutrients like chips, soda, and candy.



Or

You can find lots of healthy foods like fruits, vegetables, whole-grain breads, and whole-grain cereals.

Tips for making healthy budget-wise choices

- Make a list. Know what you want to buy before you get to the store. Write down healthy foods. A list will stop you from buying things you don't need.
- Do not shop when you are hungry. You are more likely to buy foods you do not need and that are less healthy when you are hungry.
- Read food labels. Use labels to make healthy choices. Look for foods with these words:
 - * Non-fat, low-fat, or skim
 - * High-fiber or "Good source of fiber"
 - * Low-salt or low-sodium
- Use MyPlate.gov. Buy foods from all food groups: breads and cereals, fruits, vegetables, lean meats, beans and fish, and dairy.
- Check grocery store ads for sales. If a store brand of a food you need is on sale, buy it instead of the name brand. If frozen fruits are cheaper in the winter, buy them instead of fresh fruits.
- Be aware. Grocery stores want to make money. They try to get you to buy things you don't need. For example, candy is at the checkout counter so you pick it up while you wait in line.

Shopping Using Food Groups

Vegetable Group

Healthy Examples:

Fresh, frozen, and canned vegetables

Things to look for:

Choose many types and colors of vegetables.

Things to be careful of:

- Canned vegetables may have a lot of salt.
- Frozen vegetables in cheese sauce can be high in fat and calories.

Healthy Examples:

Fresh, frozen, canned and dried; 100% fruit juice

Fruit Group

Things to look for:

- Choose many types and colors of fruit.
- Dark-skinned fruits have the highest level of naturally occurring antioxidants.

Things to be careful of:

Canned fruit “in syrup” is high in sugar and calories.

Grain Group

Healthy Examples:

- Breads, rolls, buns, bagels, muffins, crackers, and tortillas
- Hot and cold cereals
- Pasta and rice
- Popcorn

Things to look for:

Read food labels for “whole wheat,” “whole grain,” and “high fiber.”

Things to be careful of:

- Flour tortillas and muffins can be high in fat.
- Some cereals contain a lot of sugar.
- Packaged popcorn can have a lot of salt. Buy a bag of loose kernels to pop at home instead.

Shopping Using Food Groups (continued)

Protein Group

Healthy Examples:

- Lean beef and pork
- Chicken without skin
- 95% fat-free meat
- Fish
- Dried peas and beans
- Peanut butter
- Eggs/egg substitutes

Things to look for:

- Read labels for “lean,” “extra lean,” and “95% fat-free.”
- Coldwater fish contain omega-3 fatty acids. Examples are: salmon, haddock, herring, cod, canned light tuna, and sardines.

Things to be careful of:

- Nuts and peanut butter are a good source of protein and healthy fat. Limit your portions because they have a lot of fat and calories.
- Limit saturated fat by choosing lean meats, or remove fat and skin before cooking.

Dairy Group

Healthy Examples:

- Fat-free, skim, 1% milk
- Low- or nonfat yogurt
- Reduced-fat or part-skim cheese

Things to look for:

Read the label for “skim,” “fat-free”, “low-fat,” or “light.”

Things to be careful of:

Regular cheese and whole milk are high in saturated fat.

Shopping Using Food Groups (continued)

Fats and Oils

Healthy Examples:

- Olive oil
- Canola oil
- Cooking sprays
- Butter substitutes

Things to look for:

Choose oils low in saturated and trans fat.

Things to be careful of:

In general, solid fats (lard, butter, shortening) have more trans and saturated fat.

Sweets

Healthy Examples:

- Low-fat or fat-free cookies (animal and graham crackers, vanilla wafers, fig cookies)
- Angel food cake
- Low-fat frozen yogurt, Low-fat whipped topping
- Pudding made with skim milk
- Gelatin desserts

Things to look for:

- Read the label for “light,” or “sugar free.”
- Sugar substitutes to sweeten tea or to sprinkle on fruit and cereal.

Things to be careful of:

- Low-fat cookies are not low in calories!
- Most sweets are low in nutrients.
- Many cookies and baked goods are high in saturated fat and trans fat.

Sodium (Salt)

Healthy Examples:

Spices/herbs (basil, mint, cilantro, celery or garlic powder)

Things to look for

Read the label for “low,” “reduced,” “unsalted” or “no salt.”

