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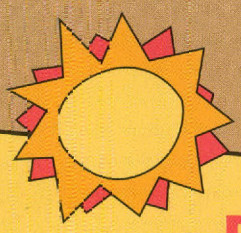
WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

July/August 1996
Volume 5, Number 6



light snow flurries



**DROUGHT
CONDITIONS
PERSIST**



tornado watch

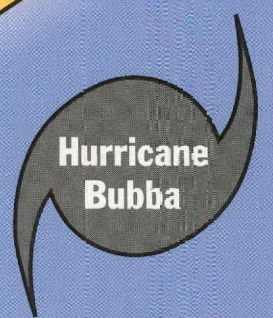


T-storms

hail

**Hot
& Dry!**

flash flood watch!



Hurricane
Bubba

sleet!?

WIC, Water, & Wacky Weather

Is the drought contaminating
your clients' water supply?



Electronic benefits transfer planned for WIC's future

By Debra Stabeno
Associate Commissioner
TDH Health Care Delivery

The Texas Department of Health is planning for the

future now. One focus of our planning involves a new way of delivering benefits; it's called EBT (electronic benefits transfer).

We all want to improve how we deliver WIC services in the clinic and at the grocery store. Remember, better service delivery is an important way to enhance customer service and to increase the number of eligible participants we serve. I'd like to tell you more about the EBT system and why Texas WIC and the U.S. Department of Agriculture have a serious interest in its use.

How EBT works

The EBT system would allow WIC participants to use a plastic card, issued at their WIC clinic, to pay for WIC foods at the grocery store. This process would ease difficulties with the cashier and eliminate the stigma associated with WIC vouchers. It would completely eliminate WIC food vouchers. It would also make it possible for the WIC program to reimburse vendors much more quickly.

Basically, there are three possible types of electronic benefits transfer:

- ◆ One type uses a card similar to an ATM card. It has a magnetic stripe which can be read by a store's computer that's linked through a modem with a WIC computer. (This linkage is referred to as an

"online system.") Based on the information encoded in the magnetic stripe, simple transfers of funds are conducted.

- ◆ The second type is a smart card. It contains a computer chip that can handle complicated WIC transactions involving specified foods, brands, sizes, and prices.
- ◆ A third option is a hybrid card, containing both a magnetic stripe *and* a chip. It is capable of dealing with the volumes of data required for many WIC transactions.

Last year, the Food Stamp and AFDC programs initiated the Lone Star card, which uses an EBT system that has been well received by clients and vendors. The card is part of an online system and contains a magnetic stripe ideally suited for simple cash transactions. WIC transactions, however, are more complicated and would require a smart card or hybrid technology, which may also be useful for containing a customer's immunization and health records.

Texas WIC's EBT and its role with other programs

For more than 20 years, TDH has recognized the importance of WIC's association with other health-care services. That's why it is important that Texas WIC's EBT system be developed to include the needs of other programs.

So, while EBT streamlines service delivery at the cash register

and reimbursement of the grocer, it also has room to incorporate a health passport. Other programs that could benefit include Immunizations and Texas Health Steps (formerly EPSDT). An electronic health card can make demographic, clinical, or financial information on clients readily available to various health-care programs in a cost-effective, secure, and reliable manner.

Investigating EBT options

Texas WIC began forming a team in April to research and study EBT technology appropriate for the WIC program. The team is headed by Mike Montgomery, on loan to the state agency from Project 7. A Merchant and Consumer Advisory Committee for EBT has also been formed. It includes retailers, consumer advocates, and representatives from the state Comptroller's office. Also included are Texas WIC state-agency staffers and two local-agency directors, Ann Salyer-Caldwell and Jackie McLaughlin.

USDA has provided Texas WIC with the consulting services of Booz, Allen and Hamilton. These consultants are putting together recommendations for EBT usage. Their report is due in September, after which we will review alternatives and make our final decisions. We will decide whether it is economically feasible to move immediately toward establishing an EBT system, and, if so, which system is best suited to our needs now and in the future.

You'll be hearing a lot more about EBT as we move closer to a decision. We will keep you posted on our progress with this new technology, and we welcome your comments.

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Texas

WIC NEWS

Special Supplemental Nutrition Program for Women, Infants & Children

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Cover: Texas weather brings drought, floods, tornadoes, and hurricanes. All can lead to contaminated water supplies. Cover design by Christine Grether.

Project 19

Vida Y Salud enjoys 'outstanding' celebration

Staffers at Project 19 gathered for a celebratory luncheon in Crystal City this spring shortly after being named Texas WIC's 1995 Outstanding Project of the Year at the annual state meeting on April 8. They were commended by their director, Ofelia Juarez, for also winning awards for breastfeeding promotion, high-quality clinical performance, and successful transition to the Texas-WIN automated system.

After returning from the state meeting with the awards, Juarez presented them to Vida Y Salud's board of directors and chief executive officer Ventura Gonzales Jr. at a board meeting on April 23. Gonzales congratulated Juarez and her staff for their dedication in achieving excellence and for their devotion to promoting the best nutrition education to the community.

The local agency received a congratulatory letter from District 43 State Rep. Tracy O. King, and the staff's celebratory luncheon was featured in Crystal City's newspaper, the *Sentinel*.

The Outstanding Project of the Year award is the highest honor given to Texas WIC agencies. Vida Y Salud serves Zavala, Dimmit, La Salle, and Uvalde counties.



Project 19 staffers celebrate their outstanding performance. In the front row, from left, are Minerva Rosales, Beatriz Castillo, Amparo Olguin, Ofelia Juarez, Sonia G. Hernandez, and Sylvia Arias. In the middle row are Elizabeth Perez, Aracelia Contreras, Santa Guerrero, Diana Cardona, Rosalina Rodriguez, Janie Roque, Oralia De La Fuente, Elizabeth Rangel, and Susana Ramon. In the back row are Judy Quiroga and Ofelia Caballero.



Abel Hernandez, left, visits Project 59 with his grandchildren Priscilla, Janelle, and Genaro Galindo. Nutritionist Ruby Farias, standing, certifies Priscilla and counsels the family on maintaining proper nutrition.

Project 59

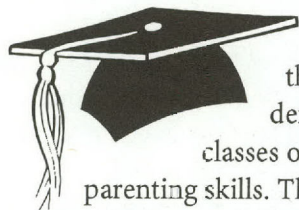
Grandfather happy with double duty

Abel Hernandez regularly brings his young granddaughter, 3-year-old Priscilla Galindo, to Project 59 in San Antonio. Hernandez has had custody of his daughter's three children since the beginning of this year.

Priscilla first came to WIC with her mother last August. Her siblings, Janelle, 9, and Genaro, 7, also received WIC services when they were younger. Hernandez says he will continue to raise his grandchildren until his daughter is able to care for them herself.

"We were all touched by the situation when he first came in," says Project 59 director Elisa Rueles Perez. "He's retired and not used to taking care of children, but the kids love him just like a dad."

Graduation day



WIC is a big part of the Edgewood Independent School District's classes on pregnancy and parenting skills. The classes are held in four high schools in the San Antonio area.

Project 59 WIC director Elisa Rueles Perez and clerk Dalia Escamilla teach a nutrition-education class every month to the parenting and pregnancy students at Kennedy, Memorial, Community-Based, and Edgewood high schools. Several other agencies make presentations to the students and show videos, Perez says.

