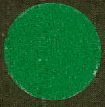


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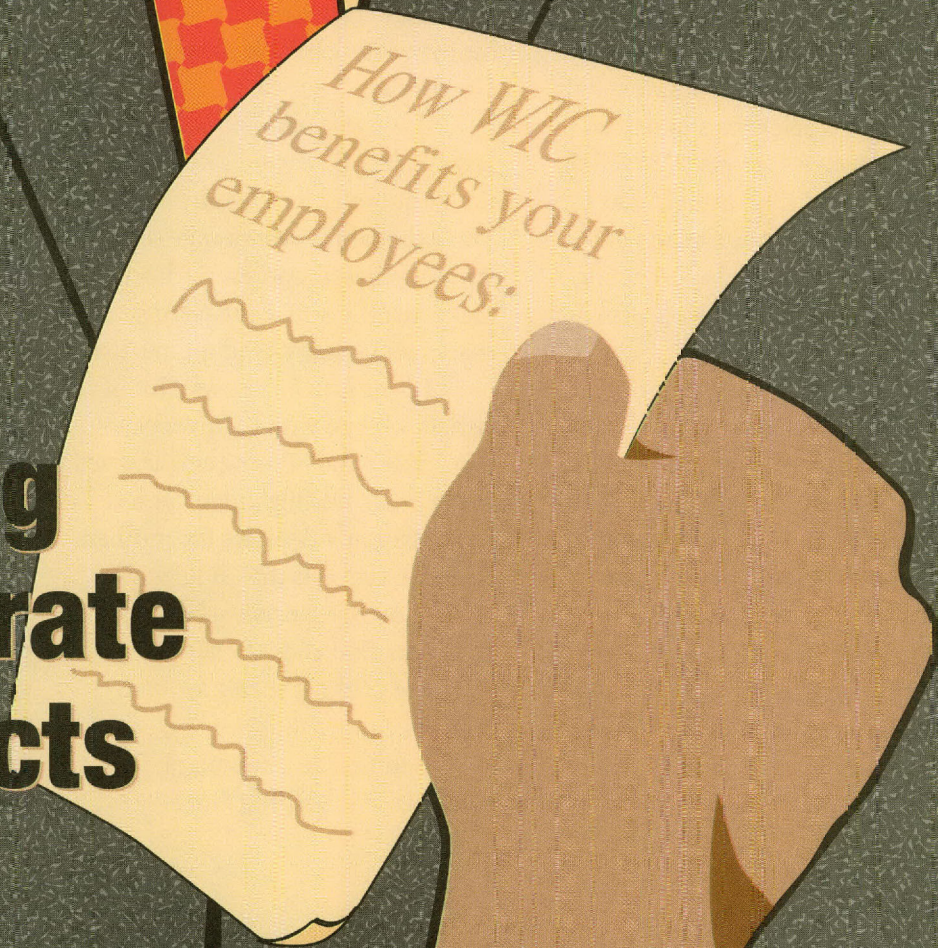
# WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

March 1996  
Volume 5, Number 2

## WIC

### Making Corporate Contacts



## Special WIC father cares for growing family

By Jennifer VanGilder, M.A.

Staff Writer

Most fathers look forward to the time when they can become doting grandfathers. Eddie Tealer, at age 51, has three grown sons and would appear to be ready for his so-called Golden Years, filled with grandchildren. In fact, a 4-year-old named Gregory relies on Tealer for trips to their favorite fishing spot and visits to the WIC clinic.

But Gregory doesn't call Tealer "Grandpa." Instead, he calls him "Daddy" because Tealer is in the process of formally adopting Gregory and his 11-year old brother, Wendell.

The two young boys are Tealer's nephews. Taking early retirement from retail sales, Tealer became a full-time father to them four years ago.

The boys keep this WIC stay-at-home dad busy in their central Texas home in Taylor. After his wife, Ruby, leaves for work at Inter-craft Industries, Tealer fixes breakfast for his nephews, drops Wendell off at school, and then usually takes Gregory out to play. On any given day, Gregory can be found riding his bike outside or playing with his favorite helicopter toy.

Gregory's newest playground is a lake near his home in Taylor where Tealer is teaching him how to fish. Tealer's gentle guidance and Gregory's enthusiasm for the sport guarantees that his first big catch will not be too far away.

Gregory's mother was on the WIC program before he was born, and Tealer continues to keep Gregory's WIC appointments. He says he enjoys the nutrition-education

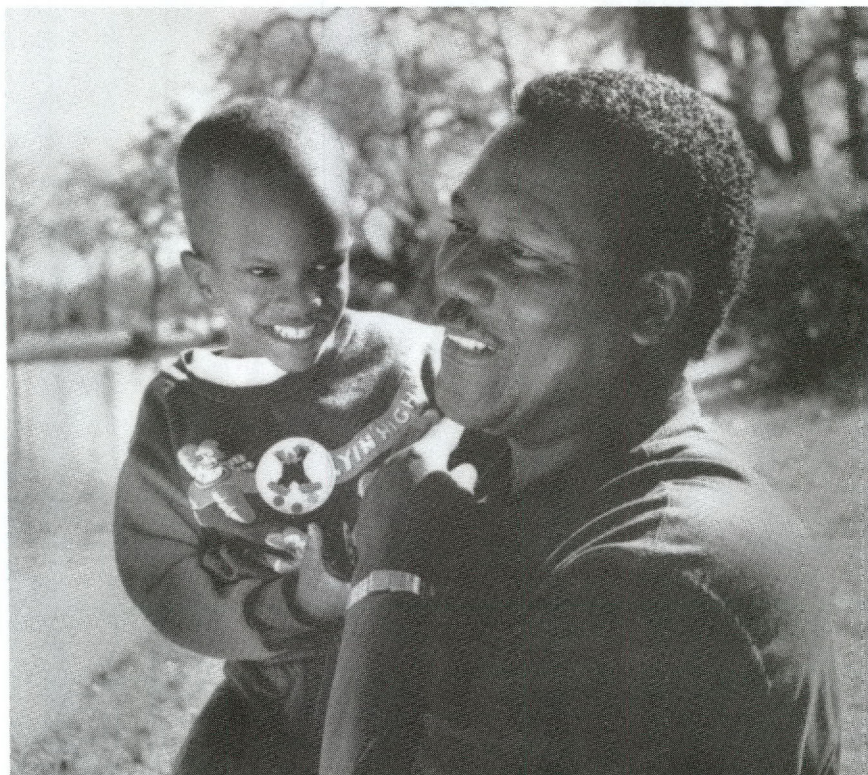


Photo by Jennifer VanGilder

Gregory enjoys fishing with his new father.

videos and has learned a lot about his own eating habits, as well as Gregory's.

"I was confused about snacks," says Tealer. "We were eating doughnuts and ice cream. Now I know that apple and orange slices, strips of cheese, and even Cheerios make healthy and great-tasting snacks for Gregory. And for me, too!"

Tealer says he knows a lot of fathers who go with their wives to WIC clinics and become embarrassed at the breastfeeding videos or feel the nutrition videos are for mothers only. He suggests that WIC make more videos, especially about nutrition, that show fathers shopping and cooking meals for their families.

In addition to attending PTA meetings and keeping Gregory's

WIC visits, Tealer will soon begin his term as a newly elected school-board member. Tealer hopes to address the lack of communication between parents and the school board by personally visiting with parents on a regular basis. "Just meeting the people will help," he says. "You can talk to people one on one in a community this small. You've got to have the attitude that we can take care of this problem."

Taking care of things — and people — is something Tealer does well. This special WIC father is now beginning his Golden Years amid schoolbooks, tricycles, fishing poles, and the laughter of two young boys. "I'm lucky to have Gregory and Wendell in my life," he says of his new sons. They're lucky, too.

## Texas WIC News

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Texas

# WIC NEWS

Special Supplemental Nutrition Program for Women, Infants & Children

Volume 5, Number 2

March 1996

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Cover: Corporate outreach throughout the state, and a related effort in Houston conducted by VISTA workers, is bringing the WIC message to thousands of eligible employees and their families. Design by Christine Grether.

*Project 29*

## WIC kids explore books in health center's library

At the Ft. Bend Family Health Center in Richmond, where WIC Project 29 serves the area's WIC clients, children have always enjoyed playing in the center's playroom. Though the playroom aide is not a WIC employee, says Project 29 director Betty Hill, "she gives extra attention to the health and nutrition-education needs of our children."

"Now," adds Hill, "thanks to donations from the Ft. Bend County Library Outreach Program with George Memorial Library, the children can also visit our mini-library adjacent to the playroom."

Since 1990, the Ft. Bend center has been participating in the RIF (Reading is Fundamental) program. "Several times a year, volunteers would read to children in our playroom and let them choose a book to take home," says Hill. "Because of the overwhelming response to the RIF program, George Memorial Library offered to support our agency with a mini-library. We received shelving, wall decorations and new children's books to stock our shelves."

Besides having books to explore while they are here, the children and their families can be issued a library card at the mini-library and are encouraged to use the main George Memorial Library to check out

books to take home. "We feel that our mini-library has been a huge success and can be an entryway to learning for our population of children," says Hill.

