

1600.6
0632
5:08

Texas



WIC NEWS

Special Supplemental Nutrition Program for Women, Infants and Children

Government Publications
Texas State Documents

October 1996
Volume 5, Number 8

W H E A R B R E

R E F O R M

HOW DO STATE HEALTH PROGRAMS FIT IN?

*Reorganization
at the state agency*

Doing our jobs better

By Manuel Zapata
Acting WIC Director

The Associateship for Health Care Delivery administers the Texas WIC Program along with numerous other programs for families. The Associateship has been reorganized to provide a more comprehensive and cooperative approach to delivering health services in the cities and small towns of Texas.

The architects of the reorganization are Debra Stabeno, Associate Commissioner, and three Bureau Chiefs, Demetria Montgomery, M.D., Patti Patterson, M.D., and Scott Simpson, M.D. The reorganization became effective Sept. 3.

This new system is designed to increase the integration of programs at the state level and to support cooperation among local programs, the Central Office, Public Health Regions, and contractors.

In addition to this overarching vision, reorganization is being modeled along "functional" lines and should increase customer satisfaction, reduce duplication of efforts, improve decision-making, and create greater overall efficiency.

How does it work?

The new organizational structure includes three bureaus and two divisions directly under the Associateship. The new bureaus and bureau chiefs are: Children's Health, directed by Dr. Patterson; Clinical and Nutrition Services, directed by Dr. Simpson; and Community Oriented Primary Care, directed by Dr. Montgomery.

The Division of Financial Management, the Division of

Automation Planning, and the Coordinator for Electronic Benefits Transfer (EBT) planning will report directly to the Associate Commissioner, Debra Stabeno.

The Assistant Bureau Chief for Clinical Nutrition Services will also serve as the State WIC Director. This Assistant Bureau Chief position has been posted, and selection is expected by Oct. 15.

Where are WIC staff?

WIC staff are primarily grouped in the Bureau of Clinical and Nutrition Services, managed by Bureau Chief Dr. Simpson.

However, WIC Outreach and Marketing and WIC Automation are in new "functional" locations.

- ◆ WIC Outreach and Marketing is now a part of the Bureau of Community Oriented Primary Care, along with marketing staff from Texas Health Steps (formerly, EPSDT). Their Acting Division Director is John Dombroski. Requests for outreach materials may still be directed to (512) 458-7669.

- ◆ WIC Automation is now located in the Automation Planning Division, one of the two divisions in the Associateship. Calls pertaining to the Texas-WIN computer system should still be directed to the Automation HELP Desk at (800) 448-3926.

More about the Bureau of Clinical and Nutrition Services

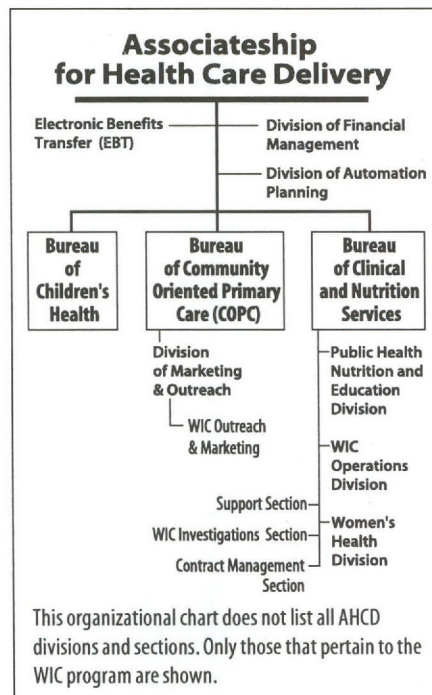
The Bureau of Clinical and Nutrition Services will consist of three divisions and three sections.

The three divisions are the Public Health Nutrition and Education Division, managed by acting director Barbara Keir, R.D., L.D.; the Women's Health Division, managed by Janet Lawson, M.D.; and the WIC Operations Division, managed by Jack Metz.

The three sections include Contract Management, Support, and WIC Investigations.

The new Bureau Chief, Dr. Simpson, is an obstetrician/gynecologist. He earned his medical degree at the University of Texas Medical Branch, Galveston, in 1979, and completed his residency in obstetrics and gynecology, also at UTMB, in 1983. Dr. Simpson joined the Texas Department of Health in 1989 and has served as Division Director of Women's Health in the Bureau of Women and Children. Most recently, he assisted in review and placement of the new Title V contracts.

During the next several months, we will all be working together to make this transition a positive change. Please be patient as we move toward a new delivery system that we believe will better serve our customers. If you have questions, please feel free to call me at (512) 458-7444 ext. 3454.



Texas WIC News

Published monthly by the



Texas Department of Health
Bureau of Nutrition Services
1100 West 49th Street
Austin, Texas 78756
(512) 458-7444

David R. Smith, M.D.
Commissioner of Health
Texas Department of Health

Carol S. Daniels, M.A.
Deputy Commissioner for Programs

Roy Hogan
Deputy Commissioner for Administration

Debra Stabeno
Associate Commissioner
Health Care Delivery

Jacquelyn McDonald
Director
Division of Nutrition, Education,
Outreach & Training

Marsha Walker
Coordinator
Outreach & Marketing Section

Shelly Ogle
Editor

Callie Jones
Assistant Editor

Christine Grether
Graphic Designer

Jennifer VanGilder
Photographer

John Koloen
Editorial Consultant

Judith Cayton Devin, Laurie Coker,
Shirley Ellis, Marie Garland, Elaine Goodson,
Rachel Jule, John Koloen, Nancy Liedtke,
Lynn Silverman, Jewell Stremler,
Mary Van Eck, Marsha Walker
Contributing Writers

Health and Human Services
Printing Services
Printing

Students of Rosedale School
Mailing

WIC is an equal-opportunity program.
If you believe you have been discriminated
against because of race, color, national
origin, age, sex, or disability,
immediately call the state WIC
office at 1-800-942-3678.

Texas

WIC NEWS

Special Supplemental Nutrition Program for Women, Infants & Children

Volume 5, Number 8

October 1996

.....in this issue

2 *Reorganization at state agency aims at better service*

4 *Local Agency News*

12 *Historic welfare reform and its effect on Texas programs*

14 *Summer breastfeeding conference put on video*

15 *Women's magazine supports breastfeeding*

16 *Nutrition Network: Health fairs reach the community*

17 *Nutrition Roundup*

18 *Surgeon General's report encourages regular exercise*

19 *WICalendar*

20 *Antioxidants can prevent buildup of cholesterol*

21 *Health Facts: Grapefruit juice a bad mix with medicines*

22 *Covey series: Think win-win for Habit Four*

23 *Et cetera*

Cover: *Though not a welfare program, WIC is affected by the recent national welfare reform. Cover design by Christine Grether.*



Project 58

Judge serves as guest speaker in Lufkin

Judge Holly Perkins-Meyers, one of two county courts-at-law judges for Angelina County, was the guest speaker at Project 58's World Breastfeeding Day celebration in Lufkin. "I felt it would encourage others to know that people in high places in government agree with us about breastfeeding," says WIC director Angela Quillin.

Breastfeeding coordinator Teresa Blangger organized the event. She invited members of the local breastfeeding support group as well as pregnant or breastfeeding WIC clients. A dozen people attended the event at the Angelina County and Cities Health District office, she says.

Quillin read a proclamation from Mayor Louis Bronaugh designating August as Breastfeeding Awareness Month in Lufkin. After explaining the services provided by the local agency's breastfeeding support group, she introduced peer counselor Debi McDonald.

Audience members were invited to speak. "Every single person said something positive about breastfeeding," says Quillin. "They couldn't say enough about the experience. I think that being able to share that experience encouraged them that they made the right decisions about breastfeeding."

