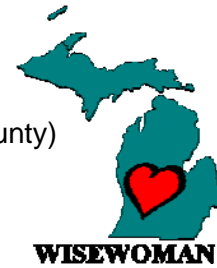


Story Title: WISEWOMAN Summertime Breakfast

Location: Health department of Northwest Michigan (Emmet County)

Focus: Working with Groups



Strategy:

The idea of hosting a summertime breakfast came from Cindy Kloss, RN, a WISEWOMAN Lifestyle Counselor in Emmet County. After enjoying the delicious healthy breakfast at the WISEWOMAN/BCCCP Annual Meeting, she thought, "This is what WISEWOMAN clients need, someone else to show them how delicious and easy a healthy breakfast can be!" After contacting Viki Lorraine, WISEWOMAN Program Intervention Specialist, about the event idea, she made some phone calls and linked us with the Diabetes Section at Michigan Department of Community Health (MDCH). They were happy to help support our event!

The WISEWOMAN Program promotes many healthy lifestyle activities to prevent diabetes and its many related complications, so it was a natural fit. This project aimed to assist women in their lifestyle behavior changes by providing a healthy, delicious breakfast accompanied by a Nutrition lesson taught by an Michigan State University Extension (MSUE) Educator. The nutrition session focused on the prevention of chronic diseases, including cardiovascular disease and diabetes. The following topics were discussed: fiber's role in preventing and controlling diabetes, the importance of eating breakfast, portion control, unhealthy fats vs. healthy fats, how to read a food label with cereal boxes as the example, and purchasing locally grown fruits and vegetables at the farmer's markets with WISEWOMAN Market Fresh coupons.

All Level 3 clients who enrolled in the WISEWOMAN Program in the previous six months were invited to the event. A fun and beautiful postcard was created, and the mailing list was easily put together from a report ran on Discoverer Viewer. A total of 13 women signed up for the event, and all 13 attended, plus some brought their friends and family. A breakfast was served, including granola, yogurt, whole wheat toast, peanut butter, bagels, cream cheese, fresh fruit, juice and coffee. With the grant from the Diabetes Section, we were able to purchase prizes to stuff the wonderful bags we received from the MDCH WISEWOMAN Program. We gave every woman pretty dish towels, an apple peeler, a Ball jar to promote canning, a number of great resources to promote a healthy lifestyle, WISEWOMAN jar openers, and a \$5 gas card.

Outcomes:

After the class, all women were able to receive Market Fresh coupons, and they had time to mingle with each other. All of the women, including those who didn't know anyone else there, were all talking and looking at each other's bags, and saying to each other how great the morning had been. All participants were thankful for the breakfast, and they were so excited to receive their prizes. The class with MSU Extension was fun and encouraged everyone to participate. Some of the women volunteered to stand and do demonstrations. After the class, Cindy asked one of the WISEWOMAN clients what it was that motivated her to come to the class, and she responded, "Oh just everything! Everything was so wonderful!"


Through this project, we learned how much of a difference supplying food and gas cards can make. We encouraged them to bring their friends and family as they are often a major support in their life helping them to reach their goals.

You are invited to a Summertime Breakfast!

Breakfast will be provided by the WISEWOMAN program, and MSU Extension will be here to talk about nutrition!

* **Date:** Thursday, August 26th *
* **Time:** 8:30-9:30 am *
* **Location:** Emmet County Health Department at *
* 3434 M-119, Suite A, Harbor Springs *

RSVP by Friday, August 20th by calling 1-800-432-4121

 EVERYONE WILL RECEIVE a \$5 gas card and a beautiful bag full of prizes!!

www.michigancancer.org/bcccp/wisewomanprogram/participants.cfm

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