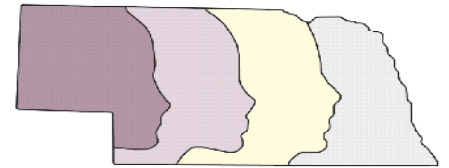


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Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

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Healthy Ways...Healthy Days

Taking Note of the Big Rocks in Your Life

A philosophy professor stood before his class and wordlessly picked up a very large and empty mayonnaise jar. He filled it with rocks, ones that measured 2 inches around in diameter. He asked the students if the jar was full? They all agreed that it was.

The professor then picked up a jar of small pebbles and poured them into the jar. He shook the jar lightly, and the pebbles, of course, rolled into the open areas between the rocks. He asked the students again if they thought the jar was full. They still agreed that it was.

The professor picked up a box of sand and poured it into the jar. Of course, it filled up the spaces in between the rocks and the pebbles, leaving the jar full. He asked the students again if they thought the jar was full. Unanimously they agreed.

"Now," said the professor. "I want you to recognize that this jar represents your life. The rocks are the important things~ your family, partner, health, and your children. Things that if everything else were lost and only remained, your life would still be full. The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else. The small stuff."

"If you put the sand in the jar first," he continued, "there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you."

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. There will always be time to go to work, clean the house, give a dinner party and fix the disposal. Take care of the rocks first, the things that really matter."

"The rest is just sand."

-Author Unknown

If you would like more information on women's health issues, please visit

www.hhss.ne.gov/womenshealth

or contact us at

every.woman.matters@hhss.ne.gov

Inside this Issue:

Big Rocks in Your Life	1
Interventions Update	2
Healthy Recipes	3
Walk This Way	4
Stress Relief	4
Folic Acid	5
What You Need to Know about the Pandemic Flu	6
Color Groups of Food	7
Krissy's Corner	8

The Every Woman Matters Program: Helping Women Live **Heart Healthier Lives!**

Taking part in the Every Woman Matters Program is a great way to stay healthy. Getting your screening exams is important and we applaud you for making time for you. Keeping healthy is hard when you're busy. What can you do after your screening exam to keep your health at the top of your priority list?

The Every Woman Matters Program offers personalized health information to eligible clients once they have completed their annual screening exams. Your screening exam must include the cardiovascular and diabetes screening items listed on your screening card. When the completed screening card is returned to us by your healthcare provider, you may be eligible to receive education and on-going personal support to help you be at your best. The Program will contact you with information about taking advantage of this education and on-going support if you are eligible.

A popular option available is the "ABC's For Good Health" community class. This class focuses on physical activity and nutrition is packed with information for everyone, whether you are already active and eating healthy or just getting started. We have teamed up with the University of Nebraska Cooperative Extension to dish up free food samples, recipe exchanges and tips for making healthy meal choices.

The Every Woman Matters Program also offers a self-study option available called "Be A WiseWoman~ Get Heart Smart." This series of 5 booklets brings information on the topic of physical activity, nutrition and goal setting right to you! Each booklet covers a specific topic such as whole grains or fruits and vegetables. Remember even the smallest health changes can mean big results!

With either option you will receive a free pedometer which is a simple tool to help you see how many steps you take each day. Walking can add up to great health benefits. Getting in extra steps is easy and you may already be walking more than you think! We will visit with you about how to use your pedometer and share tips for getting in steps. Walking logs are available to help you track your progress.

Studies have shown that people making positive changes in their health will do better when they have support. Support can be from family, friends or even co-workers. While you're taking steps to improve your health, the Every Woman Matters Program will be offering you support through phone calls. You will receive 4 to 6 phone calls. They will last just a few short minutes and we'll check in to see how your pedometer is working, visit about goal setting and offer any women's health information you might find helpful.

Don't forget that getting your annual screening exam is the first step to staying healthy. Once you've been to your healthcare provider and we receive your completed screening card, we will contact you! When we contact you we'll visit about health education options that match your needs and your busy schedule.

All health education is available at no cost to you, although not everyone who is screened will be eligible for participation. If you have already enjoyed an "ABC's For Good Health" community class or received the "Be A WiseWoman~ Get Heart Smart" self-study series, you may not be eligible to participate again. The Program will contact you if we determine you are eligible.

