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Texas

# WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

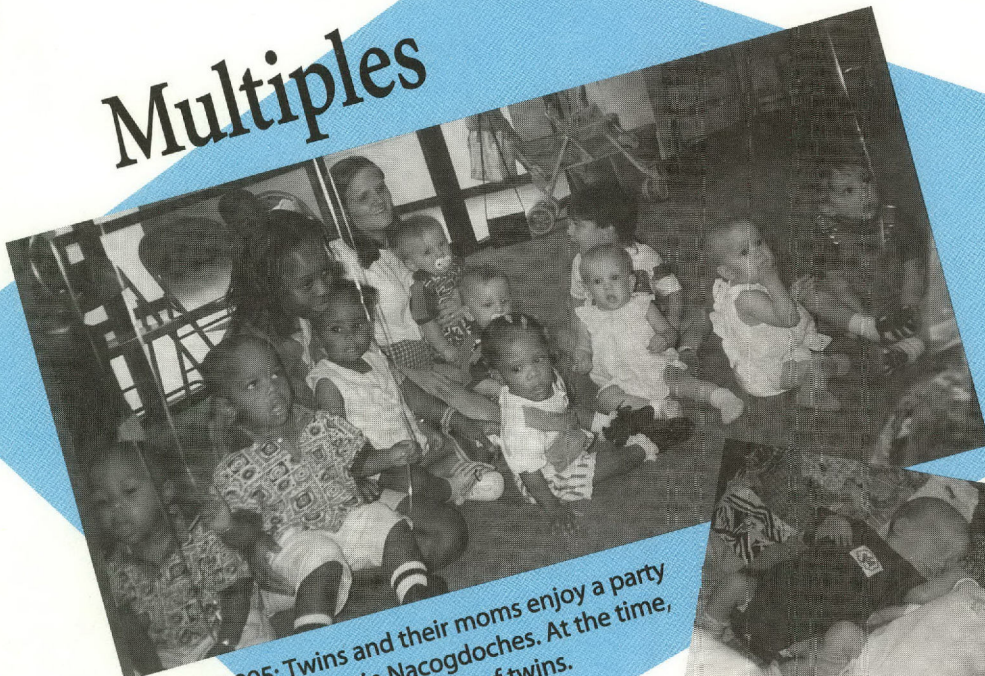
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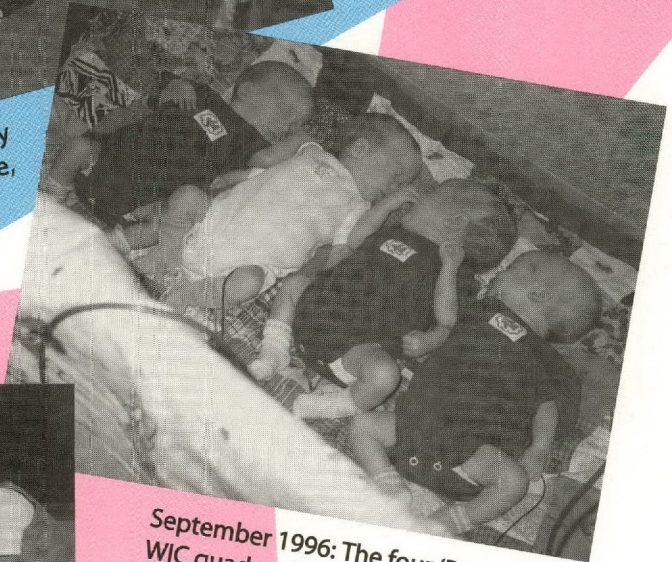
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## Multiples



August 1995: Twins and their moms enjoy a party at Project 87's clinic in Nacogdoches. At the time, Nacogdoches WIC had 16 sets of twins.

## Multiples



September 1996: The four 'Bacon Bits,' WIC quadruplets at Project 23 in Huntsville, doze on a homemade quilt.



August 1996: The Fernandez quint, born in Pharr in January 1996, are WIC babies at Project 12.

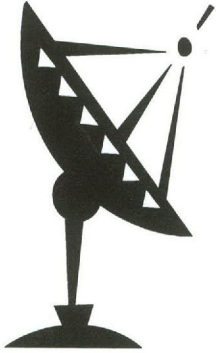
# So Many Multiples!

Something's cooking on new dishes

## WIC tunes in to Southwest Region teleconference

By Liz Bruns, R.D., L.D.

Nutrition Support Specialist



Nine new satellite dishes in Texas were put to their intended use for the first time April 15-16 when Texas joined other USDA Southwest Region states in a nutrition teleconference transmitted by Pennsylvania State University. Two additional dishes will be installed when arrangements are finalized.

The satellites were recently purchased by Texas WIC to share with other Texas Department of Health programs.

The Penn State teleconference, *Bridge to Excellence: Current Issues in Infant and Child Nutrition*, was transmitted to Texas, New Mexico, Oklahoma, Louisiana, Arkansas, and Pennsylvania. In Texas, 893 people, most of them Texas WIC staffers, attended the teleconference, 502 of them at the nine new WIC/TDH sites. Across the state, 14 other sites were also used for the teleconference.

### Ground-breaking teleconference

The teleconference broadcast began at noon on April 15 with a session featuring Ibrahim Parvanta, M.S., and Mary Francis Picciano, Ph.D. Parvanta, a public-health nutritionist with the National Centers for Disease Control and Prevention, spoke on iron. Picciano, a professor of nutrition at Penn State, spoke on folate.

Before the teleconference ended at 4 p.m., the hosts introduced and explained the concept of critical thinking. Audiences then participated in the first of two group activities. To practice critical thinking, they role-played a case-study scenario and used their new skills to develop problem-solving strategies.

The next morning's teleconference led off with Ellyn Satter, M.S., R.D., C.I.C.S.W., author of *How to Feed Your Child, But Not Too Much*. Her presentation, "Feeding with Love and Good Sense," was supplemented with illustrative and entertaining video segments of children in feeding situations.

The morning session included Leann Birch, Ph.D., who spoke on child feeding practices. Birch, a psychologist, heads the Department of Human Development and Family Studies at Penn State. Susan Johnson, Ph.D., head of the Children's Eating Lab at the Colorado Health Sciences Center, discussed the current status of child-nutrition guidelines.

"Kitchen science" was used in the second group activity, when audience members, working in small groups, extracted iron from iron-fortified breakfast cereal. First, they added crushed cereal to a beaker of warm water and then stirred the contents with a strong magnet. Tiny iron filings, sprayed by the manufacturer onto the cereal flakes, were released into the water and transferred to the magnet. On the magnet, filings were visible to the naked eye.

Throughout the teleconference, audience members were encouraged to telephone or fax questions to the speakers at Penn State. After their presentations, speakers briefly discussed their topics with the hosts and then took questions from viewers.

### Results

The Texas WIC audience best liked Satter's presentation with the video segments of children feeding, the iron-extraction "kitchen science" demonstration, and the question-and-answer sessions.

Evaluations indicate that the majority of those attending the teleconference enjoyed teleconferencing as a way to receive training.

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Texas

# WIC NEWS

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*Cover: More and more multiples are being born; let's look at their  
nutritional needs and those of their moms. Cover design by  
Shelly Ogle.*

*Project 3*

## Baby born in Harlingen WIC parking lot

Gregoria Lewis, a community-service aide for four years at the WIC clinic in Harlingen, is usually the first person arriving each morning to open the clinic. Described as “an early bird” by her boss, clinic supervisor Maria Schroeder, Lewis was the only person on hand on the morning of April 8 to help the occupants of a car in the WIC parking lot.

As Lewis was getting out of her car, a man, Ramon Salazar, left the other vehicle, ran up to her, and excitedly exclaimed that his wife was having a baby in their car. Lewis told him to take her to the hospital immediately, but Salazar replied, “No, I mean she’s having the baby *now*.” Lewis ran into the WIC clinic to call 911 and then rushed outside to help Salazar’s wife, Maria Galvan.

