

# *Healthy Moms:*

## *Personal Steps to a Healthier Lifestyle*



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# Introduction

Thank you for coming in today, and agreeing to participate in the Healthy Moms Research Study. You are participating in a research project to learn how to improve health behaviors in women. Your involvement is very important.

This research project has several parts. You completed the first two parts when you filled out the initial survey at your first postpartum visit and when you participated in a face-to-face interview with a researcher.

Today, you will be given this HEALTHY MOMS workbook. It describes steps to help you change health behaviors. We will have the chance to talk about several health topics.

## *You will be asked to:*

- ✓ Write in this workbook as you complete each step
- ✓ Bring the workbook with you when you return for your second visit
- ✓ Keep this workbook for future use

You are encouraged to ask questions along the way.

*Cue card 1*

## *Let's begin...*

# Summary of Your Health and Health Habits

The first step in this workbook is a discussion of your health habits. This page summarizes the information you provided in your interview with the researcher.

## Exercise

Days per week you exercised:

Vigorous

\_\_\_\_\_ Days of vigorous activity  
\_\_\_\_\_ Minutes of exercise per day

Light or Moderate

\_\_\_\_\_ Days of light or moderate activity  
\_\_\_\_\_ Minutes of exercise per day

## Tobacco used in last 30 days

☐ No ☐ Yes ☐ N/A

Average # cigarettes smoked per day in past 30 days:

\_\_\_\_\_ Smoked per day

## Alcohol use

### Postpartum

Drinking days:

\_\_\_\_\_ Days in the 28 days prior to the researcher interview

\_\_\_\_\_ Binges ( $\geq 4$  standard drinks) in the 28 days prior to researcher interview

### During Pregnancy

Alcohol consumed: ☐ Yes ☐ No ☐ N/A

Drinking frequency: \_\_\_\_\_ Times per week in the first 3 months

Drinks per occasion: \_\_\_\_\_

Frequency of binge drinking: \_\_\_\_\_ Occasions of  $\geq 4$  drinks during pregnancy

## Alcohol Issues

Concern from others about alcohol use; been asked to cut down:

☐ Yes ☐ No ☐ N/A

Annoyed by criticism of drinking:

☐ Yes ☐ No ☐ N/A

Feelings of guilt or remorse after alcohol use:

☐ Yes ☐ No ☐ N/A

Needed first drink in the morning ("eye opener") to get going:

☐ Yes ☐ No ☐ N/A

# Summary of Your Health and Health Habits

## Other drug use

Drug use:      Ever:      ☐ Yes      ☐ No      ☐ N/A  
Last 30 days:      ☐ Yes      ☐ No      ☐ N/A

Cue card 2

## Family history

Family history of alcohol or other drug abuse:

☐ Yes      ☐ No      ☐ N/A

Comments:

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## Depression

Comments:

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## Breastfeeding

☐ Yes      ☐ No      ☐ N/A

## Using birth control

☐ Yes      ☐ No      ☐ N/A

## Intending future pregnancy

☐ Yes      ☐ No      ☐ N/A

Are there health behaviors (e.g. exercise, tobacco use, alcohol use) for which you would like some help or advice from your doctor?

☐ none      ☐ exercise      ☐ tobacco use      ☐ alcohol use

Please arrange a time to talk with your health care provider about any questions or concerns you have regarding your health such as exercise or tobacco use. For the remainder of your visit today we'll be talking about alcohol use.

# Overview of Intervention

This research study consists of the following:

- 2 face-to-face visits with a health care provider. Today is one of those visits.
- 2 follow-up phone calls. You will be called once by a clinician after each visit.

## *Visit # 1 will include the following parts:*

Learning about the harmful effects of alcohol \_\_\_\_\_ *Part 1*

For you

For your baby

Learning about what is low-risk drinking \_\_\_\_\_ *Part 2*

What is a standard drink

Learning about the different levels of drinking \_\_\_\_\_ *Part 3*

Making an agreement about your drinking \_\_\_\_\_ *Part 4*

Keeping track of your drinking habits \_\_\_\_\_ *Part 5*

Introducing the take-home exercises \_\_\_\_\_ *Part 6*

Consider reasons to cut down or quit drinking

Identify risky situations

How to handle risky situations

## *Visit #2 will include:*

Review from visit #1 \_\_\_\_\_ *Part 1*

Alcohol use and drinking goal

Take-home exercises

→ Consider reasons to cut down

→ Identify risky situations

→ How to handle risky situations

Developing a Self-Help Action Plan \_\_\_\_\_ *Part 2*

1. Get support

2. Find alternative beverages

3. Learn how to say "no"

4. Develop home strategies

5. Stay active

6. Reward yourself

7. Select an effective birth control method

8. Continue to review your alcohol use

# *Learn About the Harmful Effects of Alcohol Use*

We often forget that alcohol is a powerful drug because it is widely used. Drinking alcohol can harm your physical health, and negatively affect your behavior and relationships. If you are breastfeeding, it may also affect your baby. The list below shows some problems that may result from your drinking:

