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Texas

# WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

January 1999

Volume 8, Number 1



**Listening to WIC grocers  
can help our clients**

'Texas WIC News' Index – November 1998-January 1999  
(page 18)

# Local agencies form alliances with libraries, student nurses to boost community-based nutrition education

By Lynn Silverman, M.A., R.D.  
Nutrition Education Consultant

Two local agencies in Texas WIC are using innovative ways to bring WIC nutrition and breastfeeding education to their communities.

## Videos on loan to public

Ann Latham, R.D., nutrition education coordinator at Project 76, found a unique way to reach the public in the 57 counties served by her sprawling local agency. She's formed a partnership with local video stores and libraries. After reviewing the WIC video stock at Project 76 to determine which videos would not be in use this year, Latham arranged for clinics to contact their local video stores and libraries to see if they would offer these videos to the public on a free checkout basis.

After the libraries and video stores agreed to the plan, WIC staffers created posters advertising the service. One design is placed in clinics to let participants know that they can check out the WIC videos from the library or video stores. The other design is posted in libraries and video stores to give information about WIC, the topics of the videos, and how to obtain them.

Besides displaying the posters, the video stores and libraries stock the videos and keep track of the checkouts. Some of the stores have donated children's videos to the local agency. Clinics use them to entertain WIC children while they wait for their parents in the clinics' waiting rooms.

The WIC video that gets checked out the most, says Latham, is *The Perils of Secondhand Smoke*. Included among the other videos provided by WIC for community nutrition education are *WIC Talk Anemia*, *Mommy's Milk for Mommy's Babies*, *ABCs for Moms*, *Expecting the Best*, and *Breastfeeding and Working*.

According to Latham, the community needs information on anemia, secondhand smoke, and breastfeeding. "Many women who breastfeed do not qualify for WIC, and they do not have access to WIC's excellent information on breastfeeding," she says. "And WIC clinics want activities to occupy the children while their parents or caretakers receive nutrition education. The partnership with the libraries and video stores helps with both needs."

## Nursing students rotate through clinic

In east Texas, Project 62 director Carla Rhodes, L.V.N., offers an unusual opportunity in community-based nutrition education to the residents of the town of Paris and of Lamar County.

Vocational-nursing students at Paris Junior College rotate two at a time through the WIC clinic to observe educational activities in nutrition and breastfeeding.

This rotation results in more than 45 student L.V.N.s taking WIC nutrition information into their professions each year. Also, as a result of what they learn about WIC during their rotations, some

of the students sign up to become WIC clients themselves.

In addition to teaching the student vocational nurses about nutrition and breastfeeding,

Rhodes' local agency takes part in another outstanding community-based nutrition-education activity, a health fair. Sponsored by the Northeast Texas Council on Alcohol and Drug Abuse, the "Kids Safe Saturday" fair is held annually. During the 1998 fair, more than 1,800 adults and children visited the WIC booth, "Get the lead out with nutrition." In 1997, Project 62's booth offered information on food safety to about 1,500 people.

For more information on how to network within your community to find opportunities for community-based nutrition education, call Ann Latham at (940) 888-2017 or Carla Rhodes at (903) 784-1411.



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Texas

# WIC NEWS

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*Project 84*

**'Baby bundles' link generations in Katy**

At 89 years old, Maurine Crum still busies herself sewing for others. With other volunteers at Project 84's Baby Bundle project, Crum puts a little bit of love into every stitch as she creates baby quilts, crib blankets, baby gowns, stuffed animals, diaper bags, pillows, and bibs.

The items are used in WIC clinics as incentives for mothers who breastfeed their babies, says Veronica Brown, director of Project 84. Most of the cloth, patterns, and thread are donated.

Brown, her staff, and a group of WIC moms honored Crum and other volunteers on Aug. 7 at a ceremony held in a park in Katy. The volunteers got a chance to meet the moms and babies who have received their

handiwork, and the families got a chance to thank the volunteers in person.

A Volunteer of the Year award was presented at the ceremony to Crum and to Dorothy Haney, who tied for the honor. Haney, a retired office worker, loves to sew baby quilts, says Brown. "They are beautifully hand-crafted works of art," she says. "Some of the quilts have animals or flowers on them." Haney, who also sewed 100 teddy bears for the WIC babies, says her quilts not only comfort babies but they also teach them about shapes, colors, and textures.

Crum specializes in sewing clothes for infants and toddlers and has volunteered with the Baby Bundle project since it started six years ago. She perfected her sewing skills while raising three daughters. "I sewed a lot of clothes for my girls," Crum says. "Now I do it to keep busy and to help other mothers."

"The Project 84 WIC program greatly appreciates the dedication of these volunteers," says Brown. "They are doing so much for our WIC mothers and babies. Their gifts make our moms feel that someone loves them and cares about them."

**World Breastfeeding Day celebrated in Katy park**

At the same event at which Crum and Haney were recognized, Brown and her staff also honored the local agency's breastfeeding moms. The



Project 84 director Veronica Brown, center, appreciates the loving work of Baby Bundles volunteers Dorothy Haney, left, and Maurine Crum.

gathering celebrated World Breastfeeding Month. "It was a resounding success, and it greatly increased the awareness of the general public about the benefits of breastfeeding," says Brown.

Press releases announcing the celebration and the benefits of breastfeeding were sent to local media outlets. Articles were published in several newspapers.

Katy's mayor, Hank Schmidt Jr., proclaimed August 7 as the city's official World Breastfeeding Day. The proclamation was announced and read during the celebration in the park.

Before the event, WIC staffers posted bulletin boards in the Katy WIC clinic with the names of breastfed babies. "The proud mothers were happy to see them," says Brown. A baby contest was also organized for the breastfed babies, with the mothers voting for the "cutest and healthiest" baby. "Of course," says Brown, "they could not vote for their own child." Two babies tied for the winning title and were given gifts at the celebration.

WIC staffers also presented certificates of achievement to all breastfeeding mothers, each of whom received a quilt, toy, or article of baby clothing made by the Baby Bundle volunteers.

To add excitement to the celebration, crawling races were organized for the babies ages 6 months to 12 months. Pictures of the winners were printed in the *Houston Chronicle*. Walking races were held for the toddlers ages 12 months to 24 months. All of the children joined in a picture-coloring contest which resulted in three



Staffers at the Katy clinic who organized the World Breastfeeding Day celebration are, from left, Maria Garza, Kathy Mathis, Rosario Oropeza, Dawn Bryan, and Mady Bhatnagar.

winners. All of the adults at the celebration, joined by some older children, played a game of breastfeeding bingo, which emphasized the benefits of breastfeeding. The winners of all contests and games received gifts.

Breastfeeding mothers talked about their experiences and how they coped with pumping when no breastfeeding rooms were available. A volunteer team leader from La Leche League encouraged the WIC mothers to continue breastfeeding their babies.

The mothers felt appreciated, Brown says, and realized that their hard work will produce rewarding results and healthier babies.

The celebration was organized by the Katy clinic's WIC staff: nutritionist Mady Bhatnagar,

breastfeeding peer counselor Dawn Bryan, automation clerks Maria Garza and Kathy Mathes, and Rosario Oropeza, L.V.N.

*Veronica Brown, director of Project 84, can be reached at (713) 767-3481.*

#### News notice

The ongoing six-article series from Project 26 in Houston about the native foods of its international workers will resume next month with the fifth article.

The two remaining articles will highlight Iran and El Salvador.

*Project 48*

## World Breastfeeding Month catches public's eye in Harris County with family walks, receptions

A full month of breastfeeding activities at Project 48's WIC clinics in Harris County brought community attention to the important health benefits of breastfeeding. Peer counselors decorated bulletin boards throughout the local agency, and all WIC staff wore gold ribbons to support breastfeeding efforts.

On Aug. 1, the local agency and La Leche League's Kingwood group co-sponsored a "Stroller Parade" at the Columbia Kingwood Medical Center. The walk was held in the medical center's mall and was followed by a covered-dish luncheon. WIC employees, along with La Leche League members and their families and friends, enjoyed the day.

Another walk was held Aug. 6 in Hermann Park. Co-sponsored with La Leche League groups from Bellaire

and Neartown, the walk was followed by refreshments.