Galvan, a WIC mom who was nine months pregnant with her fourth child, was

ready to deliver. She had a morning appointment scheduled at WIC as well as a medical appointment, and had gone into labor while waiting in the parking lot for the clinic to open. As Lewis arrived at Galvan’s car, the baby’s head began to emerge, and, with Salazar’s help, she soon caught the infant as he was pushed out.

When the paramedics arrived, the umbilical cord was cut and Galvan was whisked away to the Valley Baptist Medical Center, where Lewis visited her and the baby the next day.

Galvan and Salazar named their new son Simon. At birth, he weighed 7 pounds, 15 ounces, and was 20½ inches long. Mom and baby are home now and doing well.



Georgia Lewis visits WIC mom Maria Galvan and Galvan’s newborn, Simon, delivered by Lewis the previous day in the WIC parking lot.

*Project 13*

## WIC display answers questions in Laredo

Outreach staffers from Texas WIC Project 13 in Laredo participated in a health fair held April 5 at Martin High School.

Project 13 staffers Soledad Mendiola and Idalia Ali set up a display booth for fair participants to learn answers to their questions about nutrition, eligibility to the WIC program, and the variety of foods offered through WIC.



Soledad Mendiola, left, and Idalia Ali display samples of WIC-allowable foods.

## Project 87

# Self-paced lessons offered at health fair

In recognition of National Nutrition Month, Project 87's clinics in Longview and Palestine recently offered a new type of nutrition-education class to their clients.



Staffing the "Read It Before You Eat It" booth are WIC technicians Demi Herod, left; nutritionist Beth Lloyd, R.D., L.D.; nurse Cathy Harrington, L.V.N.; and WIC technician Linda Smith.

In Palestine, the classes were offered at the WIC clinic throughout March and April and at the local YMCA on one day. Of the 364 clients who filled out class evaluations, only nine commented unfavorably.

In Longview, about 2,550 clients attended the new classes in March and filled out evaluations on them.

"Out of all of those clients, we only got a couple of negative comments," says Longview WIC technician Shiniqua Toliver. "They want more like them, so

we'll do something similar during World Breastfeeding Month."

At each clinic, staffers put their creativity to work to design eye-catching display booths that clients viewed individually at their own pace instead of attending a traditional class. Booth themes included: "All Foods Can Fit with the Food Guide Pyramid," "Boning up with Calcium," "Fast Food Facts," "Getting A Good Start With A Healthy Breakfast," "Healthy Snacks," and "Read It Before You Eat It — Food Labels."

At each booth, workers greeted participants with nutrition questions and then asked them to complete a written evaluation to assess their comprehension. In Palestine, more than 90 percent of the clients scored correctly on most questions.

Palestine WIC held coloring contests for toddlers while their parents participated at the displays. The children colored pictures of fruits and vegetables, won prizes donated by staff members, and learned to select healthy breakfasts, snacks, and fast foods.

"Participants showed a particular interest in facts about fast foods," says Palestine WIC nutritionist Beth Lloyd, R.D., L.D. "Test tubes of fat were used to show

how much fat was in the fries and burgers, and it was a real eye opener for lots of people. Overall, the fair was a great way to promote nutrition education to the public and to other TDH staff in our building."

## WIC mom chooses breastfeeding as speech topic

Dawn Walker, a WIC mom served at Project 87's clinic in Linden, recently gave a speech in her college class on persuasive speaking. Choosing breastfeeding as a topic, Walker concluded her talk:

"Breastfeeding is advantageous for both mother and child and is a smart choice because it is convenient, free, healthy, and a positive bonding experience between a mother and her newborn. All new mothers should breastfeed their infants, even if they have to make friends with a cold piece of plastic, the breast pump. I will attest that it is very much worth it. To provide the custom-made best nutrient for my baby is personally satisfying, rewarding, and one of the greatest choices I have ever made."

Walker is the mother of three — Alexander, Adam, and 6-month-old, breastfed Kegan. All are served at the Linden WIC clinic.

*Project 54*

## Peer counselors nurse in public to meet radio challenge

Breastfeeding peer counselors from Project 54 in Fort Worth have made themselves seen and heard in the Dallas/Fort Worth area.

Last October, radio announcers Kidd Kraddick and Kelly Raspberry of station KISS FM waged a "battle of the sexes" between themselves.



Radio announcer Kelly Raspberry, seated left, interviews a group of breastfeeding moms.

Raspberry lost. While discussing her fate as the loser, Raspberry complained about public breastfeeding, calling it "gross" and saying that mothers should hide in back rooms to nurse their infants. As winner of the

contest, Kraddick decreed that Raspberry would have to watch mothers breastfeed their infants while she ate a public meal in the parking lot of a mall in North Richland Hills.

Enter WIC. Hoping to educate Raspberry and her radio listeners, Project 54 peer counselors June Gilbert, Kathryn Krenn, Jennifer Pegues, and Cathy Vidal volunteered to nurse their babies at the event. With several WIC moms, they discreetly breastfed their infants while Raspberry ate her breakfast and interviewed them on the air for about 40 minutes.

Armed with WIC promotional and educational materials about breastfeeding, the peer counselors discussed its benefits with the announcers and informed them of the 1995 Texas law guaranteeing mothers the right to breastfeed in public. People in the crowd of radio listeners and bystanders that had gathered were given WIC material about breastfeeding.

"The radio announcers said that they were impressed with the counselors," says Terry Hajny,

M.S., R.D., L.D., I.B.C.L.C., breastfeeding coordinator for Project 54. "The crowd was real positive, like they understood the need for breastfeeding and appreciated it," she says. "Our peer counselors brought them a new awareness."

### Counselor named to board

Hajny is also proud of peer counselor Kineta Talladino, a Project 54 breastfeeding peer counselor who counsels new moms at a North Richland Hills hospital.

Talladino was recently selected by Fort Worth physicians to sit on the Health, Education Advisory, and Member Advocacy Board with a local HMO offering Blue Cross/Blue Shield coverage to Medicaid clients. As a WIC mom and a former Medicaid mom, Talladino will offer a client's viewpoints to the board's decision-making.

### Other news

WIC receptionist Jeanette Northcutt, described by Hajny as a "jack of all trades," was named Employee of the Month for March by the Tarrant County/Fort Worth Health Department.

Early this spring in Arlington, WIC began once-a-week services at the Agape Health Clinic and at another clinic that serves a mostly Vietnamese-speaking community. A third WIC clinic opens in early July at the Tarrant County Southwest Sub-Courthouse in Fort Worth.

And, in mid-June, Project 54 moved the Lake Worth WIC clinic into the newly built Northwest Sub-Courthouse in Lake Worth.

*Project 62*

## 1,500 attend Kids Safe Saturday in Paris

Project 62 staffers in Paris recently attended a Kids Safe Saturday event sponsored by the Texas Commission on Alcohol and Drug Abuse. About 1,500 children, parents, and workers attended the annual event on March 22 at the Paris Junior College.

At the WIC booth, staff members discussed food safety with parents and children. "We gave the children coloring sheets and WIC stickers," says Project 62 director Carla Rhodes, L.V.N. "They enjoyed playing games and activities about safety." Parents were also informed about WIC eligibility and benefits.



Among the 'animals' entertaining kids at the Kids Safe Saturday event was this promotional cow buddies up with WIC clerk Lisa Edwards, who is also a WIC mom.

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*Project 27*

## Seminole health fair attracts community members

In conducting outreach to increase the number of its participants, Project 27 participated in the Seminole Annual Health Fair on March 21.

The WIC booth displayed the food-guide pyramid and provided snacks consisting of WIC-approved foods such as party mix made with WIC cereals, cheese, and fruit juice.

Outreach materials included income guidelines and pamphlets. The staff also brought infant scales and a length board for weight and length measurements.

One of the three WIC staffers there was clerk Susie Fehr, who is fluent in German. "She proves to be an invaluable asset to clients in this area," says Project 27 director Celia Smith, "because many are German-speaking Mennonites."

Seminole is in West Texas, 25 miles from the New Mexico border. In recent years, many Mennonites have settled in the area.



Certified professional authority Delia Sherman, L.V.N., left, clerk Susie Fehr, and nutrition assistant Marie Hernandez participate at the Seminole Annual Health Fair.

