

WOMEN'S HEALTH



WORKBOOK

Women's Health Workbook

About the Women's Health Workbook

This workbook contains activities and test questions that pertain to information in the Women's Health Module as well as some key reference tables. This workbook is your personal copy to use and keep. Feel free to write in it and use it to record your answers to the activities and test questions.

Certain activities will ask you to provide personal information like personal dietary intake, weight, family history, etc. These are designed to help you create personal health goals, so be honest. No one will see this information but you.

Using this Workbook Along with the Women's Health Module

As you read through the main text of the Women's Health Module icons will prompt you to stop and refer to the corresponding activities and test questions in this workbook.



Activities — The activities in this workbook will enhance your learning and help you apply the information in the module.



Test Questions — This workbook contains five sets of test questions that relate to information in the five parts of the module.

Record your final test answers on the answer sheets following this page of the workbook. The answer sheets can be removed from the workbook if you need to submit them to a supervisor. Each local agency has different procedures for checking test answers and making corrections. Check with your supervisor to find out the procedure in your clinic.

Women's Health Answer Sheets

(Use these sheets to record your answers to the test questions.)

Name: _____ Date: _____

Local Agency/Clinic: _____

Answer Sheet: Part 1 Test

- 1. A B C D
- 2. A B C D
- 3. A B C D
- 4a. TRUE FALSE
- 4b. TRUE FALSE
- 5. A B C D
- 6. A B C D
- 7. A B C D
- 8. A B C D

Name: _____

Answer Sheet: Part 2 Test

- 1a. increasing decreasing
- 1b. 2-4 10-20
- 1c. more likely less likely
- 1d. more likely less likely
- 2. A B C D
- 3. A B C D
- 4. A B C D
- 5a. TRUE FALSE
- 5b. TRUE FALSE
- 5c. TRUE FALSE
- 6. A B C D E
- 7. A B C D
- 8. A B C D

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Name: _____

Answer Sheet: Part 3 Test

1. A B C D E
2. A B C D
3. A B C D
4. TRUE FALSE
5. TRUE FALSE
6. TRUE FALSE
7. A B C D
8. A B C D
9. A B C D
10. A B C D

Name: _____

Answer Sheet: Part 4 Test

- 1. A B C D
- 2. A B C D
- 3. A B C D
- 4. A B C D
- 5a. TRUE FALSE
- 5b. TRUE FALSE
- 6a. TRUE FALSE
- 6b. TRUE FALSE
- 7. A B C D E
- 8. A B C D E

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Name: _____

Answer Sheet: Part 5 Test

1.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
2. A B C D E F
3. A B C D
4. A B C D
5. TRUE FALSE
6. TRUE FALSE
7. TRUE FALSE
8. A B C D
9. TRUE FALSE
10. TRUE FALSE

Activity 1.1 — Postpartum Weight

Maria has come in for a nutrition counseling session with her 9-month-old son. Throughout the session Maria makes several negative comments regarding her appearance. She is unhappy with her postpartum weight and nothing seems to be working. She has tried going on several diets and weighs herself every day.

a. Can Maria's attitude affect her health? In what ways?

b. What could you suggest to Maria to change her ways of thinking?

Activity 1.2 — Stress Relief

What activities could you suggest to a stressed mom who is trying to quit smoking?

Activity 1.3 — Case Study

Rochelle is 19 years old and 4 months pregnant with her first child. Going over her health history she mentions that she takes Xanax every day. Rochelle says now that she is pregnant she only takes a pill when she feels a little overwhelmed — maybe three times a week.

What is the most appropriate way to help Rochelle?

Suggested Answers to Part 1 Activities

Activity 1.1 — Postpartum Weight

Maria has come in for a nutrition counseling session with her 9-month-old son. Throughout the session Maria makes several negative comments regarding her appearance. She is unhappy with her postpartum weight and nothing seems to be working. She has tried going on several diets and weighs herself everyday.

a. Can Maria's attitude affect her health? In what ways?

