

How well does our diet, exercise and self-care advice match with your reality?

P: Hmm that's a toughie [laughs]. Uh, most of the time when I try to get my stress down, when I need to, but most of the time, I don't get like 20, 25 minutes to myself. I, I'm thankful at least for 10 or 15 minutes, 'cause when he knows that I'm gettin' really er- they're frustrated he knows I'd walk around the house for at least 15 minutes.

P: Yeah, well actually I get like maybe 10 minutes to myself before they all come storming in the bathroom sayin' mom we need to go to the bathroom! I need to jump in! [laughs] 'Cause with my daughters I mean there is no patience with them, I mean I'll start out by myself but with my 6 year old and the 5 year old that are on top of, well I gotta get to school, they'll just start gettin' undressed and gettin' in [laughs]. And then they'll start shampooing and I'll be looking at them, I'm like, ok well I guess I'm done [laughs].

P: Um, me as far as me puttin' time for me, it's not happenin'

P: I'm gonna be honest about it, it, it don't. And then when I do...then I feel bad. I feel, I mean, I don't know, I guess just because...I don't wanna take away from my kids, I guess.

P: Y'know and my aunts get mad at me

F: They do?

P: They, they get mad at me because they tell me you gotta take care of yourself in order to take care of them, and it's hard to do, I - I can't, I mean I've done it a few times to where I put myself into the diabetes prevention program: And y'know that was, that was a good thing for me y'know I was talkin' to them about eating healthy and y'know we're walking and we're all walking and y'know including them. And then um...I just... I don't know it's hard for me to, to put me. Me first, it's somethin' that I have a hard time doin. And ...I know I gotta work on that.

F: Um hm, and so, and you had had gestational diabetes?

P: Yeah

F: Do you have diabetes now?

P: No I just recently did my checkup and everything, and everything's really low.

F: Good

P: And it's just the weight part, and part of the weight part is because of the Nexplanon

P: Y'know 'cause you don't have your menstrals, you don't y'know so um, that causes weight gain too, so but. I'm kind of in a...catch 22 with that because I don't wanna, I don't, I can't have any more babies, S..

P: But, and I talked to the, to my lifestyle coach about that and she's like, well there's...y'know sometimes that's what effects it has um, y'know some women is, y'know makes 'em gain a lotta weight,

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y'know and I'm like, yeah and I told her, I said well I'm eating better, I said, but it's and she goes but that's what that medication does to your body so there's nothin' you can do about it, so, yeah.

P: I don't normally (get time to myself). I can take 'em over to my mom's or whatever but I don't get as much time as I would like. Even when I'm reading my kids are walking up to me and trying to get my attention and my husband's always trying to get me to go out of the house and do something and I'm just like, what is there for me to do? My best friend has a boyfriend and is always hanging out with him and there's nowhere to go here in town and y'know we don't have any money, so what am I gonna do? Then I go over to my mom's and like sit there over at my mom's – it doesn't really help that much. So if I wanted to do anything it would take cash, so...

P: The funny thing is I don't stress too much.

F: OK

P: I mean, right now, I'm a little more stressed than normal because of the whole only having the \$450, we're almost out of food at home, we've still got 4 more days since our food stamps get re – uh, we get more food stamps.

F: It gets reloaded on your card

P: Yeah, so, we have, we have a dollar or something on our food stamps. So I think that's gonna end up being used for bread, because, but we have like a little bit of cereal, a little bit of oatmeal, y'know it's a little more stress because they're – we don't have the money to buy more food, and so.

F: Um hm, well today's the first can you use your WIC vouchers?

P: I use my WIC vouchers, the only one that's on WIC is my son, my youngest

P: So I was able to get him food thankfully, but

F: Oh you're right, yes I forgot the other 2 are too old, so

P: They graduated

P: I try not to eat too much, food needs to go to the kids than it needs to go to me, so

P: Uh, it's not really realistic considering what we have in our house right now. I mean we do have some food like I can put together spaghetti or – all we have for breakfast food is [laugh] well we have bacon, but I don't see me making bacon without any eggs

F: Ok

P: Um, but we have cereal, we have a little bit of uh, oatmeal, but that's all I have for breakfast stuff

P: And then I can make spaghetti, I think I have stuff for stew, biscuits, um...and if push comes to shove, I can always ask my mom. My mom could walk into a bare kitchen and make a gourmet meal, I swear. So if I really needed help I could just have her come over and help her pick out food for a meal. Yeah I

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swear it feels like it sometimes, she we can walk in, me and my brothers and sisters would go again and be like, if there's nothing to eat and she'd go in and make goulash or something and we're like, how did you do that? There was nothing in the kitchen

P: Or I could make hot dogs too, don't have any hot dog buns, but ...