On the north side of Harris County, well-attended receptions for breastfeeding WIC moms were held Aug. 6 at Northwest Assistance Ministries, Aug. 11 at the Antoine center, and Aug. 19 at the Humble WIC office.

On the south side of the county, a large reception advertised in the Baytown paper was arranged by peer counselors at the Decker Drive WIC clinic. The receptions featured donated banquet fare and cakes, door prizes, informational material and speakers, and activities for children.

*Nutrition specialist Maria Kelley provided the information for this article. She can be reached at (713) 439-6135.*



Above, Gloria Gajere, supervisor of the Antoine WIC clinic, happily carries little Mykaelan McDuffy on her back while the baby's mom, breastfeeding peer counselor Kirsten McDuffy, helps set up for a breastfeeding banquet Aug. 11. Smiling behind Gajere is nutrition assistant Nhunguyet "Lynn" Hoang.



At right, breastfeeding supporters gather for an awareness-raising walk at the Columbia Kingwood Medical Center.

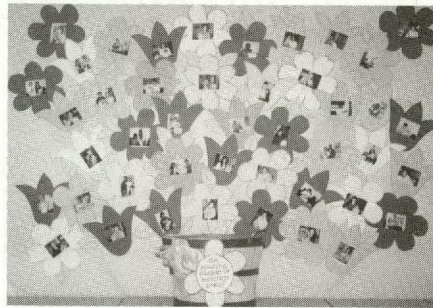
## Project 103

# Peer counselors help make breastfeeding rates soar in Longview

Breastfeeding peer counselors, trained in April and May, have contributed to an outstanding increase in breastfeeding rates at Project 103 in Longview, says Mary Peters, R.D., breastfeeding coordinator. In May, she reports, the rate of breastfeeding at certification for WIC moms was 34 percent. By the end of August, those rates had risen to 51 percent.

"Our counselors and staff were ecstatic," says Peters. "Their enthusiasm, passion, and super efforts contributed to this increase when they began facilitating our breastfeeding-promotion classes and following up one-to-one with moms."

Other staff efforts that aided the growth in breastfeeding were some improvements on promoting it. Since May, all pregnant clients have attended a breastfeeding-promotion class one month after their initial certification. At this class, the women can choose whether to come back for an advanced class on breastfeeding or to just learn more about nutrition during their



A photo bouquet shows Project 103's breastfeeding moms and their babies.

pregnancy. The advanced breastfeeding class is led by a peer counselor who guides the women in lively discussions on overcoming possible problems and enhancing their breastfeeding efforts while hospitalized after giving birth.

Once the clients' babies are born and brought to WIC for their initial certification, another breastfeeding-management class will be offered to the breastfeeding moms a month later. "Our hope is that offering this class will encourage more moms to continue to breastfeed past the initial certification period," says Peters.

Since May, staffers have been photographing breastfeeding moms and their babies. The pictures are displayed so that everyone can see them when they come for their certifications or classes. "Not only does this make our breastfeeding moms feel special," says Peters, "but it also lets all of our moms know that there are more women breastfeeding than they may have thought."

## Clever exhibits promote breastfeeding awareness

To celebrate World Breastfeeding Month in August, each of the peer counselors at Project 103 put together her own display for the month. These included a display of stylish and inexpensive clothing, bought from the local Goodwill, which Sylvia Duke adapted for easy nursing. Another display, put together by Rose Miles, compared the cost and time involved in formula feeding vs. breastfeeding. Hilda Luna created a poster of a letter composed in Spanish from a baby to his mother telling her the many reasons why she should breastfeed him. Stacey Nichols assembled breastfeeding-promotion bulletin boards which were displayed in several private-practice OB/GYN offices in Longview.

Project 103 staff, along with the local La Leche League, presented an exhibit in August in the main lobby at the Longview public library on the benefits of breastfeeding. Along with the La Leche League and local lactation consultants, WIC workers staffed breastfeeding-promotion booths at a Wal-Mart, the local mall, and the Gregg County fair.

*Project 103 breastfeeding coordinator Mary Peters can be reached at (903) 758-9510.*



Hardworking and effective breastfeeding peer counselors at Project 103 are proud of their healthy children. From left are Stacey Nichols, Rose Miles, Yolanda Taylor, and Sylvia Duke.

Project 12

## Informing, serving clients still at the heart of WIC work in Hidalgo County

To inform WIC clients about the importance of eating fruits and vegetables, Project 12's clinics vied with each other in mid-September in a contest to create the best "5-A-Day" display. The Donna WIC clinic won first place for best display. Second place went to the San Juan WIC clinic, and the Alton WIC clinic placed third. A certificate for best grocery-store display was awarded to the Edinburg WIC clinic.



WIC nutritionist Melissa Franz, left, and nutrition educator Teresa Garibay of the Edinburg WIC clinic won first place over other Project 12 WIC clinics for their '5-A-Day' grocery-store display.

### World Breastfeeding Month

In August, World Breastfeeding Month was celebrated in many educational ways for WIC clients and the local community. Clinics posted breastfeeding information and displays. The local agency hosted a reception for breastfeeding WIC moms on Aug. 7. WIC workers

staffed breastfeeding exhibits at three hospitals and at the county's two malls and conducted a breastfeeding presentation and exhibit at a baby fair.

Another breastfeeding exhibit was displayed by Project 12 staffers at the county commissioners' court. At the event, county judge Renato Cuellar presented a trophy to Project 12 director Norma Longoria for her support and promotion of breastfeeding.

And the media got involved, too. In late August, Project 12 breastfeeding coordinator Elizabeth Cardenas spoke on a local radio station about breastfeeding and answered questions from callers. Joined by clinic monitor Blanca Castilla, she also appeared on a local TV show, *Aqui Rogelio*, to discuss breastfeeding and to announce the month's various breastfeeding-promotion events.

### Staff awards

WIC breastfeeding peer counselor Janie Gomez became the first person to receive a local-agency award for outstanding performance as a breastfeeding educator. "Janie goes above and beyond," says director Norma Longoria. "She gives 110 percent of herself in reaching and serving her clients, even after they've been discharged from the hospital." Gomez received



Janie Gomez



Project 12 staffers display breastfeeding information at the Hidalgo County Commissioners' Court. From left are breastfeeding coordinator Elizabeth Cardenas, local-agency director Norma Longoria, and breastfeeding peer counselors Martha Flores, Janie Gomez, Blanca Avila, and Hilda Franco.



the award at the end of July. Her bedside manner advising new moms at the Knapp Medical Center has resulted in kudos from patients, a letter of praise sent from the medical center to Longoria, and an article about Gomez in the *Knapp Times*.

Recent recipients of Project 12's Employee of the Month award are Pat Salas (August), Gracie Lujan (July), Mary Flores (June), Josie Garces (May), and Delia Villescas (April).

Villescas and Patty Hernandez, L.V.N., were awarded a certificate and

a goodie basket for giving the most shots in June. A similar award went to the Hidalgo Public Health Center WIC clinic for conducting the most outreach in June.

*Project 12 director Norma Longoria can be reached at (956) 381-4646.*



June's outreach winners are, from left, administrative assistant Isabel Cordova, clinic aide Araceli de Leon, clerks Gloria Cadena and Araceli Villalobos, WIC L.V.N. Gabby Saucedo, and breastfeeding coordinator Elizabeth Cardenas.

## Project 11

### Guest speaker makes breastfeeding party memorable

The staff at Project 11 is grateful to David McCormick, M.D., a pediatrician at the University of Texas Medical Branch at Galveston. He was the local agency's guest speaker at its annual gala on Aug. 12 celebrating World Breastfeeding Month.

"Dr. McCormick has really been a tremendous help with getting our peer counselor program started, and with breastfeeding mothers in general," says Holly Hall, L.V.N.

Breastfeeding WIC moms and pregnant WIC clients, along with some of their family members, joined Project 11 staffers and peer counselors at the Texas City celebration. Some members of McCormick's staff also attended. After listening closely to his talk on the benefits of breastfeeding, each breastfeeding mom was presented with an award for choosing to nurse her baby.