Things to be careful of

- Look for hidden names for sodium, such as MSG, sodium nitrate, disodium phosphate.
- Buy meats, chicken, turkey, and ham that have not been injected with sodium or have low amounts added.

Hunger

Hunger is an event or trigger that can lead to unhealthy eating choices.

There are TWO types of hunger . . .

Physical hunger

Is the true hunger you feel when your body needs food for energy. Your stomach may feel empty, hurt, or make noise. You may get a headache or feel dizzy. If you let yourself get too hungry, you will make less healthy choices.



Emotional hunger

Is when you want to eat because of thoughts, feelings, other people, or events. If you eat for reasons other than physical hunger, you may overeat or eat less healthy foods when you are not really hungry.

List some triggers (feelings, thoughts, or events) that make you eat when you are not really hungry:

- 1.
- 2.
- 3.

Water

Water is the MOST important nutrient for life.

Why the body needs water?

- Water helps carry nutrients to your cells.
- Water helps with metabolism.
- Water protects your vital organs.
- Water controls your body temperature.
- Water helps to flush wastes from your body (sweat, urine).
- Water protects and moisturizes your joints.



You lose water throughout the day, so you need to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. All liquids help you stay hydrated but WATER is the best choice, and it is free!

How can you know if you are drinking enough water?

If you're drinking enough water, your urine will be clear or pale yellow. A darker yellow means you are not drinking enough water. Talk with your health care provider about the amount of water you should be drinking, especially if you have a kidney disorder or congestive heart disease.

Ways to get more water during the day

- Drink a glass of water when you get up in the morning.
- Keep a water bottle with you and take several sips each hour.
- Take a sip of water whenever you pass a drinking fountain.
- Add a packet of sugarless flavoring, slice of lemon, or lime.
- If you don't like the taste of your tap water, try using filters or boiling it and putting in the refrigerator. A lot of plain bottled water is just tap water that has been purified.

Be A Healthy Eating Role Model

As your eating habits change, your family and friends will take note!

- Share what you have learned. Talking about information you have discussed at the sessions not only reinforces your knowledge, but gives you the opportunity to teach it to others.
 - * If you have kids, play a game where they name the food group a particular item they are eating comes from.
 - * Challenge your partner to eat one different fruit or veggie for a week.
 - * Make learning new habits fun.
- Encourage your family and friends to also make more healthy food selections. This will make it easier for you to continue to eat healthy and it will help them become healthier!
- Share with them how much better you feel!



Healthy Eating Community Resources

Local Recreation Programs

Provide a variety of classes to help you with healthy eating, such as canning and food preservation, vegetarian cooking, home gardening, etc. A class catalog is published in the fall, winter, spring and summer. Call or visit the website of your city's rec department to find out more.

Farmers Markets

Local farmers markets are a great place to buy the freshest and tastiest fruits and vegetables and to meet up with your friends. Some markets offer cooking tips/demonstrations on how to prepare the items you buy. Visit www.wifarmersmarkets.org to find one near you.



FoodShare Wisconsin

Helps low-income families and individuals buy vegetable seeds and plants as well as nutritious foods. Contact your local county or tribal agency to see if you are eligible by calling 800-362-3002 or visit www.access.wi.gov and click on the “Apply for Benefits” tab.



USDA – ChooseMyPlate

This website features information and tips to help you build a healthier diet. Visit the website at ChooseMyPlate.gov

Gardening Resources

Growing your own vegetable garden is a great way to improve your health, provide tasty produce and save money. You can participate in a community garden, have a backyard garden, or grow plants in containers.

Food Pantries

Food pantries can provide families with healthy and nutritious food. If you have the option of selecting food items at a pantry, choose healthier food items. Call 211 or visit www.211now.org to find food pantries.

Blood Pressure:

Small Changes, Big Results

What Is Blood Pressure?

The organs in your body need oxygen to survive. Oxygen is carried through the body by the blood. Blood is carried from the heart to all parts of the body in vessels called arteries. When the heart beats, it pumps blood out into a network of arteries and veins, also known as blood vessels and capillaries.

Blood pressure is the **force of the blood pushing against the blood vessel walls**. Your blood pressure is highest when the heart beats, pumping the blood to the body. This is called the **systolic** blood pressure.

