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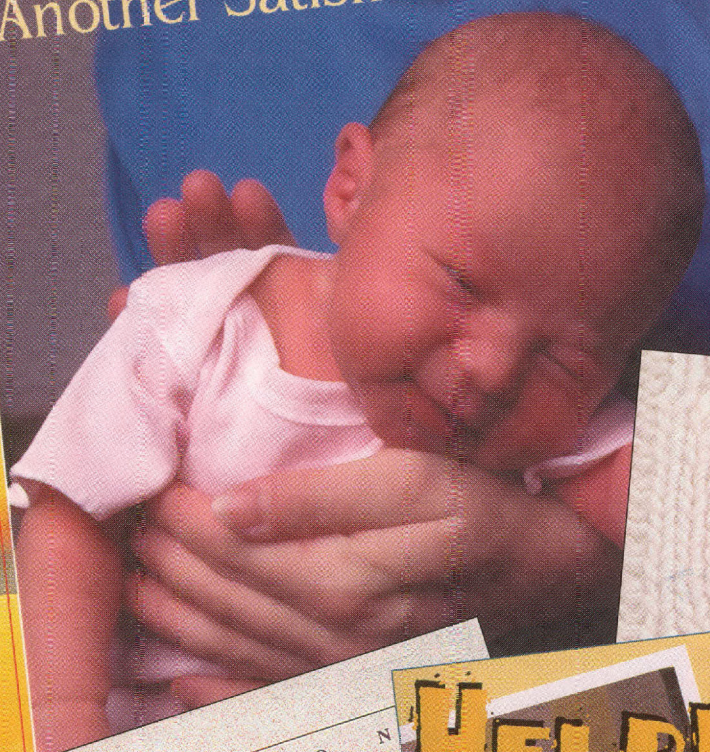
Texas

Common Infant Problems
(birth through 1 year)

WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

Another Satisfied Customer



October 1998
Volume 7, Number 9

Although there's no cure for colic, try the following to calm a fussy, crying infant:

- Make home life as calm as possible by playing soothing music or talking quietly to your baby.
- Burp your baby at pauses during and after a feeding.
- Hold your baby upright during a feeding and for at least 10-15 minutes after a feeding.
- Hold your baby over your shoulder or lay the baby, tummy down, across your knees. Gently pat or rub the baby's back.

Leche Materna:
Un Plan de Salud de la Naturaleza
Government Publications
Texas State Documents

JAN 29 1999

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Así puede empezar bien:

te a su bebé dentro de una hora después de nacer.
e con el pecho a su bebé tan seguido como él quiera, cuando
veces en 24 horas.
ente con leche materna. Eso es todo lo que su bebé necesita
imadamente 6 meses.
sure a darle chupones de cualquier tipo a su bebé.

U T R I T I O N
FACT SHEET
DIARRHEA IN INFANCY AND EARLY CHILDHOOD

Diarrhea is an increase in frequency, fluidity, or volume of stools relative to the usual habit of the individual. Diarrhea in infants and young children lead a goal. Test to prevent dehydration through replacement of potassium, chloride and other fluids and cells).

A look at this year's

Nutrition Education Materials

HELP!
MY CHILD IS A PICKY EATER!

NORMA
There is
healthy
and or

New policy lists acceptable proofs for identifying WIC applicants and recipients

By Anita Ramos-Granados
Acting Director, WIC Policy and Communication

Information and Response Management liaisons at Texas WIC's Policy and Communication section have been receiving questions lately about the revised WIC Policy CS:02.0, "Identification of WIC Applicant." The revised policy, which concerns identifying applicants *and* recipients, was implemented on Aug. 1.

Below are the three main changes in the policy.

1. Several months ago, a state-office memo instructed the local agencies to stop accepting the Lone Star card as proof of identification, effective immediately. The Lone Star card has now been officially removed as an option of acceptable proof of identification.

2. Following a USDA recommendation, personal recognition was removed as an acceptable proof of identification. USDA made the recommendation due to its upcoming policy, referred to as "Strengthening Integrity in the Certification and Food Instrument Issuance Processes."

3. Photo identification is acceptable as proof of identification for issuance of food vouchers if the recipient has forgotten her WIC Family Identification (FID) card. The picture ID card presented must be one of those listed in Section I of the revised policy.

The decision to accept a photo ID card instead of the FID card is up to the local agency. If the local agency chooses to use this method, the staff must conduct a name



search in the WIN computer system, review the client's data, and make a valid match. The goal is to ensure that the person standing in front of them is, indeed, the client to whom the WIC vouchers are being issued.

Recipients should be reminded to bring their FID card to *all* WIC appointments.

Remember to counsel them that it is the preferred method of identification for either subsequent certification or for issuance of food vouchers following attendance at a nutrition-education class.

Questions from callers

After reading the revised policy, Texas WIC staffers across the state still had additional questions for their IRM liaisons.

Below are some of the most frequent questions that deal with proof of identification:

Q: Can an immunization card from another country be used as proof of identification when an applicant is seeking to be certified by WIC?

A. Yes. An immunization card is an acceptable form of identification, whether it's for a child or adult, regardless of its country of origin. However, it is only acceptable at certification, not for pickup of food vouchers.

Q: Can an infant's birth certificate be used as proof of identification for the infant's mother if the mother's name is listed on the birth certificate?

A: No. The mother would have to bring in her own birth certificate or another acceptable item of identification as listed in Section I of the revised policy.

Q: Can an FID card be used as proof of identification for initial certification of a newborn infant?

A: No, not for initial certification. In order to use the FID card as proof of identification, an individual must have presented another form of acceptable identification, such as the infant's birth certificate, to WIC staff at a previous visit.

Q: Can a proxy bring in a recipient's acceptable picture ID card instead of the FID card?

A: Yes. To receive food vouchers for a WIC recipient, the proxy must bring three items:

1. The recipient's FID card or its substitute, such as a picture ID card from the recipient that is one of those listed in Section I of the revised policy.

2. The proxy's own picture ID card.

3. A note from the recipient authorizing the proxy to pick up the recipient's food vouchers.

Remember, however, that proxies still *cannot* substitute for an applicant at the time of certification.

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Texas

WIC NEWS

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Cover: Dozens of nutrition-education materials were mailed from the state agency in fiscal year 1998 to Texas WIC local agencies across the state. See page 12 for a recap of them. Front and back cover designs by Brent McMillon.

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Project 44

Del Rio WIC clinic destroyed by floodwaters

Floodwaters rushed through Del Rio during the early morning of Aug. 24, destroying homes and businesses. WIC wasn't spared: Project 44's administrative offices and its WIC clinic in the same building were ruined.

Tropical Depression Charley had dumped 17 inches of rain in the Rio Grande Valley that Sunday, Aug. 23, about as much rain as the region usually sees in a full year. Rivers and creeks swelled, including San Felipe Creek, which flows just behind the WIC clinic at 200 Bridge St.

At least nine people were killed in the Del Rio area and dozens more injured.

"After the flood, we went back into the WIC office," says assistant director Juanita Salazar. "Everything was just full of mud and upside down. We'd had three or four feet of water in the building." The local agency's other two clinics were unaffected by the flood.

All Project 44 employees were safe in their

homes, but most of their clients were affected, as hundreds of area homes were destroyed or damaged by the flood.

San Felipe Creek had broken through the building that had housed the WIC office and its clinic. "What wasn't destroyed is about to fall apart," Salazar says. The building is now slated for demolition, and the clinic will have to find a new permanent location.

Very little was salvaged from the clinic. Records in the top drawers of file cabinets were above the water, as were some packages of powdered infant formula that had also been stored on high shelves.

Love's labor lost

A large mural painted onto a cinderblock wall at the clinic was

to have been unveiled Aug. 28 during a celebration for World Breastfeeding Week. That celebration, of course, had to be canceled, Salazar says.

The mural, depicting local community life, was designed by Del Rio artist Margarita Dugo, who teaches art to middle-school students at La Casa de Cultura. Her students took on the mural as a pro-



Mud-drenched debris clutters the floor of Project 44's former clinic, and various watermarks on the counter and wall show the levels reached by floodwaters.



Art students work on the community-life mural at Project 44.

ject, and they were looking forward to showing it off at its unveiling.

The bottom half of the mural was underwater during the flood and is now marred by watermarks. With the entire clinic scheduled for demolition, the cinderblock wall will be knocked down and the mural will never have its unveiling.

Getting back to work

Before the week was over, WIC staffers had re-opened the clinic at



The mural was the result of months of labor by volunteers.

a nearby shelter. By that Thursday, Aug. 27, they were issuing vouchers and certifying clients.