Everyone enjoyed a large spread of food donated by area restaurants. Door prizes were donated by local merchants. They included gift certificates from Wal-Mart, a fruit basket, a plant, and a gift certificate for two barbecue dinners. The grand prize,

won by an exclusively breastfeeding WIC mom, was a weekend getaway for two at a local bed and breakfast on Galveston Island.

*Holly Hall, L.V.N., who provided the information for this article, can be reached at (409) 986-1812.*



Project 11 staffers and friends gather to celebrate World Breastfeeding Month. In front, from left, are Samuel Mitchell, son of peer counselor Debbie Mitchell; Holly Hall, L.V.N.; Susan Moeller, L.V.N., site supervisor at the Texas City WIC clinic; Michele Huber, L.V.N., site supervisor at the St. Mary's WIC clinic in Galveston, and Cesar Gonzales, M.D., of the UT Medical Branch. In back row, from left, are peer counselor Lyrain Thomas; Gabriel Ross in the arms of his mother, peer counselor Pausha Rougue; peer counselor Lilia Zuniga; Erika Gonzales, M.D., of the UT Medical Branch; Joshua Thomas, son of Lyrain, in the arms of nutrition educator Amelia Lopez; peer counselor Debbie Mitchell, mother of Samuel; and Lorraine Womack, L.V.N., site supervisor at the Primary Care Pavilion WIC clinic in Galveston.

# Be flexible when providing services to families with special health-care needs

By Melissa Short  
Communications Coordinator  
WIC Policy and Communication Section



Over the past few years, many questions about WIC participants with special health-care needs have been asked of the Information and Response Management liaisons, now a part of the state agency's Policy and Communication section. Many Texas WIC local agencies want to know how to serve their clients with special health-care needs.

WIC Policy CR: 07.1, "Provision of Services to Families with Special Health Care Needs," addresses issues such as applicants and participants who are unable to take their child to the WIC clinic because of the child's medical condition. This policy originally targeted participants with special health-care needs but has evolved to include the whole family.

Many of you may have firsthand experience with the hardships and obstacles that come with having a family member with a special health-care need. With limited resources and little or no outside help, the task of taking care of a loved one can be overwhelming. The intent of this policy is to remove whatever barriers we can for these families and to ensure that the clinic's nutrition education is relevant to the participant's condition.

Below are some of the most frequently asked questions about this topic.

**Q:** *A woman called the clinic to request a certification appointment for her child who had recently undergone surgery, remains on a ventilator at home, and cannot come to the clinic. How can the clinic serve this applicant?*

**A:** Families with special health-care needs should be offered special accommodations. For initial and subsequent certification, the clinic can accept medical information from the child's medical provider—and the information can be received verbally or by fax, e-mail, or postal mail.

**Q:** *A recipient needs to pick up food vouchers for her child, who has cerebral palsy and is being tube-*

*fed. How can the clinic serve this family with special needs?*

**A:** Offer the recipient the *option* of attending nutrition-education classes. These classes *can* be waived.

The recipient may already be receiving nutrition counseling for her child from a non-WIC source. If this is the case, ask the recipient to come into the clinic to pick up the child's food vouchers. Schedule a time convenient to the recipient. When she arrives, be ready to print out her food vouchers immediately so that she doesn't have to wait.

Mailing one month's worth of food vouchers is also an option if you notify the state agency beforehand. If the situation requires any additional mailings, be sure to check with your liaison at the state agency for approval.

If the participant is *not* receiving nutrition education from any other source, the registered dietitian at the local agency can offer individual counseling to meet the child's specific health-care needs.

If the local agency does not have a registered dietitian, refer the recipient to individual nutrition counseling with a qualified outside source such as the Early Childhood Intervention Program. ECI can help children until their third birthday. The child's doctor may also refer the family to a registered dietitian with expertise in special health-care needs.

Whether the participant is receiving contract or non-contract

infant formula from Texas WIC, state policy allows double or triple issuance of the food package's vouchers if your local-agency director gives approval.

Be sure to follow the appropriate approval process required for the specific food package.

**Q:** *A pregnant participant has informed the clinic that she will not be able to make it to her next WIC nutrition-education class. She is caring for her mother, who has Alzheimer's disease and cannot be left alone. How can the clinic*

*serve this participant with a special need?*

**A:** This participant's current issuance of food vouchers can be mailed to her (single issuance only) if your state-agency liaison is notified beforehand.

If it's more convenient for the participant, she can send a proxy to the clinic to pick up the month's worth of food vouchers. The proxy needs to present a letter from the WIC participant, the participant's FID card, and the proxy's own proof of identification.

We hope that the information in this month's "Policy Perspectives" column has answered some questions of yours about serving Texas WIC families with special health-care needs. Take some time to read the complete policy so that you become familiar with what we *can* do for applicants and participants, instead of focusing on what we can't do.

If you have any questions about WIC Policy CR: 07.1, contact your local agency's liaison at the state agency at (512) 406-0777.

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## Low birthweight linked to later heart disease

### Nutrition in utero has lifelong effects

By Elaine Goodson, M.S., R.D., L.D.  
Special Projects Nutritionist

Everyone who works in WIC knows that good nutrition during pregnancy is important to a baby's health. Research during the past few years indicates that it can also have a lifelong impact because nutrition in utero may influence the development of heart disease or diabetes during adult life.

An increasing number of studies is showing that babies who were thin at birth have more cardiovascular disease later in life. It appears that babies born with a low "weight for length" may mature into adults who have higher cholesterol levels, higher blood pressure, and altered blood clotting ability. These factors can promote the development of heart disease.



A study in England looked at adults who had been low-birth-weight babies. In both men and women, these adults had higher rates of heart disease.

But nutrition during the first year of life also had a role. In

women, those with the highest rates of cardiovascular disease had below-average birthweights and above-average weight at the age of 1 year. In men, those with the highest rates of cardiovascular disease had below-average birthweights and below-average weight at the age of 1 year.

Another English study showed that 50- to 60-year-old men who were thin as newborns have more diabetes and more "insulin resistance" (a condition in which the

body does not properly utilize its insulin) than adults who as newborns had shown a higher "weight for length." These results were especially true for thin male babies who later became the most obese as adults.

Although adult eating habits and lifestyles are still considered important predictors of chronic disease, these studies indicate that prenatal nourishment may eventually emerge as another important predictor. The new information shows once again the importance of WIC foods and nutrition education to lifelong health.

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Local agencies have big role, too

## Vendor training essential tool in building, improving relationships

By Todd Shaw, M.Ed.

Training Specialist

Our participants leave the WIC clinic happy, filled with good nutrition information, vouchers in hand. They dash to their favorite grocery store to get their approved WIC foods and then . . . well, then *something* goes awry.

At the store, WIC clients become overwhelmed with the different WIC choices and all of the rules governing them. Grocery checkers become frustrated with

the slow process and the different WIC rules about purchases of various WIC foods. These experiences can only lead to bad feelings between participants and vendors, to finger-pointing and blaming, and, sometimes, to going around the rules.

When this happens, both participants and vendors suffer. How can we prevent this? How do we protect our clients and our vendors?

### Building vendor relationships

The best way to protect clients and vendors is to build relationships. The people we see in our clinics as WIC participants are the same people the vendors see in their stores as customers. The vendors are the same ones where you and I shop. We all are a part of the same community.

To make the WIC process flow smoothly for participants, it is important that they feel that there is real communication and problem-solving among the three major food-delivery pieces of WIC—local clinics, vendors, and the state agency.

Vendor training is the most direct way to begin relationship-building. Besides informing vendors on Texas WIC policies, procedures, and approved-food changes, vendor training promotes problem-solving,

increases face-to-face contact between the state agency and vendors, and serves as a sounding board for vendor ideas and issues.

It is important for the vendors to feel listened to. They need to hear from us that the state agency understands how cumbersome the voucher process is from their perspective, and that we know that WIC purchases are not *all* that they do in their stores.

It is equally important for the vendors to have someone in the community with whom they can speak about WIC problems and someone from whom they can get advice about WIC situations.

Too often, vendors feel that participants are not required to learn what the WIC-authorized foods are. They often report their belief that WIC clients are purposefully trying to cheat the system. Too often, they feel forced to serve as WIC's administrative police. And, when they have a question that requires an immediate answer, they too often feel that they have no one to talk to.