"We give our lesson and also hand out vouchers, so we are actually providing services to the students at the school," she says.

The schools recently held a graduation party for the parenting/pregnancy students who are all receiving WIC services. Perez and breastfeeding coordinator Virginia Hernandez attended the event.



WIC director Elisa Rueles Perez, left, and breastfeeding coordinator Virginia Hernandez, far right, attend a graduation party with pregnancy students at an area high school.



Project 84

Immunizations nurses volunteer time

The L.V.N.'s in Project 84, which serves four counties near Houston, believe in paying a favor back. That's why they've been volunteering many of their Saturdays to work, unpaid, at immunization clinics across Region 6.

"Our L.V.N.s receive monthly in-service training from Brenda Criswell, the immunizations R.N. for Region 6," says Project 84 director Veronica Brown. "She's been doing it since WIC immunizations began in April 1993." In return



Kris Olmos, L.V.N., provides an immunization during a Shots Across Texas event in Montgomery County.

for this training, the L.V.N.s assist Criswell with her immunization clinics.

"They've been real busy lately," says Brown. "There's a measles outbreak now, and they've been immunizing kids in Liberty, Montgomery, Harris, and Waller counties." The staff now takes the opportunity to conduct WIC outreach at immunizations clinics and frequently certifies new clients into the WIC program.

Project 84 has six immunizations L.V.N.s: Barbara Carter, Betty Dorsey, Shirley Henderson, Jan Hudson, Patti Mosley, and Kris Olmos.

In April, they joined Criswell in visits to several elementary schools throughout the region during kindergarten registration days. They offered free immunizations promoting National Immunization Month. Dorsey and Hudson assisted at Dayton ISD in Liberty County, where 241 children were immunized. Olmos and

Mosley participated in a four-site Shots Across Texas event in Montgomery County. More than 800 children were immunized.

"Enthusiasm for their job is evident in their performance," says Criswell. "Their knowledge and caring has helped toward reaching the goal of immunizing 'every little Texan by 2.'"

Project 21

Client thanks Wichita Falls staff

After visiting the Wichita Falls WIC facility this spring, client Lisa McNeely was impressed with the clinic's high-quality customer service. She sent the staff a letter thanking them for their "kindness and thoroughness," with special recognition for the efforts of WIC clerk Vanida Tuttle.

"I'm so grateful that your staff members are kind, considerate, and helpful," McNeely wrote.

—
*When it comes
to customers,
what you see
is only a small part
of what you get.*

*Everybody is somebody
who deserves your
courtesy and respect.*

*~ from the video
The Seven Deadly Sins
of Customer Service*



Project 39

Outreach Day draws 300

About 300 people attended Project 39's second annual WIC Outreach Day on May 31. Outreach Day is like a fair at the Tyler WIC office. Staffers solicited healthy foods and prizes to give away to WIC participants and potential eligibles.

Activities included playing the Fruito game (a variation of Bingo, with raisins as prizes), food demonstrations on how to prepare simple recipes using WIC foods, a "moon walk" for children, face painting provided by Head Start, entertainment provided by clowns from the Shriners, a ring-toss game with 100 percent fruit juice as prizes, and drawings for prizes donated by vendors. WIC mom Amalia Garcia won the grand prize, an infant car seat.

Walk-ins were taken if they had all of their information, shots were given, and vouchers were issued to those needing them who attended the food demonstrations.

The Jacksonville clinic's Outreach Day was like an open house. Local pediatricians, OB/GYN physicians, and representatives of health agencies were invited for a tour, refreshments, and information. Prizes and refreshments also were provided for participants and potential eligibles. All of the staff worked very hard to make Outreach Day fun and successful.



Project 39 staffers and their children ride in WIC's sunflower float during the Smith County Sesquicentennial Parade.

Sesquicentennial parade

Giant sunflowers provided a visual theme for Project 39 staffers who participated in the Smith County Sesquicentennial Parade in downtown Tyler on April 20. Staffers based the design of their parade float on the new Texas WIC slogan, "Growing Healthy Families."

Outreach coordinator Cheryl Carver, L.V.N, and community-service aide Mireya Staples were the brains behind the operation. They designed and put together the float, which included giant sunflowers, grass, and the local telephone number on each side. The red WIC banner was posted on the back of the float.

Staffers and their children rode in the float and in the bed of the truck pulling it. The children waved large cardboard sunflowers at onlookers. A toddler named Mikayla Gallegly, daughter of breastfeeding peer-counselor Jeanie Gallegly, carried out the sunflower theme by becoming one. She wore a sunny yellow jumper and a large, floppy, sunflower-shaped hat.

Carver and Staples also designed a black T-shirt with the Texas WIC logo on it and a big sunflower beneath the logo. Their eye-catching T-shirts were worn by many at the event.



Project 74

Breastfeeding a success for first-time mom

“Claude and Emma Lamar Murphy wondered if having a baby would ever be in the stars for them,” says Georgia Harris, director of Project 74 in Brownwood. “It was.”

Claude, 63, and Emma, 36, became first-time parents on May 2 when Claude Murphy Jr. was delivered by C-section. Their son weighed in at 8 pounds, 9 ounces.

“Emma knew that the best start she could give her baby was to breastfeed, but she needed a pump and counseling,” says Harris. Murphy was a client at Project 59’s clinic in Coleman, which didn’t have a breast pump that day. Instead, staffers there called the Brownwood local agency for one. Harris, a certified lactation consultant, helped get the new mom and her infant off to a good start.

The Murphys came back to the Brownwood clinic two weeks later to return the pump. They brought their thriving, breastfed son along for the visit. The 63-year-old dad was proud of both his infant son and his wife. “Can you believe that such a beautiful woman married me?” he asked Harris. “Oh, hush,” said his wife. “You’re beautiful to me.”

Harris promptly returned the borrowed breast pump to Project 59. “It’s so good when projects ‘share their toys,’” she says.



First-time parents Claude and Emma Lamar Murphy are delighted with their bootie-clad baby.

Project 15

Peer-counselor program starting in Montgomery County

Project 15 is starting a breastfeeding peer-counselor program in August. The local agency supports its pregnant and breast-feeding mothers by giving a nursing bra to each nursing mom. Manual breast pumps, breast shells, and nursing books are available as well. Mothers with special needs are provided with a Lactina electric breast pump and supplemental nursing systems.

Project 15’s breastfeeding coordinator, Kari Kaiser, R.D., wanted to create a clinic environment that encourages breastfeeding. She designed two colorful bulletin boards about breastfeeding. One invites clients to let her help them.

The other bulletin board is in English and Spanish. It encourages moms to breastfeed and features photographs of Project 15’s WIC moms with their healthy, breastfed babies.

This bilingual bulletin board encourages nursing.





Head Start kids in San Saba enjoy their visit from WIC staffer Azucena Tovar.

Project 45

Outreach efforts keep calendar full

WIC Project 45's calendar has been full with outreach projects such as Chuckles presentations to Head Start centers, food-pyramid fairs, and infant-immunization awareness days.