An emergency team from the state agency rushed 800 cases of ready-to-feed formula and nipples to Del Rio. The formula was particularly needed because power and water lines were out for several days, and residents had no tapwater to mix with formula powder.

The state agency also rushed in computer equipment and vouchers. "They just came in and said, 'Where do you want it?'" Salazar says.

A "care package" from Project 19's clinic in Uvalde County supplied several essential items, including gloves, baby scales, a measuring table, blood-testing equipment, and an invaluable packet of WIC forms. "Because of everyone's help," Salazar says, "we were able to start back to work right away."

As the community recovers from the flood and the clean-up efforts, the next challenge for the WIC clinic is to find a new home. The clinic is now sharing office space with the City of Del Rio Mobility Impaired Transportation program at 100 Ogden St., about a mile away and on higher ground.

"Our staff is adjusting very well," says director Esther Cortinas-Giron. She is exploring where the clinic may move next, but says she expects that they will be at their temporary location for at least a few months.

"We don't have a lot of choice here," Cortinas-Giron says. "It's a small community, and so many families, agencies, and businesses need new homes, too."

Project 61

East Texas baby showers celebrate World Breastfeeding Week

Pregnant and breastfeeding WIC clients in Pineland and Newton were showered with flowers and gifts as Project 61 celebrated World Breastfeeding Week in August.

Area merchants donated merchandise for gifts and door prizes. Each attendee received a corsage and baby gift.

The showers, held Aug. 4 in Pineland and Aug. 7 in Newton, encouraged and promoted breastfeeding, and included such games as Breastfeeding Jeopardy and word scramble. Refreshments were served to the moms who attended. Several brought family members along, too.

Project 80

Spirit of early trainer lives on in Nacogdoches peer counselors

Eleven new peer counselors have joined the Project 80 staff in Nacogdoches. Their graduation ceremony on Aug. 14 also celebrated World Breastfeeding Month.

At the ceremony, WIC director Georgia Taylor, R.D., L.D., gave the welcoming address. Nutritionist Robin Collins read the governor's proclamation, and Farahaba Lakhdir, M.D., gave the commencement address. Diplomas

were presented by Bonnie Hardy, M.S., who had trained the new breastfeeding peer counselors.

To mark the event, Dave Wallace, a board member of the health clinic, sent a large bouquet of red roses to the ceremony. The flowers honored the memory of his wife, Susan Wallace, a lactation consultant who died in July 1996. She had been the local La Leche League leader and had volunteered at the WIC clinic in Nacogdoches for several years before the peer-counselor program began.

In 1993, she had trained the first breastfeeding peer counselors in Nacogdoches County and the surrounding region for the Texas Department of Health.

"We all got teary-eyed when those beautiful roses arrived and we read the card," says Taylor.

"The peer-counselor program meant a lot to Susan, and obviously she meant a lot to her husband," she says. "We gave each of our graduates a rose as a way of sharing her spirit. And I want everyone to know that we're so proud of them all."



Graduates and WIC staff celebrating in August include instructor Bonnie Hardy, front-row left, Rebekah Middleton, Greshon Lathon, Tammy Steinmar, and Maria Chalco. In the back row, from left, are Maria Goana, Mary Roberts, Monica Estrada, and WIC director Georgia Taylor. New peer counselors not pictured are Shawanda Dolphus, Kim Sandel, and Jana Smith.

Project 94

Day-care kids visit Andrews clinic on field trip

Staff at Texas WIC Project 94's clinic in Andrews recently shared nutritional education with 23 children and three day-care instructors. The children, ages 2 through 6 years, attend the Kiddie Cottage Lane day-care center and came over to the clinic for a field trip.

Paula Pierce, R.N., and Marta Cruz, clerical specialist III, showed the children a WIC video, *Chuckles and the Supersnacks*.

The children used markers to draw happy faces on bananas, which they ate. Pierce and Cruz weighed the children and measured their heights, and gave them the growth charts to take home to their parents.

The children also took home coloring books, toothbrushes, and brochures on snacking and about the benefits of WIC.



Project 90

200 celebrate World Breastfeeding Week in Dallas

WIC staffers at Project 90 in Dallas celebrated World Breastfeeding Week with a reception on Aug. 7 that honored breastfeeding and pregnant WIC moms. More than 200 attended. Celebrants enjoyed cake, cookies, fruit, juice, and coffee as a clown handed out balloons to the children. Door prizes were also awarded.

Local La Leche League leaders joined the celebration, as did representatives from Los Barrios



Hosts of Project 90's World Breastfeeding Week celebration are, from left, Martha Pena, Sylvia C. Gonzales, Veronica Juarez, Ginnie Wagner, and Blanca Gonzalez.

Unidos Community Clinic and a Medicaid social worker. Breastfeeding consultants from Methodist Hospital of Dallas taught a breastfeeding-management class emphasizing the benefits of breastfeeding,

proper positioning, and working while breastfeeding.

"The celebration was a success," says Project 90 director Sylvia C. Gonzales, "and we plan to do it all again next year." Helping her to organize the event were clerks Martha Pena and Veronica Juarez, nutritionist Ginnie Wagner, and Blanca Gonzalez, a nutrition and breastfeeding educator. "We all agreed that the reception was a lot of hard work, but it was definitely worthwhile," Gonzales says.

Her staff's hard work is reflected in the fact that 62 percent of newborn babies at Project 90 are being breastfed at their time of WIC certification. This rate was honored as the highest percentage in Texas WIC at the state WIC meeting held this past March.

Project 87

New peer counselors graduate in Marshall

Five WIC moms recently became WIC breastfeeding peer counselors at Project 87 in Marshall.

The new counselors' training, held May 26-29, was conducted by

Jana Dunaway, winner of the statewide Outstanding Peer Counselor award in 1996 from the Texas Association of Local WIC Directors.

The training ended with a grad-

uation ceremony at the Marshall WIC office. The event was set up by WIC technician Shirley Dawson, nutritionist Charlotte Smith, and Judy Oregeron, L.V.N.

"Having a graduation for your peer counselors is really important," says Shannon O'Quin-Tankersley, breastfeeding-promotion coordinator at Project 87. "This is one step you should not forget. We passed out invitations the first day of the training to encourage the ladies to invite their friends and families. It worked, because it was 'standing room only' at the graduation!"

The local agency's five newest peer counselors are Dayna Bedell of Marshall, Lisa De La Rosa of Hallsville, Lori Hodge of Gary, Jennifer Morton of Marshall, and Denise Wallace of Jefferson.



Family and friends join Project 87's new peer counselors at their graduation.

Project 48

Magnetic signs promote WIC in Houston

Project 48, the Harris County Public Health and Environmental Services, is spreading the word about WIC throughout Houston. The local agency recently installed 19 pairs of WIC magnetic signs on Harris County courier vehicles and vehicles for the department's mosquito-control division. Also, each of Project 48's eight permanent clinics received a sign for WIC staffers to display at health fairs and while doing outreach.

The idea for the signs came up during a brainstorming session of the Project 48 outreach team. Other outreach ideas recently implemented include placement of WIC information on grocery-store

sacks and numerous newspaper articles on a recent WIC expansion contest held among the local agency's clinics.

Antoine WIC clinic celebrates achievements

The Antoine WIC Clinic in Houston recently held a going-away party for two of its most special workers. One is summer student Tanisha Rogers, and the other is Jeremiah Nelms, 6-month-old son of breastfeeding peer counselor Roberta Nelms.