### Santa comes to WIC

On Dec. 11, the children of Ft. Bend Family Health Center and WIC Project 29 had a long visit from Santa. Nearly 200 children were treated to a sitting on Santa's lap, an orange, a candy cane, a hug, and a ho-ho-ho.

"Language was no barrier," says Hill. "Santa spoke and hoho'ed in both English and Spanish. The children each received a Polaroid picture taken with Santa and mounted on a Christmas card from Ft. Bend Family Health Center."

Staffers from Ft. Bend Family Health Center, including Project 29 workers, collected clothes, food, and new and used toys to distribute to area homes. Many adopted a family, and a local restaurant donated 35 hams for food baskets. "We all enjoyed the spirit of the holidays knowing that 40 needy families had received food baskets and clothes, and that 180 of our children received at least one new toy on Christmas morning," says Hill.



Playroom aide Sandra Rosales, whose first child, Adam Josiah Rosales, was born Dec. 24, is surrounded by a dozen WIC kids enjoying their books at the clinic's mini-library.



Records specialist Mark Nelson, left, peers from under a hanging sugarplum on the WIC holiday float. In center foreground are Project 57 director Karen Still and her daughter, Kristen. In the background are records supervisor Nina Cornejo, outreach coordinator Thressa Black, and Cornejo's son, Juanito.

### Project 57

## WIC parade float wins award

A holiday float designed by WIC staffers at Project 67's clinic in Greenville won third place in the town's Jaycee Christmas Parade. The theme for the WIC entry was "No child should go to bed hungry."

WIC workers and their families rode in the float, which was decorated to look like a large bed with cutouts of sugarplums and lights dancing over the riders' heads. The float depicted the line from the well-known poem about the night before Christmas: "The children were nestled all snug in their beds."

### Staff changes

At the Bonham clinic, Renee Allen, L.V.N., was promoted to clinic manager. Cindy Underwood and Laurie Branough were hired as WIC eligibility clerks.

At the Greenville clinic, the new nutritionist is Melissa Crouch, M.S., R.D., L.D. In December, nutritionist Karen Still was promoted to become WIC director of Project 57.

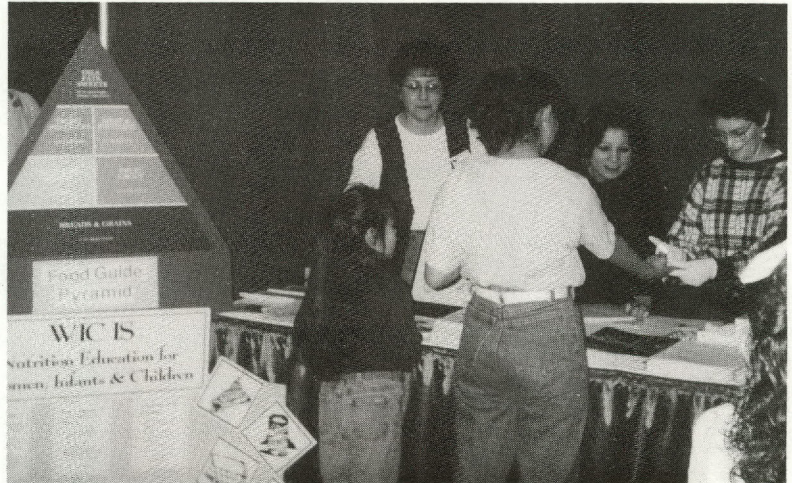
### Project 88

## Peer counselor added in Alpine

The *Alpine Avalanche* newspaper printed a story in its Dec. 14, 1995, edition about Sue Ann Cadena, a peer counselor with Project 83's clinic in Alpine. Cadena had just completed her training to become a breastfeeding peer counselor.

"This now brings our total peer counselors to three, to cover the counties of Presidio, Brewster, and Jeff Davis," says Betty Lewis, L.V.N., of the Presidio office. "These ladies do an outstanding job, and we are very proud of them."

The other two peer counselors serving the Big Bend area are Elena Olivas and Claudia Nunez.



Area residents learn about WIC at the Lockney health fair.

### Project 20

## 500 attend health fair

Staffers from Project 20's clinic in Floydada participated in an area health fair held in Lockney on Dec. 2. About 500 people attended the health fair, says Barbara Khaleeq, director of the South Plains Health Provider Organization Inc. local agency.

WIC workers staffing the booth at the health fair were Rita Green, Martha Ramos, and Mina Pesina.

"They provided WIC outreach material and information on nutrition and immunizations," says Khaleeq. "Anemia screens were available to anyone who requested them."

*Ninety percent of the friction of daily life is caused by tone of voice.*

*Project 48*  
**Appreciation Day honors each WIC employee**

At Project 48 in Houston, the Harris County Health Department honored all of its WIC employees at a Nutrition Services Appreciation Day meeting on Dec. 1. All employees received certificates individually congratulating them on positive aspects of their performance during the past year. WIC supervisors provided personalized commentary on performance of each WIC staff member. The certificates were displayed on a wall of honor.

An Appreciation Day cake was baked for the group by Willie Thomas, L.V.N., of the Antoine WIC site. Enough door prizes were donated by local merchants to allow each WIC staff member to receive one. At the end of the meeting, staff members also received ceramic cups commemorating the day and carrying the message, "Thanks for a Job Well Done."



Employees at the Southeast WIC clinic enjoy Appreciation Day activities.



Winston Norman receives his award from Clementine Young, former Employee of the Quarter.

**Norman named Employee of the Quarter**

Winston Norman, a nutrition assistant at the Antoine WIC site, was selected as Employee of the Quarter for Project 48, Harris County Health Department, for the last quarter of 1995.

In nominating him for the award, co-workers described him as always being concerned about the participants, displaying a caring nature, readily calming alarmed children, and willing to lend a hand with items that need fixing.

Norman is also knowledgeable about the new Texas WIN software and has been able to solve any local problems that have surfaced.

Project 74

## Babies and moms-to-be relax with massage

By Kathe Hughes  
Staff Writer

*Massage ...* just the sound of the word seems to ease our shoulders and spines. For some infants and pregnant women at Project 74 in Brownwood, massage was hands-on therapy in December.

Kathryn Hutton, a registered massage therapist, was the special speaker at the local agency's breastfeeding support group

on Dec. 18. About 20 women and their babies experienced the comforting feel of her hands as she explained how massage can be a wonderful relaxation technique.

Georgia Harris, director of Project 74, says there are benefits beyond relaxation. "Massage is more than just feeling good," she says. "It's a way that mother and baby can bond together and babies can be nurtured."

Hutton demonstrated safe ways to massage pregnant women and babies, emphasizing slow, gentle, flowing strokes as

opposed to deep, hard pressure. Suggestions for a pleasurable, relaxing experience included playing soft music, working in a warm, dimly lit room, and using lotion or vegetable oil.

The meeting concluded with a potluck lunch and door prizes — two free professional massages and a handmade baby blanket.

Pregnant women need to be careful about some types of massage because deep pressure on certain parts of the body can lead to uterine contractions. These sensitive areas include the lower back in the first trimester, the ankle, and the shoulder/neck area. Hutton suggests that pregnant women do some reading on the subject before beginning or consult a massage therapist who's had experience working with pregnant women.

Resources available for more information on infant and prenatal massage include *Infant Massage, A Handbook for Loving Parents* (1989, \$11.95, ISBN 0553346326), by Vimala Schneider, and *Maternity Massage: A Healthy Indulgence, a Welcome Relief* (1994, \$12.95, ISBN 1885044011), by Connie Cox.

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**Pregnant women need to be careful about some types of massage because deep pressure on certain parts of the body can lead to uterine contractions.**

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Project 76

## Staffer's poem

Kim Brewer, a community-service aide who serves as outreach coordinator at Project 76's clinic in Kaufman, sees many hungry children served by WIC. She was inspired to write the following poem:

### *Help the hunger*

.....

*When you see a child,  
hurt in their eyes,  
holding their tummies,  
can you hear their cries?*

*Help the hunger.*

*Wipe the tears.*

*Ease the pain.*

*Take away most fears.*

*Open your heart.*

*Dig deep in your soul.*

*Help the hunger.*

*Help the children grow.*





### Project 17

Four new clinics were recently added to Project 17. All have the same mailing address:

Karen Gibson, WIC Director  
UT Health Science Center at Houston  
2525 Murworth  
Houston, Texas 77054.

1. The Catholic Charities clinic opened Jan. 23 at 3520 Montrose in Houston. Its hours are from 1 to 4 p.m. on the second and fourth Tuesdays of each month. Its phone number is (713) 526-4611.
2. The Kinder clinic opened Feb. 2 at 6655 Travis in Houston. Its hours are from 9 a.m. to noon on Fridays. Its phone number is (713) 432-1895.
3. The Rusk Elementary clinic opened Feb. 5 at 2805 Garrow in Houston. Its hours are from 9 a.m. to 3:30 p.m. on the first and third Mondays of each month. Its phone number is (713) 432-1895.
4. The Fondren WIC clinic opened Feb. 8 at 5810 Fondren in Houston. Its hours are from 9 a.m. to 3:30 p.m. on Thursdays. Its phone number is (713) 432-1895.

