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Texas

WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

June 1996
Volume 5, Number 5

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Texas State Documents

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GOING THE
FULL 5 YEARS

Keeping kids on WIC

5

Happy Birthday



Overcoming 'new wives' tales'

Individual breastfeeding techniques often best for mom and baby

By Kim McCollum

Breastfeeding educators often discuss "old wives' tales" and misconceptions about breastfeeding that have little truth. But there are also some "new wives' tales" circulating that we need to be aware of. Some of these tales come to us from clients, and some of them are misconceptions that we pass on as educators.

Although breastfeeding educators have many guidelines to pass on, we need to be sensitive and realistic when we talk with pregnant women and new mothers. If something is working well for the mother and baby, and if the baby is gaining weight and the mother is comfortable, there is really no need for our guidelines to force the mother to change her breastfeeding techniques.

Engorgement

One new wives' tale concerns engorgement. Mothers are often told that, if they nurse their babies early and often, they will not experience engorgement. This is not completely accurate, since many mothers experience some degree of normal physiologic engorgement when their milk comes in. Preparing mothers for this possibility will help us provide assistance and support for the challenge of coping with engorgement. If mothers are educated, they will be able to determine if they have normal physiologic engorgement or something more severe.

Encourage mothers to watch their babies and do what seems right for them. For example, sometimes a baby feeds from both breasts. Sometimes, one breast per feeding is perfectly adequate.

We can also encourage mothers to watch their bodies and follow what works best for them in terms of how much they eat or drink.

Holds

There are two common "holds" that mothers use when nursing. The "C-hold" has the thumb above the areola and all fingers under the breast. Most breastfeeding educators consider this to be the preferred hold. The "V-hold" (also called the

"cigarette hold") has the thumb and index finger above the areola and the other three fingers below the breast for support. The fingers need to be far enough back to not interfere with the baby's ability to get enough of the areola into his mouth.

Some mothers have been told a new wives' tale: Never use the V-hold during nursing. Well, never say "never." If a mother finds the V-hold more comfortable and it does not interfere with breastfeeding, then it is fine.

There is no one perfect way to breastfeed, and very few early breastfeeding experiences are flawless. We need to be patient while each mother experiments with different techniques and finds what is right for her and her baby. When speaking with new mothers or pregnant women, we can help them more if we convey this sense of flexibility along with all of the wonderful breastfeeding knowledge and support that we have to offer.

Kim McCollum, a former La Leche League leader, is now a graduate student in speech pathology and is studying to become a lactation consultant.

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WIC NEWS

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Cover: Texas WIC aims to keep eligible children on the program until their fifth birthdays. Photograph by Jennifer VanGilder. Cover design by Christine Grether.



Project 13

Laredo WIC attending trainings, winning awards, opening clinics

Diabetes and nutrition

About 65 public health professionals attended a workshop on diabetes and good nutrition hosted in March by Project 13 in Laredo. Attendees included local WIC staffers, registered dietitians, nurses, medical office assistants, and personnel from the area school-lunch program.

The six-hour workshop was facilitated by Public Health Region 11 nutritionist Akin Popoola and state-agency nutritionists Mary Van Eck and Claire Heiser. A recent study in Webb County, where Laredo is located, found that almost

10 percent of respondents have diabetes.

During the workshop, Saul Ramirez, mayor of Laredo, proclaimed March to be Nutrition Awareness Month in Laredo. He urged all eligible women, infants, and children to participate in WIC and encouraged everyone to adopt proper eating habits and maintain an appropriate weight.

Basics of breastfeeding

More than 80 area health professionals attended a Breastfeeding Basics Program in February at the City of Laredo Health Department. Participants included nurses, local La Leche League representatives, and WIC staff members from Laredo, Carrizo Springs, Crystal City, and Del Rio.

Facilitators for the workshop were Jeanne Fisher, director of Mom's Place, a breastfeeding resource center in Austin, and Nancy Leidtke, state-agency breastfeeding-promotion nutritionist.

Seven effective habits

Staffers from Texas WIC Projects 13 (Laredo), 44 (Del Rio), 24 (Eagle Pass), and 9 (Rio Grande) participated Feb. 12-15 in a workshop entitled, "The Seven Habits of Highly Effective People." It was facilitated by state-agency trainers John-Paul Morgante and Anita Ramos.

Orientation for new directors

Four supervisory staff members from Project 13 attended orientation for new WIC directors, held Feb. 26-28 in Austin, to brush up on state and federal WIC policies. Laredo's attendees were WIC director Beatrice Duarte, supervisor Rebekah Valdez, assistant supervisor Shirley Garza, and nutritionist Donna Rose.



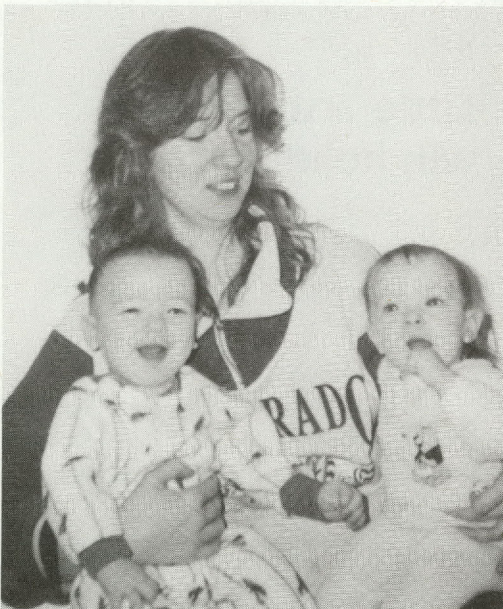
WIC director Beatrice Duarte, center, returns from the state meeting with Project 13's award for outstanding community outreach. With her are Laredo health-department director Jerry Robinson, left, holding an acknowledgement of Project 13's successful transfer to the Texas-WIN computer system, and public-health-promotion supervisor Raul Leal. Projects 5, 7, 19, 41, and 54 also received top awards at the state meeting.

New clinic opens

Project 13 opened its eighth WIC clinic in Laredo/ Webb County. The Guadalupe WIC Clinic opened April 2. It will allow residents in south-central Laredo better access to WIC services and will increase Project 13's capacity to add participants. It will also alleviate the high-volume caseload at the Cedar and Santo Nino clinics.



Staffers welcome all to new clinic. From left are clerk Veronica Garcia, nutritionist Rosa Moreno, clerk Sylvia Carralas, clinic supervisor Rebekah Valdez, and clerk Lisa Ann Flores.



Christine Rhein has kept Ranger and Natalie healthy.

Project 62

Twins kept healthy on breastmilk

At Project 62's WIC clinic in Faris, staffers say that Christine Rhein is a very special mom. "Christine has totally breastfed her twins for six months," says Project 62 director Barbara Francis. Rhein began supplementing with formula when the babies became 6 months old and she returned to work.

The twins, Ranger and Natalie, were delivered by C-section. At their six-month checkup, Ranger's weight had increased from a birthweight of 5 pounds, 13 ounces, to 15 pounds. Natalie, whose birthweight was 5 pounds, 12 ounces, weighed in at 13 pounds, 5½ ounces.