Rogers worked this summer in a clerical position funded by the Job Training Partnership Act. The WIC staff said good-bye to her with a

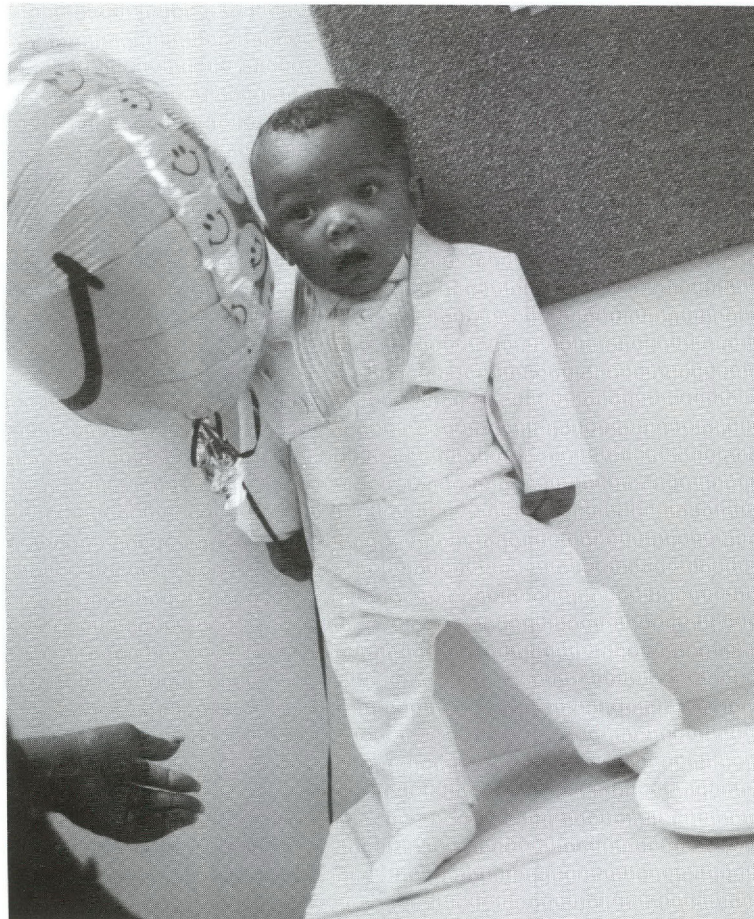
party that included refreshments and a gift.

The same party celebrated the tremendous assistance provided by Jeremiah Nelms, who spent the first six months of his life serving as a breastfeeding role model for new mothers in the WIC clinic. "He captured the hearts of us all," says Antoine site supervisor Gloria Gajere, "and he will be missed."

Jeremiah Nelms enjoys a party celebrating his tenure at WIC.



Maria Kelly, breastfeeding coordinator for Project 48, points out a new WIC magnetic sign on a Harris County van.



Clinic in Humble receives expansion award

The WIC clinic in Humble was the June winner of Project 48's ongoing expansion contest. The clinic is the winner for the third month of the six-month contest.

The clinic won by having the highest combination percentage for growth rate and show rate. The

Baytown WIC Center won in April, and the Decker WIC Center in Baytown won in May.

The winning clinic receives a sterling-silver trophy for display in the clinic for one month. A permanent plaque is also presented to each site. Each winning WIC site has been profiled in its local neighborhood newspaper.



Director Vickie Bowie, left, awards clinic supervisor Brenda Brown.

Project 53

Breastfeeding rates double in Pleasanton

Connie Trevino, director of Project 53 in Pleasanton, reports a great increase in the rates of breastfeeding mothers at her local agency. "We are very excited with our peer-counselor program," she says. "Comparing June 1997 with June 1998, our breastfeeders have more than doubled, from 30 to 63."

To make the community more aware of breastfeeding, Mayor

John Purcell proclaimed August as Breastfeeding Awareness Month in Pleasanton. He signed the proclamation on July 27.

In part, the proclamation reads, "We believe that the community as a whole has a responsibility to help children grow up healthy, bright, and strong," and "We believe that breastfeeding is of utmost importance to the health

and well-being of Pleasanton mothers and babies."

The proclamation also urges "all citizens of Pleasanton to advocate a community approach to protecting, promoting, and supporting breastfeeding and to work toward restoring a breastfeeding culture where nourishing human infants with human milk is the standard."



Courtesy of the 'Pleasanton Express'

Pleasanton Mayor John Purcell, center, signs the breastfeeding proclamation. With him, from left, are participant representatives Mary Coronado and Meredith De La Pena, breastfeeding peer counselor Celina Delgado, Atascosa Health Center chief executive officer Juan Flores, WIC administrative coordinator Rachel Hernandez, Anita Martinez, L.V.N., and Project 53 director Connie Trevino.

Project 26

Latin American staffers share tasty tips to cooking regional fare

This is the second in a series of articles about some of our international co-workers. Sandra Navariz joined WIC in June 1996 as the customer-service coordinator at Houston's West End Multi-Service Center. Below, she describes Guatemala and shares two Guatemalan recipes. Joining her is Nohemi Sanchez, who's worked at the

Channelview WIC Center for the past year and a half. She was raised in Puebla, Mexico, which she describes briefly before sharing a recipe for Pueblan chicken molé. Both women participated in an international pageant at Project 26 in March to celebrate National Nutrition Month.

Ancient recipes offered from Guatemala

By Sandra Navariz
Breastfeeding Counselor
Texas WIC Project 26

Guatemala has more people than any other Central American country. Most live in the central part where, on a high plateau, lies Guatemala City, the capital and industrial center of Guatemala. It is the largest city in Central America, the nations south of Mexico and north of South America.

Almost half of the people are Indians whose way of life differs greatly from that of other Guatemalans. Their ancestors, the Mayans, built a highly developed civilization hundreds of years before Christopher Columbus landed in America. Most Indians speak Mayan languages, and most wear Indian clothing like the garments I modeled at our pageant (see photo).

Besides Indians, the other main group in Guatemala consists of Latinos, or people of mixed Spanish and Indian ancestry. They make up about 55 percent of the population and follow Spanish-American customs and traditions.

The Latinos speak Spanish, the official language of Guatemala.

I don't consider myself either an Indian or a Latina. I'm really proud of Guatemala, though in fact I was born in Mexico, just across the border from Guatemala. I have many relatives who are Guatemalan, and I enjoy sharing in their customs.

The Indians live in small country settlements or in towns. In the nation's leading cities and towns, the people enjoy such sports as basketball, bicycling, and soccer. Holidays are celebrated with religious processions, fireworks, and Guatemala's famous marimba music, played on a sort of xylophone. We played some at the National Nutrition Month pageant. In Indian communities, the people also perform dances that represent events from history and legends.

Guatemalan law requires children to go to school from the ages of 7 through 13. About 55 percent attend primary school, but only about 15 percent go to high school.

Guatemala has shorelines on both the Pacific and the Caribbean. The climate is tropical, but temperatures vary greatly because of differences in altitude. There are three main land regions: the thinly populated Northern Plain; the Highlands, a chain of mountains extending across Guatemala in an east-west direction; and the Pacific lowlands, consisting mostly of farms of sugarcane, rubber-yielding trees, cotton, and corn.

Corn is the basic food of most Guatemalans and the chief crop grown for use within the country.



Sandra Navariz displays a plate of nopalitos while modeling a handwoven Guatemalan wraparound skirt, embroidered Indian blouse, and shell earrings.

Other important food crops include beans, rice, and wheat. Farmers also raise livestock, especially beef cattle. The economy depends heavily on the export of farm products, chiefly coffee, bananas, sugar, and cardamom, a spice in the ginger family.

In downtown Guatemala City, broad avenues are lined with modern hotels and office buildings. The capital is the country's chief manufacturing center, producing beverages, processed foods, and textiles.

The two recipes below are for some tasty foods from Guatemala. The ingredients can be bought in any store that sells Hispanic foods.

◆ **Cocktail de Nopalitos**
(Cactus Cocktail)

- 5 nopal cactus leaves, peeled and chopped
- 3 tomatoes, chopped
- 1 small yellow or white onion, chopped
- 1 jalapeno pepper, chopped
- handful of cilantro, chopped
- ¼ pound of queso fresco ("fresh cheese," a soft, white cheese), grated

In a steamer over a small saucepan, steam the cactus until the nopal's slimy juice cooks away. Remove from heat and drain. Place in a bowl and add the chopped tomato, onion, and jalapeno. Mix well. Decorate the top with a sprinkling of cilantro and grated cheese.

(Serves 4 people as a snack or appetizer.)

◆ **Chuchos**

- 2 cups white or yellow cornmeal
- 2 cups warm broth or water
- 1 tsp. baking powder
- ½ tsp. salt
- ⅔ cup lard or vegetable shortening
- 16 corn husks, soaked in water for a few minutes

Mix the first five ingredients into a soft, moist dough. Strip a thin strand of corn husk off each husk and save

for later. Spread the dough in the corn husks and add a desired filling, such as chicken, ground meat, potatoes, or even sweet pineapple.

You've created chuchos! Now use your thin strip of torn-away corn husk as a string to tie up the chuchos at both ends. Place them in a steamer, cover with a wet cloth, and steam for about 1 hour.

(Serves 4 people as a meal.)

Puebla a graceful hometown

By Nohemi Sanchez
Senior Clerk
Texas WIC Project 26

Puebla is an old Spanish colonial town, the capital of Mexico's southern state of Puebla. It was here that Mexican soldiers defeated French occupation forces on May 5, 1865, winning independence for their new country. That is why the people of Puebla — and Mexicans everywhere — celebrate every 5th of May ("Cinco de Mayo") with parades, dances, and lots of food.