This is where the relationship shared by vendors, the state agency, and local agencies becomes most important.

Vendor training itself answers many of the vendors' administrative questions about WIC, and it provides them with the names and phone numbers of vendor liaisons at the state agency. Vendor training tries to build trust and empathy



between the state agency and our vendors. The final piece that needs to be added to this formula is *you*: the local agencies.

### What local agencies can do

When vendor training is offered in your area, send a clinic representative to meet the local vendors and to briefly speak with them. Listen to their concerns and explain how your local agency is addressing them. Let them know how your local WIC participants feel they are being treated by their vendors.

Be sure to give the vendors the name and phone number of a WIC contact person at your local agency, and arrange for a backup contact person to handle vendor issues when the first one is unavailable. Vendors often tell us that they need

someone *local* to call when they have a question about WIC foods or when they're dealing with a participant complaint.

Texas WIC emphasizes helping our participants. Direct support from a local agency to the area vendors will improve our participants' experiences with the vendors. It will also help vendors become more attentive to the needs of WIC clients.

### Schedule for vendor training

Vendor training is held at various locations across the state during the final week of each month. The schedule for vendor training in upcoming months is being set up now, and February's issue of *Texas WIC News* will present it.

For the immediate future, we are planning to conduct vendor training at the following locations:

Jan. 27—Crystal City, Del Rio,  
Eagle Pass

Jan. 28—Laredo

Feb. 23—Corpus Christi

Feb. 24—Brownsville, McAllen

March 23—Wichita Falls

March 24—Dallas, Fort Worth

April 27—Tyler

April 28—Conroe, Lufkin

Call training specialist Todd Shaw at (512) 406-0700, ext. 266#, to confirm any places or dates; they may be subject to change. And be sure to let us know how we can help introduce the clinic representative whom you will be sending to the training to meet with the vendors.



Vendor training can result in a pleasant shopping experience for WIC clients and a better workday for checkout clerks.

Keeping kids safe

## Bicycle handles, car seat belts can injure child's liver in crashes

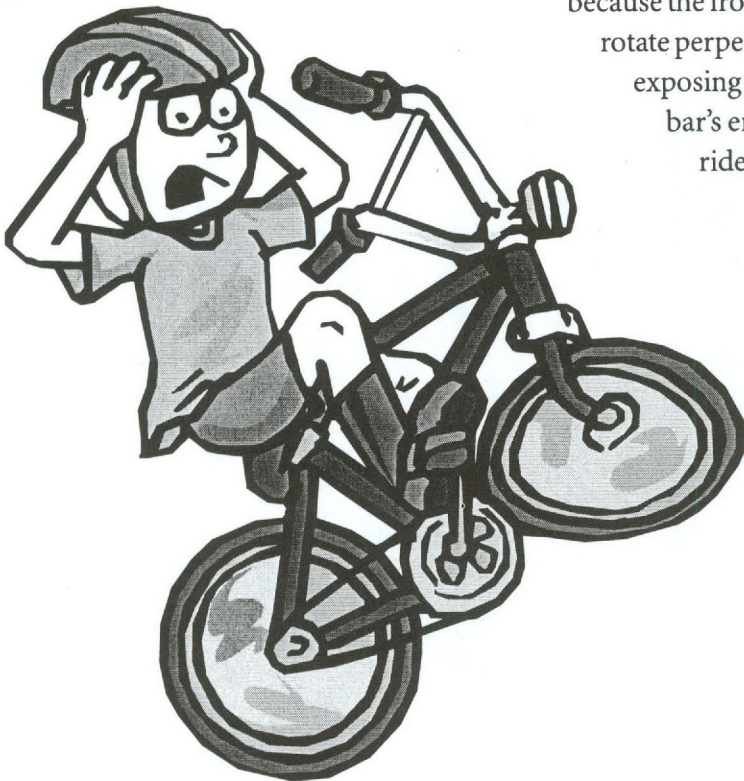
By Marie Garland, R.N.  
WIC Immunization Coordinator



A bicycle is one of the most popular gifts to children, whether during the holiday season or for birthdays. However, few people know that a feature on every bike is one of the most frequent sources of major life-threatening injury to a child's liver: the handlebars.

A recent study suggests that the handlebars of bicycles can act as "hidden spears," causing serious internal injuries to children involved in seemingly minor bike accidents. Stunt bicycles

pose a particular risk, mainly because the front wheel can rotate perpendicularly, exposing the handlebar's end to the rider's abdomen.



Reporting in September 1998's issue of the journal *Pediatrics*, Flaura K. Winston, M.D., Ph.D., and colleagues found that children suffered serious liver injuries after landing on the ends of their bike handles, on the crossbar, or on the unpadded nut at the crown of the handlebar's stem.

The Children's Hospital of Philadelphia looked at 107 children seriously injured in bike accidents between 1995 and 1997. Overall, most injuries occurred in the arms or legs (61 children), the head and neck (46 children), or the abdomen (18 children). Seven children received facial injuries, and five were hurt in the chest. Other injuries included a collapsed lung and a thigh impalement. The average age of the children was 10, and 78 percent were male.

Of the 17 children who fell on their handlebars, 13 had the following serious injuries: six had a lacerated spleen, two had liver lacerations, three injured their kidneys, and two had pancreatic lacerations. More than three-quarters of those children were injured after a relatively minor crash, such as hitting a pothole or curb, or after braking suddenly. In five cases, the children were riding a stunt bicycle.

Another potential fatal source of liver injury to children ages 4 to 8

occurs when they are involved in a car accident in which they are wearing an "adult" seatbelt. Because of the children's small size, the belt tends to bind them right at the level of their spleen and liver when they are thrown forward in a crash. Special "stomach protectors" that distribute the force of impact can be added to adult seat belts to prevent such injuries. These protectors can be purchased wherever children's car seats are sold.

Liver injuries in children are frequently overlooked and missed. In cases of bicycle accidents and seat-belt injuries, *results can be fatal*. When these types of injuries occur, the child should receive medical evaluation and treatment within 30 minutes to avoid massive bleeding and death.

A blow to the stomach area of a child—even just getting his or her "breath knocked out"—deserves medical attention if the child remains uncomfortable after a 5- or 10-minute period immediately following the injury.

Please keep this in mind, particularly now after so many children have received bikes as gifts during the holidays, and whenever you drive.

Have a *safe* and healthy New Year!

## WICalendar

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

### January

**Jan. 13-15** — Intensive Course in Breastfeeding, Phase II, Houston. Two and a half days of in-depth training following up on concepts introduced in three-day Phase I session. \$45. For more information, call Missy Hammer at (512) 406-0744.

### February

**Feb. 10-12** — Intensive Course in Breastfeeding, Phase I, Edinburg. Three-day course prepares health-care providers to promote and support breastfeeding. \$45. For more information, call Missy Hammer at (512) 406-0744.

### March

**March 3-5** — Intensive Course in Breastfeeding, Phase II, San Antonio. Two and a half days of in-depth training following up on concepts introduced in three-day Phase I session. \$45. For more information, call Missy Hammer at (512) 406-0744.

**March 9-11** — "1999 Texas WIC Nutrition Education and Breastfeeding Promotion Workshop," DoubleTree Hotel, Austin. For more information, call Missy Hammer at (512) 406-0744.

**March 25-26** — Association of Texas Professional Educators, 19th annual state convention, Austin Convention Center, Austin. For more information, call (512) 467-0071 or send e-mail to [meetings@atpe.org](mailto:meetings@atpe.org).

**March 26** — "Breastfeeding: The Gold Standard," a one-day breastfeeding seminar on meeting challenges in the health-care setting, featuring author Jack Newman, M.D. CEUs available. For more information, contact Cathy Carothers at Mississippi WIC at (800) 545-6747 or at [ccarothers@msdh.state.ms.us](mailto:ccarothers@msdh.state.ms.us).

### April

**April 6-9** — "25 Years of Sterling Service," 16th annual conference of the National Association of WIC Directors, Fairmont Hotel, New Orleans. For more information, call Linda Brumble at (512) 406-0740.