Yes, Maria's attitude can affect her health. It can cause her to try risky diets, develop unhealthy habits, have a poor self image, or just give up.

b. What could you suggest to Maria to change her way of thinking?

Educate and encourage her to stop dieting and make permanent diet and lifestyle changes to become healthier. Encourage her to stop weighing herself everyday and avoid focusing on the number. Instead have her keep a journal to report how she feels and how her clothes fit.

Activity 1.2 — Stress Relief

What activities could you suggest to a stressed mom who is trying to quit smoking?

Learn to recognize stressful situations, try deep breathing exercises or meditation, go for a walk, talk with someone, listen to music, or think about setting a positive example for her children.

Activity 1.3 — Drug Use

Rochelle is 19 years old and 4 months pregnant with her first child. Going over her health history she mentions that she takes Xanax everyday. Rochelle says now that she is pregnant she only takes a pill when she feels a little overwhelmed — maybe three times a week.

What is the most appropriate way to help Rochelle?

Listen to her. Let Rochelle lead the conversation. Bring up how she has decreased the number of pills she has taken since finding out that she is pregnant. Ask an open-ended/reflective question about why she thinks it is important that she has cut back. Offer her a referral for a drug abuse clinic or her physician. Control facial expressions and avoid judgmental remarks.

Part 1 Test

(Record your final answers on the answer sheets in the front of this workbook.)

1. Which of the following is *not an* empty-calorie food?
 - A. French fries
 - B. Soda
 - C. Carrot
 - D. Non-dairy coffee creamer

2. What is the best advice for postpartum women who need to lose weight?
 - A. Eat healthfully
 - B. Get regular physical activity
 - C. Manage weight with a healthy attitude
 - D. All of the above

3. Generally speaking, how long should a postpartum woman wait before becoming physically active?
 - A. 2 weeks
 - B. 4 weeks
 - C. 6 weeks
 - D. 12 months

4. True or False?
 - a. Breastfeeding women can drink 3 or more cups of coffee per day.
 TRUE FALSE

 - b. Alcohol will not pass into breastmilk and cause no problems for the infant.
 TRUE FALSE

5. Which of the following can affect a child's health by exposure to second-hand cigarette smoke?
- A. Increased risk of sudden infant-death syndrome
 - B. Recurring ear infections
 - C. Severe respiratory illnesses
 - D. All of the above
6. How long does it take for alcohol to clear from breastmilk?
- A. 30 minutes
 - B. 1 hour
 - C. 90 minutes
 - D. Approximately 2 hours
7. Which of the following are concerns about drinking alcohol during the postpartum period?
- A. Alcohol adds extra calories to the diet and can take the place of important nutrients.
 - B. Alcohol passes into breastmilk and can cause problems for the infant.
 - C. Alcohol can impair a mother's ability to care for her infant.
 - D. All of the above.
8. Which of the following are not effective strategies for managing weight?
- A. Rapid weight loss
 - B. Fad dieting
 - C. Stepping on the scale daily
 - D. All of the above

Activity 2.1 — Quick Check

Cecily has come in for a nutrition counseling session with her two children, the youngest of which is 11 months. During the session, Cecily mentions she's thinking about having another baby. Her current weight and height are 5'4" and 155 pounds.

Determine whether Cecily's BMI is within a healthy range.

What are some points you could bring up with Cecily about the relationship between her current weight and her possible future pregnancy?

Activity 2.2 — Fact or Myth?

What do you think about the idea that it's "natural" for women to gain weight over time?

Activity 2.3 — Case Study

In Cooperstown, New York, 540 women's postpartum weight retention was evaluated 1 year after delivery. The women in the study retained an average of 3.33 pounds. But the range of weight change after 1 year was very broad. One subject was 42 pounds lighter than her pre-pregnancy weight while another was 60.5 pounds heavier than her pre-pregnancy weight (Olson 2003).

How does this study about postpartum weight retention relate to the "lifecourse perspective" of women's weight and their health?