Local florists donated 32 long-stemmed roses, and each person who attended the celebration received one. WIC staffer Mela Hernandez decorated a cake with a silhouette of a mother and nursing child. A bulletin board in the WIC office displayed pictures of mothers who have successfully breastfed. WIC staffers also

handed out gold ribbons and breastfeeding-promotion materials such as pins and scrap-books.

Project 58 staff members also sent packets containing gold ribbons, breastfeeding pins, and literature to the breastfeeding consultants of both local hospitals, local pediatricians, and family-practice physicians.

—
*Know your product
or service.
And if you don't know,
say you don't know
and then find out.*



*From the video
The Seven Deadly Sins
of Customer Service*



From left, Project 58 breastfeeding coordinator Teresa Blangger and L.V.N. Sharon Sanders visit with Judge Holly Perkins-Meyers, the guest speaker at Project 58's World Breastfeeding Day celebration.

Project 12

Hidalgo County rolls out mobile clinic

WIC staffers in Edinburg are on the move with the new Project 12 mobile van unit.

The \$123,000 mobile clinic will provide health screenings, nutrition education, food vouchers, immunizations, and breast-feeding information to residents in rural areas three times a week. Targeted towns include Las Milpas, Hargill, Peñitas, La Joya, San Manuel, and San Carlos.

The mobile clinic has two televisions, a video machine, a lab area, and a video monitoring system.

WIC mobile coordinator Antonio Cardona will drive the traveling unit, which was purchased with grant money. Other mobile staff members will include Esperanza Saenz, nutritionist; Jose A. Solis, L.V.N.; and Mary Hernandez, computer clerk.

Project 12 hosted a grand-opening celebration for the mobile unit in July and invited several representatives from the community. Special guests included Precinct 4 County Commissioner Lupe Garces; Paul Vazaldua, administrative assistant to the Hidalgo County judges' office; Irma Pena, interim Head Start director; and representatives from the Hidalgo County Health Department and the City of Edinburg Chamber of Commerce.

The ribbon-cutting ceremony and grand opening of the mobile unit were featured in McAllen's daily newspaper, *The Monitor*.



From left, Project 12 director Norma Longoria, registered nurse Gracie Moreno, and nutritionist Diana Cardona prepare to cut cake and serve refreshments at the grand opening of Project 12's mobile unit.



Project 88 breastfeeding peer counselors Viola Salinas, left, and Rosie Garza join Garza's daughter Rachel and WIC nutritionist/supervisor Amanda Vandine in the Fourth of July parade in Falfurrias.

Project 88

Peer counselors take every opportunity for outreach

Project 88's breastfeeding peer counselors started promoting World Breastfeeding Week at least a month ahead of time in Falfurrias.

Peer counselors Viola Salinas and Rosie Garza, along with nutritionist/supervisor Amanda Vandine, designed a float for the Fourth of July parade in Falfurrias. They rode in the bed of a pickup with a hand-painted sign of the world that promoted participation in World Breastfeeding Week.

The sides of the float carried banners with a caricature of a cow saying, "Give a cow a break. Breastfeed!" Salinas, Garza, and Vandine handed out candy to parade watchers.

In addition to the parade, Project 88 celebrated World Breastfeeding Week with three days of food demonstrations, food tastings, and door prizes. Courtesy of radio station KPSO, the Falfurrias WIC clinic also produced radio spots featuring Vandine and L.V.N. Sandra Gonzalez advising and informing the community about WIC income guidelines, immunizations, and breastfeeding.

Projects 26 and 42

Immunizations tracking system tested at Texas WIC clinics

By Marie Garland, R.N.
WIC Immunizations Coordinator

Texas WIC has begun two test sites for the Integrated Client Encounter System immunizations computer system. This new computer system will provide a local database of clients' immunizations histories in WIC clinics, perform weekly billing of WIC immunizations services, and calculate monthly vaccine inventory.



In June, Project 42 in Williamson County implemented the ICES-IMM module to assist ICES in evaluating a software revision that captures a WIC clinic's identification number. WIC director Tina Horkey, R.D., L.D., and her staff greatly assisted this effort.

In early July, a major test site was set up at one of Texas WIC's busiest immunizations sites. In Houston, Project 26 director Faye Walker, M.S., R.D., L.D., volunteered her local agency and arranged to have all of her staff available for training in early July. Twenty-eight staffers were trained in one two-day session. More than half of Project 26's clinic sites have implemented the ICES software; the remaining sites will come on-line shortly.

Houston's recent measles outbreak and the back-to-school rush on immunizations affected the ICES implementation schedule. However, staff members of Project 26 continue to work hard in identifying glitches in the ICES-IMM module that require fine tuning. Test sites will run 60 days, followed by extensive evaluation and analysis of the software, work-flow issues, and reporting procedures.

—
*You've got
to close your mouth
and open your ears
to find out what
the customer really wants.*



*From the video
The Seven Deadly Sins
of Customer Service*



Project 26 staffers gather for a two-day training session.



Community leaders cut the ribbon to open Laredo's new WIC clinic. From left are Rebekah Valdez, R.D., Guadalupe clinic supervisor; Laura Kalisz, executive director of the Ruthe B. Cowl Rehabilitation Center; Jerry Robinson, City of Laredo Health Department director; Alfonso Casso, City of Laredo manager pro tempore; Ruthe B. Cowl, director and founder of the Ruthe B. Cowl Rehabilitation Center; Beatrice Duarte, WIC program director; Gloria Pena, chief of preventive-health services; and Donna Rose, WIC supervisor.

Project 13

Laredo opens new clinic, expands hours

The City of Laredo Health Department's WIC program opened a new clinic on Guadalupe Street in July. In addition to the traditional WIC services, the clinic includes a day-care center.

The new WIC site also is reaching out to a local rehabilitation center. "It is our hope to work with the Ruthe B. Cowl Rehabilitation Center to make WIC services more accessible to the rehab clinic's clients," says Project 13 WIC director Beatrice Duarte, R.D., L.D.

Clients can receive rehab services and WIC services simultaneously, she says. "On clinic days at the rehab center, they have more than 400 people at the facility. They welcome WIC outreach staff and refer these clients for WIC services," Duarte says.

In addition to opening the Guadalupe clinic, Project 13 has expanded the hours at its Rio Bravo and El Cenizo clinics, which are now open full time. "This has allowed the Farias and Ladrillera clinics to open an extra four days per month to serve clients in their respective areas," Duarte says. "It is also saving the program money in operation costs and salaries — about \$400 per month."

Program welcomes breastfeeding coordinator

Nora Lewis has joined Project 13 as a breastfeeding coordinator. She works closely with La Leche League of Laredo and is working with Mercy Regional Medical Center and Columbia Doctors Hospital to



provide breastfeeding in-services for hospital staff.

Lewis has an extensive background working with diabetics. She was the director of the Lado a Lado Program of the Gateway Community Health Services Inc. "Her knowledge in this area will greatly benefit our gestational diabetics," Duarte says.

Newsletter gets facelift

Donna Rose, a provisional licensed dietitian and clinic supervisor, has revamped Project 13's monthly newsletter to include more nutrition information as well as color. *Nutrition News* is sent to local doctors, school nurses, and social-services agencies.

The most recent issue focused on breastfeeding. Topics included the short-term and long-term immunization benefits of breastfeeding, tips to increase milk supply, La Leche League contact information, and a calendar of breastfeeding events.



Project 73

News crew surprises moms at celebration

When breastfeeding coordinator Guadalupe Gaona told the 25 moms attending Project 73's World Breastfeeding Day celebration that she had a surprise for them, she wasn't kidding.

A few minutes later, a cameraman from Channel 41, a local Spanish station in San Antonio, entered the room to film the festivities for the evening news on Aug. 1. He interviewed Gaona, who spoke about the celebration and the benefits of breastfeeding. The mothers and their children were videotaped in the background.

With donations from local businesses, Gaona was able to buy several door prizes, such as a stroller, a potty trainer, a baby blanket, adult slippers, nightgowns, baby spoons, cereal bowls, and training cups. Gaona says every mother won a prize for herself or her baby.