### Project 26

Two new clinics opened Nov. 1 at Project 26. Both have the same mailing address:

Faye Walker, WIC Program Director  
City of Houston  
Department of Health  
8000 N. Stadium  
Houston, Texas 77054.

1. The Aldine ISD/Nimitz Senior High WIC Center opened at 2004 W. Thorne Dr. in Houston. Its hours are from 8 a.m. to noon on the second Tuesday of each month. Its phone number is (713) 794-9090.

2. WIC services have started at the Dr. Juan Ortega Medical Clinic at 3313 Orlando St. in Houston. Days and hours of operation vary.

### Project 56

On Dec. 19, a WIC site opened at the San Juan Elementary School at 800 Spaulding in San Angelo. The clinic is open from 8 a.m. to noon on the third Tuesday of each month. Its phone number is (915) 657-4396. Its mailing address is:

Nancy Escalante,  
WIC Program Director  
San Angelo-Tom Green County  
Health Department  
72 W. College  
San Angelo, Texas 76903.

### Project 76

The Mabank WIC clinic opened Feb. 6 at 131 Market in Mabank. Its hours are from 8:30 a.m. to 4:30 p.m. on the second and fourth Tuesday of each month. Its phone number is (214) 932-1961. Its mailing address is:

Frannie Nuttall, WIC Director  
Outreach Health Services  
724 S. Polk, Suite 700  
Amarillo, Texas 79101.

### Project 89

WIC services started at the base annex at Lackland Air Force Base in San Antonio on Feb. 7. The clinic is open on Wednesdays from 8 a.m. to 4 p.m. Its phone number is (210) 704-4180. Its mailing address is:

Timothy Russell, Executive Director  
Santa Rosa Children's Hospital  
WIC Program  
315 N. San Saba, Suite 1210  
San Antonio, Texas 78207.

### Project 95

On Feb. 1, a new Texas WIC local agency, the Hill Country Memorial Hospital, began operations. Its WIC director is nutritionist Nicole Spenrath, and it serves Gillespie, Kerr, and Mason counties. Project 95's three clinics all have the same mailing address:

Nicole Spenrath, WIC Director  
Hill Country Memorial Hospital  
WIC Program  
838-B Sidney Baker  
Kerrville, Texas 78028.

1. The local agency's main office is at the Kerrville County WIC clinic at 838-B Sidney Baker in Kerrville. It was converted from Project 36 on Feb. 1. It's open from 8 a.m. to 5 p.m. on Mondays and Wednesdays, and from 8 a.m. to 3 p.m. on Fridays. On the second and fourth Wednesdays of each month, it's open from 8 a.m. to 7 p.m. On the second and fourth Thursdays of each month, it's open from 8 a.m. to 5 p.m. Its phone number is (210) 257-4400.
2. The Gillespie County WIC clinic at the Bethany Lutheran Church at 110 W. Austin in Fredericksburg was converted from Project 36 on Feb. 1. It's open on Tuesdays from 8 a.m. to 5 p.m., and until 7 p.m. on the third Tuesday of each month. Its phone number is (800) 347-9559.
3. The Mason WIC clinic at 102 Magnolia in Mason converted from Project 83 on Feb. 1. It's open on the first Thursday of each month from 8 a.m. to 7 p.m. and on the third Thursday from 8 a.m. to 5 p.m. Its phone number is (800) 347-9559.

New and updated information about Texas WIC local agencies is sent to record-control clerk Darrell Grimm at the state agency. His new phone number is (512) 458-7111, ext. 3413. His address remains the same:

Darrell Grimm  
WIC Automation  
1100 W. 49th St.  
Austin, Texas 78756.



WIC News Reader  
1212 Washington Lane  
Houston, TX 78900

US  
MAIL

WIC News Editor  
Texas Dept of Health  
1100 W 49th Street  
Austin, TX 78756

## LETTERS TO THE EDITOR

### Excess Vitamin A can lead to birth defects

Dear Editor,

I am a registered dietitian for the WIC program in Clarksville, Texas. I have been asked several times by our prenatal WIC participants whether they should quit taking their prenatal vitamins since they had heard on the evening news that vitamin A can cause birth defects. My research into this was very interesting, and I wanted to share my findings with other professionals working with prenatal women.

According to the January 1996 *Tufts University Diet and Nutrition Letter*, megadoses of vitamin A can cause the most danger during the third through eighth weeks of gestation. Since this is a time when a woman may be unaware that she is pregnant, large doses of vitamin A should be avoided by anyone trying to conceive.

Pregnant women in their first trimester who take supplements containing 10,000 IU of vitamin A face the risk of two possibilities:

- ◆ They have two and a half times the risk of delivering a baby with a birth defect as do women whose intake of vitamin A remains at recommended dosages.
- ◆ Their chance of delivering a baby with a cranial neural-crest defect — which can cause cleft palate, heart abnormalities, and brain dysfunction — is almost five times that of a non-overdosing woman's chances.

It is important to note that beta carotene, a vitamin A precursor often found in supplements, has not been found to be toxic for either developing fetuses or for adults.

As always, it is important for WIC nutritionists to take a diet history to make sure the client's diet does not have an excess of vitamin A foods, since just 3 ounces of liver can contain a whopping 9,000 IU of vitamin A.

Sincerely,

Beth Lloyd, R.D.  
Clarksville, Texas

### More about vitamin A

The forms of vitamin A associated with birth defects are retinol and retinyl esters. As stated in the letter at right, beta carotene, even in large doses, is not associated with birth defects. The *New England Journal of Medicine* has published additional information on the role of vitamin A in birth defects along with the 1987 recommendations for vitamin A dosage:

- ◆ The greatest danger from excess vitamin A consumption is just before conception and during the early weeks of gestation.
- ◆ An excessive intake of retinol from vitamin supplements was associated with the greatest risk of birth defects. A high intake of retinol or retinyl esters from foods also was associated with birth defects, but not as strongly.
- ◆ Supplements containing less than 8000 IU of vitamin A and 0.4 mg of folic acid can be taken one time a day by women before conception or during pregnancy.
- ◆ Liver and liver products should be eaten in moderation. They contain high amounts of retinol.

Source: Godfrey P. Oakley Jr. and J. David Erickson, "Vitamin A and Birth Defects: Continuing Caution is Needed," *The New England Journal of Medicine*, Vol. 333, No. 21, pp. 1414-1415 (Nov. 23, 1995).

.....

### Correction

The thank-you letter on this page in the January-February 1996 edition of *Texas WIC News* mistakenly identified the writer as a WIC mom from Project 77. In fact, Lisa Maldonado was served by Project 54.

## Mark your calendars for NE/BF workshop

By Ann Sullivan, M.P.H., R.D.  
Nutrition Education Specialist

Make your plans now to attend the 1996 Nutrition Education and Breastfeeding Promotion Summer Workshop, June 26-28 at the Holiday Inn South in Austin. This will be the third annual workshop for Texas WIC nutrition-education coordinators and breastfeeding coordinators to share ideas, get motivated, discuss the annual nutrition-education plans and breastfeeding plans, learn about hot topics, and even have fun.

While the workshop is specifically geared to nutrition-education coordinators and breastfeeding coordinators, any staff member involved in client education is welcome. This year, the Texas Association of Local WIC Directors is co-sponsoring a special guest speaker, Pamela McCarthy, M.S., R.D., who will present two mini-workshops: "101 Ways to be a More Effective Nutrition Educator" and "Preventing Rigor Mortis in Nutrition Education." Also, in keeping with last year's crazy-hat contest, this year's attendees can show off their talents with a crazy-sunglasses contest!

Local agencies will soon receive more information about the workshop, along with registration materials. If you have immediate questions, contact nutritionist Ann Sullivan at (512) 458-7440 or breastfeeding coordinator Janet Rourke at (512) 406-0744.

## Join the fun while learning about breastfeeding

Organizers of the LaLeche League/WIC conference to be held June 7-9 at the San Antonio Airport Hilton are working to make this a unique event. They expect hundreds of families to be enlightened, educated, and entertained at "The FamiLLy Reunion."

More than 100 informative sessions on breastfeeding, nutrition, and parenting will be offered.

Tine Thevenin, author of *The Family Bed* and *Mothering and Fathering*, will be the conference's keynote speaker. Other prominent speakers include anthropologist Kathy Dettwyler, lactation physiologist Judy Hopkinson, and physicians Ed Newton, Richard Schanler, David Rassin, James Lukefahr, and Maryelle Vonlanthen.

Special sessions for La Leche League leaders and Texas WIC staff

will be offered on Friday, June 7. The WIC sessions will focus on getting the community involved in breastfeeding-promotion efforts. World Breastfeeding Day campaign materials will be presented. The general conference starts June 8.

In addition to the conference sessions, there will be exhibits, a book store, a playroom for younger children, an activity room for older children interested in arts, crafts, and storytelling (children must be accompanied by a teen or an adult), and a rock-and-rest room where moms can comfortably nurse their babies. Family-oriented activities with ample opportunity for networking include a sock hop and a pizza party.

To receive a registration packet, photocopy the form on this page, fill it out, and send it in.



### June 7-9, 1996 LLL/WIC Conference Registration Form

To receive a registration packet for the conference, photocopy this page and fax it to Missy Hammer at (512) 406-0722 or mail it to her at:

Texas WIC Breastfeeding Promotion  
Texas Department of Health  
1100 W. 49th St.  
Austin, Texas 78756.