Everyone is encouraged to visit our web-site at www.hhss.ne.gov/womenshealth for various women's health resources and information. You will also find Every Woman Matters Program information, to share with others or refer to.

If you have questions about Every Woman Matters Program health education please call 1-800-532-2227, press 0 and ask for Cathy Dillon.

Healthy Recipes

Blueberry Smoothie

1/2 cup chilled evaporated skim milk
 1 packet artificial sweetener
 1/2 teaspoon vanilla
 1 cup blueberries

Put first 3 ingredients into a blender.
 Add blueberries a few at a time and whirl
 after each addition until thick and creamy.

Makes one serving.

Nutrition Information Per Serving: 189 Calories; 35g Carbohydrates; 12g Protein; Trace Saturated Fat; 4g Fiber; 156 mg Sodium; 553 mg Potassium; 379 mg Calcium 1 g Fat, 5mg Cholesterol

Chicken Stir-Fry

2 skinless chicken breasts (4 ounces each)
 1 1/2 tablespoon oil
 1 small onion, chopped
 1 tablespoon cornstarch
 1/4 cup water
 1 1/2 cup Chinese vegetables
 1 tablespoon soy sauce
 2 cups cooked hot whole grain rice

Cut chicken into small strips.
 Heat oil in a fry pan.
 Add chicken and onions.
 Cook and stir chicken until it looks white,
 firm and browned.
 In a small bowl mix cornstarch with water,
 then stir into chicken, stirring well.
 Add vegetables and soy sauce, stirring well.
 Cook for 3 to 5 minutes.
 Serve over cooked rice.

Makes 2 servings.

Nutrition Information Per Serving: 532 Calories, 66g Carbohydrates; 14g Fat; 71mg Cholesterol; 34g Protein; 5g Fiber; 1030mg Sodium (high sodium); 3g Saturated Fat; 776mg Potassium; 121mg Calcium

Angel Food Cake

1 cup cake flour, sifted
 1 teaspoon cream of tartar
 1/4 cup Sugar Twin
 1 cup egg whites (8-10 eggs)
 1/2 teaspoon vanilla extract

Sift 1/8 cup Sugar Twin and flour together
 four times.
 Beat egg whites and cream of tartar until
 foamy.
 Add remaining Sugar Twin a little at a time,
 beating in well.
 Add vanilla and beat until very stiff.

Fold flour into egg white and sugar
 mixture, small amounts at a time.
 Pour into 10-inch ungreased tube pan.
 Cut through with a spatula to remove air
 bubbles.
 Bake at 275 degrees for 20 minutes, then
 raise the heat to 300 degrees and bake
 until done.
 Invert pan for one hour before removing
 from pan.
 Serve with seasonal berries for added
 nutritional value.

Makes 12 servings.

Nutrition Information Per Serving: 44 Calories; Trace of Fat; 3g Protein; 7g Carbohydrates; Trace of Saturated Fat; 44mg Sodium; 91 mg Potassium; Trace of Fiber; 7mg Calcium

Walk This Way

Easy to do and easy on the joints, walking is the perfect way to keep active! But a few wrong moves while you walk can actually raise your risk of injury. Make the most of your walking routine and prevent injury~

- **Wear Shoes That Fit:** Shoes should be comfortable and snug but not tight on the sides. Make sure there's at least a half-inch of room between your longest toe and the tip of the shoe- about a width of a finger.
- **Practice Good Posture:** Walk with your chin up and your shoulders held slightly back. Try tightening your stomach muscles as you go.
- **Go Heel to Toe:** Walk so that the heel of your foot touches the ground first. Roll your weight forward, and point your toes forward too.
- **Pump This Way:** Swing your arms as you walk to boost flexibility. Avoid exaggerated movement to prevent injury to your joints.
- **Warm Up, Cool Down:** Use the 5-5-5-5 rule. Start each session by walking slowly for 5 minutes, then stretching for 5 minutes before continuing. Near the end of your walk, gradually slow down for 5 minutes. Finish with 5 minutes of stretching.