**April 6-9** — 12th annual Texas HIV/STD Conference, Austin Convention Center. Creating cohesive partnerships through skill-building and exchange of information. Registration \$100 before Feb. 6; \$150 afterwards. For more information, fax Dan Warr at (512) 490-2538.

**April 13-15** — Peer Counselor Trainer Workshop, Austin. For breastfeeding coordinators to learn how to train breastfeeding peer counselors and to plan a peer-counselor program. \$35. Call Jewell Stremmer at (512) 406-0744.

**April 21-23** — Intensive Course in Breastfeeding, Phase I, Fort Worth. Three-day course prepares health-care providers to promote and support breastfeeding. \$45. For more information, call Missy Hammer at (512) 406-0744.

### May

**May 11-13** — Intensive Course in Breastfeeding, Phase I, San Antonio. Three-day course prepares health-care providers to promote and support breastfeeding. \$45. For more information, call Missy Hammer at (512) 406-0744.

**May 19-21** — Intensive Course in Breastfeeding, Phase II, Edinburg. Two and a half days of in-depth training following up on concepts introduced in three-day Phase I session. \$45. For more information, call Missy Hammer at (512) 406-0744.

### June

**June 16-18** — Intensive Course in Breastfeeding, Phase I, El Paso. Three-day course prepares health-care providers to promote and support breastfeeding. \$45. 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.*

Research conducted at Texas WIC clinics

## Thesis focuses on breastfeeding education for U.S.-born and Mexican-born Hispanics

Twenty percent of all Hispanics living in the United States live in Texas. To find out more about their breastfeeding practices in this country, Shirlee Ann Hardy Owen, M.A., R.D., L.D., began researching the issue at Louisiana Tech University. After moving to east Texas, she continued her research at WIC clinics in Project 87 for three years.

Owen studied three criteria:

1. Feeding method chosen for the infant and when solids and other liquids were introduced.
2. Who influenced the mother's decision on how to feed the infant.
3. Other pertinent differences such as family structure, public breastfeeding attitudes, language abilities, and employment.

Information culled from Owen's research provided the following

suggestions about breastfeeding education for both U.S.-born and Mexican-born Hispanic women.

### Educating the U.S.-born

- ◆ Consider the U.S.-born woman's dependence upon her parents and her likelihood to supplement formula sooner than a Mexican-born woman.
- ◆ Help the mom develop a plan with her employer and child-care provider for methods of storing and providing breastmilk to her infant while she works.
- ◆ Encourage exclusive breastfeeding for up to six months.
- ◆ Remind the U.S.-born mother that breastfeeding will protect her child from ear infections and from diarrhea caused by *E. coli* bacteria.
- ◆ Be sure to discuss ways to discretely breastfeed in public.

Including the child's father in education about breastfeeding in public can win his support.

### Educating the Mexican-born

- ◆ Be sure that Spanish-speaking educators are readily available.
- ◆ Use pictorial brochures, videos, and breastfeeding dolls to help expose immigrant women to breastfeeding.
- ◆ Display pictures of Hispanic women and others breastfeeding. Letting the women see these at churches, health clinics, and WIC offices may encourage the women to realize that breastfeeding is acceptable and normal.
- ◆ Secure family support by including the child's father and grandmothers in the mom's breastfeeding education.
- ◆ Encourage exclusive breastfeeding for up to six months.
- ◆ Recognize that child spacing may be of value to the Mexican-born mother.

## Don't mix grapefruit with medications

Grapefruit, grapefruit juice, and combination fruit drinks that contain grapefruit juice as part of the mix may cause potentially serious adverse side effects when mixed with certain prescription drugs.

Grapefruit inactivates one of the body's key enzymes of drug metabolism. "Sixty percent of drugs that are prescribed are metabolized to some extent by this enzyme, CYP3A4," says David Bailey, Ph.D., the discoverer of this interaction and a clinical pharma-



Compiled by Karen Robin  
Staff Writer

cologist at Canada's University of Western Ontario in London, Ontario. "This interaction is very important—and the list is going to continue growing."

The result can be significant. For example, Bailey says, taking one tablet of lovastatin with a glass of grapefruit juice is the same as taking 12 to 15 tablets with a glass of water. Some researchers

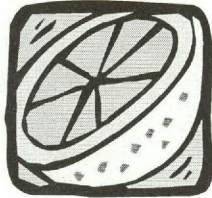
believe that grapefruit interaction with terfenadine may result in irregular heartbeat. Benzodiazepines, cyclosporine, caffeine, calcium antagonists, and cisapride are among other drugs with which grapefruit interacts. Persons taking one or more drugs that can interact with grapefruit should be advised to *not* drink grapefruit juice and to *not* eat grapefruit during the entire treatment phase.

Even one cup of grapefruit juice can produce a 24-hour effect. Switching the brand or batch of grapefruit juice may not solve the problem, because the concentration of the still-unidentified chemical or chemicals in grapefruit that cause



the interaction is likely to vary from brand to brand and from batch to batch.

Another factor to consider is that the amount of the CYP3A4 enzyme in the body varies widely from person to person: the higher its concentration, the more significant the interaction.



Food-drug interactions can be complicated and challenging for primary-care doctors to predict. "It takes a little more initiative to find out what diet the patient is on, and to tell him or her to be careful with foods such as grapefruit and grapefruit juice," Bailey said. Patients can ask their pharmacists whether their prescriptions can interact with grapefruit.

Physicians must be particularly vigilant with children with special health-care needs and with elderly patients. Both tend to be prescribed more drugs, and both are less able to tolerate the higher drug levels often resulting from the grapefruit-drug interaction.

Regulatory agencies in Canada, New Zealand, the Netherlands, and Australia are starting to require warning labels about grapefruit's interaction with drugs.

Some people see grapefruit as a miracle food but, despite some claims, it does not burn fat. Most variations of the so-called grapefruit diet are just restrictive, poorly balanced fad diets that may help people lose weight simply by severely limiting calories. One version of the grapefruit diet, the Heart Healthy Florida Grapefruit Diet, is actually sensibly designed

in that it encourages eating a wide variety of nutritious foods, but there is no reason why other fruits can't be substituted for the grapefruit.

Even though grapefruit can't work miracles, it does have some good qualities. Like other fruits, it is virtually fat-free and sodium-free. Half of a medium grapefruit contains only 40 calories and two-thirds of the Recommended Dietary Allowance (RDA) for vitamin C. A grapefruit contains mostly juice, but it can provide fiber if you peel it and eat it like an orange so that you're also eating the membranes encasing each segment.

### When's the best time of day to take supplements?

There are no hard and fast rules about the best time of day to take dietary supplements, but there are some ideas to keep in mind.

Taking a supplement after a meal may help increase nutrient absorption. A full stomach takes time to empty, giving the supplement more time to break down and be absorbed into the body rather than simply "pass through" without going from the gut to the rest of the body's tissues. Taking a supplement with food may also help reduce the stomach irritation that some people experience with vitamin pills.

Timing is more important with calcium supplements than with multivitamins because calcium can inhibit iron absorption at meals. Experts on the interaction of calcium and iron have specific recommenda-



tions for adolescents and for menstruating and pregnant women: Do *not* take high doses of calcium at a meal that contains iron-rich foods such as beef, poultry, fish, dark-green leafy vegetables, dried beans, or peas.

To maximize your body's uptake of iron, WIC nutritionists also recommend taking calcium tablets between meals or when going to bed. Take the tablet with water or juice (calcium tablets do *not* interact with grapefruit juice), but not with milk, tea, or coffee.

Researchers have recently found that taking calcium with meals over a period of six months did not decrease levels of *stored* iron. So, while large doses of calcium appear to inhibit iron absorption at first, the body seems to adapt over time and maintains enough stored iron despite the calcium.