Suggested Answers to Part 2 Activities:

Activity 2.1

Cecily has come in for a nutrition counseling session with her two children, the youngest of which is 11 months. During the session, Cecily mentions she's thinking about having another baby. Her current weight and height are 5'4" and 155 pounds.

Determine whether Cecily's BMI is within a healthy range.

Cecily's BMI is 26.6, which is slightly above the target weight range for someone her height (see the Basic Nutrition Module for information on calculating BMI and healthy ranges).

What are some points you could bring up with Cecily about the relationship between her current weight and her possible future pregnancy?

Now that her youngest child is almost a year old, you might emphasize the unique opportunity Cecily has to set a healthy example for her children. By choosing healthier options and becoming more active, Cecily can reach a healthy weight range and prepare for a healthy pregnancy should she decide to have another baby. While "holding on to the baby weight" is common, it actually puts Cecily at risk for some long term health problems. If she decides to have another baby, it will benefit both Cecily and her baby to get as healthy as possible before getting pregnant.

Activity 2.2

What do you think about the idea that it's "natural" for women to gain weight over time?

Although metabolism may change over time, weight gain of more than 20 pounds is not a normal part of the maturation process. According to a recent report on obesity and overweight, a gain of even 10 to 20 pounds increases a woman's chance of heart disease by 125% and a BMI over 34 can increase her risk of developing endometrial cancer by 600% (HHS, Surgeon General, 2007).

Activity 2.3

In Cooperstown, New York, 540 women's postpartum weight retention was evaluated one year after delivery. The women in the study retained an average of 3.33 pounds. But the range of weight change after one year was very broad. One subject was 42 pounds lighter than her pre-pregnancy weight while another was 60.5 pounds heavier than her pre-pregnancy weight (Olson 2003).

A postpartum woman goes through some dramatic weight changes after pregnancy as her body tries to restore itself to its pre-pregnancy weight and composition; every woman's experience with this is different. If a woman doesn't get back to a healthy weight range after her first pregnancy, it can have negative effects on her future pregnancies – including increased pregnancy complications such as early delivery, gestational diabetes, gestational hypertension, and cesarean section. It can also affect the long-term health of her children, including increased incidence of birth defects, especially neural tube defects. It is critical to help women understand the “big picture,” and recognize the importance of keeping a healthy weight at all stages of life – before, during, and after pregnancy – to protect her health, her child's health, and the health of future children.

Part 2 Test

(Record your final answers on the answer sheets in the front of this workbook.)

- 1a. The number of overweight and obese women in the U.S. is steadily
- Increasing
 - Decreasing
- 1b. Most postpartum women return to a weight that's within _____ of the weight they gained during pregnancy.
- 2–4 pounds
 - 10–20 pounds
- 1c. Women who are overweight or obese before their first pregnancy are _____ to retain postpartum weight.
- More likely
 - Less likely
- 1d. Women who gain excess weight during pregnancy are _____ to retain postpartum weight.
- More likely
 - Less likely
2. Which of the following health risks are not associated with women who are overweight or obese?
- A. Low cholesterol
 - B. Complications during pregnancy (such as early delivery, gestational diabetes, gestational hypertension and cesarean section)
 - C. Infertility
 - D. Heart disease

3. Which of the following are health risks for underweight women?
- A. Osteoporosis
 - B. Infertility
 - C. Menstrual irregularity
 - D. All of the above
4. Which of the following can affect a mother's ability to get back to a healthy weight after pregnancy?
- A. Working outside the home
 - B. Being underweight before pregnancy
 - C. Low education level
 - D. Living in an urban area
- 5a. Women who breastfeed always lose more weight compared to women who bottle feed.
- TRUE FALSE
- 5b. Weight changes during the first 6–8 weeks postpartum tend to be slow and steady.
- TRUE FALSE
- 5c. The period of greatest postpartum weight loss occurs in the first 3–4 months after delivery.
- TRUE FALSE