Puebla is also known for the farming of sugarcane, for the exquisite architecture in the old town, and for the regional costume of women Pueblans. Similar to dresses from the late 1700s, the colorful blouse and ruffled skirt are called the "vestido de la China Poblana" ("garments of the Chinese-style Pueblan woman").

You may wonder why a Mexican woman would be "Chinese-style." In the 1700s, Spain and China were trading partners. Mexico was a stop on the journey for the Spanish ships. The Pueblans, who made decorative Mexican tiles and ceramics, learned much from the art and style of China's porcelain makers.

According to legend, a poor Chinese girl who lived in Puebla needed a new dress but couldn't afford one. In a show of ingenuity, she collected tattered scraps of fabric from the street and created

a colorful, swirling garment. She decorated it with sequins handmade with bits of glass and tin found in the rubbish.

For more than 100 years, La China Poblana has represented the resourcefulness, beauty, and grace of Mexican womanhood. Folk dancers dress like her, as do girls at festivals and in parades.

A favorite dish that is enjoyed by the people of Puebla is "El Molé Poblano." This recipe, offered below, is popular at weddings, parties, and baptism celebrations.

◆ **El Molé Poblano**

- 1 whole chicken, cut into pieces
- salt to taste
- 3 cloves garlic, chopped
- ½ onion, chopped
- ¼ onion, chopped
- 4 guajillo chiles, cored and diced
- 4 pasilla chiles, cored and diced
- 1 plantain banana, peeled and sliced
- ½ lb. peanuts
- ½ lb. saltine crackers, crumbled
- 4 tomatoes, chopped
- 3 sticks of cinnamon, pounded into powder (about 1 Tbsp.)
- 1 square of Mexican baking chocolate, grated
- ½ cup of sugar
- 3 tsp. cooking oil

Boil chicken with salt, ½ onion, and garlic. When done, place in pan to cool. Save the water from the boiled chicken. In open pan, sauté the chiles in a little oil, adding ¼ onion, tomatoes, cinnamon, crackers, nuts, and plantain banana. Let cool. Blend ingredients in blender. Return ingredients to pan, heating in 3 tsp. oil and water from the boiled chicken as thick sauce forms. Add chocolate and sugar. Stir steadily to prevent sticking. Let cook for 5 minutes until ready to eat.

Place a piece of the chicken on a plate, spoon the molé sauce over the chicken, and serve with rice and beans.

(Serves 10 people.)

'Test-driving' review of current models

A look at 1998's nutrition-education materials

By Shellie Shores, R.D.
 Nutrition Education Consultant

Yes, folks, for only *zero* down and *zero* per month, you, too, can add more power and style to your nutrition-education "driving" by using the latest models of our nutrition-education materials. In this past fiscal year, the state agency sent out the materials below. So, get ready to get behind the wheel, fasten your seat belt, and give them a try.

Lessons

◆ *Anemia: The Silent Shadow*, Lesson NR-000-05, accompanies a video of the same name. The lesson and video provide information about iron-deficiency anemia and the need for iron in the diet.

◆ *ASAP: Avoiding Substance Abuse During Pregnancy*, Lesson NR-000-06, goes with the video *Stop ASAP*. The lesson discusses six types of substances to avoid during pregnancy and the consequences of using those substances while pregnant. It also offers tips on healthy behaviors to adopt during pregnancy.

◆ *The Best Investment*, Lesson BF-000-14, teaches about the advantages of breastfeeding an infant until the age of 1.

◆ *Childhood Obesity: Lily Faces a Problem*, Lesson CF-000-15, and the video by the same name discuss the importance of healthy eating habits, physical activity, and meal planning for children.

◆ *Food Guide Pyramid*, Lesson SP-000-05, is a self-paced lesson designed to teach

participants about each food group in the food-guide pyramid.

◆ *Formula Preparation*, Lesson IF-000-13, is a discussion lesson that provides information about infant-formula sanitation, preparation, storage, and warming.

◆ *Fruits and Vegetables: Lily Bets on Five a Day*, Lesson GN-000-08, and the video by the same name discuss various ways to incorporate fruits and vegetables into a daily diet.

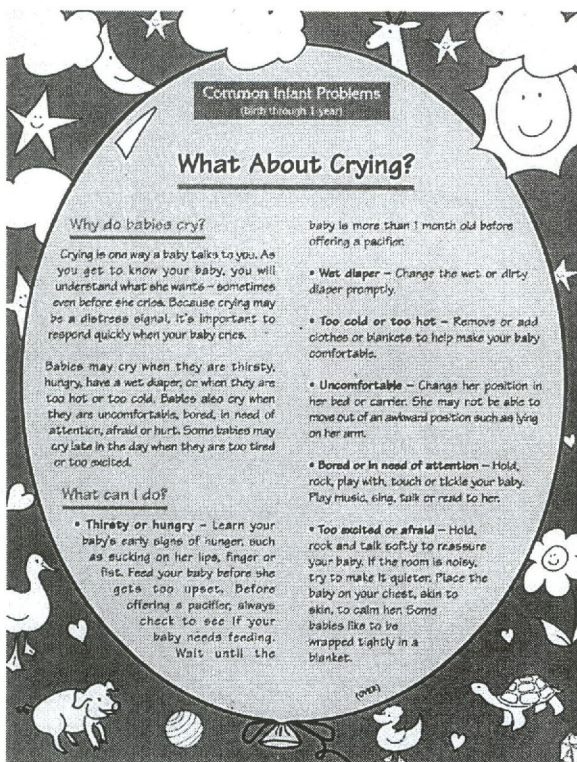
◆ *¿Grasa? ¡No Gracias!*, Lesson GN-000-06, accompanies a video of the same name. The lesson and video inform participants about health issues related to diet and seek to motivate participants to take steps to change their diets.

◆ *A Healthy Pregnancy*, Lesson MN-000-07, and the accompanying video of the same name provide health guidelines for moms to follow throughout pregnancy.

◆ *A Helping Hand for Breastfeeding Moms*, Lesson BF-000-13, and the corresponding video, *Breastfeeding and the Family*, focus on the importance of family support in the initiation and duration of breastfeeding.

◆ *How to Plan and Prepare Before You Shop with WIC*, Lesson GW-000-51, and the corresponding video of the same name provide new participants with detailed information on how to use their WIC vouchers.

◆ *How to Use WIC Vouchers at the Grocery Store*, Lesson GW-000-



52, is a discussion lesson that covers the same information as the video *How to Plan and Prepare Before You Shop with WIC*. This lesson should not be used with the video; instead, it's designed to be used in place of the video.

◆ *Infant Cues: A Feeding Guide*, Lesson BF-000-12, and the video by the same name teach pregnant moms about the basics of learning to breastfeed.

◆ *La Guia Piràmide de Alimentos*, Lesson GN-010-01, was developed by Texas WIC Project 10 staffers in Grayson County. It's the Spanish version of *The Food Guide Pyramid* lesson.

◆ *La Guia Piràmide de Alimentos: Variedad, Balance, Moderación*, Lesson GN-076-04, was developed by Texas WIC staffers at Project 76. It's the Spanish version of the *Food Guide Pyramid: Variety, Balance, Moderation* lesson of the same number, mailed out in a previous fiscal year.

◆ *Milk Comparison*, Lesson GN-000-09, is a discussion lesson that compares the calories and fat content of different types of milk.

◆ *Planning Your Meals*, Lesson SP-000-03, is a self-paced lesson that teaches WIC participants the basics of meal planning.


◆ *Sally Gets Her Money's Worth*, Lesson FE-000-05, and the accompanying video by the same name provide participants with healthy, money-saving shopping tips.

◆ *Small Change, Big Difference*, Lesson GN-000-07, and the corresponding video of the same name discuss ways to lower fat in the diet and are designed to reach a primarily African-American audience.

◆ *Smart Shopping Saves Money*, Lesson SP-000-04, is a self-paced lesson that teaches participants how to use unit-price labels to get the best value at the grocery store.

◆ *Take Time for Teeth*, Lesson DH-000-03, and the accompanying video of the same name give tips on how parents can keep their mouth and their baby's mouth healthy, how to check for "white spots," and how to prevent tooth decay.

**Especially
For Dads!**



**Getting to know
your new baby**

◆ *Up To Five*, Lesson CF-000-16, is a discussion lesson that highlights six benefits of keeping children on WIC up to the age of 5.

Pamphlets and handouts

◆ *Calcium*, stock No. 13-8, and *El Calcio*, stock No. 13-8A, provide information about the importance of calcium as well as good sources of calcium.