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# Texas WIC Local Agencies 1999 Listing

## Project 1

Austin Health and Human  
Services/Travis Co. Health  
Department (Travis County)  
100 N. IH-35  
Austin, Texas 78701  
*Phyllis Day, R.D., L.D.*  
WIC Director  
(512) 473-4100  
Fax: (512) 473-4115

## Project 3

Cameron County Health Dept.  
(Cameron County)  
186 N. Sam Houston Blvd.  
San Benito, Texas 78586  
*Yvette Salinas, WIC Director*  
(956) 399-5767  
Fax: (956) 361-3591

## Project 4

Su Clinica Familiar  
(Kenedy, Willacy counties)  
4501 S. Expressway 83  
Harlingen, Texas 78550  
*Mona Hollander, L.D.*  
WIC Director  
(956) 428-4345  
Fax: (956) 689-5937

## Project 5

Driscoll Children's Hospital  
(Nueces County)  
3455 S. Alameda  
P.O. Box 6530  
Corpus Christi, Texas 78411  
*Monica Stender, M.A., R.D., L.D.*  
WIC Director  
(512) 694-6768  
Fax: (512) 851-6868

## Project 7

City of Dallas Department of  
Environmental and Health  
Services (Dallas County)  
2377 N. Stemmons Freeway  
Suite 400  
Dallas, Texas 75207-2710  
*Marie Zaczkowski, M.S., R.D., L.D.*  
WIC Director  
(214) 670-7200  
Fax: (214) 670-7165

## Project 9

Community Action Council of  
South Texas (Duval, Jim  
Hogg, Starr, Zapata counties)  
111 Pete Diaz Jr. Ave.  
P.O. Drawer 98  
Rio Grande City, Texas 78582  
*Joel A Salinas, WIC Director*  
(956) 487-2585  
Fax: (956) 487-0445

## Project 10

Grayson County Health Dept.  
(Grayson County)  
515 N. Walnut  
Sherman, Texas 75090  
*Joe Ellen Ticknor, M.S., R.D., L.D.*  
WIC Director  
(903) 893-0131  
Fax: (903) 892-3776

## Project 11

Galveston County Health  
District (Galveston County)  
2010 Texas Ave.  
Texas City, Texas 77590  
*Sharon Barb, WIC Director*  
(409) 949-3471  
Fax: (409) 949-3475

## Project 12

Hidalgo County Health Dept.  
(Hidalgo County)  
3105 W. University Drive  
Edinburg, Texas 78539  
*Norma L Longoria, M.S., L.D.*  
WIC Director  
(956) 381-4646  
Fax: (956) 380-4056

## Project 13

City of Laredo Health Department  
(Webb County)  
2600 Cedar Ave.  
P.O. Box 2337  
Laredo, Texas 78040  
*Beatrice Duarte, M.P.H., R.D.*  
WIC Director  
(956) 723-2051  
Fax: (956) 722-5562

## Project 15

Montgomery County Health  
Dept. (Montgomery County)  
703 E. Davis  
Conroe, Texas 77301  
*Kathy Bennett, WIC Director*  
(409) 525-2886  
Fax: (409) 539-1735

## Project 17

UT Health Science Center at  
Houston (Harris County)  
12401½ S. Post Oak Road  
Suite 122  
Houston, Texas 77045  
*Karen Gibson, R.D., L.D.*  
WIC Director  
(713) 728-8590  
Fax: (713) 728-8593

## Project 18

Community Council of Bee  
County (Bee County)  
510 W. Crockett  
Beeville, Texas 78102  
*Mary J. Cano, WIC Director*  
(512) 358-8800  
Fax: (512) 358-1866

## Project 19

Vida y Salud Health Systems  
(Dimmitt, La Salle, Uvalde,  
Zavala counties)  
308 S. 3rd Ave.  
Crystal City, Texas 78839  
*Ofelia Juarez, WIC Director*  
(830) 374-2301  
Fax: (830) 374-5948

## Project 20

South Plains Health Provider  
Organization (Bailey, Castro,  
Crosby, Deaf, Smith, Floyd,  
Hale, Lamb, Motley, Parmer,  
Swisher counties)  
2807 W. 7th  
Plainview, Texas 79072  
*Barbara Khaleeq, M.S., R.D.*  
WIC Director  
(806) 293-0182  
Fax: (806) 293-7354

## Project 21

Wichita Falls-Wichita County  
Public Health District  
(Clay, Wichita counties)  
1700 3rd St.  
Wichita Falls, Texas 76301  
*Janna Kaelin, WIC Director*  
(940) 761-7800  
Fax: (940) 761-8803

## Project 22

Waco-McLennan County Public  
Health District (McLennan  
County)  
225 W. Waco Drive  
Waco, Texas 76707  
*Carolyn Scott, Ph.D., R.D., L.D.*  
WIC Director  
(254) 750-5474  
Fax: (254) 750-5415

## Project 23

Walker County WIC  
(Walker County)  
340-D State Hwy. 75  
Huntsville, Texas 77340  
*Carolyn Hanselman*  
WIC Director  
(409) 295-7046  
Fax: (409) 295-4257

## Project 24

United Medical Centers  
(Kinney, Maverick counties)  
2525 Loop 431  
Eagle Pass, Texas 78852  
*Guadalupe Fuentes, L.V.N.*  
WIC Director  
(830) 773-1105  
Fax: (830) 773-1419

## Project 26

Houston Health and Human  
Services Dept. (Harris Co.)  
8000 N. Stadium  
3rd Floor, Box 19  
Houston, Texas 77054  
*Faye Walker, M.S., R.D., L.D.*  
WIC Director  
(713) 794-9095  
Fax: (713) 794-2903

## Project 27

South Plains Community Action  
Association (Cochran, Daw-  
son, Dickens, Gaines, Garza,  
Hockley, King, Lubbock,  
Lynn, Terry, Yoakum counties)  
411 Austin St.  
P.O. Box 610  
Levelland, Texas 79336  
*Celia Smith, WIC Director*  
(806) 894-6104  
Fax: (806) 894-5349

## Project 28

Centro de Salud Familiar La Fe  
(El Paso County)  
700 S. Ochoa St.  
El Paso, Texas 79901  
*Maria E. Guzman, WIC Director*  
(915) 545-4550, ext. 36  
Fax: (915) 533-4878

**Project 29**

Fort Bend Family Health Center  
(Fort Bend, Wharton counties)  
400 Austin St.  
Richmond, Texas 77469  
*Betty Hill, WIC Director*  
(281) 342-4530, ext. 9635  
Fax: (281) 342-3832

**Project 30**

Port Arthur City Health  
Department (Jefferson Co.)  
530 Waco  
Port Arthur, Texas 77640  
*Barbara Queen, WIC Director*  
(409) 983-8800  
Fax: (409) 983-8870

**Project 31**

Bell County Public Health  
District (Bell, Coryell counties)  
410 Cottingham  
P.O. Box 3745  
Temple, Texas 76501  
*Loretta Grisham, WIC Director*  
(254) 778-8631  
Fax: (254) 778-6914

**Project 32**

Brazos Valley Community  
Action Agency (Brazos,  
Grimes, Leon, Madison,  
Robertson counties)  
3400 S. Texas Ave.  
Suite 6  
Bryan, Texas 77802  
*Carrine Judy, R.D., WIC Director*  
(409) 268-5555, ext. 109  
Fax: (409) 846-2409

**Project 33**

El Paso City-County Health  
District (El Paso, Hudspeth  
counties)  
1148 Airway Blvd.  
El Paso, Texas 79925  
*Donna T. Seward, WIC Director*  
(915) 771-5850  
Fax: (915) 772-0389

**Project 34**

Abilene Public Health Dept.  
(Taylor County)  
1949 Santos  
Abilene, Texas 79605  
*Rita Portlock, WIC Director*  
(915) 692-1680  
Fax: (915) 690-6707

**Project 35**

Denton County Health Dept.  
(Denton County)  
306 N. Loop 288, Suite 183  
Denton, Texas 76201  
*Bryanne Jones, R.N.*  
*WIC Director*  
(940) 565-8665  
Fax: (940) 565-5687

**Project 36**

City of San Marcos WIC  
(Bastrop, Caldwell, Comal,  
Guadalupe, Hays counties)  
630 E. Hopkins  
San Marcos, Texas 78666  
*Eddie Ortega, WIC Director*  
(512) 393-8040  
Fax: (512) 396-7471

**Project 37**

Victoria City-County Health  
Department (Calhoun,  
DeWitt, Goliad, Jackson,  
Victoria counties)  
2805 N. Navarro St.  
Victoria, Texas 77901  
*Patricia Patterson, L.V.N.*  
*WIC Director*  
(512) 578-2884  
Fax: (512) 578-6627