P: Yeah, it's uh, beef hot dogs though my kids don't like it. My husband loves the beef hot dogs, but my kids don't.

F: Um hm, um hm, it just seems like you're really working hard to make do

P: Well we have until we can get more. I'm just hoping my food stamps go up. I re-upped her food stamps, but that doesn't start 'til November. So I'm hoping that I don't get another \$450, I don't know if I could...do it

P: I just have to not buy sweets I guess

F: Um hm, so more of the staples then

F: Um and how about exercising, cause that's the other piece that we give, y'know exercise, being physically active, y'know it doesn't have to be going to the gym or anything like that

P: I'm not very physically active. I have my mom thinks I have, um, depression problems and I probably do.

F: Do you think so? It seems like you think that might be true too...

P: Uh yeah, there are times when I get into a funk and I can't tell you why, I just, I don't want to do anything with anyone or, I just want everyone to stay away from me

F: Um hm, and have you talked to anybody about that, that concern?

P: Not really, I try to keep my problems to myself for to the most point

F: Ok, ok.

P: Cause my husband already stresses enough

F: He stresses out a lot

P: Oh, does he ever

F: Ok

P: [sighs]

F: And so you don't, you don't want to tell him that on top of it?

P: Yeah he already stresses out enough about being – not having enough money or not having enough hours to provide for the family. I mean a couple days ago he was stressing out because we only have

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\$23 in the bank in his bank account, and so we needed gas, he needed cigarettes because he smokes like a chimney cause he's always stressed out about this or that [sighs]

F: Yeah, so it's just hard times...

P: Well, he stresses out, I mean, he doesn't always talk to me about what he stresses out about because I'm just – I, I've always been of the attitude, y'know whatever happens happens and eventually things will kind of turn out OK because that's how they've always been my entire life. Everything turns out ok.

F: Um hm, yeah. So that's sort of your life perspective, that it's really hard but then in the end, things will

P: Everything will pick back up, something will happen, or, I've had so many times we're like low on cash or somethin' and someone somehow, somethin' ends up y'know, one time we were havin' money trouble and I got a check in the mail, or he got a check in the mail for something. Which is something we totally forgot we had or whatever. And we had just enough to cover us until we got to our feet. Exactly. And so he doesn't understand my point of view, but

F: Um hmm so he's sort of more pessimistic

P: Yeah, I mean he feels a little ashamed because he's not the – the great provider he wants to be.

P: um, my husband and I have a routine that we have a real, we have real good family and friends. We'll take one night out of the month every month for just him and me, the whole day. And that keeps our relationship real strong, and then every day in the morning, I'll keep the kids busy and stuff for about an hour and a half and he has just his time. And then at night, momma has an hour and a half of just my time. So every day we got our own little time.

P: Well...right now I'm in a pretty tight spot, like, I'm a low income apartments, 4 kids, a husband, 22, y'know it seems really hard, I mean, you don't always make it. I mean... there's out of a year you probably have 2 good months

P: But you always are outta something, or you always down or you always, you have something. And it gets real stressful at times, but you just have to kinda walk away from it sometimes, so and come back to it after you're done being so stressed.

P: But the biggest thing I can give moms right now is, if you're stressed, you need to figure out something that will help yourself because then if you have that stress, then you're gonna be angry, then you're gonna take that anger out of people that you don't want to take it out on. I mean, you need to look at it bigger picture, because your kids feel that stress, your kids can see you're down and out, y'know? And it makes them feel like it's almost their fault sometimes and I don't think it should be that way.

P: Um, like physical exercise it's probably far gone for me, way gone. There's not a big enough stroller you can buy that will fit that many kids [laughs] um, I do have a couple double seat strollers, my husband

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and I do go out on walks sometimes, but with the weather the way it is up here, I mean...yeah you just don't get it.

P: Unless you want to try to exercise in your living room with your kids and hey, go for it, but I cannot do it. Cause my kids, just like, um mom what are you doing? It's like, I'm trying to do this weird position, that yoga thing. Well momma, you look funny. Well thank you [laughs]

F: [laughs] they told you that?

P: Oh yes. My 2 oldest ones, what are you doing? Well that's funny. Or you look funny doing that. So, uh thanks. That's a booster!

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