◆ *Especially for Dads*, stock No. 13-53, and *Especialmente para los Papas*, stock No. 13-53A, discuss a father's role in supporting breastfeeding.

◆ *Help! My Child is a Picky Eater*, stock No. 13-18, and *¡Ayúdeme! ¡Mi Hijo es Difícil de Alimentar!*, stock No. 13-18A, give parents tips on feeding toddlers.

◆ *Shopping List*, stock No. 13-98, is a handout to be used in conjunction with the *How to Plan and Prepare Before You Shop with WIC* video or the *How to Use WIC Vouchers in the Grocery Store* lesson.

◆ *Take Time for Teeth*, stock No. 8-17, gives participants information about appropriate dental and bottle habits during infancy.

◆ *What About Colic?*, stock No. 13-120, and *Qué hago para el calico?*, stock No. 13-120A, are handouts that teach parents of infants how to recognize and manage the symptoms of colic.

◆ *What About Constipation?*, stock No. 13-121, and *Qué hago para el estreñimiento?*, stock No. 13-121A, are handouts that teach parents of infants how to recognize and manage the symptoms of constipation.

◆ *What About Crying?*, stock No. 13-122, and *Qué hago para el llanto?*, stock No. 13-122A, are handouts about why babies cry. They teach new parents what to check if their baby is crying.

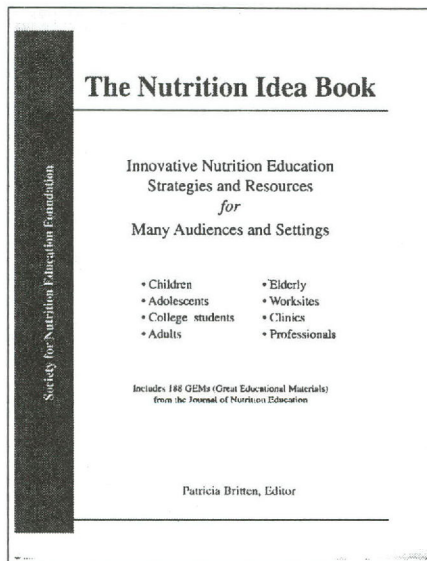
Nutrition fact sheets

◆ *Constipation in Infancy and Early Childhood*, stock No. 14, provides in-depth information about the causes and management of constipation. *Fact sheets are designed to educate WIC staff and should not be given to WIC participants.*

Continued on page 14

Continued from page 13

◆ *Diarrhea in Infancy and Early Childhood*, stock No. 15, provides information about the causes and management of diarrhea. *Fact sheets are designed to educate WIC staff and should not be given to WIC clients.*



Posters

◆ *Another Satisfied Customer*, stock No. 13-97, and *Otra Cliente Satisfecho*, stock No. 13-97A, are breastfeeding-promotion posters.

◆ *Breastfeeding: The Best Investment* was developed for World Breastfeeding Week 1998. A limited number is still available in English and Spanish.

◆ *Farmers' Market* poster is a seasonal item, and only a limited number are available at this time.

◆ *I Love You, Dad!*, stock No. 13-57, and *Te Amo, Papá*, stock No. 13-57A, are breastfeeding-promotion posters.

◆ *WIC: Your Nutrition Headquarters* is a set of posters that can be cut apart to yield bulletin-board headers, borders, and pictures. Limited supplies are still available in English and Spanish.

Breastfeeding "interactive" bulletin boards (BIBBs)

◆ *Breaking Down Breastfeeding Myths* addresses common myths about breastfeeding such as breast size, public nursing, and the "perfect diet." Clients can select statements from a box on the board to match questions posed on the board.

◆ *Breastfeeding: No Finer Investment* addresses breastfeeding's benefits and cost-savings. Clients can remove handouts from the board to give to their employers to educate them about setting up breastfeeding-friendly workplaces.

◆ *Breastfeeding: Nursing Issues* informs readers about nursing strikes, the weaning process, and the advantages of nursing for a year or longer. Clients can write in their own breastfeeding advice to other WIC moms in spaces on the board.

◆ *You Can Make A Difference: Reach Out to Your Community* lists breastfeeding-promotion activities that people can do in their community. Clients can indicate on the board which suggested activity they will commit to doing.

Other nutrition-education materials

◆ Child's coloring/cut-out pages developed for World Breastfeeding Week 1998 are available in limited amounts in English or Spanish.

◆ *Double Duty: The Joys and Challenges of Caring for Newborn Twins* is a video suggested for use in lending libraries or support groups to address the special considerations of parenting twins.

◆ *Invest in Your Baby's Health: Breastfeed* is a sticker created for World Breastfeeding Week 1998. Limited amounts are available in English and Spanish.

◆ *Kid's Club* is a notebook of nutrition-education materials specifically to teach young children about nutrition. The curriculum includes lesson plans, puppets, lessons, and tapes.

◆ *The Nutrition Idea Book* is a collection of innovative nutrition-education strategies and resources, many applicable to a WIC setting.

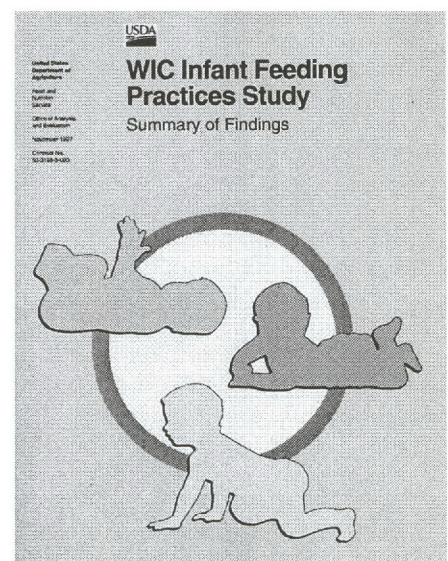
◆ *Tickle Your Appetite* is a kit from USDA and NAWD with video segments, songs, lessons, and handouts that communicate nutrition messages to WIC preschoolers.

◆ *WIC Infant Feeding Practices Study*, published in 1997 by USDA, describes the infant-feeding practices of a nationally representative sample of 900 pregnant WIC moms.

So, now that your test-drive is over, do you find yourself interested in our collection of this year's models? They are all available for use in Texas WIC local agencies.

To order nutrition-education materials, use the instructions and order forms in the *Texas WIC Materials Catalog*.

If you have any questions about these materials, call Mary Van Eck at (512) 458-7440.



'Breastfeeding: Nature's Health Plan'

Winning slogan selected from among 500 suggestions

By Laurie Coker

Breastfeeding Promotion Specialist

"Breastfeeding: Nature's Health Plan" has emerged as the winning slogan for the Texas Breastfeeding Initiative. It was chosen from 491 other entries suggested by TDH employees throughout the state.

Texas Breastfeeding Initiative committee members selected the top dozen entries, which were narrowed down to five by TDH art and communications professionals. These top five were field-tested with TDH employees and the general public. From these five, the most popular one was chosen, based on field-test results.

The selected slogan was thought up by Stephanie Walsh, an administrative technician in the Medical Appeals Bureau. Walsh came up with it after learning that it should focus on the immunological and long-term health benefits of breastfeeding. She will receive a paid day off for her efforts. Walsh and the runners-up will be officially recognized at an upcoming Board of Health meeting.

Although she has no experience breastfeeding, this is not the first time that Walsh has thought about it. When she has children, Walsh says, she plans to breastfeed them.

Runners-up in the contest are:

- ◆ "Mother's Milk: Love to Grow On," submitted by Janet Kres, EPSDT Screens, and Kathleen Hamilton, Texas Health Steps.
- ◆ "Breastfeeding: Naturally Better," submitted by Herb Tolentino, Immunizations Division, and Debra Seamans, HIV/STD.
- ◆ "Born to Be Breastfed," submitted by Joy Gentry, Fiscal Division.

- ◆ "Mother's Milk: Don't Start Life Without It," submitted by Gyl Kovalik, Bureau of State Health Data and Policy Analysis, and breastfeeding mother of 8-month-old Maya.

Initiative's goals

William R. Archer III, M.D., Texas commissioner of health, made breastfeeding one of his priority health issues in 1997 when he appointed a committee to implement the Texas Breastfeeding Initiative. The group's goals are to have 75 percent of Texas infants breastfeeding at hospital discharge and 50 percent still breastfeeding when they are 6 months old.

Texas breastfeeding rates at hospital discharge are now about 56 percent. By increasing this rate by 5 percent each year, the Texas Breastfeeding Initiative's goal can be met in 2001.

About 17 percent of Texas moms are still breastfeeding at six months postpartum. By increasing this figure at the rate of 5 percent each year, the goal of 50 percent can be reached in 2004.