The WIC children's video, *Chuckles and the Happy Teeth*, was presented to children in Head Start programs in Comanche, Goldthwaite, San Saba, and De Leon. Each child received a toothbrush and WIC stickers. Another video, *Chuckles and the Super Snacks*, made a separate visit to the Head Start facility in Comanche. "Chuckles was a big hit with the Head Start kids," says Project 45 director Margaret Sapien. "Every

child there received an apple, just like Chuckles did in the video."

In February, all Project 45 WIC participants were mailed a Valentine's Day card that doubled as a reminder card.

Food-pyramid fairs and infant-immunization awareness days were held in De Leon, San Saba, and Goldthwaite. Each infant who came in to have an immunization check received a spoon or a training cup.

At the "Because We Care Health Fair" at the De Leon City Hall on April 26, Project 45 staff members provided dietary assessments for anyone requesting one and handed out *WIC for You* pamphlets and *Food & Family* magazines. In May, staff members visited with area doctors to give each an information packet with the new non-contract-formula forms and policy. "We are working hard to make it known that WIC is a health program," says Sapien.



Project 81

Project 81 hits home run

In April, Project 81 in Burnet displayed a WIC banner at the city baseball field, where it stayed up through June.

The staff coordinated the effort with city employees and chose the baseball field because of its high visibility.

*"Be kind and merciful.
Let no one ever come to you
without coming away
better and happier."*

~ Mother Teresa



Project 33

El Paso WIC celebrates National Nutrition Month

Project 33 staffers held open houses at 11 WIC centers in El Paso and the surrounding county during National Nutrition Month in March. Their goal was to increase awareness of healthy nutrition habits and to inform the public that WIC provides nutrition education.

The staff distributed media kits to major television stations and newspapers. The local agency also invited representatives from the American Heart Association and the American Cancer Society to join WIC nutrition presentations at three area schools.

TV news covered the event. In addition, Norwest Bank ran an electronic board message about WIC at its branches throughout the city. The message said, "WIC is Celebrating National Nutrition Month."

On March 20, the El Paso City-County Health and Environmental District's Board of Health passed a resolution proclaiming March as National Nutrition Month. The board then enjoyed a nutrition-oriented luncheon.



Project 33 staffers celebrate National Nutrition Month at the Generation 2000 Children's Fair. Sitting in front, from left, are Olga Alderette and Patsy Lugo. Behind them are Dolores Ortegon, Margie Miranda, and Carmen Webb.

WIC classes held at Head Start

Project 33 in El Paso contacted Head Start social workers and site managers to schedule WIC presentations at Head Start monthly parent meetings. WIC outreach staff sent a letter and survey offering nutrition-education classes to all Head Start parents. Those parents already on WIC who needed a class were able to attend the class at the Head Start site, and their vouchers were mailed to them.

After piloting at one Head Start location, 13 sites have been given presentations, and five of these are currently receiving monthly WIC nutrition-education classes.

Staying in business

Project 33 has developed business cards for staff to give to friends, family, and others who may need WIC services. Outreach staff members have distributed these business cards through various community venues.

Donna Seward, Project 33's director, sends welcome letters to new clients. The letters explain WIC procedures and congratulate the new participants on investing in their family's future.

*We didn't all
come over
in the same ship,
but we're all
in the same boat.*

~ Bernard M. Baruch





Project 11

The Hitchcock Community Center WIC Clinic opened July 8 at 7801 Burns St. in Hitchcock. It's open Monday through Fridays from 8 a.m. to 5 p.m. Its phone number is (409) 986-1812, and its mailing address is:

Galveston County Health District
1207 Oak St.
La Marque, Texas 77568.

Project 12

A mobile clinic opened July 22 in Hidalgo County. It's open Mondays through Fridays from 9:30 a.m. to 4 p.m. Its phone number is (210) 279-7080 and its mailing address is:

WIC Administrative Office
1422 E. University Drive
Edinburg, Texas 78539.

Project 17

Two clinics recently opened at Project 17 in Houston. Both share the same mailing address:

Karen Gibson, WIC Director
12401½ S. Post Oak, Suite 122
Houston, Texas 77045.

1. The Hobby Area Clinic reopened Aug. 14 at 8200 Park Place. It serves clients on the second and fourth Wednesdays of each month from 8 a.m. to 4:30 p.m. Its phone number is (713) 728-8592.
2. The North Shores Assistance Ministries Clinic opened Aug. 15 at 13837 Bonham. Its hours are from 9 a.m. to 4 p.m. on the first and third Thursdays of each month. Its phone number is (713) 223-1891.

Project 22

The West WIC Clinic opened at 101 Pine St. in West on June 17. It's open on the third Monday of each month from 9 a.m. to 4 p.m., and its phone number is (817) 750-5474. Its mailing address is:

Waco-McLennan County
Public Health District
ATTN: Carolyn Scott, WIC Director
223 W. Waco Drive
Waco, Texas 76707.

Project 31

A new clinic opened Oct. 1, 1995, at the Wainwright Community Center on Fort

Hood. It's open on Tuesdays and Thursdays from 8 a.m. to 3 p.m. Its phone number is (817) 532-8680, and its mailing address is:

Bell County Public Health District
116 W. Avenue G
Temple, Texas 76504.

Project 44

A new WIC clinic opened July 8 at 442 Liberty Drive in Del Rio. It's open on Tuesdays and Thursdays from 8:30 to 11:30 a.m. Its phone number is (210) 298-5620, and its mailing address is:

City of Del Rio WIC Program
200 Bridge St.
Del Rio, Texas 78840.

Project 48

The South Houston WIC Clinic opened Aug. 5 at 1603 Spencer Highway in Pasadena. It's open on Mondays from 8 a.m. to 7 p.m. and on other weekdays from 8 a.m. to 5 p.m. Its phone number is (713) 941-5035, and its mailing address is:

Harris County Health Department
WIC Division
ATTN: Victoria Bowie, WIC Director
2223 West Loop South
Houston, Texas 77027.

Project 76

Two new clinic sites recently were added to Project 76. The mailing address for both is:

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

1. On June 1, a new WIC clinic opened at the Catholic Community Center in the Texas Panhandle town of Quitaque. It serves clients from 9:30 a.m. to 3:30 p.m. on the second Thursday of each month. It can be reached by calling (806) 259-5004.
2. On July 9, the Huguley Mobile Unit at 1201 E. Henderson in Cleburne became operational. It's open on Tuesdays from 8 a.m. to 5 p.m. Its phone number is (817) 641-7211.

Project 81

On July 11, WIC services in Blanco County became the responsibility of Project 95. See below.

Project 84

Two clinic sites recently opened at Project 84. Both share the same mailing address:

Region 6, WIC Project 84
5425 Polk Ave., Suite J
Houston, Texas 77023.

1. The Hempstead WIC Clinic opened June 15 at 604 14th Street in Hempstead. Its phone number is (409) 826-8580. It's open on the first and third Wednesdays of each month from 8 a.m. to 4 p.m.
2. The Dayton WIC Clinic opened July 10 at 2502 N. Winfrey in Dayton. Its phone number is (409) 258-5372. It's open on Wednesdays from 8:30 a.m. to 4:30 p.m.