Project 42

## Taylor WIC hosts Head Start event for preschoolers

Staffers at Project 42's site in Taylor recently welcomed 67 Head Start preschoolers to their clinic to learn about health and nutrition. The event, co-hosted by the clinical-services staff of the Williamson County and Cities Health District, took place April 11 in recognition of Public Health Week.

"Children and staff alike enjoyed the day of fun and learning activities," says Project 42 outreach assistant Cindy Sanchez. At the event, activities were set up for the children at five stations.

At the first station, the children jumped rope. At the second, they used a stethoscope to listen to their elevated heart rates.

The WIC nutrition area was the third station. At it, children learned about the importance of the six food groups in the food-guide pyramid before using pictures of foods to put together an imaginary meal.

Staffers then led the preschoolers to the eating area at the fourth station, where the children tasted fresh pineapple, kiwi, and broccoli.

The activities ended at the fifth station, where the children learned about protecting themselves from the sun before return-

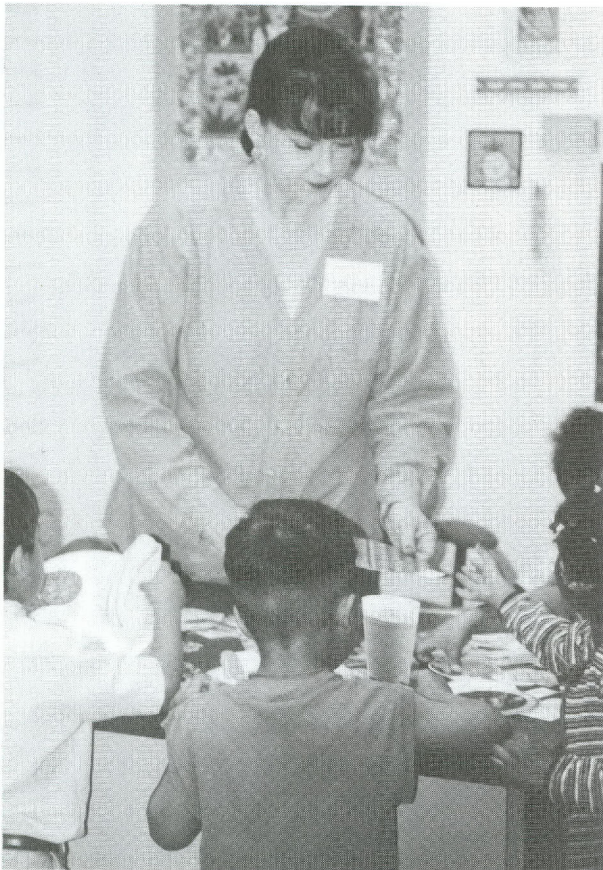
ing to their Head Start center and going outside to play during recess.

### Round Rock clinic new and improved

In April, WIC services in Round Rock were moved from a smaller office to more spacious facilities in the Round Rock office of the Williamson County and Cities Health District. Texas WIC has provided services in Round Rock for the past 15 years, 10½ of them in the office just recently vacated.

Participation has grown steadily in Round Rock and now exceeds 1,000 clients a month, and the site's current goal is to serve 1,400 clients monthly. The new clinic's larger space can allow the eventual accommodation of as many as 3,000 clients, says Project 42 outreach assistant Cindy Sanchez.

Nutritionist Robyn Scharlach supervises the Round Rock clinic. Her regular staff consists of Lillian Pacha, L.V.N., and clerks Mary Pierce and Norma Dominguez.



WIC nurse Lillian Pacha, L.V.N., passes a picture of a waffle to a child as she explains the importance of good nutrition.



## Project 37

# Breastfeeding peer counselor gains experience with nursing a preemie

Sara Balli, a breastfeeding peer counselor at Project 37 in Victoria, teaches by example. While conducting breastfeeding classes for WIC moms, Balli occasionally breastfeeds her own infant son, Emanuel J. Balli, born on Nov. 1. Balli returned to work in January.

Five weeks premature, Emanuel weighed 5 pounds, 11 ounces, at birth and was 18½ inches long. Balli wanted to breastfeed right away, but Emanuel was kept in the hospital for 2½ weeks for observation of his breathing. Instead of nursing him, Balli pumped her breasts to provide nourishing milk for him.

Once home, Emanuel remained on an apnea monitor for several months. The monitor's sensor patch on his chest made the machine beep whenever his breathing stopped, alerting his family. The first time she

put Emanuel to her breast, Balli feared that he would not latch on, but the infant nursed well. Despite a bout with mastitis, Balli continues to breastfeed him.

Balli brings Emanuel with her when she teaches at the WIC clinic. Sometimes, she nurses him during class. Emanuel's classroom feedings encourage moms to ask questions about breastfeeding and demonstrate that babies can be nursed discreetly.

A peer counselor for almost three years, Balli has two other children whom she breastfed until just before their fourth birthdays. "I guess it's my turn for problems," she says. "I always told women I counseled that I experienced no problems with my other children. Now, Emanuel has helped me gain valuable experience."



Peer counselor Sara Balli nurses her preemie, Emanuel, while teaching a breastfeeding class to WIC moms.

## Gibson awarded for pageant

Nutritionist and breastfeeding coordinator Sara Gibson was honored recently with a plaque for her work on a baby pageant held last August on World Breastfeeding Day. The pageant, featuring breastfed babies and toddlers, was called "a great success" by Lanie J. Benson, M.D., medical director of the Victoria City-County Health Department, who presented the award to Gibson.

A second annual baby pageant is being planned for August 5.

## Grim birthday guest

WIC staffers in Victoria hosted a birthday luncheon on March 6 to celebrate Benson's 50th birthday. Belva Harrison, L.V.N., donned a Grim Reaper costume to join the party and mark the passing of her good-natured boss' youth.



Lanie J. Benson, M.D., celebrates his 50th birthday with the Grim Reaper.



## Project 12

# Hidalgo County WIC conducts outreach, celebrates National Nutrition Month

Texas WIC Project 12, headquartered at the Hidalgo County Health Department in Edinburg, joined the Hidalgo County Health Care Corporation March 15 in celebrating National Nutrition Month at the La Plaza Mall in McAllen.

Both organizations offered a variety of free health services to participating visitors, including immunizations for WIC kids, measurements of heights and weights for everyone, breastfeeding information, information on healthy eating, blood-pressure checkups, and diabetes screening.

More than 300 people stopped by the WIC booth, and many potential eligibles were referred to WIC clinics in their area. Besides distributing WIC fliers, income guidelines, immunization fliers, and breastfeeding materials, Project 12 staffers served samples of WIC-approved juice.

In other March activities, Project 12 administrative assistant Isabel Cordova and Gracie Moreno, R.N., attended parents' night and a health fair at Freddy

Gonzalez Elementary School in Edinburg on March 4. Besides distributing informational materials and conversing with parents, they referred several people to WIC.

The two also participated in the annual health fair at Escandon Elementary School on March 24.

### February outreach events

On Feb. 2, WIC staffers displayed a booth on lowering fat intake and on drug abuse at a health fair hosted by the McAllen Chamber of Commerce. WIC clients earned credit for a nutrition-education lesson by attending the booth and signing a participation log. Staffing the booth were nutritionists Blanca Castilla and Clarissa Ramirez, along with clerks Aida Flores, Mary Hernandez, and Josie Mar.

A similar display and credit-earning were conducted Feb. 10 by Janie Pantoja, L.V.N., at Hidalgo County Head Start in Weslaco.

Nutritionist Cindy Villareal attended a health fair at the Mary Hoge Junior High School in Weslaco on Feb. 4. The fair benefitted parents as well as students.

At the Edinburg North High School, breastfeeding clerk Janie Rios spoke to pregnant teens and teen parents about breastfeeding and WIC.

Parents, visitors, and employees at several Head Start centers in Hidalgo County received WIC presentations at their parental meetings in February. Project 12 employees, who spoke on nutrition and how WIC works and distrib-



Project 12 director Norma Longoria, center, cuts the ceremonial ribbon for the grand opening of Project 12's new administrative office in December. With her are visitors, WIC employees, local officials, and members of the Edinburg Chamber of Commerce.

uted WIC outreach materials, were invited back for the March parental meetings.