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6. Which of the following comments would be appropriate to use when talking with a postpartum participant about her weight? Choose all that apply.
- A. "You're going to have to lose at least 30 pounds to get to a healthy weight, and even more would be better. That's a lot, but you can do it."
 - B. "Now that you've had the baby, this is a great time to start making some changes in your eating habits and your activity level."
 - C. "Look at this great diet I found in a magazine yesterday. It said you could lose up to 5 pounds a week."
 - D. "When I had my baby I lost all the extra weight by 6 months. I bet you could do that too."
 - E. "I heard you say that you want to lose the weight by your birthday. It's great that you're ready to make a change, but don't go too fast. It's best to lose weight at a slow healthy rate of 1–2 pounds a week."
7. Which of the following is an appropriate weight loss goal for women?
- A. 3–5 pounds/week
 - B. 4–8 pounds/month
 - C. 1–2 pounds/day
 - D. None of the above
8. When using client-centered counseling strategies to discuss weight with women, the counselor should...
- A. Put the woman's weight goals in perspective.
 - B. Keep the focus on big steps to health and lifestyle habits that will last a long time.
 - C. Remember that the woman being counseled is the expert in her own life.
 - D. Answers A and C.

Activity 3.1 — How Much Do You Know About Folic Acid?

Take a short quiz to test your knowledge about folic acid. Go online to <http://www.cdc.gov> and search Folic Acid Quiz. (<http://www.cdc.gov/ncbddd/folicacid/quiz.html>)

Activity 3.2 — Key Nutrients Quick Check

Identify a food source that is high in each nutrient listed below:

Calcium: _____	Fiber: _____
Folate: _____	Heme Iron: _____
Folic Acid: _____	Non-Heme Iron: _____

Activity 3.3 — Diet Recall

Write down everything you had to eat and drink within the last 24 hours and circle which items are empty calorie foods:

Activity 3.4 – Limit Fat and Simple Sugars

Modify the meals below to create a healthier option.

Breaded fried chicken strips with fried okra and a piece of apple pie:

Club sandwich (turkey, ham, bacon, and cheese) on white bread with potato chips and a coke:

Cheese burger with french fries and a milkshake:

Activity 3.5 — SuperTracker

Visit the MyPlate web page and click on “SuperTracker” located near the bottom center of the page.

<http://www.choosemyplate.gov/>

Located at the top right, click on “Create Profile” and fill out the information. If prompted be sure to indicate whether you would like to maintain your current weight or move toward a healthier weight then click “Submit.”

Click on “My Plan” from the toolbar at the top of the web page to view and print your personal daily food plan which includes your physical activity target, daily calorie limit, and daily food group targets.

Suggested Answers to Part 3 Activities

Activity 3.1 — <http://www.cdc.gov/ncbddd/folicacid/quiz.html>

Activity 3.2 — Key Nutrients Quick Check

Identify a food source that is high in each nutrient listed below:

Calcium: fat-free or low-fat milk, yogurt, cheese, and cottage cheese

Fiber: fruits, vegetables, whole grain breads and cereals, and nuts and seeds

Folate: dark leafy greens, legumes, citrus, asparagus, kidney beans, and avocado

Folic Acid: fortified cereal, multivitamin that contains 400 mcg of folic acid

Heme Iron: lean beef, chicken, or pork

Non-Heme Iron: dried beans, tofu, dried fruits, or fortified cereal

Activity 3.3 — Diet Recall

Write down everything you had to eat and drink within the last 24 hours and circle which items are empty calorie foods:

Empty calorie foods: pastries, pies, doughnuts, chips, cakes, cookies, candy, soft drinks, fruit drinks, etc.

Activity 3.4 – Limit Fat and Simple Sugars

Modify the meals listed below to create a healthier option.

Breaded fried chicken strips with fried okra and a piece of apple pie:

Baked chicken breasts with sautéed squash and an apple.