Name \_\_\_\_\_  
Please print

Title \_\_\_\_\_

Agency \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Are you interested in CEUs? \_\_\_\_\_ If so, what kind? \_\_\_\_\_

## Contest winners announced

By Shirley Housson, M.S., R.D., L.D.  
Breastfeeding Promotion Specialist

Fifteen Texas WIC local agencies participated in the "Our Local Agency Really Knows How to Celebrate" contest. The contest was conducted last August during World Breastfeeding Week.

Local agencies were asked to nominate themselves in five categories: most informative, most entertaining, most creative, most unusual, and most effective in getting the community involved. The winners of the contest are listed below.

### Most Informative

Project 88  
(Public Health Region 11)

At the Rockport clinic, participants enjoyed a health fair in which various learning stations were set up (see "Mini-lessons highlight World Breastfeeding Day," October 1995 *Texas WIC News*, page 5). At the stations, participants learned about the food-guide pyramid and breastfeeding aids such as breast pumps and participated in a game of "Pin the Baby to the Breast." All who attended the health fair received packets of educational materials.

### Most Entertaining

Project 83  
(Public Health Regions 9 and 10)

The Midland clinic hosted a festival which included a coloring contest, VISTA workers dressed as clowns, a visit by the robot mascot from the Texas Department of Public Safety, and drawings for prizes donated by area merchants (see "Peer counselors make World

Breastfeeding Day a success," November 1995 *Texas WIC News*, page 6).

### Most Creative

Project 44  
(City of Del Rio)

Del Rio WIC hosted a celebration with many entertaining breastfeeding games. Winners of the games were given prizes, and staff members provided refreshments.

### Most Unusual

Project 87  
(Public Health Regions 4 and 5)

At the Henderson clinic, a reception was held to honor breastfeeding women. The mothers were provided with "goodie bags," and each mom was given a baby bib. The bibs were made by WIC staff in support of breastfeeding.



Breastfeeding moms at Project 44 in Del Rio celebrate World Breastfeeding Day.

### Most Effective in Getting the Community Involved

Project 1  
(Austin Health and Human Services/Travis County Health Department)

All Project 1 clinics participated in celebrating World Breastfeeding Day. The celebration began with a proclamation signed by Mayor Bruce Todd of Austin. Project 1 director Phyllis Day spoke on a local television station about the importance of promoting breastfeeding. An open house was held at Mom's Place, the local breastfeeding resource center. Community supporters of breastfeeding were honored at the open house and were presented with certificates of appreciation.

Winners of the "Our Local Agency Really Knows How to Celebrate" contest were sent certificates. Congratulations to the winners, and thanks to all those who entered the contest.

### Correction

An article on page 14 of the October 1995 *Texas WIC News* contained two errors about ordering new breastfeeding materials.

1. An incorrect post-office box was given as the address for ordering the video, *Mommy Breastfeeds Our Baby*. The correct address is:

NuAngel Inc.  
P.O. Box 030132  
Tuscaloosa, Ala. 35403.

2. To order Best Start's teen video, *Nobody Loves Them Like You Do*, do not call Tele-Print Express. Instead, order the video from Best Start at (800) 277-4975.



## VISTAs reach out in Houston

By John Koloen  
Staff Writer

Texas WIC Projects 17, 26, and 48 in Houston have been reaching out to businesses in an effort to attract working families to WIC. The three local agencies have assigned two VISTA workers to spread the word about WIC to corporations.

Marge Tripp, chief of volunteer services for the Texas Department of Health, says that the VISTAs "wanted to find ways to reach the working poor." After collaborating with Marsha Walker, state WIC outreach coordinator, two VISTAs, Charu Jain and Veronica Paredes, were selected to focus full time on businesses. The pair had spent the summer going door to door in Houston to promote WIC. This work gave them a solid understanding of the WIC program, as well as EPSDT and immunizations, which they also promote.

Jain and Paredes began their corporate-outreach work in August 1995. The young women initially sought direction from local-agency directors Karen Gibson of Project 17, Faye Walker of Project 26, and Victoria Bowie of Project 48. All three directors lent their support. Working out of the Project 26 headquarters, Jain and Paredes began

contacting local businesses in late September. They focused on businesses that provided the greatest opportunity for success. That meant concentrating on service industries, at least at the beginning. Jain and Paredes have been working with hotels, grocery stores, and retail businesses that employ a lot of income-eligible workers.

The most receptive companies have included Fiesta supermarkets, Stop 'n Go convenience stores, Weiners and Target stores, Hilton Hotels, and retailer Palais Royale.

The two VISTAs begin their solicitations by contacting businesses by phone, targeting the companies' personnel or human-resources offices. If a business shows immediate interest, the VISTAs arrange an appointment to discuss what WIC has to offer and how the businesses can help to reach eligible families by providing WIC information to their employees. Companies that aren't ready for an appointment are sent a packet of materials that include sample fliers, brochures, a WIC fact sheet, and a cover letter. The letter introduces the VISTAs and helps set the tone for what the corporate-outreach program is about.

"Most of the managers are very receptive once we get to meet them face to face," says Jain. "We've met with some hotel managers who gave us referrals to other hotel managers. They really see the need for WIC."

Not all of their contacts are successful, of course. "Some companies don't want anything to do with WIC," says Paredes. "We'd call them and call them and never get a call back. We learned not to waste a lot of time on people who aren't interested. There are plenty that are."

In February, Jain and Paredes started to focus on larger corporations and manufacturers.

## Houston directors comment on corporate outreach by VISTA workers

It's all kind of new right now. I think the concept is very good, and I think that there are a lot of potential eligibles in the companies that they're trying to reach that we need to focus on. I'm certainly hoping that the outreach they're doing will make a big impact and will help us increase the number of persons served in Harris County.

— Victoria Bowie, Project 48

I think that Charu and Veronica are to be commended for their accomplishments here. I know that they were a little frustrated at the beginning, but they never let up and their efforts really paid off.

We have a real strong outreach program here, and we were really surprised at how many people they had reached. We thought we had reached everyone in Harris County, but they established a rapport with companies, organizations, and agencies that we had just never considered. I'm looking forward to developing a strong relationship with those companies now that the doors have been opened.

— Faye Walker, Project 26

They've had some doors slammed in their faces and learned the hard way that not everyone is interested in WIC, but that hasn't dulled their ambition at all. They're very motivated, and their enthusiasm just catches on. They believe in what they're doing, and that's so important in outreach.

They know so much about WIC in Houston, and they found out most of it on their own. They learned that there are lots of clinics scattered throughout the city, not just the ones belonging to Project 26. They educated themselves, and I like that in people.

The two VISTA workers are really aiming at the businesses. We're setting up a satellite clinic in a sort of isolated area full of warehouses, and the VISTA workers went out there and left brochures with the industrial workers there. A lot of the men are fathers of WIC-eligible kids.

— Karen Gibson, Project 17

## List of companies available to WIC agencies

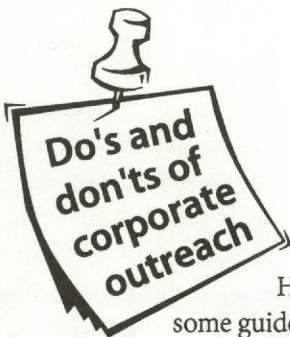
A separate corporate-outreach campaign by the state agency was conducted in January, when 4,000 Texas companies were sent packets about WIC.

Texas WIC local agencies that would like a printout of the companies in their counties that were sent these corporate packets can receive one by calling John Koloen, corporate-outreach coordinator, at (512) 458-7111, ext. 3429.

The printout includes company names, addresses, and industrial-classification information.



Materials developed for the corporate-outreach campaign attracted the attention of many companies.



Here are some guidelines you might consider when conducting outreach to businesses:

- ◆ Never assume that the managers know anything about WIC. Think of yourself as the first contact they have had with the program.
- ◆ Never make the managers feel that they underpay their employees.
- ◆ Focus on the good that WIC can do for the children of the employees.
- ◆ Make a point that the company can benefit if the children of its employees are healthy. Make sure they understand the importance of nutrition to young children and that WIC also provides immunizations.
- ◆ Don't start with the largest companies in a community. Instead, start with companies such as hotels that employ women in relatively low-paying jobs.
- ◆ Speak to the right people in the company. Unless you know one of the managers personally, ask to speak with the human-resources manager or personnel manager.
- ◆ Be prepared to answer questions about WIC. Emphasize the health-care aspects of the program and its focus on young children.
- ◆ Make sure that the information packets you provide look professional. Don't use poor-quality photocopies. The packets should include samples of any items you want the company to distribute to its employees as well as any fliers you'd like them to post on bulletin boards. Include a fact sheet that describes WIC benefits.
- ◆ Remember that managers who agree to see you are doing the WIC program a favor, whether they agree to become involved or not.
- ◆ Exchange business cards during your visits to companies. Even if they are not immediately interested, you will have a name to start with when you do a follow-up call.
- ◆ Keep meticulous records. Include the names and phone numbers of contacts as well as your personal observations. Use this information for follow-up calls. If a manager says "no" one month, it doesn't mean that two months later you can't try again. If a contact had a specific objection, do some research and figure out a way to overcome the objection on your next contact.
- ◆ Always be polite, even if you disagree with what a manager tells you. You don't want to burn any bridges.
- ◆ It's always a good idea to send a note of appreciation after meeting with a manager, but keep it simple.