"Christine says they are a very active pair," says Francis. "Both babies are crawling. The two babies are consuming two cans of powdered formula a month between the two of them. Each baby continues to breastfeed four or five times a day." They're using their new teeth and eating WIC cereal along with other foods. "This healthy, happy family makes a positive statement for breastfeeding," says Francis.



Project 74

Brownwood WIC celebrates Shots Across Texas

National Immunization Week (April 22-26) was a special time for some lucky children in Brownwood. That's because the Brownwood Health Department's immunization program and the WIC program combined their efforts to make the kids' immunizations special.

Children at the clinic found local radio station KXYL and its remote on site at the WIC office on Wednesday afternoon. Prizes were given out on the air for free pizza donated by a local business.

Bubbles the Clown, alias Cathy Lehman, an AmeriCorps parent educator who teaches WIC teens, delighted children with balloons twisted and knotted into interesting shapes.

The children also received free ice-cream cones from Dairy Queen and scratch-off tickets for free food from Chick-Fil-A. Everyone getting shots during the week registered for a drawing for a \$25 gift certificate from Kroger Foods, \$20 from Winn Dixie, food certificates from McDonald's, and a \$50 certificate from Wal-Mart in Brownwood.

The immunizations endeavor identified at least five families that were eligible for WIC, and appointments were made to enroll them.

.....



Winners pose with their artwork and prizes — and mommy. From left is WIC mom Sherrie Mozdser holding 2-year-old Shane, clerk Becky Guerrero behind 3-year-old James Dano, immunizations nurse Robin Jackson behind 4-year-old Scott Hernandez, and community-service aide Sandy Amador behind 2-year-old Diedra Hernandez.

Project 81

Little artists win holiday treats

A coloring contest for WIC kids was held in March in Project 81's clinics in the Hill Country towns of Lampasas, Burnet, Marble Falls, Llano, and Johnson City.

In the clinics, staffers gave out full-page drawings of Easter eggs for the 2- to 4-year-olds to color. The colored pages were displayed at the clinics, where clients voted for their favorite entry in each age group. Four winners emerged in the three categories, as the 2-year-olds had a tie.

In the week before Easter and just in time for the holiday, the little winners received Easter baskets donated by local merchants.



Twins interact at Cedar Park party. From left are 14-month-old Japetto Jarzewiak, 9-month-old siblings Shayna and Justin Bonnett, and Jaz, Japetto's twin brother.

Project 42 Twice the fun

By Jennifer VanGilder, M.A.
Staff Writer

The WIC clinic in Cedar Park seems to get two for one when it comes to its littlest clients. The clinic boasts 11 sets of twins among its 550 monthly participants.

To recognize these special clients, WIC director Tina Horkey and staff threw a party on April 12 for the twins and their parents. The twins range in age from 2 months to 4½ years old. Parents had their hands full keeping all the children occupied and off the table loaded with fresh fruit, bagels, and punch.

Mark and Mindy Jarzewiak moved to Austin from Missouri last September with their 14-month-old fraternal twin sons, Jaz and Japetto. "We were definitely surprised to learn we were having twins as our first child!" says Mindy. "We're delighted to find so many other sets of twins at the WIC clinic here in Cedar Park."

Like several other WIC parents, the Jarzewiaks attend Mothers of Multiples meetings twice a month, where they can learn and share information with other parents of twins. Adult twins are frequent speakers at these meetings.

Are twins twice the work for the WIC clinic? Hardly. According to Project 42 staff members, they are twice the fun!

*If you want children
to keep their feet on the ground,
put some responsibility
on their shoulders.*
~ Abigail Van Buren





Project 48

Immunization clerks honored

At the Harris County Health Department in Houston, Project 48 recently honored its WIC immunization clerks at a private luncheon held at the Medallion Hotel on May 3. The clerks were treated to lunch by their supervising immunization nurses and given a token of appreciation along with praise for their job performance. "Immunization clerks perform a variety of tasks in the WIC clinic and must be flexible to meet the challenges that face them," says Project 48 outreach coordinator Nancy Pate.

The luncheon, organized by immunizations coordinator Kimberly Fields, R.N., honored Nicole Jones from the Humble clinic, Rosa Cabarubio from the Northwest Assistance Ministries WIC site, Rosalba Garcia from the Baytown office, Irene Trevino from the La Porte clinic, and Emma McGarity from the Antoine clinic.

Thomas named Employee of the Quarter

After being nominated by her co-workers at the Antoine WIC site, immunizations nurse Willie Thomas was selected as Project 48's Employee of the Quarter for the first quarter of 1996. Reasons for her selection included "her genuine concern and her thoroughness," says Nancy Pate, outreach coordinator. "Thomas is considerate and frequently works through lunch to assist others. Her excellent attendance record keeps the clinic running smoothly. Her solid grounding and ability to help others make her a very deserving recipient."



Community outreach for WIC is important to Texas Women's University nursing student Vicky Anderson, left, VISTA worker Ana Jaco, nursing student Irene Carroll, and VISTA worker Roslyn McKnight.

VISTAs working on community outreach

Since their placement at the Humble WIC site last August, two VISTA workers, Ana Jaco and Roslyn McKnight, have been hard at work for Texas WIC. One recent project of theirs, co-sponsored by two nursing students from Texas Woman's University, included an immunization-drive health fair held at the 3H Service Center in April. Free clothing was available to families attending, as well as immunizations for the children, dental screening, and community-college career training. WIC appointments were scheduled for the Humble WIC site and participants received information on clinic services and applications for EPSDT and Medicaid.

Other projects planned and completed by the VISTAs include a second health fair, a community garden for area residents, and a town-hall meeting to discuss job and educational opportunities available to underprivileged residents of apartment complexes.

Project 39

New breastfeeding peer counselors to work in Tyler, Jacksonville

Tyler WIC gained 12 new breastfeeding peer counselors when they graduated March 29 at the city's Trinity Mother Frances Wisenbaker Conference Center. The commencement address was given by Nick Sciarrini, director of the Smith County Public Health District. Other speakers included Project 39 director Cassi Boucher and breastfeeding coordinator Paula Palmer.

All graduates had attended the Breastfeeding Peer Counselor Training Program and passed a final exam. During their 20-hour class, the women learned about the anatomy and physiology of the breast, proper latch-on and positioning during breastfeeding, solving common breastfeeding problems, and communication and counseling skills.

Project 39 now has 15 breastfeeding peer counselors. The new peer counselors will work at the Tyler and Jacksonville sites, as well as the Trinity Mother Frances Hospital in Tyler and the Nan Travis Memorial Hospital in Jacksonville.

The graduates are Cristy Benson, La Taunia Griffin, Tracy Lara, Manuela Loya, Tonya Mackey, Rebecca Mettlen, Dorothy Parsons, Griselda Perez, Lisa Renfro, Beth Rhode, Vicky Risvold, and Shelly Tucker.



New breastfeeding peer counselor Manuela Loya, holding breastfed daughter Megan, receives her certificate and congratulatory bouquet from peer-counselor team leader Bonnie Barker.

*Temper gets you into trouble.
Pride keeps you there.*



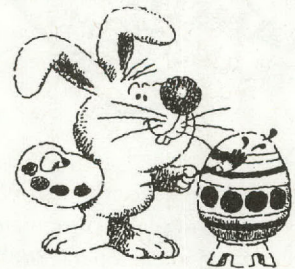
WIC staffers Maresa Barron, left, and Taunya Smith spend an evening dying holiday eggs.