The Texas Breastfeeding Initiative committee has established activities for its first two years. They'll be evaluated for effectiveness and modified as needed. They include:

- ◆ a media campaign.
- ◆ incorporating breastfeeding promotion throughout TDH programs.
- ◆ expanding the WIC Breastfeeding Peer Counselor Program.
- ◆ providing information and promotional items to physicians.

- ◆ establishing a statewide hot line for health-care providers and mothers.
- ◆ expanding the Mother-Friendly Worksite program.
- ◆ enhancing the implementation of the Baby-Friendly Hospital Initiative.
- ◆ helping community leaders promote and support breastfeeding.
- ◆ supporting Mom's Place, a statewide breastfeeding resource center.
- ◆ conducting breastfeeding training courses for health-care professionals.
- ◆ developing breastfeeding materials.

PSAs to spread the word

As part of the Texas Breastfeeding Initiative, TDH has purchased several radio and TV public-service announcements to run this autumn in markets across the state. The three TV PSAs are in English only, and the three radio PSAs will be aired on both Spanish-language and English-language stations.

The PSAs were produced by Best Start Social Marketing for the USDA's new national campaign, Loving Support, which promotes breastfeeding.

The Texas Breastfeeding Initiative welcomes all of the support and help it can get from professional groups, individuals, and organizations.

If you would like to be a part of its efforts to make breastfeeding the norm for infant feeding, call the TDH Baby Love hot line at (800) 4-BABY-LOVE, or (800) 422-2956.

Crossword puzzle can help teach clients about breastfeeding

By Laurie Coker

Breastfeeding Promotion Specialist

Across

- 1983 study showed 52 percent of babies with ____ Syndrome can nurse without sucking problems, but some may not nurse effectively at first.
- May be used to feed preemies (*abbreviation*).
- __ *Baby*, a breastfeeding memory book produced by Texas WIC.
- U.S. Attorney General Janet ____ was breastfed for six months.
- Spanish form of Agnes.
- Moms bond easily with breastfed babies and hold them ____.
- First five letters of word meaning "the science of flight" (*hint: ends in "autics"*).
- The parallel, criss-cross, and double football holds are three ways a mom can nurse her twins two __ _ time (*2 words*).
- 1997 study done by island nation in "4 DOWN" examined breastfeeding and improved eyesight, or ____ (*plural*).
- Post-office abbreviation for a Midwestern farming state.
- The Nestlé boycott seeks to ____ the irresponsible marketing practices of infant-formula companies.
- Working women may borrow or ____ breastpumps to continue giving babies the best nutrition available.
- Award given to breastfeeding moms by Texas WIC clinics.
- Breastfeeding: A Gift __ Love.
- Most breastfed babies never go here (*abbreviation*).
- Contraction for "he is."
- A *very* small amount of any of the elements in human milk.
- Marshal Joseph ____, former leader of Yugoslavia from 1943 to 1980.
- ____ Hale, Ph.D., author of *Medications and Mother's Milk*.
- Faster than walked.
- Chicago moms nurse their babies, riding to work on the ____.
- Ex officio (*abbreviation*).
- ____ Onassis, Greek shipping tycoon who married Jacqueline Kennedy.
- Initials of the actress in TV's "McMillan and Wife" who breastfed her babies.
- Breast Milk (*abbreviation*).
- Movie *Fargo* filmed on location in this state (*abbreviation*).
- The goals of the *Healthy People 2000* and *Healthy People 2010* programs promote breastfeeding across the ____.
- Unidentified (non-flying?) object (*abbreviation*).
- ____, *You Can Breastfeed*, title of Texas WIC video.
- Small bite by a baby.
- "____ _ Breastfed," 1995 Texas WIC World Breastfeeding Week theme (*3 words*).
- A bone in mom's body that the fetus pushes against.
- South American home of the Quechua people, whose children are usually breastfed for at least 2 years.
- Not growing old.
- American Academy of Pediatrics (*abbreviation*).
- Texas breastfeeding advocates love this obstetrician/gynecologist who now heads the Texas Department of Health.
- Although the amount of ____ in breastmilk is small, 49 percent of it is absorbed into the baby's body, as opposed to 4 percent absorbed from iron-fortified formula.
- ____ Hogg, former Texas governor's breastfed daughter.
- Oklahoma University (*abbreviation*).
- Mares nurse their foals for about six months before weaning them to ____.
- Winken, Blinken, and ____.
- Breastfeeding moms provide a gift that no one ____ can give.
- 1997 Texas WIC World Breastfeeding Week theme: "Breastfeeding: Nature's ____."
- First part of "R.S.V.P."
- When a baby can __ up, this is a "72 ACROSS" for starting solids.
- Quiet __ _ mouse (*2 words*).
- Reaching for table food is a ____ that baby is ready to start solids.

Down

- Breastfed babies may be less likely to have early-onset _____.
- The INFACT Breastfeeding advocacy group is very popular in this Canadian province.
- Breastfeeding mom should do this gradually, and with love.
- Island nation near Australia that funded a 1997 study on breastfeeding and visual acuity (*abbreviation*).
- "____ _ Baby's Health: Breastfeed," 1998 Texas WIC World Breastfeeding Week theme (*3 words*).
- Preemies on an I.V. may receive nutrition through a ____ while mom pumps breastmilk for later feedings.
- This non-invasive medical imaging technique doesn't interfere with breastfeeding.
- "Breastfeeding Promotion: A Community _____," 1996 World Breastfeeding Week theme.
- National Breastfeeding MediaWatch volunteers commended this

medical-drama TV series for promoting breastfeeding of premature babies.

10. Supplementing formula for newborns is a breastfeeding ___-__.
11. 1997 AAP recommendations say to breastfeed exclusively for six months and keep nursing for ___ year or more (2 words).
14. A mother's milk reduces how badly and how often her allergic baby suffers from _____.
15. Jazz singer _____ Baker breastfed her babies and made a WIC video urging African-American moms to breastfeed.
18. Breastfeeding may reduce a woman's risk of getting _____ cancer.
21. About, concerning, with regard to.
25. Prolactin, the "mothering" _____.
33. Initials indicating that a person is a registered nurse.
35. Those who cry over spilt breastmilk.
36. Breastfed babies don't need many of these cloths that moms often drape on their own shoulders (2 words).
38. Nickname for Ms. Allen, actress and choreographer.
40. It's understandable that new moms do this easily.
41. Initials of the TDH Breastfeeding Webmaster (big hint: Nancy Liedtke).
44. Southeast (abbreviation).
46. It's "good thinking" that human milk helps in the development of this important body organ.
47. Although the breastmilk of tobacco-smoking mothers includes small _____ of nicotine, breastfeeding is still healthier for smokers' babies than any other food.
50. The first two vowels in the alphabet.
51. During the first six months of life, a baby _____ about 1 inch longer each month.
52. Breastfed is bestfed, __ why don't all moms breastfeed?
53. Device to help adoptive moms breastfeed (abbreviation).
55. Dando Pecho: Un Regalo de _____.
57. Breastfeeding every newborn for 12 weeks would mean a ___ savings of \$3.69 billion U.S. tax dollars annually.
58. A color or shade or tint.
63. "Triple" help for stranded motorists (abbreviation).
68. Spanish "you," informal.

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See page 21 for answers.

Getting effective

Review 'Seven Habits' with new tapes from TDH Audiovisual Library

By Judith Cayton Devin
Training Specialist

Have you already been through the TDH training course based on *Seven Habits of Highly Effective People*, the book by well-known author Stephen Covey? Do you still want to continue becoming more effective through the *Seven Habits*?

If you answered yes, then have we got a deal for you! We've placed the 10 original videotapes from the *Seven Habits* course in the TDH Audiovisual Library for your review. Each tape is up to an hour long and features Covey speaking on his theories of effectiveness. Most of the tapes contain several segments, varying in length.

Putting them to use

There are several ways to use the tapes for review. Individuals can borrow a tape and view it, using their

training manual from the course to refresh their memory of how the tape's content fits into the whole *Seven Habits* picture.

Perhaps a more powerful use is a group viewing. Have everyone in your clinic or local agency who has taken the course come to a brown-bag lunch to view and discuss a tape. There are enough tapes for you to view one a month for almost a year. Maybe your group can start by viewing the tape on the specific habit or foundational principle that you've had the most difficulty implementing.

Because of their length, we suggest that you only view one tape at a time.

Our contract with the Franklin Covey company, maker of the tapes, does *not* allow us to use these tapes alone as a "class" for people who

haven't yet taken the full course with certified facilitators and manuals. Please honor this system and use them for review purposes only!