## Learning more about facilitated discussion

By Rachel Jule  
Nutrition Education Specialist

Imagine being a WIC participant and learning relevant nutrition information by simply sharing your experiences with other members of a nutrition-education class. Imagine being a WIC educator and moderating a class where WIC participants take an active role in the learning process. This is facilitated discussion.

What's the difference between facilitated discussion and traditional nutrition education? Just keep reading.

### Participant interaction

In the traditional way of teaching, the educator presents the topic to the group with only a limited amount of discussion. Facilitated discussion, however, is participant-driven. The educator and the participants share knowledge, decision-making, and the right to ask questions. This type of class is more meaningful to participants because they can share their experiences with other members of the group.

### Lesson format

Traditional lesson plans are detailed scripts that lead the educator step by step through a specific topic and include one or more open-ended questions.

Facilitated-discussion lessons include an outline of non-specific, open-ended questions that help participants choose what they want to talk about. With facilitated discussion, the facilitator guides the discussion and encourages participation. The educator's main task is to listen to the group and to help focus the discussion on the needs of the group.

### Class atmosphere

Facilitated discussion creates a relaxed atmosphere by:

- ◆ Having the facilitator sit down with participants in a discussion circle and talk with them on their own level.
- ◆ Structuring the class to fit the needs and concerns of the participants.
- ◆ Allowing the group to establish ground rules (such as setting the time, agenda, and length of the sessions).
- ◆ Using an icebreaker to make the participants feel comfortable and safe in expressing their needs and concerns.
- ◆ Involving both the educator and the group in solving problems.

### Staff satisfaction

Ann Salyer-Caldwell, director of Project 54 in Tarrant County where facilitated discussion was piloted in Texas, mentioned in an article in the July 1995 issue of *Texas WIC News* that facilitated discussion increases staff satisfaction because:

- ◆ Each class is different, and therefore more interesting for the nutritionist to deliver.
- ◆ Nutritionists see their participants enjoying this method of education.

### Teleconference

A new year brings new adventures at every local agency. Many are taking the big step and implementing facilitated discussion. If you attended the "Garden of Excellence" teleconference last May, but need a refresher, you can now borrow the taped sessions and manuals from the Texas Department of Health Audiovisual Library. To get your copies of the "Garden of Excellence" teleconference, call (512) 458-7260, or write to:

TDH Audiovisual Library  
1100 W. 49th St.  
Austin, Texas 78756-3199.

In a future issue of *Texas WIC News*, we'll look at Tarrant County's pilot project, which was implemented a year ago. If your local agency is doing facilitated discussion and would like to share what's working and what's not working, contact Rachel Jule at (512) 458-7440.

Consider how hard it is  
to change yourself and you'll  
understand what little chance you  
have trying to change others.

~ Arnold Glasow



# Dietary fiber important to health

By Elaine Goodson, M.S., R.D., L.D.  
Nutrition Education Specialist

On the new food labels in the fine print, you will find "dietary fiber" or "fiber" listed. This category is included on the label because a high-fiber, low-fat diet is recognized as being important in the prevention of some types of cancer. Low-fat diets are something that we all have heard a great deal about. Dietary fiber has not been talked about as much, even though it, too, is important to our health.

## Soluble and insoluble fiber

Dietary fiber is the part of plants which is not digestible by humans. It is made up of two classes of fiber with different roles to play in our health: soluble and insoluble fiber.

Soluble fiber helps to regulate blood-sugar levels in people with diabetes by keeping sugar from being absorbed too quickly and preventing high blood-sugar peaks.

While in the intestines, soluble fiber binds with cholesterol in the bile. As the soluble fiber is excreted by the body, it takes the cholesterol with it. This may result in a lowering of blood-cholesterol levels.

Insoluble fiber helps to prevent constipation because water held by insoluble fiber softens the stool. Some forms of insoluble fiber are recognized as being important in the prevention of colon cancer.

## Adding fiber

In the United States, we eat a diet that is too low in dietary fiber. The average U.S. diet has about 12 grams of fiber each day, but 20 grams to 35 grams a day are recommended. The best ways to add fiber to a diet are to consume five fruits and vegetables or more each day and to eat more beans and whole-grain breads and cereals.

In some people, adding fiber to the diet results in problems with gas. To avoid this, fiber in the diet should be increased gradually.

Encourage your clients to remember fluids when eating more fiber. Fiber needs water to work. People who increase their fiber intake to prevent constipation, but who do not get enough fluids, may find their constipation worse, not better. As fiber intake increases, intake of water, juice, or milk should be at least six to eight cups per day.

<b>Nutrition Facts</b>	
Serving Size 1/4 cup (Dry) 36 g	
Serving Per Container 13	
<b>Amount Per Serving</b>	
<b>Calories 60</b>	<b>Calories from Fat 0</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0g</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 22mg</b>	<b>7%</b>
Dietary Fiber 14g	56%
Sugars 1g	
<b>Protein 7mg</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The arrows point out the fiber information found on a package of dry pinto beans.



## Assess your teaching skills

By Lynn Silverman, M.A., R.D., L.D.  
Nutrition Education Specialist

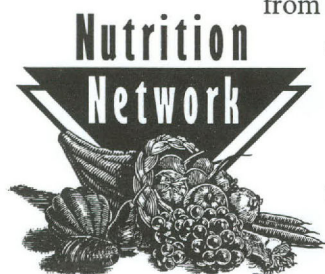
How do we meet our goals of becoming really good teachers in WIC clinics? One way is to get a good idea of how we currently teach and what teaching practices we need to change. Michele Burrington, R.D., L.D., from Project 48 in Houston, recently developed a self-assessment tool called "Rate Yourself as a Nutrition-Education Teacher" to help us do just that.

Burrington designed this tool so that her nutrition educators can check themselves. "Its purpose is to positively reinforce the good teaching skills they

may already have," says Burrington. "It also helps them to determine their problem areas in a noncritical manner. The tool lets them know how and where to get help if needed."

Last spring, Burrington gave the assessment to at least 15 nutrition-education teachers at Project 48. Some of those teachers repeated the test in August to show themselves how much they had improved.

Remember, this assessment is for personal use, not for the supervisor. Here's the test. Take it, and see how you do.



### Rate Yourself as a Nutrition-Education Teacher

Read each question. Circle the letter that best describes your present status as a speaker and/or nutrition-education teacher. This is your own evaluation, not a test. Tally your score, and see how your present teaching and speaking skills rank.

- 1. When called upon to do a nutrition-education class, what do I do?**
  - A. Get confused and/or flustered.
  - B. Keep cool and collected and think well on my feet.
  - C. Get major symptoms of stage fright such as "butterflies," heart palpitations, or stuttering.
  - D. Get minor symptoms of stage fright such as "dry mouth."
- 2. What is my attitude while teaching?**
  - A. Worried that I won't do a good job.
  - B. Don't really care if I do well or not; it's just part of my job.
  - C. Continuously enthusiastic.
  - D. Self-confident, but not very interested.
- 3. What is my favorite part of giving class?**
  - A. Showing videos.
  - B. Doing class activities or games.
  - C. Leading class discussions or reviewing important information.
  - D. Asking questions at the end of the class.
- 4. How does my teaching affect the audience?**
  - A. They don't pay attention to me.
  - B. They listen but seem bored and disinterested.
  - C. They seem to enjoy the class even if they don't ask questions.
  - D. They participate and ask questions.
- 5. How do I prepare for class?**
  - A. Review the class outline and use it as a reference only.
  - B. Read the outline word for word.
  - C. No preparation; I just "wing it."
- 6. My memory of important points when not looking at an outline is:**
  - A. Poor.
  - B. Fair.
  - C. Good.
  - D. Excellent.
- 7. When giving a class I start out by:**
  - A. Apologizing.
  - B. Hemming and hawing.
  - C. Quickly catching the attention of the audience.
- 8. My classes:**
  - A. Have a pleasant closing.
  - B. Fizzle out and end awkwardly.
  - C. Usually end with lots of audience participation.
- 9. When giving class, I appear:**
  - A. Slouchy and unenthusiastic.
  - B. Composed and genuinely interested in the topic and the audience.
  - C. Nervous and ill at ease.
- 10. When I teach a class, my speech is:**
  - A. Clear and easy to understand.
  - B. Mumbled and slurred.
  - C. Loud, high-pitched, and distracting to the audience.
  - D. Fast; I just want to get it over with.
- 11. When teaching a class, I'm thinking mainly about:**
  - A. What I'll do when I get off work.
  - B. The audience.
  - C. What I'll say next.
- 12. How do I feel about teaching nutrition-education classes?**
  - A. I would like to do the best I can and increase my skills as a speaker and teacher.
  - B. I think I do just fine and don't need further training.
  - C. It makes me uncomfortable. I wish I didn't have to do it.



## Score

Give yourself the following points for each answer below.