Project 88

The Kingsville Satellite Clinic opened June 17 at 1011 E. Henrietta in Huntsville. Its hours vary. Its phone number is (512) 595-2057, and its mailing address is:

Texas Dept. of Health, WIC Program
1233 Agness
Corpus Christi, Texas 78401

Project 95

On July 11, the WIC clinic on Blanco Avenue in Blanco was converted from Project 81 to Project 95. Its new name is the Hill Country Memorial Hospital WIC Blanco County Clinic. It's open on the second and fourth Thursdays of each month from 9 a.m. to 4 p.m. Its phone number is (210) 257-4400, and its mailing address is:

Nicole Spenrath, WIC Director
838-F Sidney Baker
Kerrville, Texas 78028.

Project 97

On July 1, a new local agency was formed: the Fayette Memorial Hospital WIC Program, directed by Cindy Manning, R.D. It serves Fayette and Lee counties. The phone number for the administrative offices is (409) 968-6391. Two clinics on July 1. The mailing address for both, as well as Project 97's offices, is:

275 Ellinger Road
La Grange, Texas 78945.

1. WIC services at the Fayette Memorial Medical/Fayette County Public Clinic in La Grange are available on Tuesdays and Thursdays from 7:30 a.m. to 4:30 p.m. The clinic's phone number is (409) 968-9454.
2. WIC services at the Fayette Memorial Medical/Lee County Public Clinic at 761 E. Austin in Giddings are available on Wednesdays and Fridays from 7:30 a.m. to 4:30 p.m. On the fourth Wednesday of each month, the clinic is open until 7 p.m. Its phone number is (409) 968-9454.

Contaminated water threatens health and safety

By Marie Garland, R.N., WIC Immunization Coordinator



Many people wrongly believe that there is such a thing as “normal” weather. We have weather records going back a hundred years, so we should be able to average it all out and come up with what’s normal, right? Wrong. Actually, the idea of “normal” weather is purely a mathematical construction of chance and probabilities, like playing the lottery.

In fact, weather records show us that variation is normal in weather, not just from day to day, week to week, or one year to the next. Weather patterns can last for years. Some decades are hot and dry, and others are cool and wet.

Drought and floods

Many parts of Texas have been experiencing drought conditions since mid-1992. As of April 1996, 219 of the state’s 254 counties qualified for emergency drought assistance from USDA. The drought, one of the most intense in decades, has had a severe effect on local communities.

A drought is often followed by flash floods because, when the rain finally comes, the ground has been hardened by the drought and can no longer easily absorb rapid rainfall.

Both of these weather situations have an effect on the water we drink and use for everyday activities. While it would appear that drought and flash floods are opposites, the effect they have on the water you drink is remarkably similar.

Water contamination

Drought causes lowered water levels in the wells, rivers, streams, and aquifers that supply our water. As these levels fall, the relative percentage of contaminants in the water increases. Also, the amount of natural water flow decreases, and the contamination is no longer spread out over a large area. Thus, nature loses its ability to “recharge” or “clean” the water by running and filtering it through rocks, sand, limestone, etc.

A similar situation occurs in flash floods. Here, however, there is too much water for natural filtering to handle. During floods, unusual sources of contamination are swept into the water supply, further overwhelming the natural filtering.

Contamination of your water supply can become a major health hazard for you and your family. While the list of potential drinking-water contaminants is large and continues to grow, two sources pose the most acute threat to human health: nitrates and bacteria.

Nitrates are particularly dangerous to infants. Nitrates react with the blood’s hemoglobin and interfere with its ability to carry oxygen. The result is the sometimes fatal blue-baby syndrome. Bacteria in contaminated water can cause diarrhea, fever, and diseases such as typhoid, cholera, and infectious hepatitis.




In a drought, rural water supplies such as well water can become stagnant. It might smell bad — don’t taste it! Contamination might have occurred because the mineral level of the water has changed or there might be harmful bacteria and viruses in the water.

In a flood situation, runoff from nearby farms and ranches can empty pesticides and animal wastes into the water supply. Other environmental pollutants such as oil, gasoline, and trash from cities upstream can be washed into overflowing rivers, creeks, and lakes.

In cities, the force of the floodwaters can break water lines, resulting in a temporarily contaminated water supply. Tornadoes and hurricanes can also damage municipal water lines.

Contaminated water can make anyone really sick. It is especially dangerous to infants, small children, elderly adults, and the chronically ill.

If your clinic is in an area where water quality is a problem, be sure to discuss these precautions with your clients. WIC staffers should use the guidelines below in advising clients who need to make sure that their families' drinking water is safe:

1. Never use water that contains floating materials or has a dark color or a smelly odor.
2. Never drink rainwater. In the city, rainwater contains environmental pollutants found in smog, such as lead. Just about all rainwater contains bird droppings, dust, and concentrated pollens that could cause allergy attacks.
3. To disinfect tapwater or well water, use *one* of the following methods:
 -  Boil at a rolling boil for 10 minutes, or
 -  Add eight drops of chlorine bleach to a gallon of water (never use more than eight drops), or
 -  Add water-purification tablets according to the directions on the box. These tablets can be purchased at most drugstores and sporting-goods stores.Thoroughly mix these solutions and let the water stand for at least 30 minutes before using. To lessen the flat taste of boiled water, pour the water back and forth between two clean containers.
4. Don't forget that the water you use for cooking and washing needs to be disinfected, too. Disinfection is not only for drinking water.

5. Remember that WIC Policy FD: 24.1 permits clinics to distribute pre-mixed, ready-to-feed infant formula to families with no source of safe drinking water to mix with regular infant-formula powders or concentrates.

Doctors also recommend keeping a pediatric electrolyte solution on hand, such as Pedialyte, Ricelyte, or even Gatorade, for replacement of any fluids if the child vomits

or has diarrhea. However, these solutions are *not* a replacement for water or other beverages.

6. Remember that infants and toddlers will put anything in their mouths. When their hands, faces, and playthings are washed, only disinfected water should be used.
7. Offer your clients copies of the June 1995 issue of *WIC for You*. It's full of tips about water. Call Delores Preece at (512) 458-7440 to order your copies.

The body's need for water

About 65 percent of adult body weight is water; for infants, it's 75 percent. We can survive for many days without food, but 48 hours without water is seriously life-threatening.

Water is essential to the removal of body wastes and toxins. They are carried out of the body by water eliminated through breathing, sweating, urinating, and defecating. By sending excess heat generated by physical activity to the skin's surface, water is also the body's principal means of cooling.

Dehydration causes the blood to thicken and decrease in volume. The heart beats faster, yet it moves less blood. Thus, less oxygen and fewer nutrients are delivered to the muscles, body organs, and brain. The result can be a loss in both mental and physical ability, muscle cramping, nausea, and fatigue.

A person can lose up to a quart of water in just one hour of walking. Playing a soccer or football game can result in the loss of three to four quarts of fluid.

In infants and children, water takes up a greater proportion of their body weight, so water loss affects them more intensely. Their immature body systems cannot handle the stress of dehydration and heat.

Encourage your WIC clients to consume lots of fluids, but be sure they're uncontaminated fluids. Remember the importance of respecting and taking care of our

valuable water resources. Be aware of water problems in your community, and teach your clients how to ensure the safety of their water.

Helpful phone numbers

The Texas Natural Resources Conservation Commission at (512) 239-6020 can provide information on water quality, testing of well water for mineral content, "boil water" notices, treatment of drinking water, and the public drinking-water supply.