Project 87

156 eggs keep 5 volunteers busy

Four WIC staffers in Canton were in a group of five volunteers who boiled and decorated 13 dozen eggs for a WIC outreach project. The group donated the finished eggs to an area Wal-Mart for a planned Easter egg hunt on April 6. When inclement weather forced the cancellation of the egg hunt, the door greeters at Wal-Mart simply handed out the eggs to shoppers along with WIC outreach material.

The egg workers were WIC nutritionist Alison Ferril; Taunya Smith, L.V.N., and her daughter, WIC technician Christa Maresa Barron; and WIC receptionist Dana Sullenbarger and her son, Nicholas.





Project 37

Staffers rush WIC mom to hospital

Pregnant and carrying her 18-month-old son, Maria Romero first came to Project 37's WIC clinic in Port Lavaca in January to apply for program benefits. When she returned to the clinic a few days later, it was to thank her new friends for their help.



Maria Romero, center, will not be forgotten by WIC staffers Belva Harrison, left, and Martha McCarthy.

When Romero first arrived, she was met by team leader Belva

Harrison, L.V.N. "As we walked her down the hall to proceed with intake, we noticed spots of blood on the floor behind her," says Harrison. "We quickly sat her down and asked her if she was in pain."

Though Romero denied any pain, Harrison helped her into a wheelchair and pushed her across the street to a hospital emergency room while clerk Martha McCarthy carried her son. McCarthy, who speaks Spanish, stayed at the hospital to comfort the non-English-speaking Romero until her family arrived.

Romero suffered a miscarriage that day, was placed in the intensive-care unit, and received a blood transfusion. "It was a day our Port Lavaca WIC team will never forget," says Harrison. "Mrs. Romero will always hold a special place in our hearts."



Project 5

Notice has been received that WIC services became available through the Foster Parents Association in Corpus Christi on Aug. 1, 1995. The clinic is open from 4 to 6 p.m. on the first Monday of each month. Its mailing address is:

Monica Stender, WIC Director
400 E. Main St.
Robstown, Texas 78380.

Project 13

The WIC program at the City of Laredo Health Department has added a new clinic. The Guadalupe WIC clinic opened April 22. It's open Monday through Friday from 8 a.m. to 6 p.m. Its phone number is (210) 729-7113, and its mailing address is:

Beatrice Duarte, WIC Director
Guadalupe WIC Clinic
2002 Guadalupe St.
Laredo, Texas 78040.

Project 24

A new site was added Dec. 19, 1995, to Project 24's services in Eagle Pass. WIC services are provided through the PEP program at the Kickapoo Reservation on the third Tuesday of each month from 8 a.m. to noon. Staffers at the new site can be reached at (210) 773-1105. Its mailing address is:

Guadalupe Fuentes, WIC Director
P.O. Box 921
Eagle Pass, Texas 78853

Project 32

On April 1, nutritionist Milissa Cantu was hired by the Brazos Valley Community Action Agency in Bryan to be the new coordinator of their WIC program. Cantu had worked with Texas WIC in Public Health Region 7 for four years.

Former Project 32 director Kristine Spillers has become the volunteer coordinator for the Brazos Valley Community Action Agency.

Project 33

Three new clinics recently opened in El Paso. The Homeless Shelters site has been serving clients from 9 a.m. to 4 p.m. on Wednesdays since July 1, 1995. The R.E. Thomason Hospital site opened April 1 and serves clients from 8 a.m. to 5 p.m., Mondays through Saturdays. And the Bowie High School site opened March 1 to serve clients on alternating Thursdays. All sites can be reached at (915) 771-5870, and all share the same mailing address:

WIC Program
1148 Airway Blvd.
El Paso, Texas 79925.

Project 44

Notice has been received that WIC services began Sept. 1, 1993, at the City of

Del Rio High School. Clients there have been receiving WIC benefits from 1 to 3:30 p.m. on the second Wednesday of each month. The phone number for the site is (210) 774-8764, and its mailing address is:

Del Rio WIC
P.O. Box 4239
Del Rio, Texas 78841

Project 78

On May 8, staff and participants at WIC Project 78 were transferred from the Amarillo Hospital District to a new local agency, Project 100, contracted with the City of Amarillo. Phone numbers, mailing addresses, and hours for the administrative offices and seven clinic sites remain the same. (Old-timers may recall that the City of Amarillo had previously provided WIC services in the area through Project 55, which had transferred to Project 78 on June 1, 1993.)

Project 80

A new WIC director, Georgia Taylor, R.D., started at Project 80 on May 25. She replaces former director Kathy Conyer.

Project 81

On April 1, the name of director Jackie Cother reverted to Jackie McLaughlin.

Project 89

The Santa Rosa Children's Hospital WIC program recently opened two new clinics in San Antonio. Both can be reached at (210) 704-4180, and the mailing address for both is:

Santa Rosa WIC
315 N. San Saba
Suite 1210
San Antonio, Texas 78207.

1. The Flanders Elementary Avance WIC clinic opened April 2 at 934 Flanders. It's open from 9 to 10 a.m. on the first Tuesday of each month.
2. The Harlandale High School WIC clinic opened March 29 at 804 Stonewall. It serves clients on the fourth Friday of each month from 9 to 10 a.m. and from 2 to 3 p.m.

Project 100

See Project 78 above.

Outreach UPDATE

By John Koloen, Staff Writer

New 'Food&Family' out in June

The fourth edition of *Food&Family* magazine is expected to be shipped sometime toward the end of June.

This edition features an article about a retired dad who is adopting his two nephews. Also featured are games that parents can play with kids while traveling, and a description of the food-guide pyramid and how to use it. Another article gives tips to help moms start breastfeeding while still at the hospital.

For more information, contact John Koloen at (512) 458-7111, ext. 3429.

Dairy Queen coupons

Looking for something that will get the attention of children and moms? Try free ice cream.

As many of you know, Dairy Queen is offering coupons for free ice cream to children immunized by WIC. The offer runs through August.

This offer can lend itself to an easy and cost-effective promotion through the use of fliers and handouts. Put a flier on bulletin boards in area businesses and at local grocery stores.

Kiosks to include WIC information

Information about WIC will be included at 60 electronic Info/Texas kiosks placed in 43 cities across the state. The kiosks look like arcade video games and are located in stores and malls. By the end of the year, 100 kiosks are expected to be in operation.

The kiosks feature menu-driven touchscreens that the public can use to access information about WIC and other programs, such as electronic job banks.

The kiosks also include information about EPSDT, now called Texas Healthy Steps, and immunizations.

New Vietnamese outreach brochure ready

A simple two-fold brochure in Vietnamese can be ordered by local agencies providing WIC outreach to members of their Vietnamese communities.

The brochure contains the same information provided in last year's outreach poster, but has this year's income guidelines in it.

To order the new brochure, call Susan Presto at (512) 458-7111, ext. 3529. An English translation can also be ordered.

Stickers, buttons, and new income guidelines

Updated income guidelines have been inserted into new printings of the *Texas WIC Reference Guide* and two "envelope stuffers" on working families and prenatal care. The reference guide is in English only; the stuffers are available in English or Spanish.