"One pregnant woman who attended won a nursing gown," Gaona says. "She was undecided on whether she wanted to breastfeed, but everyone told her that now she had to because she won the gown!"

The celebration started in the classroom at El Centro del Barrio. But, because the crowd grew so large, everything had to be moved to a bigger room.

For refreshments, Project 73 staff members made *aguas frescas* from watermelon and cantaloupe and served brisket, rice, and beans. Peer counselor Yolanda Alarcon baked a chocolate cake, and office manager Vivianita Saucedo made an elaborate fruit basket.

"I told my director that this year would be different, would be better," Gaona says. "I never imagined that we would be on TV. It energized me for next year."

Some people
are too tired to give you a smile.
Give them one of yours.
No one needs a smile
so much as the one
who has no more to give.



Anonymous



More than 25 WIC mothers and their children pack the room at Project 73's World Breastfeeding Day celebration.

Project 51

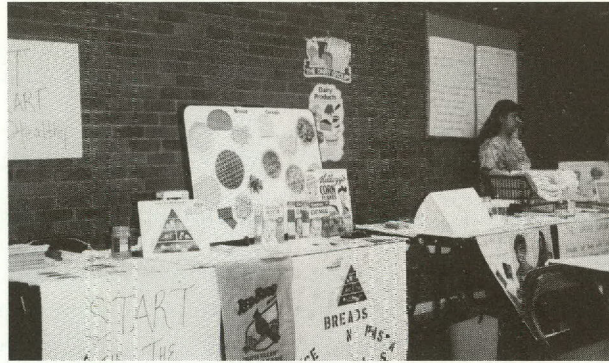
New health fairs organized

WIC staffers at Project 51 organized three health fairs in San Patricio County this summer to get the word out about WIC services. "We chose this type of event because we didn't really have anything like it in the county," WIC director Evelyn Sinast says. "We'd seen it at different conferences and wanted to try it here."

Staff members traveled to Sinton, Ingleside, and Mathis in July to host the fairs with representatives from Red Cross, Head Start, Texas Agriculture and Extension Service, Texas Health Steps (EPSDT), the county health department, and the U.S. Navy Ingleside Family Service Center. WIC staffers designed booths displaying examples of each of the food groups in the food-guide pyramid.

Sinast says about 150 people attended the fairs. Project 51 publicized the event in the local newspaper and continually announced it during the two months before the health fair. "We had a good turnout for our first time," Sinast says. "The participants really enjoyed the recipes and samples of foods."

Sinast says staff members are working to make next year's event bigger and better. "We have already met with the other organizations, and they are enthusiastic about next year, too," she says. They're looking for larger sites and are planning to hold future fairs on regular voucher days to draw in more clients, Sinast says.



Breastfeeding peer counselor Annette Torres displays breastfeeding information next to the nutrition booths at Project 51's first health fair.

Project 37

Victoria WIC hosts pageant for World Breastfeeding Day

The yearly sweetheart pageants held by Project 61 in Jasper inspired Project 37 staff members in Victoria to hold a pageant for breastfed WIC children on World Breastfeeding Day on Aug. 1.

Twenty-eight WIC kids paraded through the Fellowship Hall at the First Presbyterian Church for the pageant. The children were divided into four age categories: 0 to 5 months, 6 to 11 months, 1 to 2 years, and 3 to 5 years. Trophies were awarded to a male and a female winner in each category. Second- and third-place winners each received ribbons, and all children received a certificate of participation. The local newspaper ran a photo of the first-place winners.

Nutritionist and breastfeeding coordinator Sara Gibson served as mistress of ceremonies. Assisting her were WIC director Patricia Patterson, office manager Emmy Trevino, and peer counselor Sara Balli.

Gibson says Project 37 hopes to continue the pageant for next year's World Breastfeeding Day.



Parents in Project 37 show off their pageant winners. From left are Jennifer Schultz with Alexi Nicole Schultz; Joy Fromme with Keith Tyrone Garner Jr.; Deborah Randall with Rachelle Randall; Joseph Guillory with JaMeé Guillory; Alicia Chavez with Antonio Chavez Jr.; JoAnna Hennold with Dakota Wade Heinhold; Melinda Podest Supak with Austin LeeAnna Supak; and, in back, Shirley Pyle with Roger Allen Pyle Jr.



Project 33

El Paso's outreach staff staying hot

The summer months may be a time for vacations and relaxation, but for Project 33's outreach staff in El Paso, it's a perfect time to bring in more clients.

For World Breastfeeding Week in August, Project 33 distributed press releases and breastfeeding media packets to area newspapers and to television and radio stations. Channels 4 and 9 covered the Breastfeeding Walk held on Aug. 3.

Staff members gave a nutrition-education class at the Central Foster Parents Association meeting in June and continue to attend the William Beaumont Army Medical Center

OB-GYN orientations and newcomers' orientation meetings at Fort Bliss. Presentations also were given at the local Texas Workforce Commission and Texas Department of Human Services offices.

Outreach staff visited officials with the housing authority of El Paso and agreed to distribute surveys in Sitgraves, Krupp, Anderson, Alvarez, and Truman housing communities. The results are now being tabulated. Project 33 also has

plans to provide a mobile unit to serve two or more of the selected housing communities.

Project 33 keeps in constant contact with the summer school-lunch programs, the local recreational centers, area shopping centers, apartment complexes, doctor offices, and the YWCA day-care centers.

Outreach staff members gave presentations to couples attending prenatal classes at Columbia East, Columbia West, and Providence Memorial hospitals. Staffers have met with Columbia East and Columbia West officials to reach an agreement to certify infants on site.

Area health fairs also kept WIC staff members busy. They attended the Centro San Vicente and San Elizario Health Fair, the Aliviane Community Fair at the Carolina Center, Bowl El Paso, and the Burlington Coat Factory baby health fair, as well as ones at the El Paso Community College Valle Verde Campus, the El Paso Community College Language Center, Riverside High School, O'Shea Elementary, and Alta Vista Elementary.

Project 33 has developed a bright yellow bumper sticker to distribute to area residents. The sticker, printed in English and in Spanish, says "Healthy Families for a Brighter Tomorrow." It includes the El Paso WIC logo and the local WIC phone number.



These bright yellow bumper stickers were produced by Project 33.

*You show customers
you care with your attitude
and appearance.
If you can't be bothered,
the customers will either
make your life miserable
or they won't be back.*



*From the video
The Seven Deadly Sins
of Customer Service*

Project 53

Pleasanton hosts breastfeeding seminar

Nutritionist Chris Fortinberry with Project 53 in Pleasanton directed a breastfeeding seminar sponsored by the Atascosa Health Center and WIC to celebrate World Breastfeeding Week in August.

Project 53 director Connie Trevino said the event covered topics such as the benefits of breastfeeding and breastfeeding techniques. The seminar also gave participants an opportunity to share breastfeeding stories.

Area businesses donated gift certificates and a basket of blankets and baby items for door prizes.

In addition to the seminar, Trevino arranged for the mayor to proclaim August as Breastfeeding Awareness Month in Pleasanton.

"The city officials are very supportive of our efforts and want to help us promote outreach by putting people in contact with us and our services," she says.



Photo courtesy of the Pleasanton Express

Pleasanton city councilwoman Pat Kardell, sitting, proclaims August to be Breastfeeding Awareness Month as employees of Atascosa Health Center and WIC watch. Project 53 director Connie Trevino stands at left.

Project 59

WIC staffer named employee of the month

Eligibility clerk Dalia Escamilla was selected as employee of the month for March at the Barrio Comprehensive Family Health Care Center Inc. in Bexar County.

Escamilla was selected by nominations from peer employees for her commitment to excellence and quality service to WIC and its participants. "It makes it even more special to know that her peers think of her this way," says Project 59 director Elisa Rueles Perez.