Club sandwich (turkey, ham, bacon, and cheese) on white bread with potato chips and a coke:

Turkey sandwich with lettuce and tomato on whole wheat bread with grapes and a glass of water.

Cheese burger with french fries and a milkshake:

Lean beef, turkey or veggie burger with low-fat or no cheese, a baked potato and a cup of fruit.

Part 3 Test

(Record your final answers on the answer sheets in the front of this workbook.)

1. Which of the following can deplete nutrient stores during pregnancy or delivery?
 - A. Severe morning sickness throughout pregnancy
 - B. Blood loss during delivery
 - C. Whether she carried and delivered multiple babies
 - D. Whether she's a smoker or uses drugs or alcohol
 - E. All of the above

2. How much folic acid should women of childbearing age consume each day?
 - A. 300 mcg
 - B. 400 mcg
 - C. 500 mcg
 - D. 800 mcg

3. Why is an adequate intake of folic acid important for women of childbearing age?
 - A. Folic acid helps prevent some cancers and heart disease.
 - B. Folic acid helps prevent osteoporosis.
 - C. Folic acid helps prevent neural-tube defects.
 - D. Folic acid helps prevent anemia.

4. Calcium needs are highest during the teenage years.
 TRUE FALSE

5. Our body is able to absorb all the iron we eat.
 TRUE FALSE

6. Most women should consume about 8–12 cups of fluids every day.
- TRUE FALSE
7. Which nutrient increases iron absorption?
- A. Vitamin A
- B. Fiber
- C. Vitamin C
- D. Calcium
8. Which meal option has the richest source of iron?
- A. Garden salad with a baked potato and a diet coke
- B. Spaghetti with marinara sauce and a glass of milk
- C. Multi-grain tuna sandwich with string cheese and a glass of tea
- D. Whole wheat chicken sandwich with grape tomatoes and a glass of orange juice
9. Breakfast is a great way to get your metabolism up and running. Which breakfast option would you choose if you wanted a meal high in fiber?
- A. Oatmeal with dried fruit and nuts
- B. Banana nut muffin and a cup of coffee
- C. Egg and sausage taco
- D. Blueberry pancakes with maple syrup
10. What is an “empty-calorie” food?
- A. Foods that provide high nutritional value and are low in calories
- B. Foods that contribute calories without providing many other nutrients
- C. Foods that provide the full range of essential nutrients
- D. Nutrient-dense food

Activity 4.1 — Gestational Diabetes

1. Gestational diabetes is diabetes that occurs during which time period?
 - A. Pregnancy
 - B. Infancy
 - C. Menopause
 - D. Adolescence

2. Which of the following is considered a risk factor for gestational diabetes?
 - A. Age
 - B. Obesity
 - C. Family history of diabetes
 - D. All of the above

3. True or False?
_____ Gestational diabetes usually goes away after pregnancy.
_____ Gestational diabetes is caused by lack of insulin.

Activity 4.2 — Postpartum Depression

1. Which of the following is the most common form of postpartum depression?
 - A. Postpartum depression (non-psychotic)
 - B. Postpartum blues (baby blues)
 - C. Postpartum psychosis
 - D. Depression

2. True or False?

_____ A woman with a history of postpartum depression is at greater risk of experiencing recurrent depression, especially in future pregnancies.

_____ Symptoms of postpartum blues usually appear 4-6 weeks after delivery

3. Which of the following is NOT a symptom of postpartum blues (baby blues)?

- A. Mood swings
- B. Periods of delirium or mania
- C. Irritability
- D. Difficulty sleeping
- E. Difficulty eating

Activity 4.3 — Teenage Pregnancy

Chelsea is 15 years old and pregnant with her first child. She enters your office for nutritional counseling. She is apprehensive and very nervous about her pregnancy. She explains that her parents are upset with her and they feel she has ruined her future. She reports she has not had much of an appetite lately and has been skipping meals.

- A. What can you do to build rapport with Chelsea?
- B. What suggestions could you make to encourage Chelsea to improve her eating habits?

