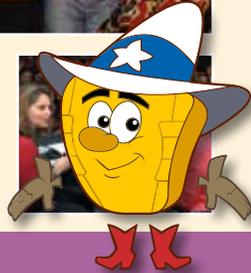


# texas WIC news

May/June 2014 • Volume 23, Number 3



## 40th Anniversary of WIC



Special Supplemental Nutrition Program for Women, Infants, and Children

# Celebrate 40 Years of WIC

**“H**appy Anniversary to WIC! This year we celebrate 40 years of strengthening families, particularly pregnant, breastfeeding, and postpartum women, along with infants, and children. We have come a long way and it wouldn't be possible without your dedication and determination.

Studies over the last 40 years show that mothers on WIC experience fewer premature births, fewer low birth-weight babies, and fewer fetal and infant deaths. Additionally, these women tend to get prenatal care earlier and consume more key nutrients. Infants who participate in WIC are in better health than eligible infants not participating in WIC. Children enrolled in WIC have increased intakes of iron, potassium, and fiber with reduced incidences of dental related Medicaid costs. WIC is also responsible for helping diminish household food insecurity and has improved the availability of healthy foods in low-income areas.

In addition to celebrating WIC's anniversary, we also want to recognize Better Sleep Month and Employee Health and Fitness Month as these are both essential for optimal health and wellbeing. In “Sleep Your Way to Better Health” on page 14, you'll learn the importance of sleep as well as tips that may not only be helpful for you, but also for your participants. Find it difficult to incorporate exercise into your daily routine? Turn to page 6 to learn how WIC staff have found ways to exercise inside and outside of work.

Also, be sure to see the article, “Answering the Call to Action – 2014 Texas WIC Nutrition & Breastfeeding Conference” (page 10) to learn about this year's theme and presenters. For the latest updates on the conference check: <http://www.wicconference.com/>

I am so excited to be celebrating this momentous anniversary with all of you. Besides receiving healthy foods, nutrition and breastfeeding education, and useful referrals, millions of families have found guidance, encouragement, empowerment, and companionship within our program over the last 4 decades. Take time to celebrate your role in strengthening our communities, our state, and our nation as a whole.

Be sure to check out the National WIC Association's website for materials, videos, and other useful resources not only to celebrate the 40th anniversary, but also to promote and educate decision-makers about WIC's valuable services. <http://www.wicturns40.org/>



**From the Texas WIC Director**

- Lindsay Rodgers

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If you would like to write an article, please request subject approval and our writer's guidelines prior to writing the article. Keep in mind that each *Texas WIC News* issue is planned five months in advance. Articles submitted will be considered, but not guaranteed for publication.



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# 40 Years of Texas WIC

by Joseph M. de Leon  
Information Specialist III

When the Supplemental Nutrition Program for Women, Infants, and Children was first launched in the United States in 1974, breastfeeding rates were on the decline, punch cards were the latest technology, and a pound of cheese cost \$1.39.

After 40 years of service and growth, WIC today serves nearly 9 million low-income mothers and young children monthly nationwide, with about 1 million participants in the Lone Star State. More than half of all infants born in the U.S. – 53 percent – are born to mothers who participate in WIC. In Texas, that number is slightly higher, with an estimated 54 percent of babies born receiving WIC support.

## **Hunger Spurs Program**

“Hunger in America,” the 1968 CBS documentary that focused on malnutrition, is credited for helping create the conditions that eventually led to widespread support for the WIC program. During the White House Conference on Food, Nutrition, and Health in 1969, a conference report suggested special attention be given to the nutritional needs of low-income pregnant women and preschool children.

By 1972, a two-year federally funded pilot program called the Special Supplemental Food Program for Women, Infants, and Children was authorized. It drew its name from the growing acceptance that food stamps were not enough to meet the special needs of low-income pregnant women and their infants — they needed more nutritious foods to thrive. In 1975, WIC was established as a permanent program.

While the program did not incorporate nutrition education or referrals until 1978, a 1976 evaluation of WIC found the program had already improved infant health and reduced anemia in mothers and infants. WIC was met with praise by both participants and government officials because it contributed to good health during the

critical times during a child’s development and helped to prevent health problems.

Nutritious food is the cornerstone of the program’s success, but innovative programs over the years helped make WIC what it is today, especially in Texas.

## **Initiatives Promote Health**

Texas WIC piloted the program in Montgomery County, just north of Houston, in March 1974 with a total of 24 clinics in operation before the year ended. Currently 67 local agencies made up of local health departments, nonprofit organizations, and hospitals with a total of 530 clinics provide WIC services to more than 900,000 WIC clients statewide.