Perez says Escamilla brings special experience to the program because she was a WIC participant

and a breastfeeding peer counselor for Project 59.

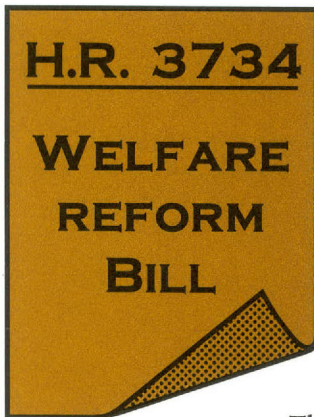
Escamilla helps out in all sections of the clinic, especially the breastfeeding area. "Our breastfeeding coordinator is only part-time, so when she's not here, I talk to mothers who have a question and try to help them solve their problem or give them advice," Escamilla says. "I love this work because I can make a difference, and it's a good way to help people directly."

Escamilla says her goal is to be friendly to all of the participants



Dalia Escamilla

she deals with. "I always try to have a nice smile for everyone and treat them the way I want to be treated when I go somewhere," she says.



HOW DOES WELFARE REFORM CHANGE TEXAS HEALTH PROGRAMS?

By Kathy Talkington, M.P.Aff.
Special Assistant for Federal Affairs
TDH Office of Intergovernmental Policy

The federal welfare reform bill, House Resolution 3734, signed into law on Aug. 22, will cause changes in state and national programs that provide services to low-income families. However, the full effect of the legislation is not yet known.

The legislation has implications for many state programs at the Texas Department of Health. We do not have any definitive numbers and figures at this point, but we have identified the primary areas that will be affected. Those areas include:

Acute-care Medicaid

The new welfare law does not include a major restructuring of Medicaid. However, Medicaid's acute-care system will be affected by changes in Medicaid eligibility through a new Supplemental Security Income (SSI) eligibility as well as changes in eligibility for legal immigrants. While the Texas Department of Human Services is responsible for eligibility issues, changes will have an effect on TDH caseloads for Medicaid. The law contains a number of options regarding eligibility for states to decide on. Until those decisions are made, we cannot predict what the effect will be on caseload.

Vital statistics

The welfare reform bill has new goals for paternity establishment that will have an effect on birth records and vital statistics. New systems will have to be developed to coordinate information with other states to track fathers for child-support purposes.

Restricting public benefits for non-citizens

The provisions of the welfare reform bill that relate to the treatment of documented, legal immigrants are some of the most complex. There are two categories of immigrants discussed in the bill: *qualified*, which refers to legal immigrants, with some exceptions; and *non-qualified*, which are primarily illegal immigrants.

Changes in benefits for qualified and non-qualified immigrants will have the greatest effect on TDH programs. The bill outlines which public programs can be provided to which populations. In general, the bill allows immunizations, emergency medical services, and testing and treatment of communicable diseases to be provided to all people regardless of citizenship or immigration status. It denies most other public means-tested programs to qualified and non-qualified immigrants.

In the past, citizenship has not been a factor in determining eligibility for public-health programs. In order to comply with the law, TDH will need to set up a system to determine immigrant status.

Women, Infants and Children (WIC)

The state option to disqualify undocumented immigrants is one provision that potentially could have a dramatic effect on who is allowed to receive WIC services. At this time, Texas WIC will continue to serve all infants, children, and pregnant mothers who qualify for assistance.

"As far as we know, no state plans to restrict eligibility for the WIC program at this time," says Stefan Harvey, WIC advocate at the Center on

Budget and Policy Priorities in Washington, D.C.

Other changes to WIC are minor. The bill removes a number of current national WIC requirements but allows state and local agencies to continue these activities.

Maternal and Child Health

MCH programs would be denied to non-qualified and future qualified immigrants (current qualified immigrants can continue to receive these services). MCH services include family planning, prenatal care, child health, care for children with special health-care needs, the Chronically Ill and Disabled Children program, and the Medically Dependent Children program.

Vaccines for Children

If the state opts not to provide Medicaid to qualified immigrants, funds from the Vaccines for Children program could no longer be used for that population because it is a Medicaid-based program. The Vaccines for Children program cannot provide services to non-qualified immigrants.

State licenses

The term "public benefits" includes, among other things, any professional license provided by state government or paid for with any state funds. TDH currently provides licenses for health facilities and professionals. A system would have to be established to identify immigration status of applicants before a license can be issued.

State-funded programs

One provision in the bill states that non-qualified immigrants are ineligible for state and local benefits unless the state legislature acts to affirm eligibility. This section does not refer strictly to means-tested programs such as Medicaid or MCH. If the legislature does *not* pass legislation to extend eligibility to non-citizens, some of the TDH programs that would become inaccessible to non-qualified immigrants include Community Oriented Primary Care, laboratory services, State Chest Hospital services, kidney health-care services, and dental health-care services.

Effect on local providers

It is difficult to determine the overall effect of the welfare reform bill on TDH and the populations it serves because it cannot be examined in a vacuum. Many of the provisions regarding legal and illegal immigrants will most likely result in a transfer of cost from the federal and state level to local providers. The need for health care for these populations will not disappear. People in these categories will be forced to look for other systems of care for services. The systems most likely to receive the increased workload and cost are local hospitals, local charities, and local indigent health-care systems.

We are already faced with many local communities losing health-care infrastructure because of increased cost. The stress of a new population having to be picked up by providers that are already pushing their limits could lead to a reduction in the health-care infrastructure for all populations.

Effect on public health

The provisions that deny public-health benefits to non-qualified immigrants and in some cases to qualified immigrants creates problems for good public-health practice. If you deny prenatal care and WIC benefits to an illegal immigrant, the chances for a negative outcome are greater. That child will be a citizen of this country, and the costs for treating a premature or sick child are going to be much higher than the cost of giving prenatal care and WIC benefits.

Questions?

If you have additional questions about welfare reform and how it will affect your local program, please call the state administrative office of your program.

If you have questions about how WIC will be affected at the local level, please call Manuel Zapata, acting director for Texas WIC, at (512) 458-7444 or write to us at *Texas WIC News*, 1100 W. 49th St., Austin, Texas, 78756. We will submit your questions to the appropriate staffers and will publish the responses.

Videos let viewers revisit summer conference

By Nancy Liedtke, M.S.

Breastfeeding Promotion Nutritionist

In June, La Leche League of Texas and Texas WIC co-sponsored a two-day summer conference in San Antonio on breastfeeding and parenting. More than 500 people attended the conference, where 120 speakers presented 83 different sessions.

Videos available

For those of you who were unable to attend the conference or who wanted to be in two sessions at one time, you can now learn what you missed by viewing the videotaped sessions. The TDH Audiovisual Library has tapes of 50 different La Leche League/WIC sessions. You can check one or more of them out at your convenience. The videos are great tools for:

- ◆ updating your breastfeeding knowledge,
- ◆ training staff at an in-service training,
- ◆ incorporating some of the messages in your lesson plans,
- ◆ providing peer counselors with continuing education, and
- ◆ sharing with other health professionals in your community.

Videotapes include *Mothering and Fathering* by Tine Thevenin; *Hospital Birth Choices* by Ed Newton, M.D.; *Current Trends in Caring for the Premature Infant* by Richard Schanler, M.D.; *Identifying Suck Disorders* by Kim McCollum and Kay James; and *Long-term Use of Medications in the Lactating Woman* by Thomas Hale, R.Ph., Ph.D.