Ultimate Stress Relief Duo: Exercise and Endorphins

Endorphins are your body's built-in wonder drug. They help lift our mood, reduce pain, ease stress, and control our appetites. Any exercise that gets your heart rate up will send endorphins traveling through your body.

During summertime especially, getting the type of exercise that gives you that "natural high" is as easy and fun as:

- Going for a brisk walk with a friend or family member. Don't forget the dog!
- Jogging or running
- Playing tennis, volleyball or Frisbee
- Swimming or bike riding
- Dancing
- Hiking or rock climbing

So put on that bike helmet, lace up those inline skates, or grab a partner and get dancing. Your body will thank you and it's a great way to relieve stress!



Folic Acid Update

It has long been known that folic acid plays an important role in the production of normal red blood cells. More recent studies suggest that folic acid also may help prevent heart disease and stroke. Other studies suggest that folic acid also may help prevent certain cancers, especially colon cancer. While these studies have not provide a protective effect, they suggest that many people, besides women of childbearing age, may benefit from taking folic acid.



Every woman should take 400 micrograms (400 mcg or 0.4 mg) of folic acid daily in a vitamin or in foods that have been enriched with folic acid. Two simple ways to get the daily intake of folic acid are:

- Take one vitamin with folic acid each day. Most multivitamins (MUL-tee-VI-ta-mins) sold in the United States have the amount of folic acid women need each day. Women can also choose to take a small pill that has only folic acid in it each day. Both types of vitamins can be found at most local pharmacy, grocery, or discount stores.

OR

- Eat a bowl of a breakfast cereal that has 100% of the daily value (DV) of folic acid per serving every day. Total, Product 19, Cheerios Plus, Special K Plus, Life, and Smart Start are some examples. The label on the side of the box should say "100%" next to folic acid.

Along with taking a vitamin or eating a cereal that has 100% DV of folic acid, women should always eat a healthy diet that has lots of fresh fruits and vegetables and other healthy foods fortified with folic acid.

Sources of Folic Acid:

- Fortified breakfast cereals
- Lentils
- Asparagus
- Spinach
- Black beans
- Peanuts (only if you do not have a peanut allergy)
- Orange juice (from concentrate is best)
- Enriched breads and pasta
- Romaine lettuce
- Broccoli

Other potential health benefits of folic acid

- In recent years, doctors have come to realize that folic acid is very important for everyone in maintaining health.
- It has long been known that folic acid plays an important role in the production of normal red blood cells
- More recent studies suggest that folic acid also may help prevent heart disease and stroke
- Other studies suggest that folic acid also may help prevent certain cancers, especially colon cancer
- While these studies have not proven a protective effect, they suggest that many people, besides women of childbearing age, may benefit from taking folic acid



Source: March of Dimes

What you Need to Know about the Pandemic Flu

A pandemic is a global disease outbreak. A flu pandemic occurs when a new flu virus emerges for which people have little or no immunity, and there is no vaccine. Immunity helps your body fight off infection. The disease spreads easily person-to-person, can cause serious illness, and can sweep across the country and around the world in very short time. It is difficult to know when the next influenza outbreak will occur or how severe it will be. Three pandemics have occurred in the past 90 years. Scientists predict another will happen, although they can't say exactly when. Wherever and whenever a pandemic starts, everyone around the world is at risk. Countries might delay arrival of a virus by closing their borders and putting travel restrictions into place, but the virus cannot be stopped.

Health professionals are concerned about a specific virus called H5N1. Current bird flu outbreaks in Asia and Europe are caused by the virus H5N1. The H5N1 outbreak among chickens and ducks in Asia is widespread and uncontrolled. Human infections and deaths due to the H5N1 virus have occurred, although the virus has at this time not developed the ability to pass easily from person to person and cause outbreaks in humans. It is a concern for health officials here in the United States. The H5N1 virus has raised concerns about a potential pandemic because:

- It is especially lethal
- It is being spread by migratory birds (birds that travel from one region to another)
- It can be transmitted from birds to mammals and in some circumstances humans

You can prepare ahead of time for an influenza pandemic now. Preparing ahead will help you learn more about this potential outbreak and how it might impact your family. This checklist can also be used to prepare for other emergencies such as power outages and weather related disasters. Prepare ahead:

- Store a 2 week supply of water and food. Having an extra supply on hand will be important if you are unable to get to a store or resources in your area are unavailable. See page 7 for a complete list.
- Have key medications and medical supplies on hand. This includes pain relievers, stomach remedies, cough and cold medicines, vitamins and any prescriptions you need.
- Talk with family about how they would be cared for if they got sick and what would be needed to care for them.
- Volunteer and get involved in your community as they plan for emergencies such as the pandemic flu.