The big 10

Here is a description of each of the 10 available tapes (Tape B has been excluded):

1. Tape A, "Effectiveness: The Goose and the Golden Egg" — Covey gives his definition of effectiveness, explains his concept of the "emotional bank account," and expounds on the need to balance production and capability (the so-called "P, PC balance").

2. Tape C, "Paradigm Shifting" — Covey discusses our paradigms, or how we view the world. He addresses the development of our paradigms of the world and ourselves, as well as the value of shifting these paradigms.

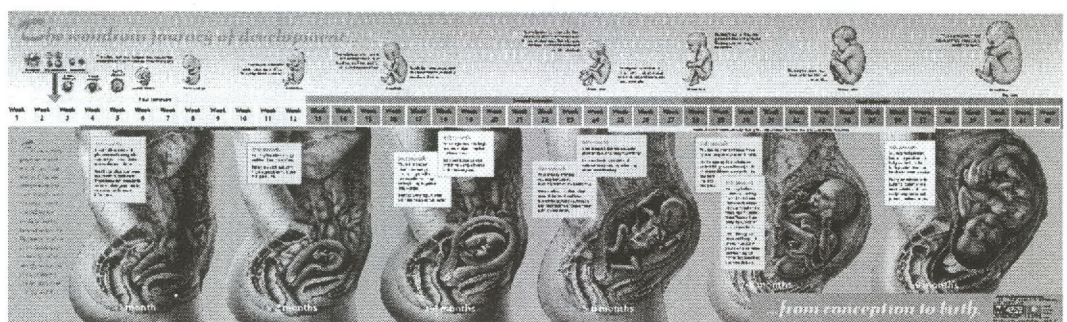
3. Tape D, "Maturity Continuum" — Covey explains how the seven habits of effectiveness fit together into a "maturity continuum."

Informative new poster greeted enthusiastically

Texas WIC clients can now learn about the stages of prenatal growth by examining a new poster mailed out to local agencies in July. At four feet long, the large, colorful poster grabs a viewer's attention. Depicted on it in medical detail are panels showing the sequential stages of the development of a fetus, accompanied by explanatory text.

The poster was distributed to Texas WIC local agencies as well as to midwives, obstetricians and gynecologists, and TDH prenatal-care providers.

When ordering additional copies of the poster, many WIC clinic super-



visors asked for a Spanish version. Unfortunately, the poster is available only in English. The company that owns the medical art used on the poster will not grant additional printing rights to TDH.

However, revisions are under way on English and Spanish versions of a series of prenatal fact sheets that show

drawings of the fetus as it develops each month. The text on these fact sheets served as the foundation for the text on the 4-foot-long prenatal posters, and can practically serve as translations of the poster.

Call Patty Stone at (512) 406-0700, ext. 297, for information about these fact sheets.

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

October

4. Habit 1, "Be Proactive" — Concepts included on this tape are stimulus-response, proactive vs. reactive behavior, reactive language, and the circles of influence and concern.

5. Habit 2, "Begin With the End in Mind" — The habit of personal vision is explained, and Covey encourages the writing of a personal mission statement.

6. Habit 3, "Put First Things First" — The time-management model is introduced. This tape includes Covey's "four quadrants of time management" and his oft-told "green and clean" story.

7. Habit 4, "Think Win-Win" — Discusses the philosophy and practicality of seeking "win-win" solutions in human interactions.

8. Habit 5, "Seek First to Understand, Then to be Understood" — This tape focuses on communication, particularly listening. It includes role-playing by Covey depicting a scene between himself and his son, who wants to quit school.

9. Habit 6, "Synergize" — Covey explains how to create an atmosphere which allows synergy to happen. Illustrating the value of others because of how they see things differently, he uses a drawing which can be viewed as either an old woman or a young woman, depending on the viewer's perspective.

10. Habit 7 — "Sharpen the Saw" The final tape looks at the four dimensions to human personality — physical, mental, spiritual, and emotional — and how to continually renew ourselves in each area.

So, chose to continually renew yourselves in the *Seven Habits!* To reserve your tape today, call the TDH Audiovisual Library at (512) 458-7260, or send the librarians a fax at (512) 458-7424. The tapes are available only to Texas WIC workers.

Oct. 12-14 — Intensive Course in Breastfeeding: Phase I in Austin. Call Jeanne Byler Mitchell for more information (512) 406-0744.

Oct. 14 — Lactation Management for Physicians in Austin. Call Jeanne Byler Mitchell for more information (512) 406-0744.

Oct. 19-22 — American Dietetic Association's 81st annual meeting and Exhibition, Kansas City, Mo. Contact ADA headquarters at (800) 877-1600. Register by e-mail at www.eatright.org/ame/ or send registration form with payment to ADA, P.O. Box 97569, Chicago, IL 60678-7569.

Oct. 20-22 — Competent-professional-authority orientation, Austin. Three days of training covering screening techniques, breastfeeding promotion, high-risk conditions, allowable foods, formula determination, nutrition education, outreach, counseling, and civil rights. Call Liz Bruns or Anita Ramos at (512) 406-0740.

Oct. 21-23 — "Future Perfect: Frameworks for Change," Texas Homeless Network 1998 Conference, Holiday Inn South, Austin. Call (800) 531-0829; in Austin, call (512) 482-8270. Information at www.thn.org/1998conference.html.

Oct. 27-29 — Peer Counselor Trainer Workshop, Austin. For breastfeeding coordinators to learn how to train breastfeeding peer counselors and to plan a peer-counselor program. Call Jewell Stremmer at (512) 406-0744.

Oct. 28-31 — "Projects that Work," 5th Biennial University of Texas-Mexico Border Health Symposium, South Padre Island. Special track on "Achieving Community Wellness through Education and Empowerment." Registration \$75. For more information, call UT System Texas-Mexico Health Office at (956) 381-3687.

November

Nov. 2 — "First Things First," Houston. A one-day class that focuses on the life-management and time-management lessons from Stephen Covey's *Seven Habits of Highly Effective People*. Call the WIC training staff at (512) 406-0740.

Nov. 3-5 — Immunize Texasize III Conference, Sheraton Astrodome, Houston. CECs available. Community service project is a children's-health expo and immunization clinic. Call (800) 252-9152 for more information.

Nov. 4-6 — 23rd annual conference of the Texas Association Concerned with School Aged Parenthood, Omni San Antonio Hotel. Call Evelyn Taulton at (817) 871-2758. or call Mary Garrett and Associates at (512) 225-4500.

Nov. 4-7 — "Emerging Horizons: Counseling in the 21st Century," Amarillo. A professional-growth conference sponsored by the Texas Counseling Association. Call Charlotte McKay at (512) 472-3403.

Nov. 5-6 — Women and Children First meets in Dallas at Cityplace. Contact Shelly East at (214) 590-8782.

Nov. 5-8 — Eighth annual Midwest Farmworker Stream Forum, Camberley Gunter Hotel, San Antonio. Call (512) 328-7682 for more information.

Nov. 9-11 — Intensive Course in Breastfeeding, Phase I, Corpus Christi. Three-day course prepares health-care providers to promote and support breastfeeding. \$45. For more information, call Jeanne Mitchell at (512) 406-0744.

Nov. 10 — Lactation Management Workshop for Physicians, Corpus Christi. Four-hour workshop to improve physicians' skills at managing breastfeeding problems and special circumstances and assessing medications for nursing mothers. Call Jeanne Mitchell at (512) 406-0744.

Nov. 17-18 — Presentation Skills Training at TDH Austin's Shoal Creek office. Call Judith Cayton for more information, (512) 406-0700, ext. 257.

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

Short exercise sessions most successful in weight loss

Regular exercise sessions as short as 10 minutes in duration may be the best way to lose weight, says a report presented earlier this year at the Society of Behavioral Medicine's annual meeting. And it's easier to stick with an exercise program when workouts are short and when they're done at home.

A study group using exercise equipment for short periods of time was most successful in losing weight and sticking to an workout program, says the report's principal author, John M. Jakicic, an assistant professor at the University of Pittsburgh School of Medicine. The convenience of exercising at home also helped the study's subjects continue to exercise.

The 20-week study asked 139 obese women to consume 1,200 to 1,500 calories per day and to exercise five days per week. The overall duration of their exercise increased during the study from 20 to 40 minutes per day. Three groups of women followed one of three exercise programs: a single continuous session of 20 to 40 minutes, 10 minutes at a time two to four times daily, or 10-minute periods on treadmills placed in their homes. The last group was most successful in adhering to their exercise regimens.