Suggested Answers to Part 4 Activities

4.1 — Gestational Diabetes

1. Gestational diabetes is diabetes that occurs during which time period?

A. Pregnancy

2. Which of the following is considered a risk factor for gestational diabetes?

D. All of the above

3. True or False?

T Gestational diabetes usually goes away after pregnancy.

F Gestational diabetes is caused by lack of insulin.

4.2 — Postpartum Depression

1. Which of the following is the most common form of postpartum depression?

B. Postpartum blues (baby blues)

2. True or False?

T A woman is at greater risk of experiencing recurrent depression, especially in future pregnancies

F Symptoms of postpartum blues usually appear 4–6 weeks after delivery

3. Which of the following is NOT a symptom of postpartum blues (baby blues)?

B. Periods of delirium or mania

4.3 — Case Study

Chelsea is 15 years-old and pregnant with her first child. She enters your office for nutritional counseling. She is apprehensive and very nervous about her pregnancy. She explains that her parents are upset with her and they feel she has ruined her future. She reports she has not had much of an appetite lately and has been skipping meals.

a. What can you do to build rapport with Chelsea?

Call her by her first name, be accepting of her situation and, if possible, speak with Chelsea one-on-one and offer her multiple choices.

b. What suggestions could you make to encourage Chelsea to improve her eating habits?

Make her feel responsible and important with regard to growing a healthy baby. Offer referrals to a physician or support group if she seems depressed. Encourage her to try to eat several small meals throughout the day. Make healthy snack suggestions — small things she can carry around to stimulate her appetite (carrots sticks, fruit, or peanut butter and jelly sandwich on whole wheat bread).

Part 4 Test

(Record your final answers on the answer Sheets in the front of this workbook.)

1. Gestational diabetes is _____ and it _____ go away after the baby is born.
 - A. Low blood pressure, most likely will
 - B. High blood sugar, will not
 - C. High blood sugar, most likely will
 - D. Low blood pressure, will not

2. Which of the following are risk factors of gestational diabetes and type 2 diabetes?
 - A. Being obese
 - B. Have a family history of diabetes
 - C. Having had gestational diabetes during a previous pregnancy
 - D. All of the above

3. Generally speaking, how often should a woman who had gestational diabetes have her blood sugar checked?
 - A. Every month
 - B. Every 6 months
 - C. Yearly
 - D. Approximately every 3 years

4. Which of the following is the most common form of postpartum depression?
 - A. Postpartum depression (non-psychotic)
 - B. Postpartum blues (baby blues)
 - C. Postpartum psychosis
 - D. Depression

5. True or False?
- a. WIC staff are not qualified or authorized to diagnose postpartum depression.
 TRUE FALSE
 - b. Baby blues symptoms usually go away within a few weeks after delivery.
 TRUE FALSE
6. True or False?
- a. When a woman experiences a miscarriage, listening is the best thing WIC staff can do.
 TRUE FALSE
 - b. Women who have a baby with a serious birth defect are likely to become overwhelmed and therefore, are in greater need of referral services.
 TRUE FALSE
7. Which of the following statements is true of teen mothers?
- A. More likely to seek early prenatal care
 - B. More likely eat a poor diet
 - C. Less likely to experiment with alcohol and drugs
 - D. Higher risk of giving birth to a premature baby
 - E. B and D
8. What is the purpose of family planning for a postpartum woman?
- A. Avoid a closely-spaced pregnancy
 - B. Save money
 - C. Replenish depleted nutrient stores
 - D. Save time
 - E. A and C

Activity 5.1 — Research Your Resources

1. Visit the "VENA" web page, which can be found on the Texas WIC website under "Memos, Policies, and Resources."
2. Take a moment to explore the resources on the VENA webpage.
3. Under "Texas WIC Resources," take a moment to explore the "VENA Resource Documents & Tools" section.
4. Click on "VENA Tips for Counselors and Trainers." Read this document and answer the following question (hint: look under Tips for Trainers):

What is the ideal percentage of time a client should talk during a counseling session?