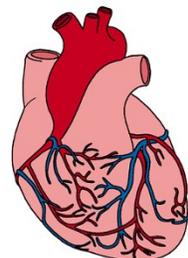
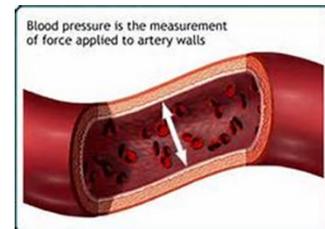
When the heart is **relaxed and at rest between beats**, this is called the **diastolic** blood pressure.

Blood pressure is always given in two numbers. For example:

130/78

The top number is the systolic pressure and the bottom number is the diastolic pressure. Both are important.

My current blood pressure is _____/_____



Change Plan Worksheet

Important reasons why I want to control my high blood pressure:

1. _____
2. _____
3. _____
4. _____

Risk factors for high blood pressure . . .

Risk factors such as age, family history, race, gender and certain medical conditions **cannot** be controlled.

Risk factors that **can** be controlled are:

- Being over a healthy body weight
- Eating too much salt
- Getting too little physical activity
- Having too much stress in your life
- Smoking
- High cholesterol
- Diabetes
- Drinking too many alcoholic and/or sugary beverages

List your risk(s):

1. _____
2. _____
3. _____
4. _____
5. _____

Know Your Numbers



High blood pressure is sometimes called the “silent killer” because it often has no symptoms. Take the time to learn what the numbers of your blood pressure readings mean.

Blood Pressure Category	Systolic mm Hg (Upper Number)	AND	Diastolic mm Hg (Lower Number)	Risk/Benefits
NORMAL	LESS THAN 120	AND	LESS THAN 80	May prevent stroke, heart disease, heart failure, and kidney disease.
ELEVATED	120-129	AND	LESS THAN 80	Blood pressure is slightly elevated. May turn into high blood pressure if you don't make healthy lifestyle changes.
HIGH BLOOD PRESSURE STAGE 1	130-139	OR	80-89	The heart has to pump harder to get blood into the arteries. May not have any symptoms, but this increased workload can result in damage to the heart, brain, eyes, and kidneys before you feel anything.
HIGH BLOOD PRESSURE STAGE 2	140 OR HIGHER	OR	90 OR HIGHER	The heart has to pump harder to get blood into the arteries. May not have any symptoms, but this increased workload can result in damage to the heart, brain, eyes, and kidneys before you feel anything.
HYPERTENSIVE CRISIS	HIGHER THAN 180	And OR	HIGHER THAN 120	See a doctor immediately.

Change Plan Worksheet (continued)

You will need to treat and control your high blood pressure for life. This means making lifestyle changes, getting ongoing medical care, and taking any prescribed medicines. Know what your blood pressure should be and work to keep it at that level.

Lifestyle changes

- Learn how to lower your salt intake.
- Learn how to increase your intake of fruit and vegetables and low-fat foods.
- Learn ways to increase physical activity.
- If you smoke, get support to help you quit.
- Use stress management/relaxation/community resources.
- Limit alcohol to no more than one drink per day.



Taking your medications

- Follow your health care provider's instructions for taking your medications.
- Make sure you understand what each medication is for and how to take your medication(s).
- Make sure you have resources for getting your medication(s).

Self-monitoring: Make sure you know how to measure and track your blood pressure.

Office visits with a health care provider: See a health care provider to make sure your medication is working. If not, the provider can change what medications you are taking.

Following Health Care Provider's Orders

Medication is often necessary for reducing high blood pressure. Various types of medication are used to control high blood pressure. Most people with high blood pressure need two or three medicines to lower their blood pressure. Your health care provider may need to change your medicines to find out what works best for you. This is normal.

Types of Medications

There are many medicines that lower blood pressure. They all work in different ways. Many brand-name medications also have cheaper versions, called generics. Generic medications work the same way.

- **Diuretics:** Sometimes called “water pills,” work in the kidneys to flush excess water and sodium from the body through urine.
- **Beta Blockers, Alpha Blockers, Alpha-Beta Blockers:** Reduce nerve impulses to the heart and blood vessels. These medicines make the heart beat less often and with less force. They also allow the blood to pass more easily and slow the heartbeat.
- **Nervous System Inhibitors:** Relax the blood vessels by controlling nerve impulses. These medicines allow the blood to pass more easily.
- **Vasodilators:** Directly open blood vessels by relaxing the muscle in the vessel walls.
- **Angiotensin II:** Protects your vessels from the angiotensin hormone. The blood vessels relax and widen and your blood pressure goes down.
- **ACE Inhibitors:** Keep your body from making a hormone called angiotensin II. This hormone causes blood vessels to narrow.