Here's a list of the TNRCC's regional offices:

Abilene	(915) 698-9674
Amarillo	(806) 353-9251
Arlington	(214) 283-3703
Austin	(512) 339-2929
Beaumont	(409) 898-3838
Corpus Christi	(512) 980-3100
El Paso	(915) 778-9634
Harlingen	(210) 425-6010
Houston	(713) 767-3650
Lubbock	(806) 796-7092
Odessa	(915) 362-6997
San Angelo	(915) 655-9479
San Antonio	(210) 490-3096
	ext. 335
Tyler	(903) 595-5466
Waco	(817) 751-0335





Learning from each other Summer workshop shines with ideas

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

Each year, nutrition-education staffers at the state agency learn more about the needs of nutrition educators in clinics across the state. Each year, Texas WIC seeks ways to respond to these needs.

Evaluations from last year's summer workshop revealed a strong desire for more ideas, networking, and training. In response, this year we invited educators to a variety of workshops. Topics included creative teaching, community-based WIC nutrition education, NE/BF materials, self-paced lessons, and planning for facilitated discussion. Workshop attendees heard news on dental cavities and USDA's Team Nutrition program. They also discussed the 1997 NE/BF plans.

In addition to doorprize drawings, attendees enjoyed posing tough questions to "WICsperts" and watching creative people make spectacles of themselves in the sunglasses contest.

Topics prioritized

For many WIC staffers, the annual NE/BF Summer Workshop is their only chance to go to a professional meeting. This year, the workshop centered around motivation and creativity in nutrition education, taught by nutrition educator Pam McCarthy (see page 16).

Novice nutrition-education coordinators reviewed the year's nutrition-education plan in depth while veterans tackled various nutrition-education issues. WIC educators from across Texas

prioritized topics for the state-agency staff to work on in the next year, including materials that address infant problems, picky eaters, low-fat cooking and diets, and overweight children.

Winners one and all

Two local agencies won the 1996 Your Time to Shine pamphlet contest. Susie Burt from Project 77 designed the winning pamphlet, *Common Infant Problems*. Another pamphlet, *Savvy Shopping Before and At the Store*, also won. It was developed at Project 88 by Cynthia Fitzgibbons, Rachel Garcia, Annie Green, Tracy Thomas, and Ninfa Villarreal. State-agency staffers will help both winners edit, produce, and distribute their pamphlets to WIC clinics throughout Texas.

About 10 doorprizes were awarded. All but one were announced at the workshop; the final winner was Melissa Crouch of Project 57 in Greenville. The state agency will send her clinic the Ellyn Satter book *How to Get Your Kids to Eat, But Not Too Much*.

Getting better

And what did the state staff learn from this third year of sharing, training, and planning? McCarthy reminded us about how important it is to nourish creativity, to stay in touch with WIC's frontline educators, and to shake up our points of view so that we can develop high-impact messages.

We also got clear feedback from you on how to make next year's workshop even better. Thank you to all of Texas WIC's nutrition educators for being so great to work with and for the good work you do with our families at WIC.

Photo by John Koloen



Participants in the Nutrition Education Crazy Sunglasses competition included, front row from left, Melissa Crouch, Project 57; Sharon Swize, Project 5; Nell Northcutt, Project 70; Judy Weibler, Project 49; and Norma Llanes, Project 4. In the back row are Dee Gates, Project 34; Christina Lindner, Project 31; Ana Brizuela, Project 26; Graciela Requeñez, Project 9; Donna Rose, Project 13; Esther Duran, Project 72; and Shirley Ives, Project 51. Requeñez, who won the contest, received a puzzle of the food-guide pyramid.



Breastfeeding coordinators attend workshop

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

Breastfeeding education was on the menu at Texas WIC's 1996 Nutrition Education and Breastfeeding Summer Workshop held June 26 to June 28 in Austin. Breastfeeding and nutrition-education coordinators from WIC local agencies across the state gathered to get an overview of the annual breastfeeding plan, participate in round-table discussions, and receive updates on new happenings in breastfeeding.

The meeting was an opportunity for Texas WIC's breastfeeding-promotion section to debut some new materials, including new sheets on breastfeeding tips and the *Breastfeeding Promotion: A Community Responsibility* items developed for World Breastfeeding Day. These items, all incorporating a design by breastfeeding-promotion specialist Laurie Coker, includes posters, memo pads, buttons, and an information packet.

Workshop's accomplishments

Nancy Liedtke, a breastfeeding-promotion nutritionist at the state agency, enlisted the help of willing volunteers to review and evaluate the prototypes of the tip sheets. These sheets had been developed as quick tear-off sheets on a variety of breastfeeding subjects.

Another breastfeeding-promotion nutritionist, Shirley Ellis, discussed ideas for World Breastfeeding Day 1996.

Local-agency staffers were

updated on the Baby Friendly Hospital Initiative, a WHO/UNICEF project to be piloted in Texas. The update was provided by breastfeeding-promotion-projects specialist Chan McDermott.

The founder and coordinator of Texas WIC's successful breastfeeding peer-counselor program, Jewell Stremler, gave a report on the work of peer counselors across the state. The event marked the fifth anniversary of Texas WIC's peer-counseling program.

A discussion about the FY97 breastfeeding plan was led by breastfeeding-promotion coordinator Janet Rourke, assisted by Stremler and Coker.

Breastfeeding award

One exciting feature of the workshop was the announcement of

the recipient of the annual Debra Stabeno Award for Breastfeeding Promotion. Many local agencies nominated individuals who have worked hard to increase the rate of breastfeeding in their communities.

This year's winner was James L. Lukefahr, M.D., a pediatrician formerly associated with Driscoll Children's Hospital in Corpus Christi. Lukefahr, who has just relocated to UTMB at Galveston, is a true advocate of breastfeeding. He has spoken at numerous breastfeeding conferences; promoted breastfeeding to area physicians, nurses, and residents; supported peer counselors by speaking at graduations and collaborating on research projects; conducted research on breastfeeding patterns; founded or served on various national and local breastfeeding task forces; and testified on behalf of NAWD regarding block grants.

Lukefahr has also served, gratis, as medical director of the WIC program at Driscoll Children's Hospital.

The award was presented last year to Maryelle Vonlanthen, and the year before to Phyllis Speranza.

Photo by John Koloen



Breastfeeding advocates parade their eyewear for the Breastfeeding Crazy Sunglasses competition. From left are Georgia Taylor, Project 80; Elizabeth Cardenas, Project 12; Azucena Tovar, Project 45; Sharon Bodurtha, Project 58; Elsie Graham, Project 4; Bernadine Crockett, Project 30; Laurie Terell, Project 36; and Julie Helleck, Project 22. Cardenas won the contest and received an anatomical model of a female human breast.

Tips from the 1996 NEBF Summer Workshop

Adding creativity to nutrition education

By Rachel Jule

Nutrition Education Specialist

How would you teach nutrition without pamphlets, lectures, or videos?

This question leads to just one of the many activities suggested by Pam McCarthy, M.S., R.D., in her presentation, "Preventing Rigor Mortis in Nutrition Education," at the 1996 Nutrition Education and Breastfeeding Promotion Summer Workshop. McCarthy, a nutrition educator from St. Paul, Minn., uses this question to spur creativity and demonstrate how nutrition can be taught using non-traditional teaching methods.