A profile of two speakers

Maryelle Vonlanthen, M.D., assistant professor of pediatrics at Arkansas Children's Hospital, in Little Rock, Ark., reviews research on health conditions such as jaundice, hypoglycemia, some infectious diseases, and allergies. She shares important findings on these topics and suggests

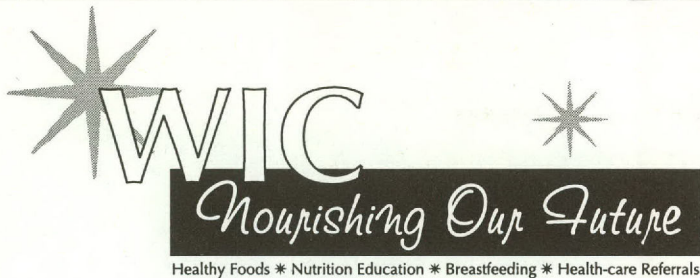
strategies to deal with these conditions while helping a mother-and-baby pair to continue breastfeeding.

Her "Was It Something I Ate?" session on allergies explains how difficult it is for moms and babies to be diagnosed as having a "true allergy." Vonlanthen emphasizes the importance of having moms be properly diagnosed under medical supervision before they start drastically altering their diets or before formula-fed babies are switched around on different formulas.

Board-certified lactation consultant Betty Crase, director of the La Leche League Center for Breastfeeding Information in Schaumburg, Ill., presented a session that highlighted the research relating prolonged breastfeeding to tooth decay. Crase concluded that tooth decay is not caused by nursing a toddler or allowing the baby to nurse in bed with mom. She pointed out that the health of the mouth could be affected by many factors such as genetics, bacteria in the mouth, dental-hygiene practices, and the abundance of sugar in a baby's mouth.

Crase stated that allowing a baby or child to stay attached to the breast *all night long* should be discouraged because it could lead to poor dental health. But she stressed that night nursing or co-sleeping are not to be blamed for tooth decay. Parents should continue to feel comfortable with both of these practices.

Whatever your interests, you are bound to find a video you'll want to view. To get a listing of the videos, contact Texas WIC assistant peer-counselor coordinator Jocelyn Racklyeft at (512) 406-0744. To fill your video requests, call the TDH Audiovisual Library at (512) 458-7260.



1996 NAWD Nutrition Education and Breastfeeding Promotion Conference

Plan now to attend NAWD conference

By Jewell Stremler, Peer Counselor Coordinator
and Shirley Ellis, M.S., R.D., L.D., Breastfeeding Promotion Specialist

Some of the nation's foremost experts in nutrition education and breastfeeding will focus on providing these services in the WIC setting at the 1996 National Association of WIC Directors Nutrition Education and Breastfeeding Promotion Conference. The conference, titled "Nourishing Our Future," will be hosted by Texas WIC and held at the Ramada Astrodome Hotel in Houston. It starts at 1 p.m. on Sunday, Dec. 8, and ends at noon on Wednesday, Dec. 11.

The following speakers are among those scheduled to give presentations:

- ◆ Lawrence M. Gartner, M.D., a professor of pediatrics and obstetrics-gynecology at the University of Chicago. He will speak on hospital policies on breastfeeding, the politics of breastfeeding, and the effect on WIC of issues recently addressed by the American Academy of Pediatrics.
- ◆ Kitty Frantz, R.N., I.B.C.L.C., a lecturer from the University of California at Los Angeles, will speak on breastfeeding basics, equipment, and problems.
- ◆ Thomas Hale, R.Ph., Ph.D., author of *Medications in Mother's Milk*, will address the compatibility of medications with breastfeeding.
- ◆ Judy Hopkinson, Ph.D., a researcher with the Children's Nutrition Research Center in Houston, will speak on the effect of breastfeeding on the mother's bone density.

"We're excited about the conference and are honored to be hosting it this year," says Jewell Stremler, coordinator of Texas WIC's breastfeeding peer-counselor program. "Anyone attending can expect to find out the latest information on breastfeeding promotion and nutrition education."

Stremler will join Jan Hines of Utah and other breastfeeding coordinators with successful peer-counselor programs to serve on a panel that will present innovative methods for initiating, maintaining, and expanding peer-counselor programs.

The phone number at the conference hotel is (800) 722-1368. NAWD registration packets with complete conference information will be mailed in October. The registration cost is \$150 per person.

MediaWatch

Women's magazine advocates breastfeeding

By Laurie Coker
Breastfeeding Promotion Specialist

Volunteers from across the nation sent in 156 MediaWatch postcards from May 1996 through August 1996, notifying the Texas Department of Health of media references to breastfeeding or formula-feeding. The WIC breastfeeding-promotion section at TDH has contacted the sources of more than 100 of these references.

A letter of praise was sent to *Complete Woman*, a health magazine that featured an article titled "Breasts: The Latest Health, Beauty and Sexual Facts" in its August 1996 issue. The article includes "not breastfeeding" as a risk factor for breast cancer and discusses how the rates of breast cancer are decreased the longer a woman breastfeeds her baby.

The author of the article asserts that breastfeeding empowers women. Noting that many childless women express shame of their breasts' being "too small, too big, too droopy," the author finds that women who have breastfed a baby are almost universally satisfied. "They've discovered this miracle of breastfeeding," the article states. "It really does make a woman proud to know that she can be the sole provider for a young infant."

Anyone interested in participating in the National Breastfeeding MediaWatch campaign should call Laurie Coker at (512) 406-0744 for postcards and information.



Victoria County WIC brings nutrition education to the community

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



WIC moms and children in Victoria County, along with other members of the community, have come to look forward to the semi-annual health fairs developed and coordinated by Sara Gibson, nutrition-education coordinator at Texas WIC's Project 37. Gibson began offering nutrition education through health fairs in October 1994 as a way to provide quality nutrition education during triple issuance of WIC food vouchers.

As a result of the interest generated from the first health fair, Gibson has put on four fairs, is set to launch her autumn fair, and plans to offer another fair next spring. "Participants as well as staff have thoroughly enjoyed our

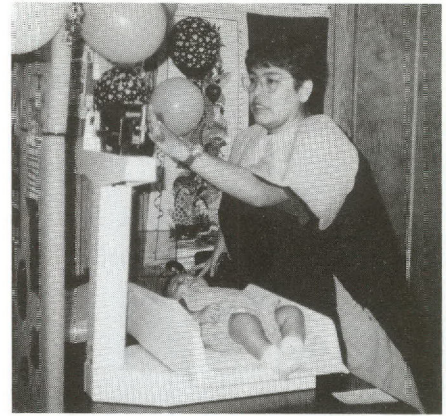
health fairs," says Gibson. "The fairs permit us to use food demonstrations, teach children, and creatively reach different ethnic groups in our community."

WIC participants receive a checklist when they arrive. When the participant visits a booth on nutrition, the person staffing the booth signs the client's checklist to verify attendance. When Project 37 offered triple issuance of vouchers, participants were asked to visit at least three nutrition booths.

The first health fair featured six nutrition booths on topics such as:

- ◆ the fat, sugar and sodium content of foods;
- ◆ fast food, healthy food (how to choose healthy alternatives when eating out);
- ◆ weighing and measuring (children or their dolls or toys were weighed and measured, given a growth chart, and told how healthy eating would help them grow);
- ◆ the five leading causes of death, which featured needs-assessment data from Project 37's nutrition education plan;
- ◆ food sampling (many different types of dried beans were cooked for sampling); and

L.V.N. and competent professional authority Belva Harrison dressed as a cow to help clerk and nutrition-educator Martha McCarthy distribute information at the Breastfeeding, Pregnant, and Postpartum booth.



Clerk Laura Liendo, dressed as a watermelon, weighs and measures a client's baby at Project 37's health fair.

- ◆ dental health and baby bottle tooth decay (toothbrushes were given to the children).

Other agencies from the community participated. Booths provided information on Head Start, the Child Study Clinic, and immunizations. A video from the Texas Department of Public Safety showed WIC clients how a pregnant woman should wear a seat belt.

At this spring's health fair, Gibson developed nutrition education around the theme of "Spring Eggstravaganza."