## *For you:*

- Sleep problems
- Stomach pain
- Financial problems
- Arrests for drunk driving
- Blackouts
- Poor decision-making
- Depression
- Relationship problems
- Accidents/injuries
- Sexually transmitted diseases
- Car crashes
- Headaches
- Lost work or productivity

Many of these problems can often be reversed or improved if you quit or cut down on your drinking!

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If you are planning on becoming pregnant in the future, the list below shows some problems that your baby may have if you are drinking during your pregnancy:

## *For your baby:*

- Premature birth
- Low birth weight
- Motor skill delays
- Short in height
- Memory difficulties
- Poor judgment
- Learning problems
- Birth defects
- Feeding problems
- Attention problems/hyperactivity
- Language problems
- Hearing and vision loss

Alcohol can affect your baby's development—even in the first weeks before you know that you are pregnant. Some of these problems are permanent. Although there is no known safe limit of alcohol that can be consumed during pregnancy, any time that you quit during pregnancy can have positive effects.

*Cue card 3*

# What is Low-Risk Drinking?

Visit 1  
Part 2

## *A Sensible Limit Includes:*

- Drinking no more than 1-2 standard drinks per day, and no more than three times per week
- Drinking no more than 3 standard drinks at any one time
- Drinking no alcohol at all if you are pregnant, breastfeeding, or planning to become pregnant soon
- Drinking no alcohol if you are sexually active and not using some form of contraception
- Drinking no alcohol if you plan to drive, are taking certain medications, have a history of alcohol or drug dependence, or if you have certain medical conditions
  - Examples of medications that should not be taken with alcohol are:
    - Tylenol
    - All Antidepressants
    - All Sedatives
  - Examples of medical conditions that can be affected by alcohol use are:
    - Diabetes
    - High Blood Pressure

## *What is a Standard Drink?*

These drinks, in normal measures, contain roughly the same amount of pure alcohol. You can think of each one as a standard drink.

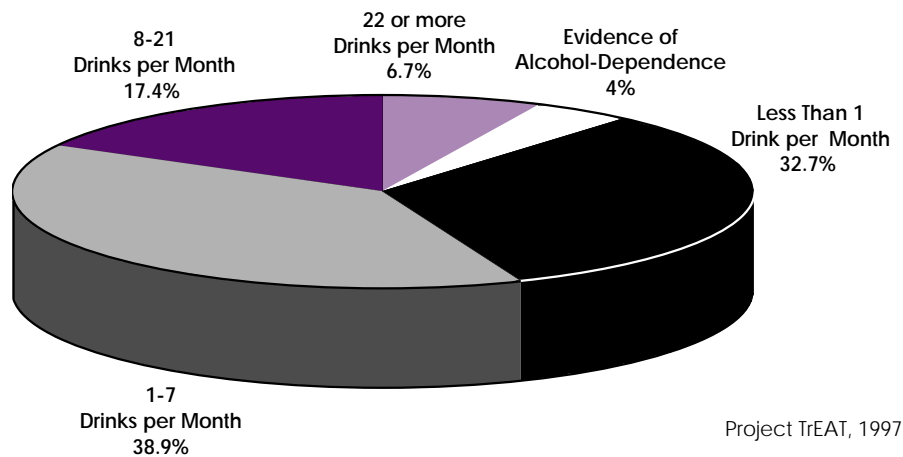


You can see that one type of drink is not “more alcoholic” than another. We will use the term “standard drink” throughout this guide.

## Learn About Women's Levels of Drinking in Wisconsin

It will be helpful to know about the amount of alcohol consumed by women in Wisconsin, including yourself. The purpose of the chart below is to help you compare your drinking with other women's alcohol use patterns.

*Frequency of Alcohol Use*



*\*In a sample of 5,979 women of childbearing age coming into a clinic to see their primary care physician.*

Cue card 4



# Make an Agreement About Your Drinking

Visit 1  
Part 4

The purpose of this step is to decide on a drinking limit for yourself, for a particular period of time. A reasonable goal for some people is abstinence—this means not drinking any alcohol at all.