My Medications

If you get your prescription filled but don't follow directions for when and how to take your medicine, you are weakening the effectiveness of the medication(s). Know the names of the medications you take, and how and when to take them. Write down the names of your medications and always keep the list with you. Show it to your health care provider at each visit.

Medication Labels

If you have a new prescription or if you don't understand the prescription, ask your health care provider or pharmacist the following questions:

- What is the name of the medication?
- What is the medication for?
- How should I take it?
- When should I take it?
- What are the possible side effects?
- What do I do if I miss a dose?
- Should I avoid any foods when taking medication?
- Can I drink alcohol when using this medicine?

It is important for you to know the name of the pharmacy and phone number listed on the label. This will help you to refill the prescription.

You can ask for bottles with large print and tops that are easy to open (if you don't have a small child in the house).

Put refill dates on your calendar to remind you when it is time to get your prescription refilled.



Barriers to Taking Your Medication

Some possible barriers to taking your medication(s) are:

Barrier - *"I forgot to take my medication because I was not home or I had a busy schedule."*

Solution - Use pill boxes, calendars, magnets, or sticky notes to help remind you, or ask a family friend to remind you.

Solution - Put your medication out in the open (away from children) where you can see it. This will remind you to take it, especially in the first week or so.

Barrier - *"I don't want to be dependent on medicine."*

Solution - Most medications don't cause you to be dependent on them. If you are afraid of becoming dependent on the medication, talk with your health care provider.

Barrier - *"My blood pressure is down, so I don't need my medication anymore."*

Solution - Even if your blood pressure is at goal, you should continue to take your medication unless your health care provider has told you to stop. This means that the medication is doing what it is supposed to do!

Barrier - *"I am afraid of medication side effects."*

Solution - If you feel bad after taking your medicine or have side effects, talk with your health care provider right away. Do not stop taking your medicine without talking with him/her first.

Barrier - *"I don't like taking medicine."*

Solution - Most people do not enjoy taking medication, but they take it because they understand how the medication may help their condition.

Blood Pressure Monitoring

Keeping track of your blood pressure is important. Have your blood pressure checked on the schedule your health care provider advises.

Your blood pressure doesn't stay the same all the time. It lowers as you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active.

Your blood pressure can be taken at a doctor's office, local pharmacy, or community screening events. Wherever it is taken, make sure you know what your readings are.

Factors that may cause a short-term rise in your blood pressure . . .

- **Drinking hot or cold fluids** before, so don't drink coffee or very cold liquids for at least 30 minutes before the test.
- **Cigarette smoking**, so don't smoke for at least 30 minutes before the test.
- **Having a full bladder**, so go to the bathroom before the test.
- **Being nervous**, so sit for five minutes before the test.
- **Movement** can cause short-term rises in blood pressure, so sit still while it is being taken.
- **Being in pain, having difficulty breathing or having just exercised**, so let the health care provider know how you are feeling.

When your blood pressure is taken . . .



- Make sure your feet are flat the floor and are not crossed.
- Make sure your arm is resting flat on a table.
- Your back should be supported if you are sitting.
- Remain quiet and still.
- The cuff should not be placed over your clothing; so always wear clothes that can easily be rolled up.

You may want to learn how to check your blood pressure at home. Your health care provider can help you learn how to do this. Each time you check your own blood pressure, you should write down your numbers and the date.

Blood Pressure Self-Monitoring

Monitoring your blood pressure at home . . .

Checking your blood pressure at home will help you track how you are doing in getting your blood pressure under control. Blood pressure is normally 5mm Hg lower at home; so make sure you consider this when determining if your blood pressure is at “goal.”

Choose the best monitor . . .

The best monitors:

- Are automated, meaning that once the cuff is on and you press the start button it will inflate and you will get a readout of your numbers on a display.
- Use an upper-arm cuff, **not a wrist or finger cuff**.
- Have memory storage capacity.
- Include at least two upper-arm cuff sizes and a tape measure so you can select the right size for you.



Once you have a home blood pressure monitor, take it to your clinic visit. Have the health care provider check the monitor for accuracy and watch you use it, to see if you are using it correctly.

How to Measure . . .