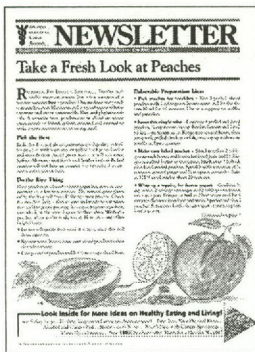
"All of the booths centered around eggs," says Gibson. Booth topics included cholesterol, the incredible edible egg (food sampling and recipes), infant feeding (no eggs until age 1), and cascarones (confetti eggs for the children to make).

Other booths gave information on secondhand smoke, blood-pressure screening, and car-seat safety. All of Project 37's health fairs have included a booth on breastfeeding, usually staffed by a peer counselor.

Gibson offers three key pointers if you want to provide a health fair for your community:



Cancer and nutrition



The American Institute of Cancer Research (AICR) is a great resource for the latest information and educa-

tional materials on cancer and nutrition research.

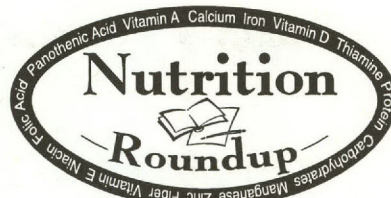
The institute publishes a free quarterly newsletter and brochures on a wide variety of nutrition and cancer topics. Their emphasis is on reducing cancer risk with healthy diet and lifestyle.

AICR also provides a nutrition hotline at (800) 843-8114. To subscribe

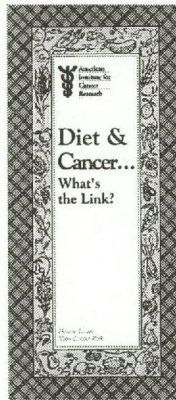
Continued from page 16.

1. Start early. "It takes time to order pamphlets and get goody bags and door prizes donated," says Gibson.
2. Plan booths to fit the time of the year. For example, May is National Blood Pressure Month, May and June are when WIC's issuance of farmers' market cards takes place, and October is Dental Health Month. Check with Positive Promotions at (800) 635-2666 to get their catalog, which lists national events.
3. "Remember to have fun," says Gibson. "If your staff is relaxed and having fun, the clients will enjoy themselves and look forward to nutrition education through WIC."

For more information and ideas on organizing successful health fairs, contact Sara Gibson at (512) 578-2884.



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



to the AICR newsletter or to receive a list of available materials, call the institute or write to:

American Institute
for Cancer Research
1759 R Street, N.W.
Washington, D.C.
20069.

Helping parents teach kids about multicultural foods

Here's how WIC nutrition educators can help parents teach kids to eat new foods, especially foods from other cultures. In the clinic, you can read to children about different foods and provide foods for tasting. Even more important, you can provide parents with tools to teach their kids about different foods.

A kit from Many Hands Media, called *The Foods I Eat ... The Foods You Eat Multicultural Nutrition Program for Young Children*, can help you teach kids about different foods and get parents involved, too. This kit includes the following:

- ◆ "The Foods We Eat" big book, which promotes multicultural foods, cultural sharing, and self-esteem. It also explores size, shape, color, taste, texture, and hot and cold.

- ◆ "It's A Sandwich!" little book, a 32-page full-color book that looks at sandwiches and how they're made in different cultures, with various fillings and breads.
- ◆ "All Our Fruits and Vegetables" little book, which includes 32 pages of full-color illustrations. From this book, kids learn where fruits and vegetables come from. They also learn to become food tasters through a Tasting Club.
- ◆ Four recipe cards called "cooking-station cards" for use in building a colorful wall poster. They include visual, step-by-step instructions for making fruit leather, rice balls, tacos, and pita pockets. Parents can help kids make these at home, or you can help kids with these recipes in your clinic.

- ◆ An audio cassette of lively songs — *The Foods I Eat*, *The Taster's Song*, and *I Made It By Myself* — encourage joyful participation in multicultural food experiences. An audio narration of the books is also included.
- ◆ A handwashing poster that reminds little (and big) hands about keeping clean.
- ◆ A teacher's guide serves as a how-to manual for using the material in the classroom. Nutritional background information, recipes, classroom-activity ideas, parent-involvement projects, and more are included in this guide.

The entire kit costs \$59.95 plus shipping and handling. You will receive your kit within three weeks. For ordering information, call (212) 924-2944 or write to:

Many Hands Media
1133 Broadway, Suite 1123
New York, N.Y. 10010.

Let's get movin'

Regular physical activity can lengthen life span

By Mary Van Eck, M.S., R.D.
Nutrition Education Specialist

Including moderately intense physical activity as part of your daily routine can reduce your risk of early death, according to the most recent U.S. Surgeon General's report on physical activity and health.

The report was prepared by the national Centers for Disease Control and Prevention along with the President's Council on Physical Fitness and Sports. The major purpose of the report was to summarize existing literature on the role of physical activity in disease prevention.

Although it's not surprising to read that Americans should increase their level of physical activity, it is troubling to hear that many Americans don't realize the benefits they will receive if they do. This is an area where WIC nutrition education can make a difference in people's lifestyles and health.

Conclusions

The report made a number of important conclusions, including the following:

- ◆ Physical activity reduces the risk of early death and the risk of developing coronary heart disease, high blood pressure, colon cancer, and diabetes mellitus. It also improves mental health by reducing anxiety and depression and can help control weight. The health of muscles, bones, and joints is improved with regular physical activity.
- ◆ For the best benefits to health, physical activity should be a



regular part of your routine. It is more beneficial for activity to be regular and routine rather than sporadic or occasional. Most days of the week, if not all, should include about 30 minutes of moderately intense activity.

- ◆ The greater the duration and intensity of the physical activity, the more benefit to the participant.
- ◆ Twenty-five percent of Americans are not at all active. Sixty percent do not engage in regular physical activity.
- ◆ Physical activity declines during adolescence. Of American youths ages 12 to 21, half are not vigorously active on a regular basis, and a quarter don't do any physical activity.
- ◆ Interventions to promote physical activity through schools, worksites, and health-care settings have been found to be successful.
- ◆ Physical inactivity is more common among women than men. African-American and Hispanic adults are less active than whites, and lower-income people are less active than those in higher income ranges.

Specific recommendations

In addition, the report gave guidelines for specific populations of Americans:

- ◆ Adults who have previously been physically inactive should start slowly and build up to a higher level. Adults with chronic health problems should consult a physician before beginning a new program of physical activity, as should men older than 40 and women older than 50.
- ◆ For adolescents and young adults, school-based interventions and social support from

Moderate activity

The Surgeon General's report says that moderate activity burns about 150 calories per day or 1,000 calories per week.

The suggested duration can be shortened if the activity is performed with more vigor than normally expected, and the duration should be lengthened if the activity is less vigorously performed.

Examples of daily moderate activity:

| | |
|---|---|
| Washing and waxing a car for 45-60 minutes | Raking leaves for 30 minutes |
| Washing windows or floors for 45-60 minutes | Walking 2 miles in 30 minutes (15 min/mile) |
| Playing volleyball for 45 minutes | Water aerobics for 30 minutes |
| Playing touch football for 30-45 minutes | Swimming laps for 20 minutes |
| Gardening for 30-45 minutes | Wheelchair basketball for 20 minutes |
| Wheeling self in wheelchair for 30-40 minutes | Playing a basketball game for 15-20 minutes |
| Walking 1 3/4 miles in 35 minutes (20 min/mile) | Bicycling 4 miles in 15 minutes |
| Shooting baskets in basketball for 30 minutes | Jumping rope for 15 minutes |
| Bicycling 5 miles in 30 minutes | Running 1 1/2 miles in 15 minutes (10 min/mile) |
| Fast social dancing for 30 minutes | Shoveling snow for 15 minutes |
| Pushing a stroller 1 1/2 miles in 30 minutes | Stairwalking for 15 minutes |

family and friends have been shown to be effective in increasing physical activity.

- ◆ Older adults will benefit from muscle-strengthening activities as well as from aerobic activity. Stronger muscles help reduce the risk of falling and help improve the ability to live independently.