Activity 5.2 — Quick Check

Andrea is pregnant with her third child. During her nutrition counseling session, Andrea brings up how painful the birth of her second son was. You are completing her VENA documentation form as she is talking and you notice that Andrea has gained more weight than the IOM guidelines say she should. You begin to pull out handouts about pregnancy and weight gain.

- a. Are you actively listening to Andrea? Why or why not?
- b. What are some examples of things you could say to show Andrea you are listening to her and address her concerns?

Activity 5.3 — Quick Check

List an example of a counseling strategy for each of the following that would be appropriate to a teen's age and needs.

Open-ended Questions	
Affirmation or validation of her feelings	
Offering materials or handouts	

Activity 5.4 – Case Study

In a counseling session, Irma – a breastfeeding WIC mom – enters your office frustrated and irate. She explains the appointment has already taken a long time, and that she needs to be done soon so she can get to her second job. Based on her health history you’re concerned about Irma’s weight which has increased steadily since she had Mark, her healthy 9 month old. She seems distracted and doesn’t respond easily to your open-ended questions. After allowing silence for a few moments:

- a. What can you do to help build rapport with Irma?

- b. What is one way you could engage Irma in a conversation?

- c. Based on what you know of her situation, what are some suggestions you could make to help make postpartum weight loss practical and realistic for Irma?

Suggested Answers for Part 5 Activities

5.1 — Research your Resources

4. Click on “VENA Tips for Counselors and Trainers.” Read this document and answer the following question (hint: look under Tips for Trainers):

What is the ideal percentage of time a client should talk during a counseling session?

Ideally, a client should talk 50% of the time during a counseling session.

5.2 — Quick Check

Andrea is pregnant with her third child. During her nutrition counseling session, Andrea brings up how painful the birth of her second son was. You are completing her VENA documentation form as she is talking and you notice that Andrea has gained more weight than the IOM guidelines say she should. You begin to pull out handouts about pregnancy and weight gain.

Are you actively listening to Andrea? Why or why not?

a. If you are documenting the session and preparing handouts while Andrea is talking, you are letting your ideas of what is important guide the counseling session. In order to be more client-centered, listen for opportunities to discuss a topic that Andrea is concerned about and try to integrate important nutrition education when possible.

It seems as if Andrea is concerned about a painful birth experience she had in the past. This is an emotional topic which could lead to meaningful discussions. In a vulnerable time like pregnancy it's a good idea to establish rapport with Andrea, letting her guide the discussion. Because you're a confident counselor, you can eventually bring the conversation back around to healthy weight gain during pregnancy. Because you've earned Andrea's trust by talking honestly about a topic important to her, she might be more open to your suggestions that she can take home and put into practice.

What are some examples of things you could say to show Andrea you are listening to her and address her concerns?

b. Using open-ended questions, you can address her concerns by asking something like the following,

“Tell me more about your previous pregnancies.”

“How are you feeling about this pregnancy?”

“How do you typically deal with things that are a little scary?”

5.3 – Quick Check

Open-ended Questions	“What kinds of things have you heard about breastfeeding?”
Affirmation or validation of her feelings	“That’s a good idea. By asking your friends about their breastfeeding experiences, you’re developing a circle of support for when you need it.”
Offering materials or handouts	“Well, I have some information here on breastfeeding. Is it okay with you if I share it?”

5.4 — Case Study

In a counseling session, Irma — a breastfeeding WIC mom — enters your office frustrated and irate. She explains the appointment has already taken a long time, and that she needs to be done soon so she can get to her second job. Based on her health history, you're concerned about Irma's weight, which has increased steadily since she had Mark, her healthy 9 month old. She seems distracted and doesn't respond easily to your open-ended questions. After allowing silence for a few moments:

- a. What can you do to help build rapport with Irma?