- Check your blood pressure in the morning and in the evening.
- Take your blood pressure two or three times and wait one minute between readings.
- The first time you take your blood pressure at home, do it on both arms. After that, use the arm that had the highest numbers.

Taking a reading . . .

- Measure around your bare upper arm to make sure you are using the right cuff size:
 - 8.5 - 10 inches - small adult
 - 10.5 - 13 inches - adult
 - 13.5 - 17 inches - large adult
- Sit quietly, avoid talking, TV or phone for 5 minutes.
- Sit with legs uncrossed, back supported, feet flat on the floor, and arm at heart level.
- Keep arm supported and your palm up.
- Wait 30 minutes after a meal, drinking hot and/or cold liquids, smoking or exercise.



Record the measures you take

- Use a notebook, a blood pressure tracking card, or a blood pressure monitor that stores your readings.
- Share readings with your health care provider.
- Make sure you have instructions on what to do if your blood pressure is out of the expected range.

Lifestyle Changes to Control Blood Pressure

A number of lifestyle changes will help you control your blood pressure!

- Take your blood pressure medication as prescribed.
- Check your blood pressure often.
- Be more active. The key to weight loss is to burn more calories than you eat. You burn calories by doing more physical activity. See the Physical Activity section of this booklet to learn more.
- Eat a variety of fruits and vegetables, whole grains, lean meats and low-fat dairy. See the Healthy Eating section to learn more
- Limit your sodium (salt) and sugary beverages intake.

Lifestyle Change: Reducing Sodium (Salt)

Tips for reducing sodium (salt) . . .

- Eat more fresh foods, which are naturally low in sodium.
- Cook with fresh herbs and spices or use vinegars and lemon juice for flavor instead of salt.
- Buy fresh, frozen, or no-salt-added canned vegetables, or rinse with water to remove salty liquid.
- Whenever possible, buy low-sodium, reduced-sodium, or no-salt products.
- Make your own soups from scratch.
- Read and compare labels on food packages for the amount of sodium (salt) they contain.
- Buy fresh and frozen poultry or meat that has not been injected with sodium-containing solution.
- Limit use of high-sodium condiments such as soy sauce, salad dressings, ketchup, and mustard.
- Remember, sea salt has about the same amount of sodium as table salt.



Lifestyle Change: Reducing Your Sodium (Salt) continued

Why is sodium (salt) important?

Sodium helps:

- Maintain the right balance of fluids in our bodies
- Move nerve impulses
- Contract and relax muscles

How does sodium (salt) affect blood pressure?

Eating too much sodium (salt) can raise your blood pressure. After you ingest sodium, it moves to the digestive system to be absorbed into the bloodstream. If the amount is small, the body uses the sodium to build muscles and nerves and to absorb nutrients. If the amount is too much, the blood vessels must take in more fluid.

Extra fluid increases the body's overall blood volume. This in turn, causes the heart to work harder to pump all that extra blood throughout the body. **This increases the body's blood pressure.**

The general guideline for sodium intake is less than 2,300 mg/day. The following people should limit intake to 1,500 mg/day:

- Age 51 and over
- African Americans
- Those with high blood pressure, diabetes or chronic kidney disease

Most people in the U.S. eat far more than the recommended amount.



Lifestyle Change: Reducing Sodium (Salt) continued

When you are grocery shopping, buy foods that are low in sodium, such as products labeled “sodium-free,” “very low sodium,” “reduced” or “less sodium” or “unsalted” or “no salt.” Other names for salt include: monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium nitrate.

Read food labels for sodium (salt) content

The majority of sodium (salt) in our diets is from packaged food. Even foods that may not taste salty can have large amounts of sodium (salt).

- Look for the number of mg per serving. For example, this label shows 430 mg per serving!
- Choose foods that list 200-400 mg per serving or less.

Top 10 Sources of Sodium (salt)

- Breads or rolls
- Cold cuts and cured meats
- Pizza
- Poultry
- Soups
- Sandwiches
- Pasta dishes
- Meat dishes
- Snacks (pretzels, chips)