McCarthy started the activity by giving each group in the audience 15 minutes to come up with 25 creative ideas, followed by an additional 15 minutes for 25 more ideas. Apparently, it wasn't as hard as we all thought it would be. Many people were still brainstorming on creative ideas after a 15-minute break. Try this activity with your staff, and you'll be amazed at the results.

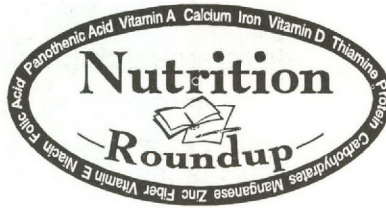
If you didn't get a chance to write down all the ideas, here's a list from the conference:

- ◆ scratch-off tickets with nutrition messages
- ◆ Nintendo-style games incorporating WIC foods
- ◆ baby blankets with nutrition messages
- ◆ sunglasses featuring nutrition messages or your favorite fruit or vegetable
- ◆ clever nutrition-education cards
- ◆ windshield shade covers with nutrition messages
- ◆ T-shirts with nutrition messages
- ◆ rub-off tattoos with nutrition messages
- ◆ fortune cookies with nutrition messages
- ◆ bumper stickers
- ◆ nutrition messages on grocery-store bags
- ◆ 1-800 nutrition phone lines
- ◆ placemats with nutrition tips
- ◆ cartoon characters featuring fruits and vegetables
- ◆ nutrition fortune tellers for waiting rooms
- ◆ puzzles with nutrition messages
- ◆ book covers
- ◆ helping WIC participants start a community garden
- ◆ nutrition messages in church bulletins
- ◆ nutrition information on ceilings

- ◆ coloring books
- ◆ dressing up WIC staff like their favorite fruit or vegetable
- ◆ grocery-cart messages
- ◆ touring the local community gardens
- ◆ demonstrating use of kitchen tools
- ◆ ethnic-food buffets at WIC clinics
- ◆ Band-Aids-style adhesive bandages decorated with different food themes or nutrition messages
- ◆ magnets with nutrition themes
- ◆ kids' coloring contests
- ◆ casino night at the WIC clinic with winners receiving food instead of money
- ◆ scratch-and-sniff stickers
- ◆ playing charades in the nutrition classes
- ◆ asking parents to give their testimonials on feeding toddlers, picky eaters, etc.
- ◆ puppets for the children's classes
- ◆ talent shows with WIC staff or participants
- ◆ picnics for WIC participants
- ◆ crossword puzzles about nutrition
- ◆ seek-and-find puzzles with foods from all the food groups
- ◆ field trips to a local farm

Whew, what a list! Why not try some of these in your local agency? You may be surprised that participants will want to come to class and will enjoy learning.

Remember, if you do what you've always done, you'll get what you've always gotten.



Lead poisoning

What do you and your staff know about lead poisoning? You're not alone if you answered, "Not much." Why should WIC staff learn about lead poisoning? First, because WIC serves children who are at risk. Second, because nutrition plays a role in reducing a child's exposure to lead poisoning.

Now, all of your staff can learn about lead poisoning by viewing *Poison in Disguise: The Dangers of Lead-Based Paint*. This 12-minute video, produced by Ryno Productions, provides information on:

- ◆ The sources of lead poisoning (with special emphasis on lead-based paints).
- ◆ Lead poisoning's devastating health effects.
- ◆ Minimizing the risks of lead poisoning.
- ◆ Where and how children are tested for lead poisoning.

Texas WIC programs can borrow the video from the Texas Department of Health Audiovisual Library. To check out a copy, call (512) 458-7260 or write to:

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

Making the healthy choice

Two new products will teach clients about maintaining a healthy diet by following the food-guide pyramid. Both products are colorful, informative, and easy to use. The first is a collection of

By Rachel Jule

Nutrition Education Specialist
and
Beena Mathews
Nutrition Education Volunteer

Texas Beef Council handout sheets that explain what the food-guide pyramid is and how it can be used to make healthy food choices. They also describe what counts as a serving in each food group and how many servings are required daily. The packet is free, and each sheet can be conveniently torn out. To order, contact:

Texas Beef Council
8708 Ranch Road 620 North
Austin, Texas 78726-3503
(512) 335-8663.

The second new product, a more hands-on approach to teaching about better food choices, was developed by Nasco International Inc. It's a flannel food-guide pyramid with moveable flannel cutout food pieces. Clients can learn the appropriate groups for each food by placing the cutouts under their respective categories. The cost is \$11, and the catalog item number is SB24375H. The flannel pyramid can be ordered by calling (800) 558-9595 or writing to:

Nasco International Inc.
901 Janesville Ave.
Fort Atkinson, Wis. 53538-0901

Education about substance use for parents and children

The National Organization on Fetal Alcohol Syndrome (NOFAS) has a storybook/workbook that a parent and child can read together to learn about the effects that alcohol can have on people, specifically a pregnant mother and her unborn baby. The book, *A Baby Brother Is Born to ...* makes an important point to all families.

In the story, the pregnant mother must choose whether to drink alcohol at a family party. After the baby is born, its good health is attributed to the fact that the mother did not drink or smoke during her pregnancy. This book emphasizes the special role that an older sibling plays in caring for the mother and the baby.

The book has illustrations on every other page. A Spanish translation is included with each book. Helpful notes guide the parent about questions the child may ask. The parent can fill in the child's name in blanks throughout the story, thus giving the story a more personalized approach. Professionals can use this book when working with families.

For copies, call (800) 66-NOFAS or write to:

National Organization
on Fetal Alcohol Syndrome
1815 H St., N.W.
Suite 100
Washington, D.C. 20006

Outreach UPDATE

By John Koloen, Staff Writer

Media campaign under way

Using television, radio, and billboards, a Texas WIC media campaign is under way in the state's major metropolitan markets. The campaign started Aug. 5 and will conclude Sept. 29.

The campaign is going on in Austin, Dallas-Ft. Worth, El Paso, Houston-Galveston, Rio Grande Valley, San Antonio, and Waco.

The success of the campaign will be evaluated through the WIC toll-free phone line and through local agencies in these markets. The local agencies are being asked to collect data from new participants during the campaign period.

For more information, contact Marsha Walker at (512) 458-7669.

Community organizer's kit sent out

The long-awaited community organizer's kit was shipped to local agencies in late July. The kits are designed to be used in presentations to community groups.

Each kit includes a table-top presentation flip chart, a sample press release with instructions for modifying it, a coalition-building guide, a program-partner brochure, an internal staff brochure, and an internal staff poster. Additional support materials include outreach brochures and posters.

For more information, contact Chris Brown at (512) 458-7669.

State plan for 1997 focuses on retaining children

The 1997 state plan for outreach aims to increase the number of participants between 1 and 5 years of age. Incentives include:

- ◆ A birthday postcard mailed to parents of 1-year-olds.
- ◆ A growth chart for 2-year-olds.
- ◆ A nutrition-activity book for 3-year-olds.
- ◆ An activity book or sheet of stickers for 4-year-olds.

Also planned are a new poster for clinics promoting the reasons why children should stay on WIC until age 5, closer coordination with Head Start, assisting local agencies in building and participating in coalitions for children in local communities, closer coordination with the Texas Department of Health's Child Health and Safety Initiative, placement of public-service announcements or a media buy stressing the importance of staying on WIC (this depends on the evaluation of the current media campaign, which ends in September), and development of a brochure and poster encouraging eligible teens to enroll in WIC.