1. A(0), B(5), C(1), D(3)
2. A(3), B(0), C(5), D(1)
3. A(1), B(4), C(5), D(2)
4. A(0), B(1), C(5), D(5)
5. A(5), B(3), C(0)
6. A(0), B(1), C(4), D(5)
7. A(1), B(0), C(5)
8. A(3), B(1), C(5)
9. A(0), B(5), C(1)
10. A(5), B(0), C(1), D(1)
11. A(1), B(5), C(3)
12. A(5), B(1), C(0)

## How did you rate yourself?

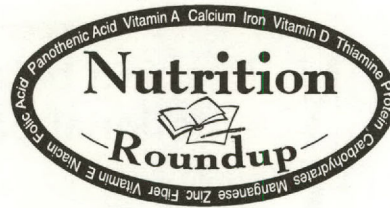
Compare your score to these descriptions.

**0 to 20:** You may be getting side-tracked about your role as a nutrition-education teacher. Don't give up; get help! Review the lessons before class. Practice making your presentation to family or co-workers to build your self-confidence and speaking skills. Talk to your nutritionist or nutrition-education coordinator. They can help you get back on the right path.

**20 to 40:** You're on your way but may need a little direction. Review questions with the lowest scores. Do more preparation for class or focus more on the audience. Your nutritionist or nutrition-education coordinator can help you think of ways to make nutrition education more fun for you and your class.

**40 to 60:** You are developing the characteristics of an effective nutrition educator. You prepare well for class, are enthusiastic, and are able to keep the attention and interest of your audience. You continuously strive to improve skills. Keep up the good work!

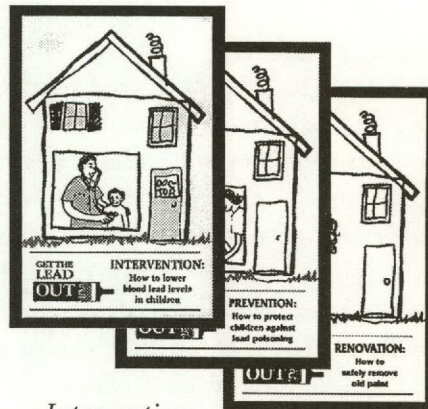
**The Forum for Local Agency Nutrition Education Coordinators.** Is your local agency trying something new? Do you want ideas about new classes, teaching techniques, materials, or research tools that other agencies try? Call Lynn Silverman at (512) 458-7444 and let her know what's news in nutrition education at your agency.



By Ann Sullivan, M.P.H., R.D.  
Nutrition Education Specialist

## Getting the lead out

Did you know that lead poisoning is one of the most common pediatric health problems? But with education, it's completely preventable. To help educate parents, the Children's Health Division of the Texas Department of Health has produced a poster (Stock No. 1-305) and developed a series of pamphlets:



### Intervention:

*How to lower blood lead levels in children* (Stock No. 1-301)

*Prevention: How to protect children against lead poisoning* (Stock No. 1-302)

*Renovation: How to safely remove old paint* (Stock No. 1-303)

Texas agencies can order copies directly from the TDH warehouse. Currently, these pamphlets are only available in English, although Spanish versions are in the works. Also, the Bureau of Nutrition Services (Texas WIC) is working on a client pamphlet to be available later this year. It will specifically

address the nutritional aspects of lead poisoning.

If you have specific questions about lead poisoning, contact the TDH Childhood Lead Poisoning Prevention Program at (512) 458-7700 or the National Lead Information Center hotline at (800) LEAD-FYI ((800) 532-3394).

## Revised lessons on teen pregnancy

In January, the Texas WIC nutrition-education section mailed out a number of new lessons and videos, including three new teen lessons that replace the original teen lesson (lesson code MN-000-04).

- ◆ "Teen Pregnancy — Eating Right" accompanies the *Your Pregnancy, Your Plan* video (lesson code MN-000-04, Revised).
- ◆ "Teen Pregnancy — Weight Gain" accompanies the *Healthy Foods, Healthy Baby* video (lesson code MN-000-05, New).
- ◆ "Teen Pregnancy — Discomforts of Pregnancy" also accompanies the *Healthy Foods, Healthy Baby* video (lesson code MN-000-06, New).

Be sure to *discard* all copies of the original lesson MN-000-04, dated October 1993. If you have questions about these new lessons, contact Lynn Silverman at (512) 458-7440.

THE  
**SEVEN  
HABITS**  
OF HIGHLY  
EFFECTIVE  
**PEOPLE**  
Covey Leadership Center

Article 2 in a series

## Keeping balance in your emotional bank account

By Judith Cayton Devin  
Training Specialist

Are there people in your life whom you have to tiptoe around, careful of every word and action? Is there tension, defensiveness, and suspicion between you? Maybe it's time to audit your emotional bank account with that person!

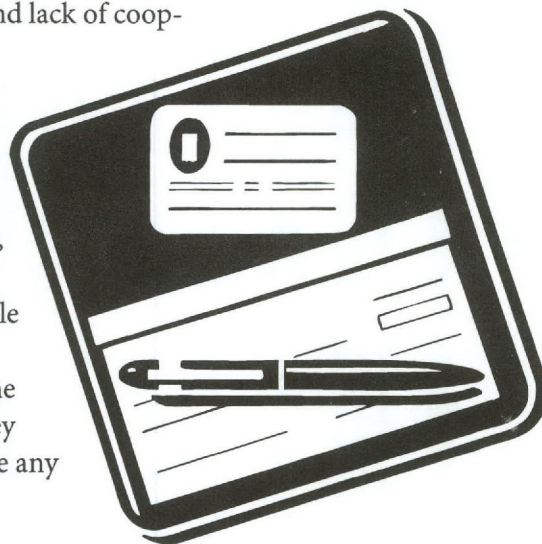
The "emotional bank account" is one of the most powerful concepts in Stephen Covey's *The Seven Habits of Highly Effective People*. It can be used as a way of measuring the trust and good will between two people. Just like you deposit money into a checking account, you make deposits into the emotional bank accounts of the people in your life. Instead of money, the deposits can be honesty, small kindnesses, helpfulness, expressions of appreciation, apologizing sincerely for mistakes, and keeping promises.

There are withdrawals, too: discourtesy, disrespect, breaking promises, lying, not listening, overreacting, and bullying. Deposits build up trust and good will; withdrawals erode them.

With a positive balance, communication flows easily. With lots of give and take, small mistakes or withdrawals are forgiven. But, as in your checking account, you become overdrawn if you make too many withdrawals from a person's emotional bank account. You'll know when you're overdrawn from the tenseness, inflexibility, and lack of cooperation from the other person.

We all make withdrawals inadvertently by being late, forgetful, and irritable. But the good news is that, even if we are severely overdrawn with someone, we can repair and improve those relationships by making lots of little deposits *over time*.

Take a minute to think about the emotional bank accounts of the key people in your life. Have you made any deposits lately?



## When to call for help

By Penny Workman  
Senior Program Specialist  
Ready Teddy Child Safety  
Program



Emergencies take everyone by surprise — that's why they are called "accidents." An emergency response program is set up in almost every area of the state specifically to handle emergencies. This system is known as the 9-1-1 emergency response system.

If you need quick medical attention, police protection, or help with a fire, you should call 9-1-1 (or the emergency number for your community) and then answer the questions of the person who takes your call.

You should always be the last person to hang up from a 9-1-1 call, because the person taking the information may need more details from you. Keep this number posted by your phones so that you can quickly find it.

Paramedic Ready Teddy, TDH's safety mascot, says, "9-1-1 is for emergencies only. If you need help, just make the call."

*When taking a telephone call, answer in an unhurried, friendly manner. This makes it easier for the caller to respond to you. For example, say, "Texas WIC. This is (your name). May I help you?"*



## WICalendar

### March

**March 25-28** — Competent Professional Authority (CPA) orientation, Austin. For more information, call Dawn Everett at (512) 406-0740.

**March 31-April 3** — Partners in Growth conference, "Challenges and Change," downtown Doubletree Hotel in Tulsa, Okla. Registration fee is \$125. For information packet, call Holly Haub at (405) 234-6075.

### April

**April 8-10** — Texas WIC State Meeting, Marriott Rivercenter, San Antonio. No registration fee. Directors only. For more information, call Linda Brumble at (512) 406-0740.

**April 8-10** — Community-assessment conference, "Mobilizing for Health: ABCs of Community Assessment," Marriott Rivercenter, San Antonio. Co-sponsored by the Texas Department of Health, the Texas Health Foundation, and the national Centers for Disease Control and Prevention. For further information and a registration form, call (512) 458-7261.

**April 10-13** — Texas Community Services' second annual Conference on Hispanic Families, in Houston. This conference will present licensed substance-abuse counselors with information on alcoholism and other issues relating to the Hispanic community; 26 TADAC credits available. Registration \$185 before April 1, \$225 after April 1. Contact John Vargas or Felix Sanchez at (713) 862-3102.

**April 15** — La Leche League International Lactation Specialist Workshop Series XI, "Low-Tech Concepts in High-Tech Lactation Management," at the Arlington Hilton in Arlington. For registration materials and more information, call Carol Kolar at (847) 519-7730.

**April 15-18** — Covey Seven Habits of Highly Effective People seminar, Regions 6 and 5 South, in Houston. For more information, call Dawn Everett at (512) 406-0740.