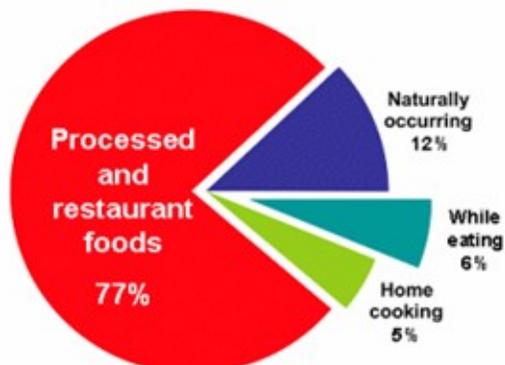
Chart: fda.gov



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	240
Calories	% Daily Value*
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Sugar 4g	8%
Dietary Fiber 7g	14%
Total Fat 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mcg	4%
Calcium 260mg	52%
Iron 6mg	12%
Potassium 240mg	48%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Most Sodium Comes from Processed and Restaurant Foods



Lifestyle Change: Tobacco

The use of tobacco can be devastating to your health, especially if you're already at risk for high blood pressure. Smoking temporarily raises blood pressure and increases risk of damage to arteries. Secondhand smoke, exposure to other people's smoke, increases the risk of heart disease for non-smokers.

Community Stop Smoking Support Group

Many hospitals and community groups offer classes to help people quit smoking. Call the Wisconsin Quit Line to get a list of free or low-cost programs in your area.

See page 63 for additional resources that can help you quit smoking.



Lifestyle Change: Stress

When you are stressed, your blood pressure goes up, you may overeat, you may exercise less, you may have difficulty sleeping, and you may be more likely to smoke. Stress is a normal part of life; therefore, learning how to manage stress, cope with problems, and relax can improve your emotional and physical health.

Common warning signs of stress . . .

- Rapid heart beat
- Fast breathing
- Sleep difficulties
- Irritability or anxiety
- Headaches
- Muscle tension
- Weight gain or loss, upset stomach

How you might cope with stress . . .

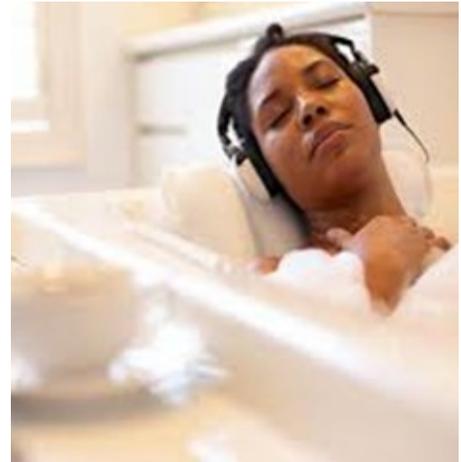
- **Maintain a healthy diet:** Eating a healthy diet provides your body with nutrients to help you handle stress.
- **Increase your physical activity:** Aerobic exercise releases endorphins, natural substances that help you feel better and maintain a positive attitude.
- **If you smoke, get the help you need to quit:** Nicotine is stimulating and brings on more stress symptoms, so if you smoke, get support to quit.
- **Take time for “you” every day:** Set aside as little as 20 minutes each day when you do things that make you happy.
- **Get enough rest:** You can't fight stress effectively without rest.



Relaxation Tips

Deep breathing

- Imagine a spot just below your navel.
- Breathe in through your nose into that spot, imagining that you are filling your abdomen with air.
- Let the air fill you from the abdomen up, then let it out through your mouth, like deflating a balloon. With every long, slow exhalation, you should feel more relaxed.



Mental imagery relaxation

- Find a quiet, calm and restful place where you can relax uninterrupted for about 15 minutes.
- Close your eyes. Take a few deep, cleansing breaths.
- Create a mental picture of a scene that is peaceful. Focus on the scene. Use senses like smell, taste and hearing to put yourself in the setting. Feel a wave of relaxation and calm completely filling your body. Stay in the scene for 5-10 minutes or more.

Relax to music

- Combine relaxation exercises with your favorite music.
- Select music that lifts your mood or that you find calming. Some people find it easier to relax while listening to specially designed relaxation programs, which provide music and relaxation instructions.

Massage therapy

Getting a massage may help your body. Massage can relax muscle tissue and improve circulation. Massage therapy may lower the heart rate, respiratory rate, and blood pressure; boosts the immune system; and may decrease the effects of stress.

Treat yourself. Try going to a local massage therapy school for lower rates.

Additional Heart Health Wellness Resources



Several community resources were listed in each section of this guide. There are many more resources in your community that are not included here. As community activities may change from time to time, be sure to contact the listed facilities to determine current status.