In 1974, breastfeeding rates were at an all-time low with just 15 percent of women choosing to breastfeed. Barriers to breastfeeding included the notion that breastfeeding was antiquated, and the growing number of women entering the workforce began relying more on the convenience provided by commercial formula.

These days, about 83 percent of Texas WIC women breastfeed their children at birth. Texas WIC launched several breastfeeding initiatives targeting program participants in the 1990s.

A peer counseling program started in 1991 to provide mother-to-mother support to encourage breastfeeding. Mom’s Place, a breastfeeding clinic, opened its doors in Austin three years later. The Texas legislature recognized in 1995 that a “woman’s choice to breastfeed benefits the family, the employer, and society.” That same year, Texas WIC unveiled the Mother-Friendly Worksite initiative, which works to reduce barriers to breastfeeding at work. By 1999, Texas WIC began helping birthing facilities improve breastfeeding outcomes through the Texas Ten Step Program and started issuing breast pumps. In 2011, the Every Ounce Counts campaign used

clever ads and the [www.BreastmilkCounts.com](http://www.BreastmilkCounts.com) website to show breastmilk is the most important gift a mother could give her newborn.

Other Texas WIC efforts focused on helping staff improve participants' health outcomes. In 2007, Value Enhanced Nutrition Assessment (VENA) was implemented, shifting from a traditional counseling approach to participant-centered, individualized care. Client Centered Nutrition Education (CCNE) began as a pilot program in 2007 and then launched statewide in 2010 providing opportunities for participants to take a more active role in learning. Together CCNE and VENA have provided more valuable, engaging, and meaningful nutrition education for clients. The Obesity Prevention Mini Grant began in 2006 to fund community activities that prevent obesity. WIC Wellness Works, a worksite wellness program starting in 2009 for Texas WIC employees, encouraged staff to incorporate healthy activities into their work and daily lives.

### Tech Improves WIC

Many innovations happened behind the scenes. Efforts to improve operations and advances in technology have transformed Texas WIC into a leader nationwide.

The first food vouchers were little more than a hand-written form indicating which of 10 food items a participant would be allowed to receive. By the late 1970s, computer punched cards became the standard. In 1995, perforated tractor feed carbonless copy paper vouchers and ID cards replaced the punch cards. Paper vouchers were in use until an Electronic Benefit Transfer (EBT) pilot project started in El Paso in 2004. By 2009, WIC participants used EBT cards throughout Texas.

It wasn't the first time Texas WIC turned to high technology. Finding a reliable, secure, and fast way to meet the training demands of staff in both urban and rural areas of Texas increasingly became a challenge. Very Small Aperture Terminal or VSAT satellite became the distance learning standard for a decade starting with El Paso in 2003. After a wildly successful run, the Interactive Distance Learning (IDL) studio and "Lunch with Linda" were retired in December 2013.

As WIC's electronic information network grew, analog modems became the workhorse for sharing data in the 1990s. The Texas WIC Information Network, critical for food issuance to WIC participants, was put into statewide use by 1995 while the Internet was still in its infancy. Texas WIN is still in use today.

On the nutrition education front, Texas WIC began offering online nutrition classes to participants in 2005. Today approximately 50,000 participants complete their nutrition education online each month on [TexasWIC.org](http://TexasWIC.org), the website dedicated to supporting healthy lifestyle choices. Over the years, recipes, breastfeeding support, and a health-care provider section have been added. Later this year, a major upgrade is planned that will revamp the WIC Classes, improve how site visitors find recipes, and give Local Agencies an official web presence for the first time.

From the start, Texas WIC has consistently and successfully improved health outcomes for mothers and their children by using technology, innovation, and dedicated staff. Happy 40th anniversary Texas WIC!

### Look How We've Grown

#### Texas WIC

Category	1974	2014
No. client service clinics	24	530
No. Local Agencies	24	67
Client participation (cumulative by FY)	42,305	11,085,728*
Counties served	24	254
Annual breastfeeding rates	15%	83.3%

\*Projected for 2014

Visit the National WIC Association's website dedicated to the 40th anniversary here: <http://www.wicturns40.org/>. You'll find materials and videos that help people better understand what the WIC program does and how it has enriched the lives of millions of families. While you're there, check out the NWA blog, get information about events and partners, and learn how you can get involved.

# Exercise?

## How to Find the Time

by Mandy Seay, R.D., L.D., C.D.E.  
Nutrition Education Consultant  
and  
Clare Wolf  
Editor/Designer Texas WIC News

and Hip Hop Abs with her coworkers during lunch.

Alejandra Caballero, nutritionist at LA 33 in El Paso, runs a mile during lunch at least once or twice a week along with going to a gym daily for both cardio and weights.