Three colorful new stickers for kids are ready now, too: "WIC is beary healthy," "Some bunry special at WIC," and "Purr...fectly happy at WIC." The 2-inch round stickers can be ordered in English or Spanish.

A 2¼-inch round button in Spanish is also available. The violet-and-lavender metal button says, "Pregunteme sobre WIC" ("Ask me About WIC").

Call Diane Salem at (512) 458-7111, ext. 3426, to order these materials.



Five years of WIC can encourage a lifetime of health

By Kathe Hughes
Staff Writer

Think of a typical WIC clinic. What picture do you see? Happy, rosy-cheeked infants resting in their mothers' arms? Pregnant women, gathering to get nutrition information and healthy foods to help them deliver strong and alert babies?

Do you ever think of toddlers, or children even older?

WIC is for kids

WIC isn't just for infants and pregnant women — it's Women, Infants and *Children*. In Texas, children up to age 5 can be eligible for WIC benefits, yet many leave the program early.

"More than 580,000 babies were enrolled in Texas WIC from 1991 to 1994," says Bruce Gunn, the state agency's chief statistician. "However, by April 1996, more than 200,000 of these children — one out of every three — had left the program."

Most families in the Head Start program have incomes at or below the federal poverty guideline, automatically making them income-eligible for WIC. But, across the state, many Head Start kids are not on WIC. For example, a recent survey in San Antonio showed that only 45 percent of children ages 2-5 in that city's Head Start program also participate in WIC.

Good nutrition a must

How can we convince parents that it's important to keep their children on WIC for as long as they're eligible? Maybe we need to convince ourselves of that importance, first.

"Good nutrition is a must for long-term health and learning," says Marsha Walker, state outreach coordinator. "Being healthy from day one is a big advantage for children. Our greatest concern and target audience for the next year is the child older than 1."

Many scientific studies have shown the correlation between good nutrition and intellectual development in children. Several studies were examined by J. Larry Brown and Ernesto Pollitt in the February 1996 issue of *Scientific American*. The results they reported were what common sense has dictated all along: Children who receive adequate nutrition perform better on tests of cognitive skills such as reading comprehension, arithmetic, vocabulary, and general knowledge.

Don't focus just on kids' first two years

But the scientists also dispelled a widely held belief. For many years, people have believed that the first two years of a child's life are *the* critical ones in establishing good nutrition. The brain grows to about 80 percent of its adult size during that period, so malnutrition during the first two years of life

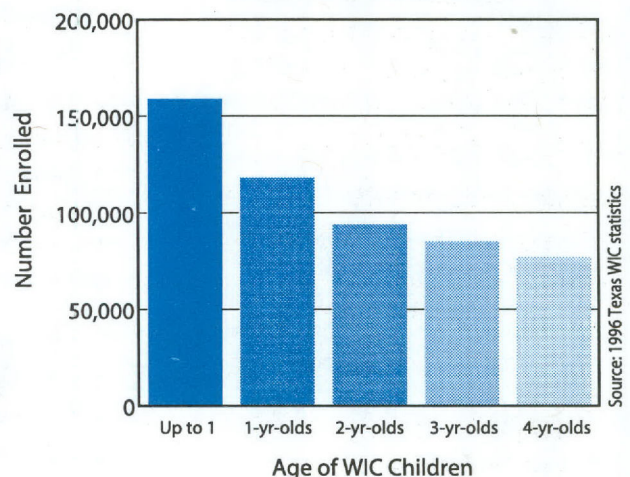
was assumed to stop normal development and lead to lasting, sometimes severe, damage.

Brown and Pollitt found that the crucial years extend beyond age 2: "Providing adequate nutrition *throughout childhood* is important to cognitive development. Focusing entirely on the first two years of life is thus inadequate." (Emphasis added.)

The Texas Childhood Hunger Identification Project, a project from the Center for Public Policy Priorities in Washington, D.C., found in 1995 that "hungry children suffer nearly twice as many individual health problems and illnesses as their non-hungry counterparts. They experience more frequent fatigue, headaches, and irritability, and suffer from an inability to concentrate — all of which can have a profound effect on school attendance and learning."

Other studies have indicated that good nutrition throughout childhood has long-term benefits. Children with healthy diets have increased body size, intelligence, and physical stamina as adolescents and adults.

Who Are WIC Kids?



Why kids leave WIC

Why, then, do so many children drop out of the WIC program before their 5th birthday?

The Best Start social-marketing study conducted in 1993 found that some Texas WIC parents think that food packages without infant for-

**Give kids a strong
nutritional start.**

**Keep them on WIC
for five full years**

**until they “graduate”
from the program.**

mula aren't worth the time and effort involved in getting them.

It also showed that some parents become tired of the nutrition-education classes and feel they've learned enough.

And, as children grow older, parents are often less worried about the kids being healthy. Chris Brown, marketing specialist for WIC, says, “During a social-marketing study, we discovered that, as the youngest child in a family gets older, the parents become less likely to take their kids for preventive care such as immunizations and checkups.”

Keeping kids on WIC

The goal, then, is to convince parents of two things:

- ◆ Preventing, and not just treating, illnesses and diseases is important.
- ◆ People can contribute to their own well-being.

Increasingly, public-health programs are focusing on these ideas. “WIC is more than just supplemental nutrition. It's also preventive health care,” says outreach coordinator Walker. “If we can retain the children until they're older, make sure they're no longer at risk, and emphasize to parents that kids of all ages need good nutrition, we will encourage better care in other ways such as immunizations and referrals to other health programs.”

This summer, the state outreach office will be sending clinics a fact sheet and posters encouraging WIC participation up to age 5.

Some parents do understand that WIC has much to offer their children, even past their second birthdays. Jo Carol Bradshaw, mother of five children ages 5 to 16, kept most of them on WIC for the full five years. Her youngest, Ashley, recently left the program.

“I would recommend keeping kids on WIC longer,” Bradshaw says. “I think it's a way to have a guaranteed supply of nutritious foods in your house.”

She agrees with other moms that sometimes the food package didn't seem enough to compensate for the hassles of getting to the clinic after work and going through all the paperwork, but she always thought it was important to keep going. “Healthy bones, healthy teeth — WIC helped me provide nutrition I might not have otherwise bought for my children.”

Once parents know that good nutrition is essential to growing children of *all* ages and that WIC's benefits are available to kids up to age 5, we can work together to ensure that the next generation of Texans will grow up healthy and strong.

Keep them for 5!

1. Talk to WIC mothers with infants and remind them that good nutrition is important throughout childhood. Encourage them to keep their kids on the program for as long as possible.
2. Make your clinic friendly for older children as well as babies. Provide toys that a 4-year-old will want to play with, such as puzzles and crayons. Organize games that are fun and educational, such as “Pin the Foods on the Pyramid.”
3. Show videos that were made just for kids. We have *Chuckles and the Happy Teeth*, *Chuckles and the Super Snacks*, *Mommy's Milk for Mommy's Baby*, and now *Pyramid Rap*.
4. Rotate the nutrition-education classes frequently enough so that parents won't get the same lesson twice. Adults who get new, helpful information each time they come to a clinic will be more likely to continue with WIC.
5. Follow up on parents who drop out of the program. Call to find out why they left, and tell them that WIC welcomes them back.
6. Use outreach materials in the waiting rooms and as class handouts to teach parents why their kids need good nutrition and to explain the importance of keeping older kids on WIC.