2-1-1 Wisconsin

Provides information and referral on food, housing, employment, health care, counseling, and more. To reach, dial 211 or visit www.211now.org

Badger Heart

This free text support program helps women take control of their preventable risk factors. By signing up, you will receive weekly messages to help you improve your blood pressure, waist circumference, or stress management. **To sign up, text “BADGER HEART” to 97779.**

Stop Smoking Resources

Fax To Quit Program

If you are ready to quit within 30 days, a Wisconsin Tobacco Quit Line coach will contact you after receiving a Fax to Quit consent form. The program is designed to support you over a six-month period, with advice, problem-solving tips, and free nicotine replacement medication. Let your WISEWOMAN Program Coordinator know if you are interested!

Wisconsin Tobacco Quit Line

If you are not yet ready to quit smoking but want information on the risks of smoking and the benefits of stopping, you can call the Quit Line. The Quit Line also has information on community quit smoking group programs, second-hand smoke risks, health issues and how to limit exposure.

You can directly call the Wisconsin Tobacco Quit Line

7 days a week, 24 hours a day at:

1-800-784-8669 English

1-877-266-3863 Spanish

TTY:1-877-777-6534

*Interpreters are available in almost any language.



Stress Management Resources

Beauty Schools—Massage, Cosmetology, Nails

Look for local beauty and massage schools to treat yourself to a facial, pedicure or total body massage. Services are provided by students under the supervision of trained instructors. Costs of these services are much lower than receiving them from an established business.



Local Recreation Departments

Also offer fun and relaxing classes, such as jewelry making, meditation, relaxation, music lessons, and more. Call or visit the website of your city's rec department to find out more.

Free Blood Pressure Checks

In-Store Blood Pressure Monitors

Check your local grocery store or pharmacy as some have in-store blood pressure checking stations. Before using the station, ask an employee to teach you how to use it. Some pharmacies have staff that will take your blood pressure at no charge as time permits.



Websites to Get You Moving & Eating Well

American Heart Association—BetterU Nutrition and Fitness Program

A 12-week online program for women to help achieve better heart health and well being that includes daily reminders, tips, interactive videos, and coaching tools. Visit the website at <https://www.goredforwomen.org/home/live-healthy/betteru-nutrition-and-fitness-program/>

American Diabetes Association: www.diabetes.org

Information on diabetes, food and fitness and how to cope with health issues related to your diabetes.

Million Hearts[®]: www.millionhearts.hhs.gov

A nationwide program to prevent one million heart attacks and strokes. Information on how to control your blood pressure and tools for determining your risk.

Celebrate Your Success!

Make lifestyle changes

Focus on making healthy changes that fit into your life. You will not always make healthy choices. That's OK. Do not let a slip make you feel like you can't do it. You **CAN** do it.

Health: A Lifestyle Choice

- **Be more active.** All physical activity counts, so be more active throughout your day.
- **Start slowly and work up to more activity.** Being active doesn't mean running a race! Work your way up to a level that is comfortable for you. You don't have to do the same old activity. Choose things that you have never done before!
- **Eat smaller portions.** Most people eat more than they need. Smaller portions mean fewer calories.
- **Cut down on fats, cholesterol, sugar, and sodium** in your diet.
- **Drink more water.**
- **Eat a balanced, healthy diet** that includes foods from all food groups. Focus on increasing vegetables!
- **Eat slowly.** Pay attention to what you eat. Think about how hungry you feel. Stop eating when you begin to feel full.
- **Take your medications** as prescribed.
- If you have **high blood pressure**, check it regularly.



Health Is a Choice!

Great Job! You have chosen to participate in the WISEWOMAN program and make changes in your life to improve your heart health!

Stay on Track

It can be hard to stay on track when your WISEWOMAN coaching sessions end. Here are three simple ways you can keep working on your health.

1. Think about what we have discussed.

Have you learned about ways to increase your physical activity, eat healthy, and/or control your blood pressure? Have you learned how to fit these changes into your daily life? Don't forget these things!

2. Set new goals.

Set new goals once you have reached and maintained your initial goal. This will give you something to always work toward.

3. What do you do when you reach your goal?

Reward yourself! Giving yourself rewards will allow you to:

- Enjoy your success!
- Make healthy choices more fun!

Think of a few ways you might reward yourself for meeting your goals.

Rewards . . .

1

2

3

My Notes



My Notes





WISCONSIN DEPARTMENT
of **HEALTH SERVICES**

Division of Public Health

P-00909 (08/2019)