Exercise is a key factor in weight loss and maintenance, Jakicic says. Even 10-minute exercise sessions



Compiled by Karen Robin
Staff Writer

can be effective for weight control and are a good way to build a commitment to a healthy lifestyle.

About 56 million Americans are considered to be clinically obese, that is, more than 20 percent above their ideal body weight. Excess weight can increase the risk of heart disease, diabetes, and stroke.

Brushing up on toothpaste

Toothpaste ads make so many claims that they often leave consumers wondering which product is right for them. A quick review of the effects — and effectiveness — of notable toothpaste ingredients provided by Chicago periodontist Mike Stablein may cut some of the confusion:

All toothpastes are more effective after a professional dental cleaning. But different types of toothpaste are designed for different purposes. For example, people with sensitive teeth won't want a toothpaste that is too abrasive and may cause more problems.

The baking soda in some toothpastes is a mild abrasive that cleans the surface of teeth. Excessive use may irritate gums. Some whitening toothpastes can also contain abrasives that lighten or remove certain stains from tooth enamel. This can also lead to gum irritation or increased sensitivity.

Sodium fluoride helps protect tooth enamel against decay. Some

"tartar control" toothpastes contain sodium pyrophosphate, which sticks to the tooth above the gumline to help stop tartar build up. These products will not remove tartar; just keep it from forming. They, too, may lead to tooth sensitivity in some users.

Special "desensitizing" toothpastes contain strontium chloride or potassium nitrate, compounds that block tiny tubules that lead to the nerve and protect the vulnerable inner tooth. Most patients must use these products for at least a month before noticing any effects.

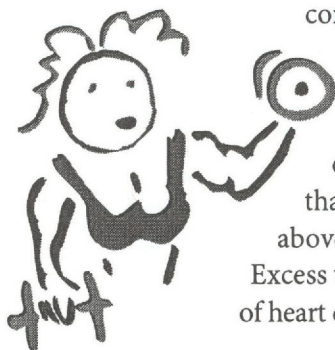
"Antimicrobial" toothpastes contain the key ingredient triclosan, which may remove the bacteria that can cause gum disease. However, more research is needed to back up these claims. Triclosan has no known effect on tartar buildup.

The best solution to getting through the toothpaste maze may be to just ask your dentist.

Don't feed honey to infants

Physicians in Houston health centers report that some parents are putting the lives of their infant children at risk by feeding them honey. Honey may cause infant botulism, a form of food poisoning which may be fatal to babies younger than 12 months old.

Botulism spores are common in nature and are frequently found in soil, dust, and many uncooked foods, including honey. The spores themselves are dormant and aren't harmful to adults and older children, whose immune systems are developed enough so that protective bacteria in the gut inhibits the growth of the spore's bacterium, *Clostridium botulinum*.



'Texas WIC News' Subject Index

August - October 1998

Legend: "16, 9/98" means "page 16 of September 1998 *Texas WIC News*"

A

B

Breastfeeding

- Crossword puzzle teaches about breastfeeding 16, 10/98
- National breastfeeding legislation follows in footsteps of Texas law 20, 8/98
- Help available to make hospitals baby-friendly 17, 9/98
- Slogan chosen for Texas Breastfeeding Initiative 15, 10/98
- 10 steps to successful breastfeeding for new moms in a baby-friendly hospital 17, 9/98
- Texas' first donor milk bank opened by Austin doctors 18, 9/98
- World of breastfeeding comes together at 1998 ILCA conference 20, 9/98

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Children

- 'Frustration plans' may reduce shaken baby syndrome 26, 8/98

Clarifications/Corrections

- Winners of annual state awards 19, 8/98

Customer service

- Answers to remaining questions from satellite conference's viewers 14, 8/98
- Follow the 4 steps of clear communication 17, 8/98
- Use common sense to comply with ADA 16, 8/98
- What it really means to be culturally sensitive 18, 8/98

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Dental Health

- Dental group donates tippy cups to WIC 23, 9/98

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Et cetera

- Exercise effective in short spurts 20, 10/98
- Honey poses poison risk 20, 10/98
- Overweight children risk heart health 23, 9/98
- Spanking teaches aggression 23, 9/98
- Toothpaste terms untangled 20, 10/98

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Letters

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- Project 17 receives letters from new WIC moms 10, 9/98

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Medicaid

- State opens door to medical care for more Texas teens 22, 9/98

Mom to Mom

- Discretionary funds allow expansion of peer-counselor program 21, 9/98
- Video showcases breastfeeding referrals 21, 10/98

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News You Can Use

- Celebrating 25 years of WIC 12, 9/98
- Easy DASH diet lowers blood pressure 13, 9/98
- Fake fat too good to be true? 13, 9/98
- Handbook a 'must have' for nutritionists 12, 9/98
- La Leche League offers books 13, 9/98
- New pamphlet on dental health replaces old ones 12, 9/98
- New RDIs issued for folic acid, choline, and B vitamins 22, 8/98
- For healthy hearts, limit saturated fats and trans fats 22, 8/98

Nutrition

- A look at the past fiscal year's nutrition-education materials 12, 10/98

Nutrition Network

- Building new angles onto pyramid 23, 8/98
- Fun bites into Dental Jeopardy lesson 16, 9/98

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Outreach Update

- Popular poster shows stages of prenatal growth 18, 10/98

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- Study coordinators committed to improvement 12, 8/98

Poetry

- Loving our babies 27, 8/98

Policy Perspectives

- Income and living arrangements matter in certifying applicants 2, 8/98
- New policy lists acceptable proofs for identifying WIC applicants and recipients 2, 10/98
- Some ins and outs of WIC income eligibility 11, 9/98

Project 1

- Classes about fussy eaters offered at Austin Children's Museum 8, 9/98

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| Project 3 | First group of peer counselors trained in Brownsville | 7, 8/98 |
| Project 13 | Laredo secretary, VISTA workers honored | 5, 9/98 |
| Project 17 | Staffers at new WIC clinic make health fair fun for Houston families living in Greenspoint neighborhood | 5, 8/98 |
| Project 19 | Going the extra mile to feed a hungry baby | 4, 9/98 |
| Project 22 | Peer counselors renew Waco team | 9, 8/98 |
| Project 26 | Houston celebrates staff's world of knowledge about food, culture, nutrition education | 4, 8/98 |
| | Houston WIC staffer shares recipe from her Vietnam homeland | 6, 9/98 |
| | Latin American staffers discuss tasty tips to cooking regional fare | 10, 10/98 |
| | President Clinton tours Houston WIC center | 7, 9/98 |
| Project 27 | Levelland honors years of service | 9, 8/98 |
| Project 43 | Training of new peer counselors in Gonzales shared with clinic staff | 8, 8/98 |
| Project 44 | Del Rio clinic destroyed by floodwaters | 4, 10/98 |
| Project 48 | Antoine WIC clinic celebrates achievements | 8, 10/98 |
| | Bowie named top employee for Region 6 and 5 South | 5, 9/98 |
| | Clinic in Humble receives expansion award | 9, 10/98 |
| | Magnetic signs promote WIC in Houston | 8, 10/98 |
| | New breastfeeding peer counselors added to Harris County clinics | 10, 8/98 |
| | Peer counselor Moreno receives Employee of the Quarter award | 10, 8/98 |
| Project 53 | Breastfeeding rates double in Pleasanton | 9, 10/98 |
| Project 59 | International program brings Nicaraguan students to experience WIC's work | 6, 8/98 |
| | World Breastfeeding Week | 6, 8/98 |
| | New counselors trained | 6, 8/98 |
| Project 61 | East Texas baby showers celebrate World Breastfeeding Week | 5, 10/98 |
| Project 80 | Bulletin board puts the spotlight on WIC dads | 9, 9/98 |
| | Spirit of early trainer lives on | |

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| | in Nacogdoches peer counselors | 6, 10/98 |
| Project 83 | New peer counselors graduate in El Paso area | 9, 9/98 |
| Project 87 | Milk moustaches entertain crowd at Healthy Kids Day health fair in Palestine | 11, 8/98 |
| | New peer counselors graduate in Marshall | 7, 10/98 |
| Project 90 | 200 celebrate World Breastfeeding Week in Dallas | 7, 10/98 |
| Project 94 | Andrews clinic reaches day-care children | 6, 10/98 |

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| Most car seats used improperly | 27, 9/98 |

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'Texas WIC News'

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Training

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| Reviewing 'Seven Habits' training on video | 18, 10/98 |
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WICalendar

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WIC terms

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World Breastfeeding Week

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| Reminding moms to invest in their babies' health | 25, 8/98 |
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PERIODICALS