Limit the spread of germs and prevent infections:

- Wash hands frequently with soap and water. Teach children the correct way to wash.
- Cover coughs and sneezes with tissues and be good role models for family and children.
- Stay away from others as much as possible if they are sick. Stay home from work and school when sick.

Having a vaccine against seasonal flu will not protect against pandemic flu. However, getting your annual flu shot is one of several things you can do to keep yourself healthy, and that may help you fight off a pandemic flu virus. If it looks like a pandemic is going to reach the U.S., the government will issue warnings and work with the media to tell people the best course of

Continued on page 7

Eat a Rainbow of Color for Good Health!

The best way to get all of the good things in fruits and vegetables is to eat a colorful variety of them. No one fruit or vegetable has all the things your body needs to be strong and fit. Have fun and be daring- don't be afraid to try new fruits and vegetables. You may discover new favorites! Here is a sample of the rainbow that awaits:

Avocados
Green Apples
Green Grapes
Kiwi fruit
Green Pears

Artichokes
Arugula
Broccoli
Green Beans
Leeks

Blackberries
Blueberries
Black Olives
Plums
Raisins

Black Beans
Black Soybeans
Fava
Eggplant
Purple Peppers

Red Apples
Blood Oranges
Cherries
Cranberries
Red Grapes
Pomegranates

Beets
Red Peppers
Radishes
Red Onions
Rhubarb
Tomatoes

Bananas
Dates
White Nectarines
White Peaches
Brown Pears
Cherimoyas

Cauliflower
Garlic
Ginger
Jicama
Mushrooms
Soybeans

Apricots
Cantaloupe
Grapefruit
Lemons
Mangoes
Peaches

Squash
Pumpkin
Sweet Corn
Sweet Potatoes
Yellow Tomatoes
Yellow Split Peas

What You Need to Know about the Pandemic Flu, continued

action. If it looks like a pandemic will reach Nebraska, health officials will also use the media and the Nebraska Health and Human Services web-site to keep everyone informed. For more information please visit: www.hhss.ne.gov/pandemic or www.pandemicflu.gov.

Recommended items to have on hand for an extended stay at home:

Non-perishable foods:

- Canned fruits, vegetables, meats, beans
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit
- Crackers
- Canned juices
- Bottled water
- Canned/jarred baby food and formula
- Pet food

Medical, Health, and Emergency Supplies:

- Prescribed medications such as insulin and syringes
- Blood pressure monitoring equipment or blood glucose testing supplies
- Soap or alcohol-based hand wash
- Medicines for fever like acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Flashlight and extra batteries
- Portable radio with extra batteries
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers



The Nebraska Health and Human Services System is committed to affirmative action/ equal employment opportunity and does not discriminate in delivering benefits or services.

Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Early Detection Program, Well Integrated Screening and Evaluation for Women Across the Nation, and Colorectal Cancer Screening Demonstration Program Cooperative Agreements with the Nebraska Department of Health and Human Services System. #U57/CCU706734-06, #U57/CCU7191-66 and #U55/CCU725047-01 This newsletter is published 3 times per year by the NHHSS Every Woman Matters Program. If you wish to reproduce any of the articles in this newsletter, in whole or in part, please contact us for permission.

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



Krissy's Corner

This corner is designated to answer common program questions.

Question for this quarter.....

Q. I went to get my mammogram done and they asked where my paperwork was. Do I need something? I haven't even gone to the doctor yet?

A. We recommend you wait for your screening card to come in the mail before you make your appointment for your annual exam. During your annual exam, the clinic will give you the Mammography Reporting Form to take with you to get your mammogram done.

Reminder: You may find at times that your specific services may change. It is important to call our office if you have questions or concerns about covered program services before your provider visit.

Until next time...

Every Woman Matters



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