### January outreach events

Attendees at a meeting of VISTA workers on Jan. 7 received information about WIC from Project 12 administrative assistant Isabel Cordova. Project 12's VISTA worker is Betty Montoya, who distributes WIC material to agencies in the community.

At a health fair hosted by the Mission Chamber of Commerce on Jan. 12, nutritionist Juan Garcia, clinic aide Santos Menchaca, and clinic manager Olga Martinez, L.V.N., staffed a WIC booth displaying information on health facts and drug abuse. WIC clients received lesson credit for attending the booth.

A health fair at the E.B. Reyna School was attended Jan. 18 by nutritionist Maggie Villarreal and computer clerk Mirna Sanches, who distributed WIC fliers, income guidelines, immunization brochures and breastfeeding fliers along with pencils, WIC stickers, and WIC buttons.

Clinic manager Rosie Garza, L.V.N., used the community organizer's kit to make a presentation at the monthly staff meeting on Jan. 28 at the Texas Department of Human Services food-stamp office in Pharr. The next day, clinic manager Olga Martinez, L.V.N., gave a similar presentation at the TDHS food-stamp office in Mission. She was accompanied by clinic aide Santos Menchaca.

Also on Jan. 29, clinic manager Melba Caceres, L.V.N., was a guest speaker at the Texas Migrant Council in Pharr.

### Project 48

## Lawrence named Employee of the Quarter

Dana Lawrence, a nutrition assistant at Project 48's Northwest Assistance Ministries WIC site in Houston, was named Employee of the Quarter on March 7 at an employee meeting.

Her fellow workers note that Lawrence works exceptionally hard, loves her job, and is always willing to help anyone. Extremely knowledgeable about WIC, she is often turned to when her co-workers need assistance. They say that clients likewise benefit from Lawrence's hard work because she always strives to provide the best in customer service.

### Saturday health fair

WIC staffers at Houston's Antoine WIC site, participated March 22 in a health fair held at the Antoine Health Center. The fair offered many free services to the



Clementine Young, left, former Employee of the Quarter, presents the quarterly award to nutritionist assistant Dana Lawrence.

surrounding community, such as cholesterol screening, immunizations, and mammograms. It also provided health demonstrations and information about animal control. At the fair, WIC staff members certified 35 clients and booked future appointments.

### Project 48

A new clinic, the Decker Drive WIC Center, opened June 2 at 4204 Decker Drive in Baytown. Its hours are from 8 a.m. to 5 p.m. on all weekdays except Tuesdays, when it's open from 8 a.m. to 7 p.m. Its phone number is (281) 424-8366, and its mailing address is:

Harris County Health Department  
WIC Division  
ATTN: Victoria Bowie, M.S., R.D., L.D.  
2223 West Loop South  
Houston, Texas 77027.

### Project 53

On June 4, a new WIC clinic opened at 1700 Campbell in Jourdanton. It's open on Wednesdays from 8 a.m. until noon. Its phone number is (210) 569-2388, and its mailing address is:



Atascosa Health Clinic WIC  
310 W. Oaklawn Road  
Pleasanton, Texas 78064.

### Project 83

Mary Russell, R.D., director of the WIC program for Public Health Regions 9/10, headquartered in El Paso, retired on April 30. Until an acting WIC director is appointed or a new one hired, Mary Lou Morales, R.N. regional assistant nursing director, will be helping out.

### Project 88

The director of the WIC program for Public Health Region 11, Cindy Moore, R.D., resigned April 30. Nutritionist Akin Papoola will serve as acting WIC director until her position is filled. Project 88 is headquartered in Corpus Christi.

First of a 2-part series

## Achieving good birth outcomes for moms of multiples

By Sherry Clark, M.P.H., R.D., L.D.

Maternal and Child Health Nutrition Consultant

If you think you're seeing double lately, you just may be. Or triply. Or quadruply. Or even more.

The number of twins, triplets, quadruplets, and other higher-order multiples born in the United States has seen a remarkable rise recently. The national Centers for Disease Control and Prevention reports that twin births

have increased 42 percent since 1980. The births of triplets and other higher-order multiples have tripled in the past two decades.

The reasons seem to revolve around older women having babies.

Multiple births are more common to older mothers, and more women have been establishing careers and waiting until later in life to have children.

Fertility treatments used by these women — and younger ones, too — add to the likelihood of giving birth to multiples. The CDC reports that most of the increase in the births of triplets, for example, occurred primarily among married, college-educated, white mothers 30 years old and older.

### Prenatal nutrition

Weight gain and optimal nutrition are key factors for good outcomes in multiple pregnancies.

The nutritional needs for all women increase during pregnancy. These needs include increased calories, protein, iron, calcium, and folate. Nutritional requirements will vary among individual women depending on pre-pregnancy weight, pre-pregnancy dietary intake,

obstetric history, age, personal health history, and current pregnancy-induced problems.

Recommended dietary allowances of vitamins and minerals for pregnant women are based on single-fetus pregnancies. Although no recommended dietary allowances for women pregnant with multiple fetuses have yet been nationally recognized, nutritionists agree that an optimal diet for such women would simply be to eat more of a variety of foods from all food groups.

Iron supplements are recommended beginning in the second trimester. If adequate nutrition is questionable, prenatal vitamin supplements can be taken.

The recommended weight gain for a woman carrying a single fetus depends on the woman's pre-pregnancy weight status. Underweight

women need to gain more weight than medium-weight or overweight women. A woman with a medium pre-pregnancy weight should gain 25 pounds to 35 pounds during her pregnancy.

For a woman carrying twins, the recommended total weight gain at term is 35 pounds to 45 pounds. There are no nationally recognized recommendations for weight gain for pregnant women carrying triplets, quadruplets, quintuplets, or more fetuses. Individual recommendations are generally made by





### Multiples in Texas WIC

In Texas, more than 1½ million children are younger than 5, the “graduation” age from WIC. About 2.4 percent of the state’s 1½ million tots were born with a twin or with multiple siblings.

	SETS IN TEXAS WIC	SETS IN TEXAS
TWINS	6,753	18,228
TRIPLETS	100	437
QUADRUPLETS	9	22
QUINTUPLETS	3	n/a

Source: Texas Department of Health, state birth records for 1993-1995 and Texas WIC certification records as of Feb. 1, 1997.

obstetricians based on close monitoring of the woman’s weight gain and the fetuses’ intrauterine growth.

### Prenatal risks and medical management

All pregnant women should seek early prenatal care. The intensity of this care depends on the woman’s age, family history, personal health history, obstetric history, and current pregnancy-induced problems. Obviously, more care must be given to a pregnant women with multiple fetuses. The more fetuses, the greater the need for close medical management.

A woman carrying multiple fetuses is more likely to experience complications during her pregnancy. These could include anemia, pregnancy-induced hypertension, and, before delivery, heavy vaginal bleeding and separation of the placenta.

Early diagnosis, treatment, and monitoring are necessary to lower the risk of maternal complications.

### Birth outcomes

Twins, triplets, and other higher-order multiple births are more likely to be born premature or too small. The risks of both prematurity and low and very low birthweight increase with the number of fetuses.

For example, twins are likely to have a low birthweight of less than 5 pounds, 8 ounces. Triplets are often born at a very low birthweight of around 3 pounds, 5 ounces. Advancements in neonatal medical care can often ensure that low-birthweight infants and one-month-premature infants will fare pretty well after delivery.

On the other hand, triplets and other higher-order multiple births are more likely to experience complications, even death, because they are more often born much smaller and much earlier (two or more months before term).

Medical complications of the very premature or very low-birthweight infant can affect any

of the infant’s body systems — respiratory, cardiovascular, neurological, metabolic, gastrointestinal, hematological, and immunological.

The intensive care of neonates requires the skillful input of several disciplines, including physicians, nurses, pharmacists, physical therapists, social workers, and nutritionists.