What can WIC do to promote physical activity?

1. Make an effort to promote physical activity whenever possible in WIC lessons and individual counseling. It is especially appropriate when discussing postpartum weight control, overweight children, and disease prevention.
2. Plan a presentation on the importance of physical activity to give to school groups, churches, women's organizations, or worksite wellness sites.
3. Develop your own nutrition-education lesson on physical activity appropriate to the needs of your WIC participants.
4. Remind participants that physical activity can be done in 10-minute to 15-minute segments rather than all at once. Dancing, gardening, walking, chair exercising, vacuuming, and mopping can all add up to an active day. Encourage them to engage in activities enjoyable to them because they'll be much more likely to make it a lifelong endeavor.

A copy of the entire '1996 Surgeon General's Report' (Order Code 7895) is available for \$19 from Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954.

October

Oct. 14-17 — Covey Seven Habits of Highly Effective People seminar, San Antonio, at the Southwest Branch Clinic, 9011 Poteet-Jourdanton Highway. For more information, call Dawn Everett at (512) 406-0740.

Oct. 23-25 — Fourth Biennial University of Texas System Texas-Mexico Border Health Symposium, South Padre Island Convention Center. Registration fee is \$75. Student rates are \$25 with a valid student ID. For more information, call (210) 381-3687.

Oct. 28-30 — First statewide immunization conference, "Immunize Texasize," Marriott Bayfront Hotel (renamed Omni Bayfront as of Sept. 1), Corpus Christi. For registration information, call Candy Cates at (800) 252-9152 or (512) 458-7284.

Oct. 28-30 — Conference on cardiovascular disease, "Mobilizing for Community Impact: Physical Activity & Worksite Cardiovascular Disease Prevention," Green Oaks Inn, Fort Worth. For information, call Rick Danko, Barry Sharp, or Jennifer Smith at (512) 458-7534.

Oct. 29-31 — Intensive Course in Breastfeeding, Phase I, Temple. Basic workshop to prepare health providers to promote and support breastfeeding. For more information, call Missy Hammer at (512) 406-0744.

Oct. 30 — Intensive Course in Breastfeeding, Lactation Management Workshop for Physicians, Temple. Workshop to improve physician's clinical knowledge and skills on breastfeeding. For more information, call Missy Hammer at (512) 406-0744.

November

Nov. 6-8 — Intensive Course in Breastfeeding, Phase II, Austin. An in-depth week of training following up on concepts introduced in three-day Phase I session. For more information, contact Jeanne Fisher at (512) 406-0744.

Nov. 8 — Third annual "Amamantando: A Breastfeeding Conference," Centennial Club at Fort Bliss, El Paso. Keynote speaker to be nutritional anthropologist Katherine Dettwyler. For registration forms, call Yvette Salinas, breastfeeding coordinator at Project 33, at (915) 771-5850.

Nov. 12-14 — Competent Professional Authority (CPA) orientation, Austin. For more information, call Dawn Everett at (512) 406-0740.

Nov. 15-17 — 1996 Midwest Farmworker Stream Forum, "The Politics of Health: La Lucha Continúa (The Struggle Continues)," Camino Real Hotel, El Paso. Special day-long session Nov. 13 on prevention of substance abuse. Call Shanda Sansing at (512) 328-7682 for information on registration and continuing-education credits.

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

Antioxidants can prevent cholesterol buildup in arteries

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

WIC clients have expressed a lot of interest in cholesterol and its role in heart disease. Growing evidence now shows that, like cholesterol, the antioxidants in fruits and vegetables also have a very important role in heart disease. But their role is a positive one. They can protect arteries and prevent heart attacks or strokes.

Antioxidants battle cholesterol

Low-density lipoproteins, also called LDL proteins, have been shown to be important in causing the damage to arteries, which can lead to heart attacks or strokes.

LDL proteins carry cholesterol to many parts of the body, including the arteries. To deposit cholesterol into the arteries, it now appears that LDL proteins must first be oxidized.

Antioxidants change the oxidized form of LDL proteins back into the unoxidized form, keeping cholesterol out of the arteries.

Antioxidants found in foods

The antioxidants now being studied for their importance in preventing heart disease are vitamin E, vitamin C, and beta carotene. However, this news does not mean that people should start taking these vitamins, especially in large doses, to prevent heart disease. The recommended way to get antioxidants is through the diet.

- ◆ **Vitamin E** is found in vegetable oils, margarine, nuts, and green leafy vegetables. The fat-soluble vitamin is actually in the LDL particle. It works as an antioxidant there.
- ◆ **Vitamin C** is found in citrus fruits, cauliflower, broccoli, red or green peppers, and strawberries. A water-soluble vitamin, it enters the blood. Its water-soluble free radicals block the oxidation of LDL proteins.
- ◆ **Beta carotene**, another fat-soluble vitamin, is found in carrots, sweet potatoes, spinach, cantaloupe, mangos, and papaya. It may not prevent oxidation of LDL proteins, but beta carotene may be important in preventing further heart attacks and strokes in people with a history of them.

To help prevent heart attacks and strokes, people should follow the basics of a healthy diet by eating according to the food-guide pyramid. Although fats should be limited, a healthy diet will include small servings of the fats high in vitamin E. Following the 5-A-Day guidelines and having five fruits or vegetables a day will also help to include the antioxidant vitamins in the diet.

Free radicals damage the body

Free radicals are chemicals in the human body. Some are produced as the body undergoes the chemical processes that sustain life. Others enter the body from our environment. These free radicals are either made by the sun's ultraviolet light or found in cigarette smoke, car exhaust, and other sources.

Free radicals have a single negative charge, making them react at random with almost any part of the body with which they come into contact. This reaction causes damage to important body structures such as genes or cell membranes.

When the reaction occurs with the cholesterol-carrying LDL proteins, they become oxidized, and cholesterol can become deposited in arteries in ways that can lead to heart attacks later on.

Free radicals are always present, and the body is constantly repairing the damage they do.

The body also has a preventive system to "clean up" free radicals before they even have a chance to react with anything. The antioxidants are this system. Some like vitamin E or vitamin C come from the diet; others are made by the body.



Grapefruit juice, medications don't mix

By Marie Garland, R.N.
WIC Immunizations Coordinator

A spoonful of sugar may help the medicine go down, but a glass of grapefruit juice may make the medicine's levels go *up*. Because grapefruit juice boosts the levels of certain drugs in the blood, the juice can cause people to inadvertently overdose.

Researchers at the London Health Sciences Center in Canada discovered the phenomenon five years ago. Initial studies do not indicate the same effect with other citrus juices. The researchers suspect that some people who have fallen ill or died after taking Seldane for hay fever and other allergies may have done so because they had taken the drug with grapefruit juice.

Patients who take calcium channel blockers for high blood pressure can triple the levels of the drug in their blood by taking their pills with grapefruit juice. Other drugs react similarly, including the antihistamine terfenidine, known commercially as Seldane, and the sleeping pill Halcion.

Researchers have identified 13 drugs that increase in the blood when taken with grapefruit juice, and they predict that dozens more, once studied, will show the same effect.

The researchers recommend that medicine *not* be taken with grapefruit juice. It is best to take most medication with a full glass of water, except when the physician or pharmacist notes other requirements, such as "take with milk" or "take with meals." Drinking grapefruit juice after the medication is already in a patient's system does not pose the same problems, but it is best to wait an hour before and after taking medication to avoid interference with medication absorption.

Drug developers are racing to understand the effect so that they can use it to make their medicines more effective. Once the mystery of grapefruit juice is identified, its answer may be used to help treat inadequate drug absorption, a problem for many people with digestive diseases and condi-



tions. Drug companies may be able to make their medications more effective by controlling the drug absorption by the body.