**Project 38**

Corpus Christi-Nueces County  
Public Health District  
(Nueces County)  
1702 Horne Road  
Corpus Christi, Texas 78416  
*Esther McGregor, R.N.*  
*WIC Director*  
(512) 851-7200  
Fax: (512) 855-0792

**Project 39**

Smith County Public Health  
District (Cass, Cherokee,  
Harrison, Marion, Panola,  
Rusk, Smith counties)  
601 E. Valentine St.  
Tyler, Texas 75702  
*Cassi Boucher, M.S.*  
*WIC Director*  
(903) 592-7635  
Fax: (903) 592-8442

**Project 40**

Beaumont City Health Dept.  
(Jefferson County)  
950 Washington  
P.O. Box 3827  
Beaumont, Texas 77704  
*Fern Roberts, WIC Director*  
(409) 832-4000  
Fax: (409) 833-3467

**Project 41**

San Antonio Metropolitan  
Health District (Bexar Co.)  
332 W. Commerce St.  
San Antonio, Texas 78285  
*Yolanda Alvarado, WIC Director*  
(210) 225-1828  
Fax: (210) 226-2356

**Project 42**

Williamson County and Cities  
Health District  
(Williamson County)  
100 W. 3rd St.  
P.O. Box 570  
Georgetown, Texas 78627  
*Tina Horkey, R.D., L.D.*  
*WIC Director*  
(512) 930-4344  
Fax: (512) 930-4017

**Project 43**

Gonzales County Health Agency  
(Gonzales, Lavaca counties)  
711 St. Joseph  
P.O. Box 1890  
Gonzales, Texas 78629  
*Emma Garza, WIC Director*  
(830) 672-7083  
Fax: (830) 672-4575

**Project 44**

City of Del Rio WIC Program  
(Val Verde County)  
100 W. Ogden  
Del Rio, Texas 78840  
*Esther Giron, WIC Director*  
(830) 774-8736  
Fax: (830) 774-8697

**Project 45**

Cross Timbers Health Clinics  
(Comanche, Mills, San Saba  
counties)  
1100 W. Reynosa  
P.O. Box 30  
De Leon, Texas 76444  
*Margaret Sapien, WIC Director*  
(254) 893-5895  
Fax: (254) 893-5222

**Project 46**

Brazoria County Health Dept.  
(Brazoria County)  
1108C E. Mulberry  
Angleton, Texas 77515  
*Debbie Carter, L.V.N.*  
*WIC Director*  
(409) 843-5711  
Fax: (409) 848-2780

**Project 48**

Harris County Health Dept.  
(Harris County)  
2223 West Loop South  
Houston, Texas 77027  
*Victoria Bowie, M.S., R.D., L.D.*  
*WIC Director*  
(713) 439-6000  
Fax: (713) 439-6199

**Project 49**

Frio County WIC Program  
(Frio County)  
505 Power Plant Road  
Pearsall, Texas 78061  
*Esperanza Zapata*  
*WIC Director*  
(830) 334-8652  
Fax: (830) 334-2224

**Project 51**

San Patricio County Health  
Dept. (San Patricio County)  
313 N. Rachal St.  
Sinton, Texas 78387  
*Evelyn Sinast, R.N.*  
*WIC Director*  
(512) 364-6204  
Fax: (512) 364-4518

**Project 52**

The Family Project (Bosque,  
Freestone, Hill, Limestone  
counties)  
233 E. Elm  
P.O. Box 438  
Hillsboro, Texas 76645  
*Rita Taylor, L.V.N., WIC Director*  
(254) 582-3423  
Fax: (254) 582-7499

**Project 53**

Atascosa (RHI) Health Clinic  
(Atascosa County)  
310 W. Oaklawn Road  
Pleasanton, Texas 78064  
*Connie Trevino, WIC Director*  
(830) 569-2388  
Fax: (830) 569-8574

**Project 54**

Tarrant County Health Dept.  
(Tarrant County)  
1800 University Drive  
Room 108  
Fort Worth, Texas 76107  
*Ann Salyer-Caldwell, M.P.H., R.D.*  
WIC Director  
(817) 871-7576  
Fax: (817) 871-7602

**Project 56**

San Angelo-Tom Green County  
Health Dept. (Coke, Coleman, Concho, Irion, Runnels, Sterling, Tom Green counties)  
72 W. College  
San Angelo, Texas 76903  
*Nancy Escalante, WIC Director*  
(915) 657-4214  
Fax: (915) 658-7180

**Project 57**

Community Health Service  
Agency (Fannin, Hunt, Rockwall counties)  
3600 Caddo St.  
Greenville, Texas 75401  
*Carolyn Vaughn, WIC Director*  
(903) 455-5994  
Fax: (903) 450-1408

**Project 58**

Angelina County and Cities  
Health District (Angelina Co.)  
202 S. Bynum  
Lufkin Texas 75901  
*Angela Quillin, WIC Director*  
(409) 637-7882  
Fax: (409) 632-2413

**Project 59**

Barrio Comprehensive Family  
Health Care Center (Bexar Co.)  
1102 Barclay St.  
San Antonio, Texas 78207  
*Elisa Perez, WIC Director*  
(210) 434-3122  
Fax: (210) 435-5429

**Project 60**

Matagorda County Hospital  
District (Matagorda County)  
1115 Avenue G  
Bay City, Texas 77414  
*Mildred Hawkins, WIC Director*  
(409) 245-6383  
Fax: (409) 244-4885

**Project 61**

Jasper-Newton County Public  
Health District (Jasper, Newton, Sabine, San Augustine counties)  
139 W. Lamar St.  
Jasper, Texas 75951  
*Anne Williams, L.V.N.*  
WIC Director  
(409) 384-6829  
Fax: (409) 384-7861

**Project 62**

Paris-Lamar County Health  
Department (Lamar County)  
740 S.W. 6th St.  
P.O. Box 938  
Paris, Texas 75460  
*Carla Rhodes, L.V.N.*  
WIC Director  
(903) 784-1411  
Fax: (903) 784-1442

**Project 63**

Hardin County Health Dept.  
(Hardin County)  
Hardin County Courthouse  
P.O. Box 2079  
Kountze, Texas 77625  
*Mary Adams, L.V.N.*  
WIC Director  
(409) 246-5188  
Fax: (409) 246-4373

**Project 64**

Medina County Health Dept.  
(Bandera, Medina counties)  
3103 Avenue G  
Hondo, Texas 78861  
*Linda Fillinger, R.N., WIC Director*  
(830) 741-6144  
Fax: (830) 741-6149

**Project 65**

Texarkana-Bowie County Family  
Health Center (Bowie Co.)  
902 W. 12th St.  
Texarkana, Texas 75501  
*Jane Boothman, L.V.N.*  
WIC Director  
(903) 798-3250  
Fax: (903) 791-1130

**Project 66**

Orange County Health  
Department (Orange County)  
2014 N. 10th St.  
Orange, Texas 77630  
*Tammie Jakobeit, WIC Director*  
(409) 883-6119  
Fax: (409) 883-3147

**Project 67**

Corsicana-Navarro County  
Public Health District  
(Navarro County)  
508 N. Main St.  
P.O. Box 518  
Corsicana, Texas 75110  
*Cindy Griggs, R.N., WIC Director*  
(903) 872-6743  
Fax: (903) 872-7215

**Project 68**

Community Council of South-  
west Texas (Edwards, Real counties)  
713 E. Main St.  
Uvalde, Texas 78802  
*Sherry Bailey, L.V.N., WIC Director*  
(830) 278-6268  
Fax: (830) 278-4281

**Project 69**

Community Council of South  
Central Texas (Karnes, Wilson counties)  
205A E. Court St.  
Seguin, Texas 78155  
*Susan Hardee, WIC Director*  
(830) 372-3570  
Fax: (830) 372-5354

**Project 70**

Chambers County Health Dept.  
(Chambers County)  
Courthouse Annex  
1222 Main St.  
P.O. Box 670  
Anahuac, Texas 77514  
*Glenda Pearce, R.N.*  
WIC Director  
(409) 267-8356 8357  
Fax: (409) 267-4276