Sun-savvy tips for children of all ages

By Marie Garland, R.N.

WIC Immunization Coordinator



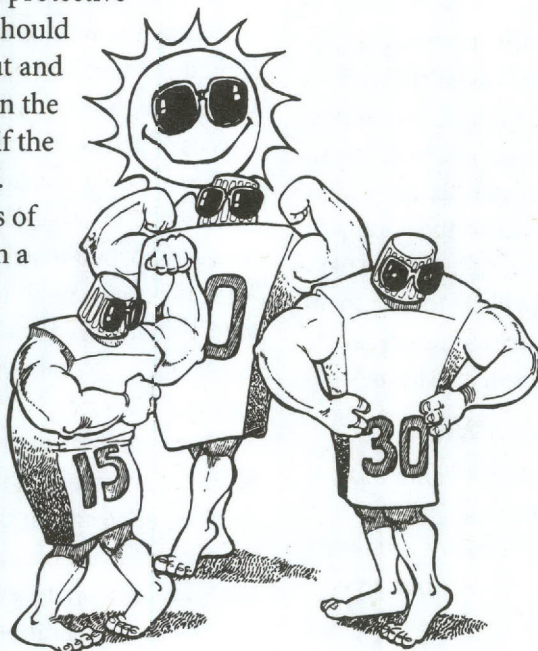
Someone dies from skin cancer every hour in the United States. Half of all new cancers diagnosed this year will be skin cancers. One in five Americans will get skin cancer of some kind in their lifetime.

Scary, isn't it? But what's even scarier is that most skin cancers would never develop if people would just use sun-sensible behaviors and limit their exposure to the sun.

Although the statistics are staggering, there is some good news: Nearly all skin cancers are curable if detected early. But, if neglected, all skin cancers can be fatal.

Even one or two blistering sunburns before the age of 20 can significantly increase a child's lifetime risk for developing melanoma or other skin cancers. Don't think your child can't get burned — even dark-skinned children can get a sunburn. Any child practicing the following sun-safety measures decreases his or her risk of skin cancer:

1. Limit outdoor activities between 10 a.m. and 4 p.m. when the sun's rays are the strongest. Don't forget that there is harmful ultraviolet (UV) reflective light even in the shade.
2. Babies younger than 6 months should spend very little time in the sun. When out, they should wear protective clothing, including a hat with a brim that shades the face and sunglasses that filter harmful UV rays.
3. Babies and children older than 6 months should always wear a broad-spectrum sunscreen with a sun-protective factor (SPF) of at least 15. Sunscreen should be applied 30 minutes before going out and replaced every two to three hours when the children are in the sun or water, even if the label says that the lotion is waterproof. Don't forget nose, lips, ears, and backs of hands and feet! Sunscreen products on a wax stick are good for those areas, since they won't drip and sting young eyes.
4. Kids should wear photo-protective clothing and hats. Try to find a hat with a wide brim and a fabric panel that hangs down the back of the neck. Just wearing a white T-shirt isn't enough. A wet, light-colored shirt will transmit almost as much UV light to a child as his or her bare skin.



So, wear dark colors with long sleeves and pants when possible. Clothing and a hat does *not* take the place of sunscreen products — you must use *both* to protect children.

5. Don't forget about your child's safety seat. It often places the child right next to a window and in the sun. Put removable sunshades on your car windows to protect baby's sensitive skin and eyes. Use a cover or top for the stroller when a baby is in it.
6. Stay in the shade whenever possible. Avoid reflective surfaces such as water, cement, asphalt, brick, and large buildings with lots of glass windows. These surfaces can reflect up to 85 percent of the sun's damaging UV rays.
7. People taking medication should check with their pharmacist about possible sun sensitivity related to their medication. Extra precautions may be necessary.

Everyone should learn the ABCDs of the danger signs of melanoma and other skin cancers. Contact your physician if you see any of the following suspicious signs in you or your child:

- A — **Asymmetry:** One side of a mole or skin spot looks different than the other half.
- B — **Border irregular:** Scalloped, uneven, or poorly defined edges to a mole or skin spot.
- C — **Color varied:** Different colors or shades of tan and brown; or seeing black, white, red, or blue in the same mole.
- D — **Diameter larger:** The spot is larger than 6mm (about the size of a pencil eraser).

U.S. kids gaining big in obesity

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

You can see it when you look around your clinic: growing numbers of obese children. The number of children 6 to 17 years old who are obese has more than doubled in the past ten years, increasing from 5 percent to 11 percent.

During the 1960s and 1970s, the rate of obesity in adolescents remained steady while obesity in children increased slowly. By 1980, however, all age groups of children were increasing in obesity. The problem is continuing today.

This increase in obesity is occurring even as the percentage of fat in our diets is decreasing. What is happening? Our sedentary lifestyle is one reason for the increase. Some believe that children spend too much time with TV or video games because of choice, safety issues, and working parents. In addition, a wide variety of high-calorie snacks and fast-food restaurants are available in the United States to increase the intake of calories, especially among adolescents. Adults are also showing the same trends.

The message is clear. Encourage a healthy diet based on the food-guide pyramid and an increase in activity. These lifestyle changes will have benefits in the years to come.

Abstract

Study finds fiber crucial to preventing heart attacks

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

A study by the Harvard School of Public Health followed more than 43,000 male health professionals for six years and compared their diets to the incidence of fatal and nonfatal myocardial infarctions, or heart attacks. The study controlled for other variables associated with heart attacks, such as smoking and fat intake.

The results of the study suggest that a high fiber intake alone decreased the risk of coronary disease, independently of fat intake. Even the intake of saturated fat was not as important in preventing heart attacks as was a high-fiber diet.

The study also examined the sources of fiber in the men's diets. Dry breakfast cereals had the most impact on decreasing the incidence of heart attack. This effect was greater than that for fruit or vegetables, and it accounted for most of the reduction in heart attacks.

Eric B. Rimm and Alberto Ascherio, Edward Giovannucci, Donna Spiegel-man, Meir J. Stampfer, and Walter C. Willett: "Vegetable, Fruit, and Cereal Fiber Intake and Risk of Coronary Heart Disease Among Men," *Journal of the American Medical Association*, 1996, Vol. 275, pages 447-451.



Group invites WIC to increase community nutrition awareness

By Lynn Silverman, M.A., R.D., L.D.

Nutrition Education Specialist



Tons of toddlers flocked to a mall in Abilene on Feb. 10 for the "Toddler's Taste of Texas" Health Fair. The health fair was coordinated by Parents as Teachers, or P.A.T.

P.A.T. members registered the under-5 set and stamped their hands so they could get every nutritious and health-related freebie they saw. The bakery alone handed out more than 2,000 individually wrapped muffins to these knee-high consumers.

WIC's role

P.A.T. knows that WIC knows toddlers, so WIC staffers from Project 34 were invited to the health fair. Nutritionist Dee Gates, WIC director Rita Portlock, and WIC clerk Irene Keck came to promote good nutrition in children younger than 5.

"We simply had to come up with a display of something that children eat a lot," says Gates. "Toddlers love sugar, and this concerns health-conscious parents. So we compared the sugar content of WIC juices with popular juice-like beverages." Gates says she was amazed by the number of parents unaware of the amount of sugar in the beverages consumed by their children. Once they saw the comparisons, most parents' reaction was, "I'm not buying that again!"