**Grapefruit juice can
increase drug levels
in the blood, causing
dangerous reactions.**

In the meantime, caution is advised. Be sure to take all medications according to instructions, and avoid taking any medication with grapefruit juice. If WIC clients ask for information on this issue, advise them to check with their pharmacist to see if grapefruit juice could affect any of their medications.

—
*Attitude
is more important
than facts.*



*From the video
The Seven Deadly Sins
of Customer Service*

THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE

Covey Leadership Center ©

Article 8 in a series

Habit Four: Think win-win

By Judith Cayton Devin
Training Specialist

You're in the middle of a heated problem-solving discussion and suddenly you score a verbal slam dunk and the whole game is yours. You've completely shut down your opposition. They lost. You won.

Or did you? Was the difficulty truly resolved? Was the solution reached the best solution that could have been reached? Did you get the support you

needed from the other person to implement the solution? Did your relationship suffer?

Here's the truth: In human interactions, the negative feelings generated by "losing" don't just fade away. They can come back unexpectedly, often in uglier ways. It's easy to win the battle and still lose the war.

This is a win-lose model of human interaction. In the book *Seven Habits of Highly Effective People*, management consultant Stephen Covey says that there is a more effective model, his Habit Four — think win-win. This model is demonstrated when both parties commit to looking for agreements that allow everyone to win, a solution better than either party could have created alone.

Texas WIC has a great example of a win-win agreement in the breastfeeding peer-counselor program. In this program, WIC moms are trained to advise other WIC moms on breastfeeding. The counselors are a great addition to the staff. WIC clients get the help and experience they need to make breastfeeding successful, and the counselors themselves get new skills, work experience, and greater self-confidence. The state of Texas saves money on infant formula, and best of all, the babies receive the perfect food to grow healthy and strong. It's a win for everyone involved.

An abundance mentality

The key to win-win is having an abundance mentality as opposed to a scarcity mentality. In a scarcity mentality the assumption is that there are only so many WIC participants and if that clinic across town gets

more, we have less. It's like a pie — the pie is only so big, and if you get a big piece, there is less for me.

With an abundance mentality, the idea is to make the pie bigger. There are plenty of potential WIC participants to go around if we work together. The abundance mentality focuses attention on all available resources and creative ways to use these resources.

It's not easy to think win-win in a society that often uses competitive, win-lose sports as a metaphor for everything from politics to business to education. Every human interaction, however, is not a competition.

Think win-win in your interactions with WIC clients. From a customer-service perspective, the only way that you and WIC can win is if the customer feels that she's won by coming to your clinic.



By John Koloen
Staff Writer

Carnation recalls batch of Alsoy

A problem with misprinted labels has led Carnation to voluntarily recall a batch of soy-based infant formula.

The recall affects 13-ounce cans of fluid Carnation Alsoy Concentrate. Following the label instructions could lead to feeding undiluted, concentrated formula to infants.

Consumption of undiluted, concentrated formula by infants may cause serious dehydration, diarrhea, cramping, and vomiting. Infants consuming undiluted, concentrated formula over the course of several feedings, and not receiving medical treatment, could be at risk for seizure and other life-threatening conditions.

The affected product was distributed to seven states, including Texas. The formula was also distributed in Maryland, New York, New Jersey, Pennsylvania, Oklahoma, and Virginia. The production code that appears on the bottom of the formula cans is 6150EWAC047.

The affected product is packaged in cans with the statement "Do Not Add Water," in English and French, printed on the top of the lid. Other directions on the can are accurate and clearly state in several places that water must be added.

As a precaution, and to eliminate any confusion, all affected products are being removed from store shelves. No other Carnation formula products are affected by this recall.

Consumers who have purchased Carnation Alsoy Concentrate with the incorrect statement on the lid should not use the product. They should call Carnation Nutritional Products toll-free at (800) 543-3112.

Keep iron pills away from children

Parents should keep iron pills out of the reach of children. According to the U.S. Food and Drug Administration, an overdose of iron pills can hurt or even kill. Iron is the leading cause of poisoning deaths in children younger than 6, despite child-resistant packaging. Thirty-three U.S. children have died since 1986 because of iron poisoning.

Here are some suggestions to help protect children:

- ◆ Close any container of iron pills tightly as soon as you're finished using it and keep the pills in their original container.
- ◆ Put the container away immediately in a place where children can't reach.
- ◆ Keep iron tablets, as well as all medicines, out of reach — and out of sight — of children.

Low-fat diet reduces risk of skin cancer

Researchers at the Baylor College of Medicine in Houston have found that patients on a diet of 20 percent fat had fewer precancerous growths and non-melanoma skin cancers.

"After two years, patients on the low-fat diet had an average of three precancerous growths while the normal diet patients averaged 10," says Dr. John Wolf, chairman of dermatology at Baylor.

Wolf and other Baylor dermatologists studied 100 people over a two-year period. Half of the group ate a normal diet of about 38 percent fat, and the other half went on a very lean diet of 20 percent fat. The caloric intake for each group was similar.

"The participants had already had one to three non-melanoma skin cancers, so we were looking at a group with a history of skin cancer," Wolf says.

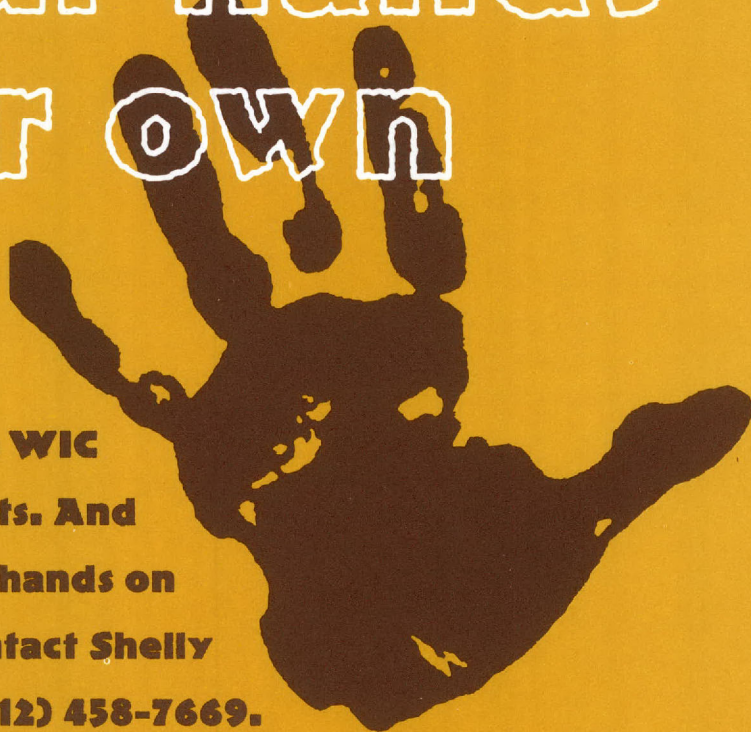
The study showed that the number of non-melanoma skin cancers decreased further if patients stayed on the diet longer.

*You can't promise
your customers sunny weather,
but you can promise
to hold an umbrella over them
when it rains.*



*From the video
The Seven Deadly Sins
of Customer Service*

Get your hands on your own COPY.



**Stay on top of the latest in WIC
ideas, happenings, and events. And
do it for free! To get your hands on
your own subscription, contact Shelly
Ogle or Callie Jones at (512) 458-7669.**



Texas WIC News Subscription Form

Fill out this form to receive your *Texas WIC News*.

Name _____

Organization _____

Address _____

City _____

State _____ Zip _____

① Mail this form, or a photocopy of the form, to

Texas WIC News
1100 W. 49th St.
Austin, TX 78756

② or fax it to
(512) 458-7446

③ or send the information in an e-mail to
sogle@wic.tdh.state.tx.us

④ and you can always call us at
(512) 458-7669.

Allow 6-8 weeks for delivery of your first issue.



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

ADDRESS CORRECTION REQUESTED

Bulk Rate
U.S. Postage
PAID
Austin, Texas
Permit No. 28