For more information about the state outreach plan, contact Marsha Walker or John Koloen at (512) 458-7669.

Former participant study

Work is beginning on a study of former WIC participants. The goal is to learn why participants with children ages 1 to 5 had dropped off the program. "We're trying to determine reasons why clients leave, what they see as barriers to re-enrolling, and what motivators can get those who are still eligible to stay in WIC," says Chris Brown, who heads the study. For more information, call him at (512) 458-7669.

Odds and ends

- ◆ Information coordinators have started work at Project 54 in Tarrant County and at Project 26 in Houston. This is the pilot of the Information Partnership Program. Evaluations will be done in September.
- ◆ The fifth edition of *Food & Family* magazine will be printed and distributed in August. Any local agency that would like to modify its standing order should contact John Koloen at (512) 458-7669.
- ◆ The "milk poster," showing a young girl with a full glass of milk, is being reprinted in a smaller size, measuring approximately 20 inches tall by 12 inches wide. It is expected to be available by mid-August.

New law provides outreach opportunity

By Marsha Walker
Outreach Coordinator

A new state law requires mothers who receive Aid to Families with Dependent Children benefits to participate in parenting classes.

The classes will include specialized information in nutrition education for children, budgeting and survival skills, and the physical or emotional safety of children.

Texas WIC's classes in nutrition education meet this definition.

The law takes effect in September and applies only to mothers who have children younger than age 5.

Some AFDC moms who are not WIC participants may wish to fulfill this requirement at a WIC clinic's nutrition-education class. This is allowable as long as space is available.

We urge WIC staff to enroll these mothers in the WIC program. They are all eligible, because their income is only a third of the federal poverty level, well within WIC's eligibility guidelines of almost double the level.

To keep receiving AFDC benefits, mothers must prove to the Department of Human Services that they have attended the nutrition-education class. AFDC moms who are not on WIC can bring a DHS form to class and ask a WIC staff member to fill it in and verify their attendance.

AFDC moms who are already on WIC can verify their class attendance simply by showing their Texas WIC FID card to the DHS. If the mom has lost her FID, she can bring the DHS form for a WIC staffer to sign.

WICalendar

August

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.

September

Sept. 11-13 — Intensive Course in Breastfeeding, Phase II, Austin. A week of in-depth training following up on concepts introduced in three-day Phase I session. For more information, contact Jeanne Fisher at (512) 719-3010.

Sept. 11-13 — WIC Managed Care "Football Classic" conference, Red Lion Inn, Austin. For Texas WIC local-agency directors. Overviews, experiences, approach development; updates on immunizations, TIES, legislation, expansion, and funding formula. Call Linda Brumble at (512) 406-0740 for more information.

Sept. 12-13 — Women and Children First, third annual conference, City Place Plaza, Dallas. For R.N.s, L.V.N.s, and other clinic workers. Sixteen workshops on current issues in obstetrics and pediatrics. For those registering after Aug. 16, one-day fee is \$110 and two-day fee is \$170. For more information, call Shelly East at (214) 590-8782.

Sept. 14 — Breastfeeding seminar presented by Austin Lactation Associates: "Oral-Motor Assessment of the Breastfeeding Infant: Building Multi-Specialty Teams for the At-Risk Infant," Austin Diagnostic Medical Center. Credit available in continuing-education units. Registration \$85 before Aug. 14, \$100 after Aug. 14. Call (512) 450-0923 for more information.

Sept. 17-19 — 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.

Sept. 17-19 — Competent Professional Authority (CPA) orientation, Austin. For more information, call Dawn Everett at (512) 406-0740.

Sept. 19-21 — 23rd annual training conference, Texas State Foster Parents Inc., "Their Future in Our Hands," Wyndham Hotel, San Antonio. Credit available in continuing-education units. Call the hotel at (210) 691-8888 to reserve rooms. For registration information, call Susie Long at (713) 992-4560.

October

Oct. 4-6 — Annual meeting of the Texas Pediatric Society, Westin Galleria Hotel, Dallas. Workshops, exhibits, round-table discussions, plenary sessions, and committee meetings celebrating the TPS's 75th anniversary. For information on registration, call Mary Greene at (512) 370-1506.

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

THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE

Covey Leadership Center

Article 6 in a series

Habit Two: Begin with the end in mind

By John-Paul Morgante
Training Specialist

You and your spouse want a new house. The real-estate agent describes your dream house: the roomy kitchen, the view from the patio, and how the windows let so much light into the den. It sounds wonderful, but it takes action to see this dream home become a reality. Your idea is followed by a blueprint, which is then followed by construction. Before we create anything physically, we first create it mentally.

Mental creation

This process is the essence of the second habit in Stephen Covey's *Seven Habits of Highly Effective People*: Begin with the end in mind. Just as a home follows from a blueprint, physical creation follows from mental creation. And, the better the design is, the faster the construction and the better the final product will be.

One of the most important aspects of Habit Two is the mental creation — the plan and design of what you want to be as an individual or what we can do as organizations. It is the habit of personal leadership where we have a clear understanding of direction in our lives.

Creating a mission statement

A personal mission statement can help set an overall purpose for our lives; it is the beginning of personal leadership. Writing a mission statement is as much an act of discovery as an act of creation. It is an opportunity for self-evaluation, allowing us the time to think deeply about our lives.

The process of writing a mission statement can take many directions, but it usually involves answering a series of questions: What things do I want to have that I feel are important? What am I about? What principles or qualities of character do I want to be a part of my life? What legacy do I want to leave?

Another helpful approach is to visualize your 80th birthday party. Think of the roles you have in both your

personal and professional life. You may be a sibling, a spouse, a next-door neighbor, and a community volunteer. And don't forget your work roles as a supervisor or clerk.

In each role you play, there is another person involved who is key: your sibling, your spouse, your neighbor, your boss, your co-worker. Imagine what these key people would say about you on your 80th birthday. Their statements can become a framework that defines what you want to be — your end result in mind.

Developing a personal mission statement may take some time. Be patient; allow yourself the freedom to take several months to complete it. A mission statement can become a powerful tool to inspire, challenge, and motivate us. It can provide direction and purpose to our lives.

Next, to obtain direct and immediate benefits, we need to connect our mission to our daily and weekly plans. Read this column next month for information on how Habit Three deals with this aspect.

*Customer service
is a journey, not a destination.
It is something
you practice continually,
not something you achieve.*

~ from the video
*The Seven Deadly Sins
of Customer Service*





By John Koloen
Staff Writer

Exercise is key to maintaining weight

Exercise alone — not diet and exercise together — is the key to keeping weight off, according to a two-year study at Baylor College of Medicine's DeBakey Heart Center. The conclusion is simple: People who lose weight through exercise without following a restricted diet have greater success at maintaining their weight loss.

"This confirms what we have known all along — people who diet fail at it because they feel deprived," said Dr. Ken Goodrick, an assistant professor of medicine at Baylor's Behavioral Medicine Research Center.

The study consisted of 127 overweight men and women in three groups — a diet-and-exercise group, a diet-only group, and an exercise-only group.

During the first year, registered dietitians held instructional sessions for all study participants.