*Next month: Nutritional management and special needs of babies born in multiple births.*

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### Tips for your clients

When counseling pregnant women carrying multiple fetuses, WIC nutritionists should give them the following recommendations:

- ◆ Gain an adequate amount of weight to support healthy births. If twins are expected, gain 35 pounds to 45 pounds. If more than two fetuses are being carried, follow the obstetrician’s recommendation for weight gain.
- ◆ Eat a variety of foods from the food-guide pyramid.
- ◆ Take an iron supplement (30 mg elemental iron), beginning in the second trimester.
- ◆ If your usual diet is inadequate, take a prenatal vitamin supplement.
- ◆ Avoid alcohol.
- ◆ Limit caffeinated beverages to three servings a day.

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# Surveys sketch profile of peer counselors and their work

By Jocelyn Racklyeft  
Assistant Peer Counselor Coordinator

Texas WIC recently surveyed its breastfeeding peer counselors and received more

than 120 replies. In the April and May editions of *Texas WIC News*, this column reported many of the ideas and

suggestions submitted in your surveys. This month, we'll summarize the rest of the information that you gave us.

## Making the most of counseling opportunities

Almost all of you reported counseling moms in clinics and on the phone, and most of you are teaching the breastfeeding classes. Many of you also have the opportunity to reach moms at certification.

We are pleased to hear that so many of you are taking full advantage of your time and space by working in waiting rooms handing out pamphlets and creating bulletin boards.

Almost half of those who answered the survey reported making home visits, and a growing number of you visit new moms in the hospital.

## A wealth of training and experience

About half of the peer counselors who responded have attended breastfeeding training and conferences in addition to the 20-hour peer-counselor training.

You have such vast personal experience, too. Our peer counselors have been nursing babies for years! Fifty of you have spent more than three years breastfeeding your children. Sixteen nursed for a total of more than five years. We even have four peer counselors who have breastfed twins! Another wonderful thing that we learned is that so many of you are nursing older babies: 36 peer counselors said

that they're nursing their toddlers.

The majority of you have been working as peer counselors for less than two years, but 45 have been working for more than two. Of these, half have been at it for more than three.

Almost all of you reported wanting to work more hours, although about 20 counselors said that they already work more than 20 hours a week.

## Role-modeling breastfeeding

One of the goals of the peer-counselor program is for counselors to role-model breastfeeding in the clinics. We are thrilled to find that so many of you have been doing this. An overwhelming 100 of the peer counselors who returned their surveys reported having taken their babies with them to work.

The information you provided creates a profile of the program that helps us see how it is working statewide. This profile will enable us to continue to make improvements.



About 350 breastfeeding peer counselors work in 48 Texas WIC local agencies and in 36 hospitals in Texas. This column is written for, by, and about them and the work that they do.

# Improvements coming in breastfeeding videos, posters

By Janet Rourke, M.S.H.P., L.D., C.L.E.  
Breastfeeding Promotion Coordinator

Recently, breastfeeding coordinators at Texas WIC local agencies evaluated 68 breastfeeding materials available through the state agency.

Evaluation results show that 59 of these materials received a staff-approval "grade" of 70 or higher.

Only nine were rated below 70, and we'll work on replacing them:

- ◆ The video *A Loving Way*.

- ◆ The video-and-lesson sets *The Missing Milk Caper II* and *Mommy's Milk for Mommy's Baby* (each set counts as two materials).

- ◆ The posters *Look Who's Breastfeeding* and *Any Time, Any Place, Any Mom*.

- ◆ Two versions of another poster, *A Smart Start* (one version shows a



A column addressing the concerns of Texas WIC's breastfeeding coordinators

graduating class, the other shows teens studying).

So, what do we plan to do about this? Since we have already given our video-priority list for 1997 to the video-production section at the state agency, we plan to look at commercially produced videos to see if we can

find appropriate videos to replace the ones listed above.

As we replace the videos, we will develop new lessons.

You can help with this task by letting us know if you see or hear about a breastfeeding video that might be appropriate. Feel free to call us at (512) 406-0744.

We have a lengthy list of new posters that are being developed this year. As new posters are developed, old posters are retired. The failing-grade posters listed above will be the first ones to be retired this year.

Thank you for evaluating our materials. Based on all of your helpful comments, we hope that our materials will only improve in the future.

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## Group reinvigorates Baby-Friendly Hospital Initiative

By Chan McDermott, M.P.A.  
Breastfeeding Promotion Projects Specialist

The Baby-Friendly Hospital Initiative, a project developed by UNICEF and the World Health Organization to encourage hospitals around the world to comply with the 10 steps to successful breastfeeding, is doing well internationally.

Domestically, however, the initiative has gotten off to a much slower start. Problems can be attributed to financial difficulties and to philosophical differences among the initiative's leadership.

It was initially bogged down by an attempt to amend the 10 steps to better suit the standard practices in U.S. hospitals. When UNICEF and WHO did not support the amendments, they began to work with Wellstart International, a group with years of experience in breastfeeding training, to change the administration of the original initiative.

### Looking forward

Administration of the initiative was recently turned over to Healthy Children 2000, a non-profit organization based in Massachusetts.

Karin Cadwell, executive director of Healthy Children 2000, is assembling a core board of directors for the sub-organization, Baby Friendly USA. The board's nominating committee will recommend additional board members at its first meeting in August.

Cadwell is also planning several conferences. One, a train-the-trainer session, is designed to train people all over the country on providing the 18 hours of staff training required for a hospital's accreditation as a baby-friendly facility.

Another is an educational conference to be offered at various sites, perhaps including Texas. It will have

three separate tracks for the following groups:

1. Community members interested in facilitating the accreditation process.
2. Staffers of hospitals that have received initiative-issued certificates of intent and are working toward assessment.
3. Administrators and staffers of hospitals that are interested in beginning the process.

Meanwhile, assessments are continuing. During World Breastfeeding Week in August, the initiative hopes to certify several hospitals around the country as being baby-friendly. In the next few months, the Holy Family Birthing Center in Weslaco will be assessed.



# Immunization training on the horizon

By Marie Garland, R.N.

WIC Immunization Coordinator



Something important has been missing.

Since the start of immunizations at Texas WIC clinics in April 1993, immunization nurses have not had any continuing-education training readily available to them. At the state office, we're working on meeting this need. Distance learning and computer technology are finally

coming to the aid of WIC nurses.

Two current initiatives in the state office are designed to bring education resources to immunization staffers in the local agencies by the end of the year:

1. A standardized immunization-training curriculum.
2. Distance-learning opportunities via satellite downlinks.

## Study assesses needs

Over the past year, the Immunization Program at the Texas Department of Health has contracted with Texas A&M University to conduct a study to assess the immunization-training needs of health-care professionals in Texas who administer vaccines. The analysis

focused on training needs as well as sources of educational updates on such topics as changes in immunization schedules, injection techniques, and new vaccines.

The project was sponsored by the national Centers for Disease Control and Prevention and the communication and training section of TDH's Immunization Division.

A major objective of the project was to identify training needs and appropriate forums for training. Collaboration was sought from representatives of public and private health-care providers, professional associations, TDH health officials and programs (including WIC), and others.

The study utilized both focus-group input and surveys of health-care professionals,

including registered nurses, nurse practitioners, licensed vocational nurses, paramedics, pharmacists, physician assistants, and community-service aides.

From the information obtained via this project, a curriculum on immunization training was developed. On-site testing was conducted in Waco and San Antonio in June. Once this curriculum is finalized this fall and approved, it will become the base-line training course for all medical professionals in Texas who administer vaccines.

## Integrating with WIC's needs

We hope that this curriculum will be certified in the near future for continuing-education units. It will then assist WIC nurses in meeting their licensure requirements as well as standardizing their immunization skills and knowledge.

Linda Brumble, who heads Texas WIC's training section, and I have recently purchased a computer program which will enable us to convert this immunization-curriculum module (and other training and nutrition-education modules) into self-paced, computer-based training modules.

We will also have use of the WIC satellite dishes that were purchased this past year and installed throughout the state. I am researching available sources of satellite-downlinked courses certified in continuing-education units that we could make available to WIC nurses.