**April 17-19** — Intensive Course in Breastfeeding, Phase II, Austin. An in-depth week of training following up on concepts introduced in three-day Phase I session. For more information, contact Jeanne Fisher at (512) 719-3010.

**April 22-24** — Intensive Course in Breastfeeding, Phase I, Houston. For more information, call Missy Hammer at (512) 406-0744.

**April 22-25** — Covey Seven Habits of Highly Effective People seminar in Houston. Intended for staffers at Project 26, but open to others if space allows. For more information, call Dawn Everett at (512) 406-0740.

**April 24-26** — Texas Association of Community Action Agencies, "Community Action: Building the New Consensus," Best Western Sandy Shores Hotel, Corpus Christi. Call Lisa Gauthier at (512) 462-2555 for more information.

**April 29-May 1** — "Many Faces, Our Future," 1996 Early Childhood Intervention Statewide Conference, at the Stouffer Renaissance Hotel in Austin. Registration \$60. Call Lyn Cox or Sheri McIntire at (512) 502-4910 for more information.

**April 29-May 1** — Advanced Competent Professional Authority (CPA) training, Austin. For more information, call Dawn Everett at (512) 406-0740.

**April 30-May 2** — Breastfeeding Peer Counselor Training workshop, Austin. Attendees will learn to train breastfeeding peer counselors and to plan a peer-counselor program. For more information, call Jewell Stremmer or Missy Hammer at (512) 406-0744.

*If you know of an event you'd like to include in this calendar, call Shelly Ogle at (512) 458-7444.*



## Breastfeeding, fertility, and family planning

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

Breastfeeding mothers often ask WIC staffers, "What method of birth control can I use?" One answer to this question, at least initially, is the lactational amenorrhea method (LAM). Miriam Labbok, M.D., one of the leading researchers on LAM, spoke at the 1995 International Lactation Consultant Association Conference in Scottsdale, Ariz. Her talk, "Breastfeeding, Fertility, and Family Planning" touched on several methods of birth control, the role of breastfeeding in child spacing, and the use of LAM.

Labbok, who works with the Institute of Reproductive Health at Georgetown University in Washington, D.C., began her talk by stating that breastfeeding can contribute to child spacing by increasing the interval between births. The Institute for Reproductive Health advocates child spacing of at least two or three years as a means to reduce the mortality and morbidity of children and to allow the mother to renew her nutrient stores.

### Who can use LAM?

Labbok stressed that, while LAM can be used as a method of birth control, it is essential to remember that it is considered a temporary method, effective only for the first six months postpartum. To use LAM, a breastfeeding woman must be able to answer "yes" to *all* of the following statements:

- ◆ You exclusively breastfeed your baby. You do not give other food, formula, or drinks to your baby.
- ◆ You breastfeed your baby at least once every four hours during the day and once every six hours during the night, no exceptions.
- ◆ You have not experienced any vaginal bleeding *after* the first eight weeks postpartum.
- ◆ Your baby is younger than 6 months old.

If the answer to all of the statements is "yes," the mother has only a 1 percent to 2 percent chance of pregnancy at this time.

If she answers "no" to even one of these statements, her chances of pregnancy are increased. If she wants to prevent conception, she should be advised to choose another method of family planning.

Labbok used the chart on the facing page to define a mother's breastfeeding pattern as being full, partial, or token and to determine the impact of breastfeeding on a woman's fertility.

### Suppressing ovulation

LAM is not appropriate for breastfeeding mothers who allow long intervals between feedings which allow their hormones time

to get more organized and eventually bring about ovulation. While a woman is breastfeeding, the hormones that help to enable ovulation and sustain pregnancy become disorganized, especially the follicle-stimulating hormone and the luteinizing hormone.

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**Many mothers worry about hormones and their infants, but Labbok says it would take three years of exclusive breastfeeding for a baby to receive the amount of progestin contained in a single birth-control minipill.**

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Labbok stated that a feeding between midnight and 2 a.m. is probably critical in helping to suppress ovulation. She also stated that with one interruption, such as one incident of the baby sleeping through the night, it is possible to re-suppress the cycle of fertility, but that with two interruptions, especially if they occur in a row, it is probably impossible to re-suppress the cycle of fertility.

### Other methods of birth control

Finally, Labbok discussed the use of other methods of birth control during breastfeeding. Due to

possible effects on the mother's milk supply, Labbok recommended against the use of hormonal methods containing estrogen — as found in any combined birth-control pill — in the first six months postpartum or while breastmilk is the primary food source.

She also recommended delaying the use of methods that contain progestin — such as the progestin-only minipill, Norplant implants, and Depo-Provera injections — until the baby is 6 weeks old because we do not fully understand how infants, with their immature livers, metabolize progestin.

On the other hand, Labbok mentioned two studies which

demonstrated that the mothers of older babies show an increase in milk supply if the women are using progestin-only birth-control methods. These same studies showed that older babies had no ill effects from the progestin.

Perhaps Labbok's most important message was one regarding the empowerment of women. She stated her belief that one reason that LAM was not given more respect was because, in general, we don't allow for the possibility that women can learn to read their body signs, such as noting the return of menstruation. Labbok said that acknowledging women's capabilities to learn and change would open up the door to

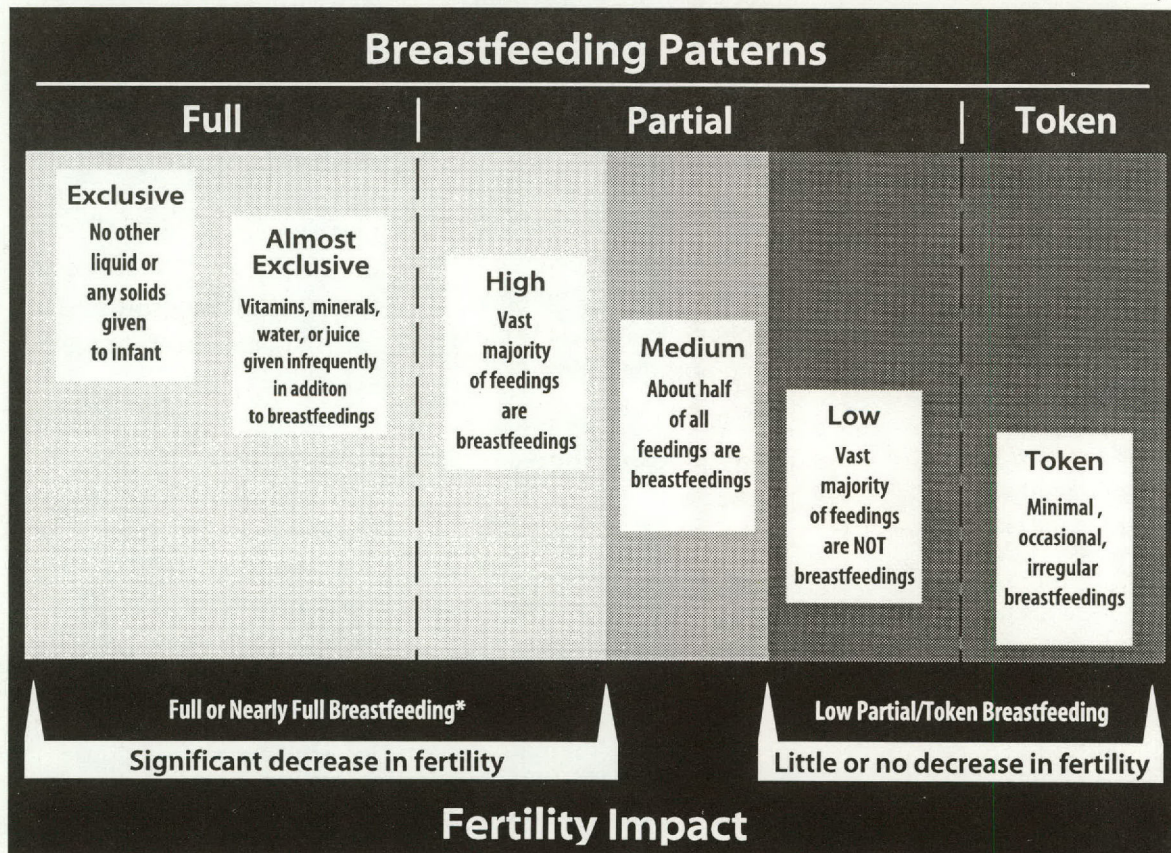
methods such as LAM, natural family planning, and fertility awareness.

### LAM resources available

For more information about the LAM method, the Family Planning Program at the Texas Department of Health has developed a booklet in English and Spanish called *Birth Control: Your Choices*. It is available by calling Patricia Palm, R.N., at (512) 458-7111, ext. 2972.

A brochure called *Family Planning and Breastfeeding: A Powerful Way to Protect Your Family* is being developed by Texas WIC. For more information, call the breastfeeding-promotion section at (512) 406-0744.

## Definition of Breastfeeding Patterns & Their Effect on Fertility



\* Intervals should not exceed four hours during the day or six hours during the night. Supplementation should not exceed 5 percent to 15 percent of all feeding episodes, preferably fewer. The high-partial pattern is adequate for fertility suppression, but any supplementation or disruption of the breastfeeding pattern can increase the risk of fertility return.