Gates says that she also discovered that many clients think that Sunny Delight is an actual fruit juice.

"Many people still don't know about the food-guide pyramid or how to use it to plan meals," she says. Gates met lots of grandmothers who wanted to show the pyramid to their daughters to help them choose healthy foods for the grandchildren.

"A health fair is a good method for WIC to get nutrition education to the public because it brings in the people who want the information," Gates says. "At a health fair, sure, some come for the freebies, but at our table we weren't giving away freebies, and lots of people came with questions. WIC could be even more effective if we were perceived as a community nutrition service, not just a low-income food benefit."

Gates says that the health fair was not a lot of extra work for Project 34. "It was fine because it was on a Saturday," she says. "We knew about it ahead of time, it did not take any time to make the display, P.A.T. took care of the tables, and it was very organized."

Publicity

To get the word out to the community, P.A.T. sent fliers to 781 families. WIC posted fliers in its clinic. KTAB, a local television station that also sponsored "Toddler's Taste of Texas," ran public-service announcements 126 times, and the *Abilene Reporter News* advertised the event. Publicity resulted in 680 families, most with more than one child, registering with P.A.T. at the health fair.

Doing it again

P.A.T. plans to do it again next February. To bring people to the mall at a typically slow time of the year, they set the date for just before Valentine's Day. One vendor in the mall noted that the health fair brought a record number of people to the mall for a February business day. Everyone involved looks forward to making this an annual community-awareness event.

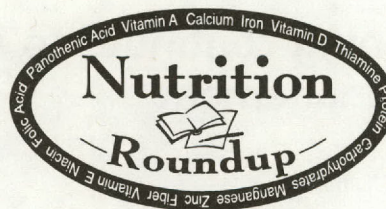
For tips about getting involved with community activities, contact Dee Gates at (915) 692-1680. To get more information about P.A.T. in your area, call the Mental Health

Association's state office in Austin at (512) 454-3706 and ask for Mary Ellen Mudd.

More about P.A.T.

Any child up to age 4 can receive free services from P.A.T. counselors, who train parents about constructive play, effective discipline, and home safety. P.A.T.'s goal is to enable parents to enhance their children's intellectual, language, physical, and social development. P.A.T. gives support services through home visits, group meetings with other parents, and periodic screening to detect developmental problems.

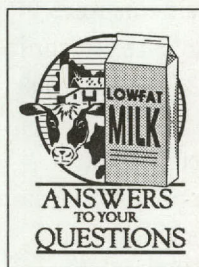
A recent study among children in Missouri found that children who had participated in the P.A.T. program since birth had higher average kindergarten readiness scores than children who had not participated in P.A.T.



By Rachel Jule and
Mary Van Eck, M.S., R.D
Nutrition Education Specialists

Time to recycle another old pamphlet

Get rid of your old *Lowdown on Low-fat Milk* pamphlets (No. 13-19 in English and No. 13-19a in Spanish). Replace them with the new *Answers to Questions about Low-fat Milk* pamphlet (No. 13-19 in English and No. 13-19a in Spanish). This informative, attractive pamphlet is full of lots of



good information about choosing low-fat milk. It's available from the TDH Warehouse at:

Texas Department of Health
ATTN: Warehouse Manager
Materials Acquisition and
Management Division
1100 49th St.
Austin, Texas 78756.

New video for waiting rooms

Texas WIC clinics recently received copies of a new video, *Get with a Safe Food Attitude*, which got a unanimous thumbs-up from the state nutrition-education staff. This innovative video from USDA was produced to appeal to a young, diverse audience. It presents important food-safety concepts for moms-to-be.

Why have a food-safety video targeted to pregnant women? Mitchell Cohen, M.D., of the Centers for Disease Control and Prevention says, "Any illness a pregnant woman contracts can affect her unborn child, whose immune system is too immature to fight back."



The video contains nine segments, each less than five minutes long. Starring in the video are four pregnant women, who appear in several of the scenes as the rap group known as "The 2-B Moms." State-agency staffers' favorite segments were "He said ... She said," a hilarious scene about food safety in the kitchen, and "Safely Bcttle-Feeding Your Baby," which covers important bottle-feeding tips, but also includes some positive statements on breast-feeding. We think staff and participants alike will enjoy this new video.

Meet me in St. Louis!

The 29th annual meeting of the Society for Nutrition Education (SNE) will take place July 20-24 in St. Louis, Missouri. This year's conference includes a variety of presentations such as teaching adults, reaching young children with nutrition messages, fats and fat replacers, creating high-impact nutrition messages, team nutrition, and a whole lot more.

Why should you attend? SNE gives you a chance to network with other nutrition educators, learn about the latest nutrition-education research and programs, and re-energize yourself through fun and learning.

If you can't make it to St. Louis for the conference, you can still benefit by becoming an SNE member. As a member, you will receive the *Journal of Nutrition Education*, which is a great resource for ideas and research, as well as the SNE newsletter, which informs members of activities and events.

For more information on the annual meeting or on becoming a member, contact SNE at (800) 235-6690, ext. 2, for registration questions, or ext. 3 for other meeting-related information.

PFA training continues to improve clinic management

By Anna Garcia

Clinic Management Nutritionist

A second round of post-Texas-WIN training in patient-flow analysis was conducted in March. The PFA classes were held in Temple and Houston and attended by staffers from Projects 1, 17, 22, 26, 48, 81, and 84. Through group discussions facilitated by state-agency PFA trainers Carol Filer and Anna Garcia, trainees studied ways to improve the management of Texas WIC clinics.

PFA studies were conducted at the trainees' clinics before they converted to the new Texas-WIN software. Improvements were seen in several cases. Just one example is the St. John's Annex clinic in Austin, managed by Project 1. It serves between 2,500 and 3,000 participants monthly.

A pre-conversion full-day PFA study was conducted at the St. John's Annex clinic on Aug. 17, 1994, followed by a post-conversion PFA study on Feb. 7, 1996. With 11 additional participants in the post-conversion study — but with no additional staffers — the average waiting time for initial certifications decreased by 16 minutes (from a 47-minute wait to a 31-minute wait). The waiting time for subcertifications was cut by three minutes. These improvements in customer service demonstrate that staffers across the state are learning through PFA to more efficiently manage their clinics.

Attendees at the training made many positive comments. Here are a few:

- ◆ "This was the best PFA session that I have attended. Enough time was allowed for each section, and the material was presented in a very informative and creative manner. I didn't really want to come, but I am so glad that I did. I learned a lot, had lots of fun, and met new people from other WIC projects. I enjoyed the class and look forward to the next one coming real soon."
- ◆ "It was my first time to come to a PFA meeting. I really learned a lot and enjoyed it."
- ◆ "I think that all Texas WIC projects need to do PFA."

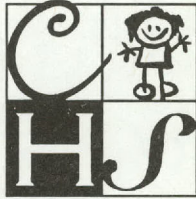


PFA trainees in Temple learned to analyze flow of patients. Seated from left are Sylvia Bravo, Project 22; Selma Nobrana and Amelia Garza, Project 1; Cheryl Eiclen, Project 81; and Laura Dunwody, Project 22. Standing from left are trainer Anna Garcia; Jackie Cother, Project 81; Carolyn Scott and Brenda Robinson, Project 22; Rebecca Lopez, Project 1; Crista Galvin-Cox, Project 81; and trainer Carol Filer.