## Internet resources

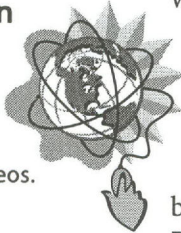
If you have home-computer access to the Internet, or if your local agency is one of the lucky few with Internet access, you can currently access the TDH Web site at <http://www.tdh.state.tx.us>.

The TDH Immunization Program will add its page to this site in the autumn. Through it, you will be able to receive statistics, order forms, brochures, and updated information on immunizations and vaccines information.

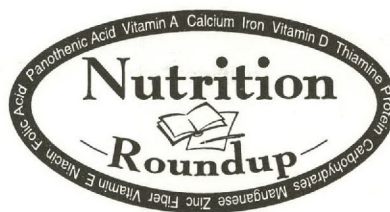
Texas WIC also has some material under development for future Web access.

## Under consideration

- Half-day workshops.
- One-day workshops.
- Satellite downlinks.
- Two-way interactive videos.
- Self-study modules.
- Computer-based training modules.
- State immunization conferences.
- National immunization conferences.







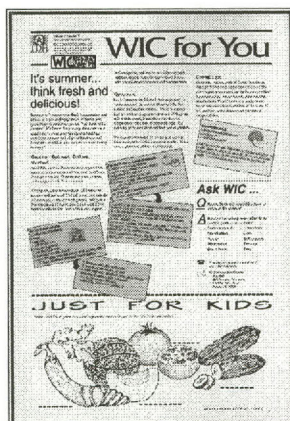
By Wendi Caudill  
Nutrition Education Specialist

## What to do with 'WIC For You'

How do you use the *WIC For You* nutrition-education sheet in your clinic? Most local agencies provide the *WIC For You* sheet to clients along with their advance vouchers. It serves as an informative tool for nutrition education and as an excellent reference for WIC participants and their families.

The following suggestions from clients and clinic nutritionists can help local agencies increase the visibility of *WIC For You*:

- ◆ Place copies in the waiting room with other reading materials.
- ◆ Use a series of *WIC For You*'s for bulletin boards in your clinic and in area libraries, classrooms, and recreation centers.
- ◆ Discuss the topic covered in the current *WIC For You* after each nutrition-education class and remind your clients that it is given to them regularly with their advance vouchers.
- ◆ Use it as a community-based nutrition-education tool at inter-agency meetings, health fairs, libraries, and grocery stores.
- ◆ Take old editions to other health agencies in the community, such as the Department of Human Services, Medicaid, Head Start, and AFDC (now also called TANF).
- ◆ Use the "Just For Kids" section to get guidance on fun activities in children's nutrition-education classes



or for tips on keeping children occupied in the clinic.

- ◆ Contact local day-care facilities to see if they can hand out any extra copies of *WIC For You* to parents.

Keep in mind that these suggestions will work better in some clinics than in others.

If you have other ideas for increasing the availability or appeal of issues of *WIC For You*, call your nutrition-education contact person at the state agency at (512) 458-7440.

Call Dolores Preece at that same number to change the amount of *WIC For You* sheets sent to your local agency.

## Nutrition flip charts for Vietnamese-speaking clients

One way to ensure reaching your Vietnamese-speaking WIC clients is by purchasing nutrition-education materials in Vietnamese. The Department of Nutritional Sciences at the University of California at Berkeley has developed several sets of nutrition-education materials in Vietnamese.

Each set includes a teacher's flip chart, an English translation of the flip chart, and a handout for the

participant. The flip charts and accompanying materials cover these topics:

- ◆ Calcium-rich foods.
- ◆ Fruits and vegetables.
- ◆ Protein-rich foods.
- ◆ Grains and grain products.
- ◆ Nutrition for a healthy mother and baby.

The materials are culturally pertinent. The text was written by a Vietnamese-American nutritionist, the pictures were drawn by a Vietnamese artist, the foods discussed are specific to the Vietnamese diet, and all materials were reviewed at various stages by nutrition paraprofessionals in the Vietnamese communities of five California counties.

Each flip chart costs \$10; all five sets can be purchased together for \$45. For an order form or more information, contact Rita Mitchell at (510) 642-3080 or write to:

Vietnamese Nutrition Education Materials  
Department of Nutritional Sciences  
Morgan Hall, Room 209  
Berkeley, Calif. 94720-3104.

## Vietnamese translations of Texas WIC materials coming

At the request of several local-agency nutritionists, we are contracting for the translation into Vietnamese of 10 Texas WIC educational and informational materials for clients.

Along with an information sheet specific to Harris County, the materials consist of four child-nutrition brochures, one maternal-nutrition brochure, a breastfeeding fact sheet and a breastfeeding brochure, an outreach brochure, and a statement that WIC serves non-U.S. citizens.

## Who's doing your OJT?

By Victoria Cummings, M.P.H.

Training Specialist

"Just sit next to Carmen and watch what she does. I'll check back with you later." Many an employer has uttered similar words, describing their primary way of providing training on the job.

Sitting next to Carmen may get the training done, but be sure it's really *Carmen* whom you want to train your new employees — and be sure that Carmen has an idea of what training *you* want her to conduct.

choice, is probably enthusiastic and positive — both good traits. But that same person may not be a good listener and may not be the best person to do the training. You also need a person who supports the program and the organization.

A good trainer must be comfortable with answering the same questions over and over — this is the same sort of person who can patiently answer the same questions

### TRAINING EXPRESS

#### Training by supervisors or peers

There are differences of opinion as to who should conduct OJT. Some workplaces swear by peer training. At other workplaces, supervisors do most of the training. Some staffing patterns do not allow the luxury of using the supervisor as the trainer. There are benefits to both training methods.

The supervisor in the role of trainer is likely to have advantages over the peer trainer in the areas of credibility and transfer of job skills. When the trainer is also the supervisor, the behaviors learned are likely to remain for a longer period of time than those from a peer trainer.

At times, it is more practical and sometimes preferable for OJT to be conducted by peers. They are often the people doing the task on a daily basis. When peers are used as trainers, they should be actively chosen, trained, and supported.

#### Whom to choose as trainer?

The person chosen for the training role needs very good communication and listening skills. The outgoing chatterer, who seems a natural first



about WIC on a daily basis and with a smile.

Surprisingly, many experts agree that it is important, but *not essential*, to use the "best performer." Sometimes, however, though the high performer may be an efficient worker, this person is not necessarily a great trainer.

On the other hand, definitely *do*

*Always call an event's contact person before finalizing any travel plans.*

not choose a poor performer. You also want to avoid choosing as trainers those who tend to cut corners, the "fast movers," and the know-it-alls. You know who they are.

### Trainers' skills

Any persons doing training should be able to *design a lesson*, or to at least be able to outline the job and break it down into logical steps.

They should be able to *recognize whether trainees understand the information* and are able to perform the task.

They should know a few *basic adult learning principles*.

If the employee has had any formal training in teaching or facilitating nutrition education, chances are that she has already been introduced to some of these concepts.

Just as it is important to provide structured OJT for your new employees, it is important to choose the right person for the job of trainer. Someone without enthusiasm, good interpersonal skills, training ability, or job knowledge can defeat all of your good intentions to maintain a well-trained staff.

*Next month: Providing meaningful OJT.*

### July

**July 16-20** — "Charting the Course of Pharmacy," 118th Annual Meeting and Exhibit of the Texas Pharmacy Association, Bayfront Plaza Convention Center, Corpus Christi. Call Paula Sasser at (512) 836-8350, ext. 133.

**July 17** — "Seven Habits Advanced Applications," Midland. The next level of effectiveness training for graduates of "Seven Habits of Highly Effective People" training course. Call any member of the WIC training staff at (512) 406-0740.

**July 17** — "Facilitated Discussion," Dallas. Class for WIC staff with no prior training in topic. For more information, call Rachel Jule at (512) 458-7440 or Jay Harvey at (214) 670-7200.