**Project 71**

Collin County Health Care  
Services (Collin County)  
825 N. McDonald  
McKinney, Texas 75069  
*Denise Wolf, WIC Director*  
(972) 548-5500  
Fax: (972) 548-5550

**Project 72**

People for Progress  
(Nolan County)  
301 W. Arkansas  
Sweetwater, Texas 79556  
*Elaine Rascoe, L.V.N.*  
WIC Director  
(915) 235-8455  
Fax: (915) 235-4950

**Project 73**

El Centro Del Barrio (Bexar Co.)  
123 Ascot  
San Antonio, Texas 78224  
*Karen Finstuen, R.D.*  
WIC Director  
(210) 924-6004  
Fax: (210) 924-6039

**Project 74**

Brownwood-Brown County  
Health Dept. (Brown County)  
510 E. Lee St.  
P.O. Box 1389  
Brownwood, Texas 76801  
*Kim Mikszath, WIC Director*  
(915) 646-1514  
Fax: (915) 643-8157

**Project 76**

Outreach Health Services  
(Archer, Armstrong, Burnet, Baylor, Briscoe, Callahan, Carson, Childress, Collingsworth, Cooke, Cottle, Dallam, Donley, Eastland, Ellis, Erath, Falls, Fisher, Foard, Gray, Hall, Hamilton, Hansford, Hardeeman, Hartley, Haskell, Hemp-hill, Hood, Hutchinson, Jack, Johnson, Jones, Kaufman, Kent, Knox, Lampasas, Lipscomb, Mitchell, Montague, Moore, Ochiltree, Oldham, Palopinto, Parker, Roberts, Scurry, Shackelford, Sherman, Somervell, Stephens, Stonewall, Throckmorton, Wheeler, Wilbarger, Wise, Young counties)  
9415 Burnet Road  
Suite 200  
Austin, Texas 78758  
*Mike Easley, M.P.A.*  
WIC Director  
(512) 836-0646  
Fax: (512) 833-6384

**Project 77**

University of Texas Medical  
Branch at Galveston  
(Brazoria, Fort Bend, Harris,  
Houston, Nacogdoches, Polk,  
San Jacinto, Shelby, Trinity,  
Tyler, Walker counties)  
2407 S. Park Ave.  
Pearland, Texas 77581  
*Bonnie Horton, R.D., L.D.*  
WIC Director  
(281) 485-0145  
Fax: (281) 485-4620

**Project 79**

St. Elizabeth Hospital - Primary  
Care Clinic (Hardin, Jefferson,  
Orange counties)  
830 N. 11th St.  
Beaumont, Texas 77702  
*Kathy Adams, R.D.*  
WIC Director  
(409) 899-8161  
Fax: (409) 899-8185

**Project 80**

East Texas Community Health  
Services (Nacogdoches Co.)  
1401 S. University Drive  
Nacogdoches, Texas 75961  
*Georgia Taylor, R.D.*  
WIC Director  
(409) 568-9067  
Fax: (490) 462-9570

**Project 83**

Public Health Regions 9/10  
(Brewster, Ulberson, Howard,  
Jeff Davis, Kimble, McCulloch,  
Menard, Presido, Schleicher,  
Sutton counties)  
6070 Gateway East  
Suite 401  
El Paso, Texas 79905  
*Mary Lou Morales, R.N.*  
WIC Director  
(915) 774-6200  
Fax: (915) 774-6280

**Project 84**

Public Health Regions 6 & 5  
South (Austin, Colorado,  
Liberty, Waller counties)  
5425 Polk Ave.  
Suite J  
Houston, Texas 77023  
*Veronica Brown, M.S., R.D., L.D.*  
WIC Director  
(713) 767-3000  
Fax: (713) 767-3435

**Project 87**

Public Health Regions 4/5  
(Anderson, Camp, Delta,  
Franklin, Henderson,  
Hopkins, Rains, Red River,  
Titus counties)  
1517 W. Front St.  
Tyler, Texas 75702  
*Anna Overstreet, WIC Director*  
(903) 595-3585  
Fax: (903) 593-4187

**Project 88**

Public Health Region 11  
(Aransas, Brooks, Jim Wells,  
Kleberg, Live Oak, McMullen,  
Refugio counties)  
601 W. Sesame Drive  
Harlingen, Texas 78550  
*Linda Buck, M.S., R.D., L.D.*  
WIC Director  
(512) 888-7762  
Fax: (512) 888-7766

**Project 89**

Santa Rosa Health Care  
Corporation (Bexar County)  
315 N. San Saba  
Suite 1210  
San Antonio, Texas 78207  
*Mary Lou Quijano, R.N.*  
WIC Director  
(210) 704-4180  
Fax: (210) 704-4189

**Project 90**

Los Barrios Unidos Community  
Clinic (Dallas County)  
3316 Sylvan  
Dallas, Texas 75212  
*Sylvia Gonzales, WIC Director*  
(214) 651-8739  
Fax: (214) 761-0969

**Project 91**

Texas Community Access to  
Child Health (T-CATCH)  
(Dallas County)  
3500 I-30, Building B  
Suite 130  
Mesquite, Texas 75150  
*Cheryl Henson, WIC Director*  
(972) 686-0765  
Fax: (972) 686-6391

**Project 94**

Texas Tech University Health  
Sciences Center at Odessa  
(Andrews, Borden, Crane,  
Crockett, Ector, Glasscock,  
Loving, Martin, Midland, Pecos,  
Reagan, Reeves, Terrell, Upton,  
Ward, Winkler counties)  
800 W. 4th St.  
Odessa, Texas 79763  
*Judith Harden, WIC Director*  
(915) 335-5200  
Fax: (915) 335-5240

**Project 95**

Hill Country Memorial Hospital  
(Blanco, Gillespie, Kerr,  
Mason counties)  
1020 Kerrville Highway  
Fredricksburg, Texas 78624  
*Nicole Spenrath, WIC Director*  
(830) 257-4400  
Fax: (830) 257-7075

**Project 97**

Fayette Memorial Hospital  
(Fayette, Lee counties)  
275 Ellinger Road  
La Grange, Texas 78945  
*Cindy Manning, R.D.*  
WIC Director  
(409) 968-6391  
Fax: (409) 968-9454

**Project 100**

City of Amarillo WIC  
(Potter, Randall counties)  
411 S. Austin  
Amarillo, Texas 79106  
*Margaret Payton, R.D., M.B.A.*  
WIC Director  
(806) 371-1121  
Fax: (806) 342-1577

**Project 101**

Kendall County WIC  
(Kendall County)  
430 W. Bandera St.  
Suite 24  
Boerne, Texas 78006  
*Richard Martinez, M.D.*  
WIC Director  
(830) 249-3716  
Fax: (830) 816-3009

**Project 102**

East Texas Medical Center  
(Morris, Upshur, Van Zandt,  
Wood counties)  
1417 S. Beckham  
Tyler, Texas 75701  
*Angie Vera, R.D., WIC Director*  
(903) 763-4123  
Fax: (903) 763-3203

**Project 103**

Longview Neighborhood Clinics  
(Gregg County)  
1202 N. Sixth St.  
Longview, Texas 75601  
*Jo B. Sparks, WIC Director*  
(903) 758-9510  
Fax: (903) 758-9295

**Project 104**

Community Clinic WIC  
(Llano County)  
Hwy. 71 East and Co. Road 303  
Suite A  
Llano, Texas 78643  
*Janet Anderson, R.N.C.*  
WIC Director  
(915) 247-3607  
Fax: (915) 247-5732

**Project 105**

Milam County Health Dept.  
(Milam County)  
209 S. Houston  
Cameron, Texas 76520  
*Stephanie Nelson, WIC Director*  
(254) 697-4913  
Fax: (254) 697-4809

**Project 106**

St. Joseph Regional Health  
Center (Burlleson, Washing-  
ton counties)  
1103R Woodson Drive  
P.O. Box 969  
Caldwell, Texas 77836  
*Karen Sanders, WIC Director*  
(409) 567-7092  
Fax: (409) 567-7092

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Texas Lactation Support Network

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**WIC, Bureau of Nutrition Services**  
Texas Department of Health  
1100 W. 49th St.  
Austin, TX 78756

**PERIODICALS**

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