As you develop this agreement or contract, consider the following:

- How many standard drinks are safe for me at this time in my life?
- How frequently is it safe for me to drink?
- For what period of time will this agreement be followed?
- Who should I involve in this agreement?



## Drinking Agreement

Date \_\_\_\_\_

I, \_\_\_\_\_

Agree to the following drinking goal:

Number of drinks: \_\_\_\_\_ Frequency: \_\_\_\_\_

OR

☐ Abstinence

Period of time to cut down or quit: \_\_\_\_\_

Participant signature: \_\_\_\_\_

Clinician signature: \_\_\_\_\_

# Keep Track of Your Drinking Habits

One way to track how much you drink is by using drinking diary cards. An example of a card is displayed below. One card should be used for each week between now and your next visit. Record the number of standard drinks you consume each day in the appropriate square. Use the guide on page 5 as the definition of "a drink."

At the end of the week, add up the total number of each type of drink you had in the shaded column on the far right. Then, add up each box in the shaded column for your week's total. Enter that number in the area below the table.



*Keep a record of what you drink over the next 7 days*

Date \_\_\_\_\_

	Beer/Ale Malt Liquor	Spirits Hard Liquor (e.g. Vodka Whisky)	Wine	Wine Cooler	Liqueur or Sherry	TOTAL
Monday	✓✓			✓		3
Tuesday						
Wednesday						3
Thursday				✓		4
Friday		✓✓		✓		
Saturday	✓✓✓					
Sunday						
Weeks TOTAL:						10

*Sample*

# Introduction to Take-Home Exercises

Visit 1  
Part 6

So far we have discussed the harmful effects of alcohol use, your drinking habits, and your reasons for cutting back or abstaining. You also set a drinking limit goal. In your next visit, we will develop your own personal Self-Help Action Plan to meet your drinking limit goal. The three take-home exercises will help you get ready for your last visit. They are important to complete because:

- ✓ They will help you find personal reasons for changing your drinking habits.
- ✓ They will help you identify the specific situations and moods that make you want to drink.
- ✓ They will help you find ways, of your own choice, not to drink when you are tempted.

The answers that you give in the take-home exercises will be important in the development of an action plan that works for you, so please take time to think carefully about each question in the exercises.

Remember to bring this guide (including the completed exercises) and your diary cards with you to your next visit.

Between now and your next appointment, we will call you to check on your progress.

Quite a bit of information has been covered so far. Changing your lifestyle, especially your drinking pattern, can be very challenging. The first few weeks can be the most difficult.

The following tips may be helpful:

- ☐ If you have not already done so, please make an appointment for your next visit **BEFORE** leaving the clinic or doctor's office today.
- ☐ Remember your drinking agreement goal: \_\_\_\_\_
- ☐ Keep track of your drinking by using the diary cards. If you lose your cards, just keep track on a piece of paper.
- ☐ Every time you are tempted to drink more than your "Drinking Agreement" states and are able to resist, congratulate yourself on your accomplishment.
- ☐ Some people have days during which they drink too much. If that happens to you, don't give up!
- ☐ Read this workbook frequently.
- ☐ The follow-up visit is very important. Please remember to return for the next visit and to bring this workbook with you.

Your next appointment is on: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Name of Provider: \_\_\_\_\_

Clinic Phone Number: \_\_\_\_\_

## Visit 2

Part 1

# Discussion Points

### *Review of your alcohol use and drinking goal*

We will begin by talking about how you have been doing since your last visit. If you kept track of your alcohol use on the drinking diary cards you were given, they will be reviewed.

If you didn't complete the drinking diary cards, your health care provider will help you complete them for the previous two weeks. It would be a good idea to continue to use these cards to help you stick to your drinking goal.



Comments:

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### *Review three Take-Home Exercises*

- ✓ Consider reasons to cut down or quit drinking
- ✓ Identify risky situations
- ✓ How to handle risky situations



Comments:

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# Create a Self-Help Action Plan

Now it is time to fill out your own personal Self-Help Action Plan. As you fill out each section that follows, remember all the reasons why you want to change and the health benefits that will result from your hard work.

## 1. Get Support

One approach many people use to change their habits is to enlist the support and encouragement of other people. If you believe that the support of others would be helpful, ask someone you trust, like a family member, friend, relative, nurse, or religious leader to help you. Explain that you are trying to quit or reduce your drinking.

Another approach is to create a "Buddy System" with one or two other people who also want to quit or reduce their drinking. You can encourage each other as you change your drinking habits.