**July 23-24** — Patient Flow Analysis Phase I, Austin. Hands-on introduction to PFA with instructions for planning and completing a PFA study in a WIC clinic. For more information, call Carol Filer or Anna Garcia at (512) 406-0740.

**July 28-29** — "Epidemiology and Prevention of Vaccine-Preventable Diseases," EPI-VAC LIVE course, El Paso. For more information, call (800) 252-9152.

**July 28-30** — Intensive Course in Breastfeeding, Phase I, Houston. Three-day course designed to prepare health-care providers to promote and support breastfeeding. Cost is \$45. Call Missy Hammer at (512) 406-0744.

**July 29** — Lactation Management Workshop for Physicians, Houston. Four-hour workshop designed to improve physicians' skills at managing breastfeeding problems and special circumstances and assessing medications for nursing mothers. Cost is \$15. Call Missy Hammer at (512) 406-0744.

**July 29-31** — Competent-professional-authority orientation, Austin. Three days of training covering screening techniques, breastfeeding promotion, high-risk conditions, allowable foods, formula determination, nutrition education, counseling, outreach, and civil rights. Call Liz Bruns or Anita Ramos at (512) 406-0740.

**July 31 - Aug. 1** — "Epidemiology and Prevention of Vaccine-Preventable Diseases," EPI-VAC LIVE course, Lubbock. Call (800) 252-9152.

### August

**Aug. 4-7** — "Stephen Covey's Seven Habits of Highly Effective People," El Paso. Three-and-a-half-day course to examine effectiveness in personal and professional areas. For more information, call the WIC training staff at (512) 406-0740.

**Aug. 8** — "Seven Habits Advanced Applications," El Paso. The next level of effectiveness training for graduates of "Seven Habits of Highly Effective People" course. Call any member of the WIC training staff at (512) 406-0740.

**Aug. 21** — "First Things First," Dallas. A one-day class that focuses on the life-management and time-management lessons from Steven Covey's *Seven Habits of Highly Effective People*. For more information, call any member of the WIC training staff at (512) 406-0740.

### September

**Sept. 4-5** — "Women and Children First Conference," sponsored by Parkland Hospital's Women and Children Services, CityPlace Conference Center, Dallas. For more information, call Shelly East at (214) 590-8782.

**Sept. 10-11** — "Setting the Pace in World Health Care: Showcase on Success," 13th annual conference of the Texas Rural Health Association, Omni Bayfront Hotel, Corpus Christi. For more information, call Frank Jacks at (512) 451-5212.

**Sept. 10-12** — Intensive Course in Breastfeeding, Phase II, College Station. Two and a half days of in-depth training following up on concepts introduced in three-day Phase I session. For more information, call Missy Hammer at (512) 406-0744.

*If you'd like to include an event in this calendar, call Shelly Ogle at (512) 458-7532.*

# Farmers' Market Nutrition Program gives a fresh look to WIC foods

By Mary Van Eck, M.S., R.D.  
Nutrition Education Coordinator

If they like tasty, nutritious, fresh fruits and vegetables, Texas WIC clients in 34 of the state's 254 counties are the lucky ones. Last year, 190,000 clients received \$10 in vouchers for purchases of fresh produce at their local farmers' markets.

Vouchers can be used only at farmers' markets certified by the Texas Department of Agriculture and contracted with the Texas Department of Health. In Texas, the state pays for 30 percent of the program; 70 percent is funded by the U.S. Department of Agriculture. Although limited funding restricts the program to fewer than one-seventh of the state's counties, there are no plans for expansion.

The goals of the national Farmers' Market Nutrition Program include providing domestically grown, fresh, unprepared fruits and vegetables from farmers to nutritionally at-risk women and children. Other goals are to expand the awareness and use of farmers' markets, increase sales at markets, and encourage the development of such markets. In 1996, the national program paid about \$1 million to 646 participating Texas farmers. The program operates from April through September in Texas.

Only *fresh, unprepared, Texas-grown* fruits and vegetables can be purchased with vouchers from the Texas WIC program. Fruits and vegetables grown outside the United States are not allowed. Local farmers'-market associations in Texas have the right to decide whether to sell WIC participants only the foods grown by its members or

whether to sell member-grown foods as well as produce purchased from other sources.

In the 34 participating counties, each Texas WIC client older than 1 receives a once-yearly issuance of five \$2 vouchers. Each voucher is redeemed for its full value. If the produce selected by the participant has a value of less than \$2, farmers are instructed to provide additional fruits and vegetables to equal \$2.



## Annual surveys of participants

If your county is fortunate enough to have a Farmers' Market Nutrition Program, your Texas WIC participants are surveyed yearly on their opinions about the program. The information from these surveys is not only helpful for planning the Farmers' Market Nutrition Program, it also can aid nutrition education at your local agency.

In 1996, 4,357 surveys were completed and returned from 25 Texas WIC local agencies. Nearly half of the respondents (49 percent) reported that this had been their first year to receive vouchers for purchases at farmers' markets.

Here are some other results from the 1996 surveys:

- ◆ Participation in the program inspired 71 percent to plan to eat more fresh fruits and vegetables all year.
- ◆ A new way to cook fresh fruits or vegetables was learned by 44 percent.
- ◆ Even without program vouchers, 52 percent said they would continue to shop at farmers' markets.

Sixty-seven percent reported that the quality of fruits and vegetables at farmers' markets was the same or better than the quality at grocery stores. Although written comments indicated that the produce was fresher and the selection better at the farmers' markets, many indicated that the produce was spoiled, too ripe, expensive, or of poor variety.

Some wrote that they would prefer being able to redeem produce vouchers at the grocery store. Locations of the farmers' markets were inconvenient for some participants, and transportation was often cited as a problem.

On the positive side, many wrote that their children enjoyed the shopping experience, that the farmers were friendly and nice, and that the produce tasted better and fresher than supermarket produce.

The survey asked some questions about nutrition education related to farmers' markets.

In response to the question, "What is the best way to learn to cook a new dish?" responses were equally divided between "Watch a live demonstration," "Watch a video," "Taste a sample," or "Just get a handout/recipe."

Recipes were used regularly by 51 percent of participants, and 41 percent said that they never use recipes.

Respondents were also asked to indicate the cooking tools and food items that they regularly keep in their kitchens:

#### APPLIANCES AND TOOLS

- 90% Stove
- 90% Refrigerator
- 73% Blender
- 73% Measuring cups
- 70% Microwave
- 73% Measuring spoons
- 53% Toaster oven
- 53% Crockpot
- 49% Grill
- 28% Steamer baskets

#### FOOD ITEMS

- 83% Vegetable oil
- 82% Onions
- 79% Garlic
- 71% Cinnamon
- 66% Spaghetti sauce
- 55% Green pepper
- 51% Cumin
- 49% Shortening
- 49% Vanilla flavoring
- 48% Cilantro
- 46% Raisins
- 35% Italian dressing
- 32% Parsley
- 24% Plain yogurt
- 17% Lard

## Let's hear from the farmers

Farmers are also surveyed; last year, 88 responded. Of these, 66 percent reported increasing their fruit and vegetable production level as a result of the Farmers' Market Nutrition Program. More than 50 percent said they were planning further increases in production and sales. Farmers offered the following comments:

- ◆ "Participants need better training on how to use their vouchers."
- ◆ "Food demonstrations with fruits and vegetables would be helpful to the participants."
- ◆ "Make coupons for a greater variety of items, including honey, herbs, and eggs."
- ◆ "Not worth the trouble."
- ◆ "Program is not fair — some farmers only sell what they grow, others sell produce they purchased."
- ◆ "Good program."

## Summary

Signed into law in 1992, the Farmers' Market Nutrition Program is still a young program, but many families have been helped by the opportunity to purchase fresh fruits and vegetables at farmers' markets.

Although there are some problems and complaints from both WIC participants and farmers, we hope that these can be resolved as the program matures. With the scientific evidence continuing to confirm the importance of fruit and vegetable consumption, this program becomes even more valuable to the health of WIC participants.