As a counselor, you can immediately empathize with the long wait and the difficulty Irma must be having trying to coordinate her WIC appointments into her busy life. Try to listen to what she says as well as the feelings behind her words. Try to ask open-ended questions about the real issue or challenges with Irma today, which may not be about anything nutrition-related. Acknowledge that you've heard her and reassure her that it's okay for her to feel the way she does and that you'll do your best to help her.

- b. What is one way you could engage Irma in a conversation?

In order to get Irma talking, you could focus your open-ended questions on the first issue that appears to matter to her — the long wait and/or her need to get to her second job. You could say something like "It sounds like you're a very busy mom and I'm so grateful you've taken a little time today to focus on your health and on Mark's health. It's hard to think about staying healthy when we're busy, isn't it? Tell me what a typical day looks like for you?" Once you get her talking about a "typical day," you might be able to relate the lack of time or hectic schedule to her health.

- c. Based on what you know of her situation, what are some suggestions you could make to help make postpartum weight loss practical and realistic for Irma?

To keep your counseling session client-centered, consider asking Irma if she would like any information on staying healthy as a busy mom with a hectic schedule. If she'd like information, provide a list of options and be sure to include Irma in finding solutions that would work for her. If she thinks it would be helpful and practical, consider offering her 1–2 quick, healthy meal ideas or 1–2 ways to work short bursts of activity into Irma's day with a goal of at least 30 minutes a day. Be sure to listen actively to Irma to make these ideas fit into her lifestyle and match her preferences.

Part 5 Test

(Record your final answers on the answer sheets in the front of this workbook)

1. Identify whether the following questions are open-ended or close-ended questions.
 - a. Do you cook? _____
 - b. Tell me about your day yesterday. _____
 - c. What kinds of exercise or physical activities are you interested in?

 - d. Are you ready to quit smoking? _____
 - e. Do you like to walk? _____
 - f. How do you try to adjust for your lack of sleep? _____

2. Which of the following are examples of effective individual counseling strategies? Choose all that apply.
 - A. Using close-ended questions.
 - B. Gathering pamphlets while a mother is talking to you.
 - C. Paraphrasing what the mother says by saying something like: "You're wondering..."
 - D. Pointing out that a woman's concern is silly or that she shouldn't feel a certain way.
 - E. Educating the woman by giving her lots of pamphlets and information on all the topics that might apply to her.
 - F. Asking yourself if your suggestions will be practical and realistic for the client.

3. Which of the following statements does not validate a new mother's feelings?
 - A. Many women feel the same way.
 - B. You shouldn't feel nervous.
 - C. That's a common concern.
 - D. A lot of new moms go through the same thing with their babies.

4. Which of the discomforts or physical changes below can occur during the early postpartum period?
- A. Lochia
 - B. Constipation
 - C. Fatigue
 - D. All of the above
5. A counselor's role in the counseling session is to gently guide the conversation towards the topics that the counselor thinks are most important.
- TRUE FALSE
6. People only need the right knowledge to make healthy choices.
- TRUE FALSE
7. Reflective listening is a way to let a WIC client know that the counselor has heard the client by repeating back important topics.
- TRUE FALSE
8. Which of the following is an example of empowering a client through education?
- A. Identify the mother's issue for her and present a solution to her problem.
 - B. List practical, realistic options.
 - C. Provide simple, uncomplicated advice based on the mother's concern.
 - D. Answers B and C
9. Hormonal changes, lack of sleep, and new responsibilities can lead to feelings of anxiety, depression, and general emotional distress during the postpartum period.
- TRUE FALSE
10. Adult learners are likely to resist information if they feel it doesn't pertain to them and their specific needs.
- TRUE FALSE

Congratulations!

You have completed the Women's Health Module so give yourself a pat on the back! We hope you now have a better understanding of how healthy eating habits, physical activity, and weight maintenance form the basis of a healthy lifestyle and help prevent long-term disease. We wish you success — not only in promoting these concepts with WIC clients but also in achieving your own personal health goals.



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