Chart based on schema developed by Institute for Reproductive Health, 1994



## State agency available to help on questions about formula

By Valerie Wolfe, Supervisor  
Information & Response Management

### Providing formula



*Q: What is the procedure for obtaining a price for a formula without a preassigned code number, such as Enfamil Premature with Iron 24, when using the Texas WIN "999" formula code to issue formula?*

**A:** The local agency should call at least two stores, if possible, to find the cheapest price available. If no store in the area has the formula available, local-agency staff should work with the vendors in their area to get the formula ordered for the client. Assistance is also available to the local agency staff from the state agency's Vendor Relations Unit, which can be reached at (512) 406-0777.

*Q: What can staff do when a formula is not available in the local area at the price authorized by WIC?*

**A:** First, local-agency staff should be sure to call as many local stores as possible. If the formula cannot be found at a low enough price, call contract specialist Mona Russell, supervisor of the Vendor Relations Unit, at (512) 406-0777. Her staffers are often able to work with store managers to see if they will take a loss on the formula and provide it

at the WIC-authorized price. The state agency needs to know about these problems so that prices can be adjusted if necessary.

*Q: Can clients who are already on the WIC program receive sample formula?*

**A:** Yes. Local agencies can issue sample formula to participants, as well as to applicants, in certain situations as listed in policy FD: 24.0.1, "Use of Contract Formula Samples." Some examples of when such issuance is allowed include scheduling problems, trial samples to test tolerance, and supplementation of a WIC breastfed infant in lieu of issuing a voucher. In all cases, if the baby is receiving a contract formula, WIC is *required* by policy to issue sample formula to clients who report their formula vouchers as lost or stolen.

### Breastfeeding food package

*Q: Can a woman receive the enhanced breastfeeding food package if she indicates that her child does drink formula, but that the formula is not provided by WIC?*

**A:** The term "exclusively breastfeeding" became associated with this food package in error. The actual rule (57FR 56231) states that this package is available to breastfeeding participants

whose infants do not receive infant formula *from the WIC program*.

Therefore, a breastfeeding woman receiving this package may be either exclusively breastfeeding or only partially breastfeeding. The client may still receive the enhanced package even if she supplements her baby's breastfeedings with infant formula from either her own resources or from sources other than WIC.

### When to sign food vouchers

*Q: What is the required procedure for signing food vouchers when the client goes to the store to redeem her vouchers?*

**A:** All vendors were trained on the Texas WIN system to have clients sign the food vouchers *after* the cashier has filled in the prices for each food item. However, the state-produced cashier-training manual does not specify which should come first. Some stores have mistakenly required clients to sign before they enter the pricing information, which has confused our participants who were trained to sign after the prices are entered. *Clients do have the right to refuse to sign the voucher until all the prices are entered.* If a client reports such a problem to you, please contact your state-agency Information and Response Management liaison at (512) 406-0777 so that state-agency staff can speak with the store manager.

## Report focuses on welfare reform

Bread for the World Institute, a non-profit citizens' organization, has published *Let's Get Real About Welfare*, the fifth in a series of policy papers on hunger. It provides a number of suggestions for acceptable welfare reform, including increased flexibility, the creation of family-sustaining jobs, and adequate benefits.

To order a copy, contact Bread for the World at (301) 608-2400.

Source: TACAA Food Journal

## TALWD honors state worker

At its annual meeting last October, the Texas Association of Local WIC Directors instituted a new customer-service award to honor state-agency employees for outstanding assistance to the local agencies. Chief accountant Joe Serrano was surprised to be chosen as the award's first recipient. Ann Salyer-Caldwell, former TALWD president and now the Texas representative for the National Association of WIC Directors, says Serrano was honored for his knowledge, courtesy, professionalism, and timely help in resolving problems.

## Head lice can be controlled

School-age children have a high incidence of head lice because they are in close contact with each other. Second to colds, it is their most common communicable disease.

Dr. John Wolf, a dermatologist at Baylor College of Medicine in Houston, recommends:

- ◆ Using natural light and a magnifying glass when examining a child's head for lice.
- ◆ Discouraging children from sharing hats, clothing, and grooming aids.



By John Koloen

- ◆ Washing sheets and recently worn clothes in hot water, and drying them on the hot cycle.
- ◆ Soaking in hot water any combs and brushes used on lice-infested hair.
- ◆ Vacuuming beds, rugs, furniture, and stuffed animals. Do not use insecticidal sprays; they could harm family members and pets.

## 20 percent of never-married women have children

According to a report by the U.S. Census Bureau, of the 22.7 million never-married women in the United States, one out of five had given birth to at least one child by 1994.

Approximately 7 percent of never-married teens and about 40 percent of never-married women in their 30s had a child out of wedlock, the bureau said in its report, *Fertility of American Women: June 1994*.

The report also found:

- ◆ Hispanic women had a birth rate of 111 births per 1,000 women, compared to 61 births per 1,000 for non-Hispanics.
- ◆ Of all births to African-American women in 1994, 66 percent were to unmarried women, compared with 19 percent to unmarried white women.
- ◆ Of the 60 million women ages 15 to 44 in June 1994, 3.9 million (15.4 percent) had a child between July 1993 and June 1994. More than half of these women were in the labor force in 1994.

Source: Social Legislation Information Service



By John Koloen

## 'Nutrition Minute' radio spots start March 4

A companion to *Food&Family* magazine, the *Food&Family Nutrition Minute* radio spots began airing across the state on March 4. The spots will be aired on weekdays for 26 weeks on stations that belong to the Texas State Network.

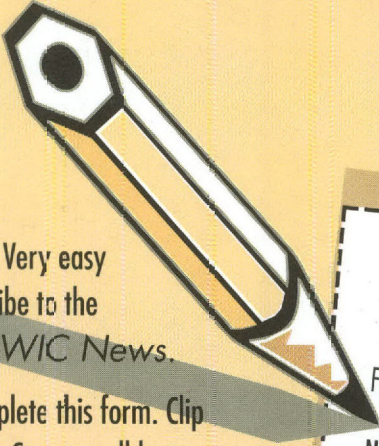
*Nutrition Minute* is a series of 60-second spots, each focusing on a nutrition or parenting topic. Subjects range from the importance of iron to tips on maintaining a healthy weight. The spots are available in English and Spanish.

For information, contact John Koloen at (512) 458-7437.

## WIC publications win awards

*Texas WIC News* won an award of merit from the International Association of Business Communicators "Best of Austin" contest in January. This is the second year in a row that the newsletter received the award.

An outreach poster in Vietnamese also received an award of merit. The poster was created by Shelly Ogle and Christine Grether. This is the second year that an outreach poster has been awarded; last year, a homeless poster designed by Linda Erwin also received an IABC award of merit.



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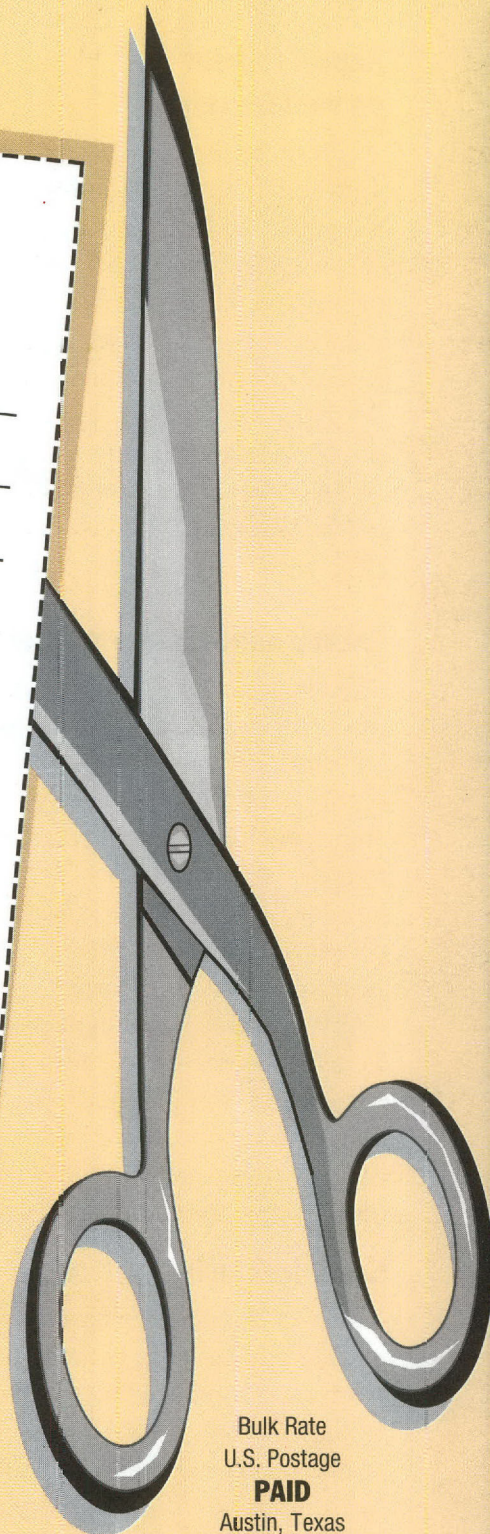
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