# WIC babies receive tippy cups from dental group

By Sandy Tesch, R.D.H., M.S.H.P.  
Dental Program Specialist

This summer, seven Texas WIC local agencies will receive tippy cups for their clients, thanks to the Texas Dental Association Alliance, a group of dentists' spouses who raise funds annually for the

Texas Department of Health to purchase tippy cups for WIC clients. This year, more than 2,500 cups will be donated in July and August to WIC programs in Austin, San Antonio, San Marcos, Seguin, New Braunfels, and Pecos.

Replacing bottles with tippy cups prevents baby-bottle tooth decay, often caused when a baby is put to bed with a bottle of milk, formula, juice, or sweetened

liquids. If an older baby insists on a bottle at bedtime, one with water *only* can be offered.

WIC discourages giving water routinely to very young infants.

## Is baby ready?

WIC recommends that babies start drinking from a cup at about 6 months of age. A tippy cup, which has a lid to limit spills and a spout for easy drinking, is an age-appropriate replacement for a baby bottle.

The three criteria below are milestones that will help you know if a baby is ready to start using a cup:

1. Baby is at least 6 months old.
2. Baby sits up without help.
3. Baby can eat cereal and other foods from a spoon.

## Switching from the bottle to a cup

Here are some helpful hints to help a baby switch from the bottle to a cup:

1. Begin to use a plain-looking bottle for feedings, one that does not catch the baby's eye.
2. Trade the bottle for a bright, pretty cup with pictures on it so that the baby may find the cup

more attractive than the bottle. A cup with two handles is easier for a baby to hold.

3. Start using a cup at mealtimes only. Pour just an inch of liquid into it. Remember, at first the baby will need help using a cup to drink breastmilk, formula, water, or juice.

4. For the next few months, start replacing one of your baby's between-meals bottle-feedings one time each day with a cup of breastmilk or formula. The baby's favorite feeding time should be the last one replaced.

5. When the baby becomes 1 year old, try giving only the cup. The baby no longer really needs bottles.

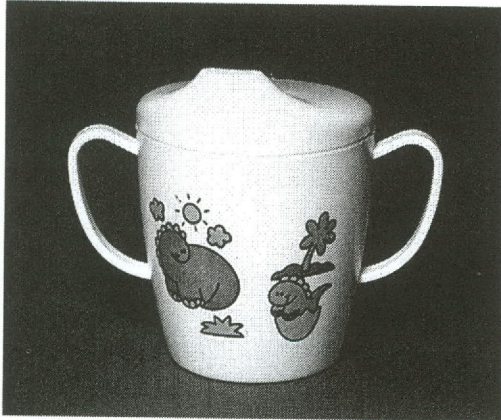
Because WIC recommends that breastfeeding last as long as possible, an older baby can alternate between cup-drinking and nursing from the breast. Total weaning from the bottle should occur sometime between 12 and 18 months of age.

Replacing a bottle with a tippy cup is better for a baby's teeth and can also prevent baby-bottle tooth decay.

## Remember

Remember to *always* give juice in a cup, never in a bottle. Never put anything in a bottle except water, formula, or breastmilk.

Following this practice makes weaning the baby much easier.



## Fat-free foods not for all kids

Parents should study the label carefully before buying fat-free foods for children.

"In some cases, even where the dietary fat has been reduced, the serving size may have a considerable amount of calories," says Janice Stuff, Ph.D., of the USDA's Children's Nutrition Research Center at the Baylor College of Medicine in Houston. "Children may tend to eat more servings, which may cause them to gain more weight," she says.



Compiled by John Koloen  
Staff Writer

Stuff reminds parents that fruits and vegetables are fat-free snacks.

Carrots, apples, celery, and bananas all make healthy snacks. Products such as reduced-fat yogurt, skim milk, and 2 percent milk are also healthy snacks.

However, children need some fat in their diets, especially during growth spurts, she says. Fat provides energy that helps children maintain normal bodily functions and supports the increased growth in muscle, skin, and bone.

"Based on present knowledge, 30 percent of a child's caloric intake should come from fat," Stuff says. "Fat satisfies a child's appetite. Fat also helps the body absorb fat-soluble vitamins such as A, D, and E. Some of the fat-free offerings may not be as balanced in these vitamins."

It's not wise to try to completely cut fat out of a growing child's diet, Stuff warns. "The daily required amount helps children grow into strong, healthy adults."

Stuff is an assistant professor of pediatrics in the Department of Pediatrics at Baylor.

## Single-parent families on the rise

According to a report by the U.S. Census Bureau, only 69 percent of children younger than 18 lived in a two-parent household in 1995. In 1970, 85 percent of children lived in two-parent households.

According to the report, *How We're Changing — Demographic State of the Nation: 1997*, rising divorce rates and the delaying of first marriages are major factors contributing to the

increase of children in single-parent families.

A child in a single-parent family in 1995 was nearly as likely to be living with a parent who had never been married (35 percent) as with a parent who was divorced (38 percent). Another 23 percent of these children lived with a parent who was separated or living apart from his or her spouse, and 4 percent lived with a widowed parent.

Along racial lines, the proportions of children living with one parent in 1995 were 56 percent for African-American children, 33 percent for Hispanic children, and 21 percent for white children.

## Infant mortality declines in Texas

Infant mortality in Texas declined 8.5 percent from 1994 to 1995, says the Texas Department of Health. In 1994, 7.1 babies per 1,000 live births died; in 1995, 6.5 died.

The decline in infant mortality is attributed to better and regular prenatal care for women, improvements in treating premature and low-birthweight babies, and increased parental knowledge and education.

On an average day in Texas, 884 babies are born. Of those, 147 are born to teen mothers, 78 are born pre-term, and 63 are born with low birthweight.

"There are still many threats to infant health in Texas," said Patti J. Patterson, M.D., Texas commissioner of health. "For example, too many babies are still being born prematurely — nearly 23,000 in 1995 alone."

Source: *TDH Pulse Monitor*

*Texas WIC News* is great! We always "fight" over it when it arrives.  
Minneapolis, Minn.

Thanks for *Texas WIC News*. I am very impressed with how well it is put together, the quality of the articles, and the readability of the publication. I always pick up new ideas, concepts, and strategies from each issue.  
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*Texas WIC News* has such value that it is not shelved and forgotten, but is often reread and referred to by our very interested WIC staff.  
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We want to compliment you on the *Texas WIC News*. It is a fine journalistic effort.  
Lansing, Mich.

We have decided to emulate the *Texas WIC News* because your newsletter is impressive in both content and layout.  
Columbus, Ohio

We are impressed with the newsletter's content, creativity, and quality. While we are not in Texas, many of the articles benefit more than 100 staff members in our WIC program.  
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I have enjoyed reading *Texas WIC News* for the past two years and wanted to share its information with the staff in our agency's satellite office.  
Belfast, Maine

*Texas WIC News* is an excellent magazine and quite informative. Each of our three sites should have a copy.  
Southbridge, Mass.

We love you in New England!  
Boston, Mass.

We use *Texas WIC News* all of the time as a resource.  
Lake George, N.Y.

*Texas WIC News* is such a wonderful publication. I am learning about another part of the country, recent health research, breastfeeding updates, and nutrition education. Keep sending and making these great issues, for they benefit not only me, but many others as well.  
Elmwood Park, N.J.

Your publication, *Texas WIC News*, always contains such creative and innovative ideas. All of our nutritionists need to read it.  
Norfolk, Va.

I rave about *Texas WIC News*. I always look forward to getting my copy, and then I copy many of the articles to distribute to our Florida state staff.  
Tallahassee, Fla.

We have used the informational and training articles as resource materials.  
St. Thomas, U.S. Virgin Islands

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*Texas WIC News* continues to be a wonderful gift in a bundle of yuck mail!  
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*Texas WIC News* ties our WIC staff in with other WIC people across the nation.  
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*Texas WIC News* is creative and interesting. Each issue has an understandable style of communicating information on many issues important to the WIC community.  
Nashville, Tenn.

We look forward to each issue.  
Kinston, N.C.

To subscribe to *Texas WIC News*, e-mail [sogle@wic.tdh.state.tx.us](mailto:sogle@wic.tdh.state.tx.us) or call (512) 458-7111, ext. 3478.



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