After the first year, the diet-only and diet-and-exercise groups had lost the most weight, but both groups regained the weight during the second year. The exercise-only group lost weight and kept it off.

Exercise-only participants were taught the psychological and physical benefits of exercise and how to exercise vigorously instead of strenuously. They gradually increased their exercise to 45 minutes, three to five times a week.

Report confirms nutritional risk of low-income people

The risk of nutrition-related health problems is high among low-income people, according to a recent report commissioned by the

federal Interagency Board for Nutrition Monitoring. The report concludes, "Certain subpopulations, such as elderly people, some minorities, pregnant women, infants, and children, are ... at nutritional risk, particularly those with low incomes."

The *Third Report on Nutrition Monitoring in the United States* was prepared by the Federation of American Societies for Experimental Biology at the request of the U.S. Department of Agriculture and the Department of Health and Human Services. The report reviews the dietary and nutrition status of the U.S. population.

Here are two findings from the report:

- ◆ About 9 percent to 13 percent of people in low-income households experienced some degree of food insufficiency, compared with about 4 percent in the overall U.S. population. Mexican Americans and non-Hispanic blacks were more likely than non-Hispanic whites to report that they sometimes or often did not have enough food to eat.
- ◆ Low-income females who planned and prepared main meals were less likely to be aware of diet-health relationships than females from higher-income households.

The report may be purchased from the U.S. Government Printing Office, Washington, D.C. at (202) 512-1800.

Source: *TACAA Food Journal*

Summer food program underutilized

The Summer Food Service Program (SFSP) in Texas has tripled in size since 1989 but is serving only 6 percent of the children who qualify for the program. Children who are eligible for the National School Lunch Program (NSLP) are also eligible for the summer-feeding program.

In 1995, 1,835 summer feeding sites throughout the state served an average of 111,376 children daily. About 1.8 million children qualify for the National School Lunch Program and summer-feeding programs in Texas.

According to the Center for Public Policy Priorities, two out of three families whose children qualify for the school lunch program have never heard of the summer-feeding program.

For more information about SFSP, contact the Texas Department of Human Services at (512) 467-5870.

Source: *TACAA Food Journal*

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Clarification

A *Texas WIC News* reader from West Virginia informed us recently that an \$8 fee is charged for ordering a booklet mentioned in this column in March 1996. We had not been aware of the charge for *Let's Get Real About Welfare*, a policy paper produced by the Bread for the World Institute.

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Legend: "16, 6/96" means "page 16 of June 1996 *Texas WIC News*"

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- Kiosks to include WIC information 11, 6/96
- Mailouts target doctors, child-care centers, Head Start, other groups 11, 5/96
- Media campaign under way 18, 7-8/96
- New *Food&Family* out in June 11, 6/96
- New outreach materials available 11, 5/96
- New Vietnamese outreach brochure ready 11, 6/96
- Odds and ends 18, 7-8/96
- Poster wins second award 11, 5/96
- State plan for 1997 focuses on retaining children 18, 7-8/96
- Stickers, buttons, and new income guidelines 11, 6/96
- Third edition of *Food&Family* shipped 11, 5/96

P

Parenting classes

- New law provides outreach opportunity 19, 7-8/96

Patient-flow analysis (PFA)

- PFA training continues to improve clinic management 18, 6/96
- New PFA trainings held 21, 5/96

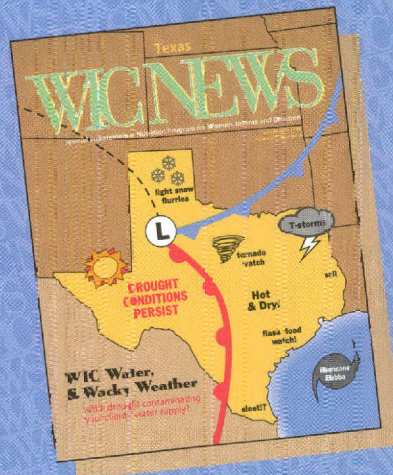
Project 5

- Foster Parents clinic added in August 1995 10, 6/96

Project 11	Hitchcock Community center clinic opens 11, 7-8/96
Project 12	Mobile clinic opens 11, 7-8/96
Project 13	Guadalupe WIC clinic opens 10, 6/96 Laredo WIC attending trainings, winning awards, opening clinics 4, 6/96 Murillo named Employee of the Month 5, 5/96
Project 15	Peer-counselor program starting in Montgomery County 8, 7-8/96
Project 17	Houston WIC clinic featured on national TV 4, 5/96 Two new clinics added 11, 7-8/96
Project 19	Vida Y Salud enjoys 'outstanding' celebration 4, 7-8/96
Project 21	Client thanks Wichita Falls staff 6, 7-8/96
Project 22	Clinic opens in West 11, 7-8/96
Project 24	Kickapoo Reservation clinic added 10, 6/96 Sweets for the sweet 9, 5/96
Project 26	Staffers honored in yearly ceremony 8, 5/96
Project 31	Bell County WIC reaches out to area's Koreans 4, 5/96 Fort Hood clinic opens 11, 7-8/96
Project 32	Cantu hired as WIC coordinator 10, 6/96
Project 33	El Paso WIC celebrates National Nutrition Month 10, 7-8/96
Project 37	Easter in Victoria 6, 5/96 Staffers rush WIC mom to hospital 10, 6/96
Project 39	New breastfeeding peer counselors to work in Tyler, Jacksonville 9, 6/96 Outreach Day draws 300 7, 7-8/96
Project 42	Twice the fun 7, 6/96
Project 44	City of Del Rio High School clinic added 10, 6/96 New clinic opens 11, 7-8/96
Project 45	Outreach efforts keep calendar full 9, 7-8/96
Project 48	Clinic opens in south Houston 11, 7-8/96 Immunization clerks honored 8, 6/96
Project 59	Grandfather happy with double duty 5, 7-8/96
Project 61	Sweetheart pageant inspires other states 7, 5/96
Project 62	Twins kept healthy on breastmilk 5, 6/96
Project 74	Breastfeeding a success for first-time mom 8, 7-8/96 Breastfeeding help available in Brownwood 6, 5/96 Brownwood WIC celebrates Shots Across Texas 6, 6/96
Project 76	Two new clinic sites added 11, 7-8/96
Project 78	Staff and participants transferred to new Project 100 11, 6/96
Project 80	Georgia Taylor hired as new WIC director 11, 6/96
Project 81	Blanco County services convert to Project 95 11, 7-8/96 Little artists win holiday treats 6, 6/96 Name change: Cother becomes McLaughlin 11, 6/96 Project 81 hits home run 9, 7-8/96
Project 84	Immunizations nurses volunteer time 6, 7-8/96 Two clinic sites recently opened 11, 7-8/96
Project 87	156 eggs keep 5 volunteers busy 9, 6/96
Project 88	Kingsville Satellite Clinic opens 11, 7-8/96 WIC parade entry wins trophy in Falfurrias 9, 5/96
Project 89	Two new clinics added 11, 6/96
Project 95	New local agency serves Blanco County 11, 7-8/96
Project 97	New local agency starts July 1 11, 7-8/96
Project 100	New local agency starts May 8 11, 6/96
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Stabeno, Debra	Celebrate our successes — <i>and roll up your sleeves</i> 2, 5/96 Planning for electronic benefits transfer 2, 7-8/96
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