A third approach is to find an established self-help group. When you began this research study, you were given a list of resources in your area. Please ask if you would like another resource booklet.

If you decide to get support, write the names of the individuals or groups who can support you as you change your drinking habits.



**When I feel I need support, I will contact**

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If you choose a support person rather than a group, provide that person the "Guidelines for Helpers" tip sheet that is located in your folder.

# Create a Self-Help Action Plan

Visit 2  
Part 2

## 2. Find an Alternative Beverage

List below nonalcoholic drinks you like. Be sure to make choices that are likely to be available in situations when you would order an alcoholic drink. Consider trying new ones so you have a variety of choices.



Instead of an alcoholic drink, I will order:

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## 3. Learn How to Say NO

Learning how to say "no" is one of the most effective steps in changing your drinking. Practice different ways to refuse a drink politely (ask friends and family members to help you practice). Some reasons you could use include:

- ➔ "My doctor thinks that if I stop drinking it might help reduce my high blood pressure, stomach pains."
- ➔ "I'm taking medication that doesn't mix with alcohol."
- ➔ "I'm cutting down to feel better."
- ➔ "No thanks, I'm driving."
- ➔ "I've quit drinking."

Maybe other reasons would work for you. Write some reasons that you would feel comfortable using when you say "no."



I can say "no" when offered a drink because:

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## Create a Self-Help Action Plan

### 4. Develop Home Strategies

Most people find it easier to change their drinking habits if they don't keep alcohol in the house. If you are used to drinking to help you relax when you get home, think about other ways to relieve the day's tensions. For example, listen to your favorite music, exercise, spend time with your baby, or talk with family or friends.



To reduce my stress level, I will:

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### 5. Stay Active

Most of us plan our lives so we have something to look forward to when we're done with our work. For many people, drinking is really a way of filling that time. When you stop drinking, you may not know what to do with the extra time. Boredom can become an unexpected problem—and a trigger for drinking.

With planning and practice, you can learn to enjoy your new free time. You can spend more time with your baby and family, explore a new hobby, begin to exercise regularly, spend time volunteering in your community, or spend more time with friends. What would you do if you had more time?



If I had more time, I would:

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# Create a Self-Help Action Plan

Visit 2  
Part 2

## 6. Reward Yourself

Any lifestyle change is challenging—especially with a new baby in the house! When you start to see success, reward yourself. Rewards can help you balance the feeling that you are depriving yourself of something. In fact, you're gaining something very important to you, your family, your workplace, and your community.

One way to reward yourself is to use the money you would have spent on alcohol for other things. Just don't use an alcoholic drink as a reward!



I'm going to reward myself by:

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## 7. Select and Effective Birth Control Method

Remember, the only way to prevent alcohol-related birth defects is not to drink when you are pregnant! If you are planning on becoming pregnant, it is very important that you stick to your plan.

Don't drink alcohol while you are trying to become pregnant, during your pregnancy, or while you are breastfeeding.

Drink sensibly and use a reliable method of birth control if it is not your intention to become pregnant.

- ➔ If you are not using contraceptives regularly, ask yourself why not.
- ➔ If you need more information, be sure to ask your health care provider.
- ➔ Think about the different contraceptive methods available to you. Which one would best fit with your lifestyle?

## *Create a Self-Help Action Plan*

Remember, there is no safe drinking level during pregnancy. You are now making two important decisions. The first decision concerns your own health and the second decision affects the life-long health of any baby you might carry.



My decision is to:

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### *8. Continue To Review Your Alcohol Use*

Look at your progress over time! In the coming weeks, please continue to record the drinks you consume on your diary cards. This will help you to track how much and how often you drink. Do this as long as it is helpful.

*Congratulations...*  
*you have just completed your*  
*Personal Self-Help Action Plan!!*


You are well on your way to changing your drinking behavior. As you know, this takes work! Your clinician will call you in the next several weeks to offer encouragement and to see how you are doing.

A researcher will be contacting you by phone several times to ask you questions regarding your health habits. You will be paid \$25 for each phone interview you complete with the researcher.

If you have any questions about your participation in this research study, please contact the Healthy Moms Project at (608) 263-4550.

*Thank you for your help  
with this research study.*

*It is only with the  
involvement of people like  
you that we are able to  
improve patient care.*



This workbook is based on the work of Paul Wallace and  
Andrew Haines (1988), Michael Fleming (1997),  
and the publication,  
Personal Steps to a Healthy Choice: A Woman's Guide  
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