New Child Health & Safety Initiative

By Jennifer VanGilder, M.A.
Staff Writer

WIC has always known that the future of Texas rests in the small hands of our children. We've certified, immunized, and helped feed many in tomorrow's workforce. Attention to children's issues is now becoming a top priority among other public-health agencies as they respond to the Texas Department of Health's newly formed Child Health & Safety Initiative.



Working in partnership with various state agencies, advocacy groups, and business leaders, CHSI is launching a broad-based effort to improve the health and safety of Texas children. The initiative will identify critical children's health issues that threaten their lives, physical development, and ability to learn. Widespread problems of nutritional deficiencies, vaccine-preventable diseases, injuries, and lack of health insurance all place children at risk.

CHSI recognizes that preventing even one such problem could save thousands of dollars more than the cost of treatment. Subcommittees within CHSI are researching ways to make a difference in the issues that affect children most.

On a state and local level, programs such as WIC can support the new CHSI in written materials and clinic settings.

We can urge pregnant relatives or friends to get prenatal care, we can buy helmets when we give birthday gifts such as bicycles or skates, and we can help our families practice good nutrition.

For more information about CHSI, call Lynn Denton or Alana Mallard at (512) 458-7449.

WICalendar

July

July 15-18 — Covey Seven Habits of Highly Effective People seminar, Regions 2 and 3, in Ft. Worth. For more information, call Dawn Everett at (512) 406-0740.

July 18-20 — The 24th Annual Seminar for Physicians on Breastfeeding, San Diego Hilton Beach and Tennis Resort, San Diego. For registration materials and more information, call Carol Kolar at (847) 519-7730.

July 20-24 — "Leadership through Diversity: Gateway to Change," 29th annual meeting of the Society of Nutrition Education, Regal Riverfront Hotel, St. Louis, Mo. For registration costs and other information, call Faye Labatt at (800) 235-6690, ext. 3.

July 22-25 — Covey Seven Habits of Highly Effective People seminar, Region 10, in El Paso. For more information, call Dawn Everett at (512) 406-0740.

July 30-31 — Patient-Flow Analysis for Post-Texas-WIN, Austin. Through the use of PFA graphs and statistics, participants will reevaluate their clinic systems and study clinic-management opportunities after Texas WIC's conversion to the Texas-WIN computer system. For more information, call Carol Filer at (512) 406-0757.

July 30-Aug. 1 — Competent Professional Authority (CPA) orientation, Austin. For more information, call Dawn Everett at (512) 406-0740.

July 31-Aug. 2 — Intensive Course in Breastfeeding, Phase I, Harlingen. For more information, call Missy Hammer at (512) 406-0744.

August

Aug. 2 — Lactation Management Workshop for Physicians, Harlingen. Workshop designed to improve physicians' skills at managing breastfeeding problems and special circumstances and assessing medications for nursing moms. For more information, call Missy Hammer at (512) 406-0744.

Aug. 14-16 — Intensive Course in Breastfeeding, Phase II, Austin. A week of in-depth training following up on concepts introduced in the three-day Phase I session. For more information, contact Jeanne Fisher at (512) 719-3010.

Aug. 19-22 — Covey Seven Habits of Highly Effective People seminar, Region 7, in Temple. For more information, call Dawn Everett at (512) 406-0740.

Aug. 19-22 — New local-agency directors' orientation, Austin. For more information, call Dawn Everett at (512) 406-0740.

Aug. 26-29 — Covey Seven Habits of Highly Effective People seminar, Region 1, in Lubbock. For more information, call Dawn Everett at (512) 406-0740.

Aug. 28-30 — Advanced Competent Professional Authority (CPA) training, Austin. For more information, call Dawn Everett at (512) 406-0740.

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

Texas plan to track immunizations wins top Smithsonian award in technology

By Marie Garland, R.N.

WIC Immunizations Coordinator

A computer system being developed by the Texas Department of Health for tracking the immunization records of all Texas children has won the Smithsonian Institution's recognition as the year's most outstanding innovation in information technology in the field of medicine.

The computer system, called ImmTrac, will become available in stages. It will enable medical personnel to verify whether a child has received current immunizations or boosters.

Texas WIC plans to phase in ImmTrac at the 16 largest WIC immunization sites by autumn 1996 and to other statewide WIC sites by the end of the 1997 fiscal year.

David Smith, M.D., Texas commissioner of health, said, "The Smithsonian's choice of ImmTrac for the honor is welcome praise for TDH and its partners who have helped to make ImmTrac a cooperative success. ImmTrac is the kind of pioneering project that demonstrates government at its best."

ImmTrac and the winning innovations in nine other information-technology categories will be added to a popular permanent Smithsonian exhibit, "The Information Age: People, Information, and Technology."



Texas Board of Health chair Walter D. Wilkerson Jr., M.D., right, presents Commissioner of Health David R. Smith, M.D., with a certificate designating the Texas Department of Health as a mother-friendly worksite.

Health department gets mom-friendly designation

By Chan McDermott, M.P.A.

Breastfeeding Promotion Projects Special st

The Texas Department of Health is the first employer in Texas to be officially designated as a mother-friendly worksite. The designation was made by Walter D. Wilkerson Jr., M.D., chair of the Texas Board of Health, who presented Commissioner of Health David R. Smith, M.D., with a certificate at the board's April meeting.

The Mother-Friendly Worksite Program was established in 1995 by the Texas Legislature as part of House Bill 359. The program is administered by TDH through Texas WIC's breastfeeding-promotion section. It requires participating employers to assist breastfeeding employees by providing flexible work schedules, a private place for pumping breastmilk, access to a sink and safe water supply, and access to refrigeration for moms who want to pump breastmilk during the work day.

TDH has also designated eight other Texas businesses as mother-friendly worksites.

A look at the EEO laws

By John-Paul Morgante, P.H.R.
Training Specialist

A woman applies for a WIC job where regular attendance is essential. She has four young children, ages 8, 5, 3, and 1. Can you reject her application because you think she may be absent too much?

Your immunization clerk has just had a baby and you find out that she and her husband have decided not to immunize their child because of religious reasons. Can you fire her because her position conflicts with her personal views?

The three EEO laws

These two examples address only a few of the areas covered by Equal Employment Opportunity (EEO) laws. Overall, three laws make up EEO: Title VII of the Civil Rights Act, the Age Discrimination in Employment Act (ADEA), and the Americans with Disabilities Act (ADA).

These laws specifically protect people who can be categorized into seven protected classes from discrimination in employment policies and practices. The seven protected classes are race, color, national origin, sex, religion, age, and disability.

In Texas, the Texas Commission on Human Rights has been set up to handle complaints based on alleged employment discrimination. The commission can be reached at (512) 837-8534.

General rules

All Texas WIC local agencies must comply with EEO laws. Though the laws can be complex, some general rules do apply:

- ◆ In employment practices such as hiring, compensation, promotions, work assignments, work environment, discipline, and firing, an employer cannot discriminate against an individual in a protected class.
- ◆ Policies and practices cannot create an adverse impact on a protected class in general.

- ◆ The employer must make reasonable accommodations for disabilities and religion, unless these accommodations create an undue hardship to the employer.
- ◆ Policies and practices should be objective, job-related, and consistently applied, and they should have a uniform effect on all employees.

Get advice

Although applying fairness and common sense is good when questions arise, consultation with someone well versed in EEO compliance is essential.

The EEO laws are written rather vaguely, and court rulings are constantly changing the current interpretations of them. Always contact your agency's human-resources or personnel department for advice, or call training specialist John-Paul Morgante at the state office at (512) 406-0740.

*My assistants don't look alike,
think alike, or have the
same personalities.
And I sure don't want them
all thinking the way I do.
You don't strive for sameness,
you strive for balance.
~ Paul 'Bear' Bryant.*



THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE

Covey Leadership Center •

Article 5 in a series

Habit One: Be proactive

By Judith Cayton Devin
Training Specialist

Proactive Paul and Reactive Rita both work at the same local agency but in different clinics. The clinics are both busy and understaffed with overworked employees. They face the usual headaches of jangling phones, kids running and screaming in the waiting rooms, clients who don't show up

on time and then forget to bring the documents which staffers had clearly explained must be brought to the appointment. Arrgghh! It's enough to make Paul and Rita pull out their hair.

Reactive Rita reacts in true form. She's nearly bald. She explains to late clients that policy says they must be rescheduled at a later date, no matter the circumstances. She feels that she can't possibly be productive in such a chaotic work atmosphere. If only the state would see the error of its ways and give them more money for a bigger and better clinic site. If only her supervisor would allow her to hire more people. If only the clients would shape up their messy lives and show up on time with the proper documents! "I can't do anything more with the people and the clinic I have," moans Reactive Rita.

Proactive Paul has responded a bit differently. Unlike Rita, he still has a full head of hair. To assist late clients, he tries hard to find solutions within the framework of the policy. He has networked with other local health agencies and come up with a few used room dividers to cut the noise and some donated toys to keep the children busy. He has conducted a patient-flow analysis and is working on ways to help his few staff members handle clients most efficiently. Although frustrated with the state office, he has networked with a few individuals there whom he can call on.

Paul's behavior embodies the first habit in Stephen Covey's Seven Habits of Highly Effective People: be proactive. Basically, being proactive means taking control of our own behavior, our own actions, and our own responses to life.

People who practice proactivity don't blame other people or their environment for their situation. Instead, they work to act instead of being acted upon. Even when bad things happen to

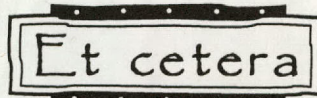
them, they know they have a choice of how to respond. It isn't easy to exercise proactivity, but the payoffs are enormous. Instead of being powerless victims of circumstance, we become the creators of our own lives.

When an angry, demanding participant challenges you or when the state office frustrates you, take a deep breath and remember that you have a choice of how to respond. You don't have to get angry; you can choose to respond in a number of constructive ways. It may be difficult the first few times you try it. But, with practice, proactivity can become a good habit, and you will become a more effective person.

*Leadership is the
ability to get people
to do what they
don't want to do
and like it.*

~ Harry Truman





By John Koloen
Staff Writer

Research available on nutrition education

Does nutrition education work? What are some effective nutrition-education interventions? Can they be replicated?

These are some of the questions that the U.S. Department of Agriculture sets out to answer in a series of reports. The reports provide a review of research on nutrition-education activities on preschool and school-age children, adults, and the elderly.

Copies of the series of research reviews are available from the USDA. Write to:

USDA Food and Consumer Service
Office of Analysis and Evaluation
3101 Park Center Drive
Alexandria, Va. 22302.

Free diabetes brochure

Hispanics are more likely to get diabetes, and at an earlier age, than are people from other ethnic groups.

The Baylor College of Medicine in Houston is offering a free diabetes brochure in English and Spanish. To obtain a copy, send a stamped, self-addressed business-size envelope to:

Diabetes
Office of Public Affairs
Baylor College of Medicine
Houston, Texas 77030.

Specify whether you want the English or Spanish version.

Kids not eating vegetables

It should come as no surprise to parents that children in the United States aren't eating their vegetables. A study by the National Cancer Institute and the U.S. Department of Agriculture found that 50 percent of children surveyed ate less than a serving of fruit each day. The USDA recommends at least five servings of vegetables and fruits daily.

According to the survey, 40 percent of children ages 2 to 5 ate less than one vegetable per day if French fries were excluded. Thirty percent of children ages 2 to 18 ate less than one serving of vegetables daily.

Another finding of the study is that 25 percent of the vegetables eaten by children and teens are French fries. The study surveyed 3,148 children ages 2 to 18.

The study was published in the American Medical Association's *Archives of Pediatrics & Adolescent Medicine*.

Helpline for farmworkers



Migrant and seasonal farmworkers need all the help they can get. Two places that they can turn to are the National Center for Migrant Health and the ESCORT Migrant Education Hotline. Both organizations have national toll-free phone numbers that farmworkers can call for assistance.

The National Center for Farmworker Health Inc. is located in Austin. The organization is a national information and referral resource on farmworker health issues. Farmworkers who call their toll-free number, (800) 377-9968, will receive information and advice on a variety of health problems. The NCFH tells callers the locations of health agencies that can provide them with the help they need. This number may also be used by health providers for information about farmworker health issues.

The Eastern Stream Center on Resources and Training (ESCORT) Migrant Education Hotline specializes in helping farmworkers obtain educational and health records of their children from schools they have attended. Their number is (800) 234-8848.

The organization also provides help and referrals for farmworkers who need housing or shelter, food, clothing, health care, and emergency assistance.

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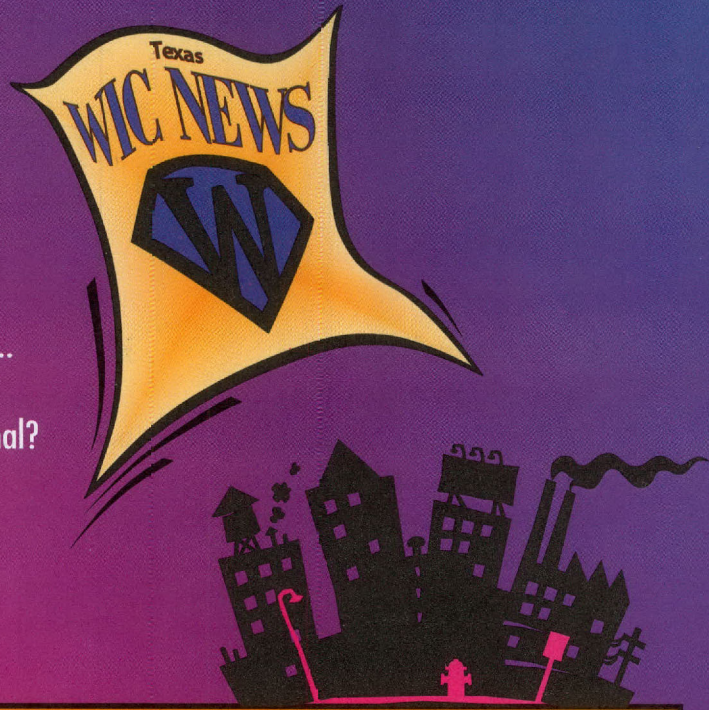
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