Alicia Sierra, clinical assistant from LA 33 in El Paso, finds that alternating walking 30 minutes some days with Zumba dancing other days gives her more energy and a more positive attitude.

Walking 30 minutes during lunch was the most popular form of exercise cited by the clinic staff who participated in our survey, with over half saying they did some form of walking at least 3 times a week. Stretching, stair climbing, and exercise DVDs were also very popular ways to get in exercise during work.

Some of the more creative forms of exercise WIC staff do during work include strength training. “I usually do little squats, leg circles, calf raises, inner thigh exercise with my Magic Circle, upper body exercises with dumb bells and stretch bands,” says Flavia Galarraga, RD, LD, from the Denton County WIC program.

### The Mental Side of Exercise

Finding the time to incorporate activity during the day not only benefits your body, but also your mind. According to the Centers for Disease Control and Prevention (CDC), regular physical activity helps keep your thinking, learning, and judgment skills sharp.

Chandra Willis-Thompson from LA 07 says, “I am more energetic and have a clearer mind to work with the participants and assist the mothers with their children.”

Alejandra Caballero, nutritionist at LA 33, says, “I have noticed that when I exercise while I'm at work, I am in a better mood throughout the day.”

Sandra Bickly, clinic supervisor from Cameron County, notes, “Actually, walking during the lunch hour winds me down from the busy morning of work, and prepares my mind for the upcoming afternoon of work.”



As you probably already know, physical activity reduces the risk for various diseases, helps control your weight, and strengthens your muscles and bones. And while all this might be important to you, sometimes it seems there aren't enough hours in a day to do all the things we need and want to do, much less exercise. Between work, family, and household duties, finding time to get in any activity can be difficult. But, did you ever think about exercising at work?

Karen Svetz, PHN, wellness coordinator with the City of Dallas WIC program, says, “I stretch at my desk in between clients.” Karen also walks on her lunch break and works out to DVDs with coworkers in the IDL room.

Svetz is just one of many WIC clinic staff who have found a way to get in a workout while at work. Stephanie Sayer, RDN, LD, dietitian at Local Agency (LA) 10 — Grayson County WIC, enjoys working out to DVDs such as Insanity

Kristina Arrieta, MPH, IBCLC, Texas peer counselor coordinator at the state office, says, “I am happier, it breaks up my day. I feel great and energized.”

Felicia Hays, program specialist at the state office, says, “...I’ve gained more confidence in myself.”

## Move More, Live Longer

Keep moving. The Harvard School of Public Health states that exercising once a day and then sitting the rest of the day can be harmful. The Nurses’ Health Study found that long hours of sitting at work increased the risk of weight gain, obesity, and diabetes, and it didn’t matter if the subjects were regular exercisers. More studies have found that those who spend more time sitting during the day, have a greater chance of dying early than those who don’t. The theory is that sitting for hours may change the body’s metabolism in a way that promotes obesity, diabetes, heart disease, and other chronic conditions.

“Our agency’s administrative office is on the 6th floor...three of us in the office started walking the stairs...We started doing it twice a day, then three times a day,” says Karen Gibson, RD, WIC director at LA 17, UT Health Science Center in Houston.

“...I shrug my shoulders and move my neck around while at the computer. Between bathroom visits and trips to the files and printers, I get in a fair amount of walking as well...” says Linda Bundick, administrative tech at the state office.

Jenny Lassiter, area coordinator of LA 39 — Northeast Texas Public Health District, says, “We recently have incorporated wellness breaks into our staff meetings and all try popular dances (line dances, the Cupid Shuffle, the Wobble) to get up and move.”

## How to get started?

The Mayo Clinic offers 5 steps to getting started.

1. **First assess your fitness level.** Where are you now? Where do you want to be? Regina

Tovar, breastfeeding peer counselor at LA 33, recognizes that “it is hard to begin to exercise...” but notes that leading an unhealthy lifestyle is harder in the long run.

2. **Design your fitness program.** What are your goals? Figure out how to make it part of your daily routine, go at your own pace, try different activities, track it, and allow time to recover. Shirley Ellis, MS, RD, Nutrition Education Branch manager at the state office, offers this advice, “Find coworkers who enjoy doing the same activity as you do. I have two coworkers who I enjoy walking with and are good about making me stop to take a physical activity break. If left on my own, I would not stop to walk.”
3. **Assemble equipment.** This could be as simple as just getting the right shoes for your activity. But if you want to try other activities, this could include a jump rope or hand weights or anything else you might like to use. Yvonne Alvarez, breastfeeding peer counselor from LA 33 says her agency has “clinic rubber bands to help us with resistance [training] ...”
4. **Get started.** Make sure you start slow and then build up gradually. Listen to your body, don’t work too hard and if you aren’t feeling well, give yourself time off to get well. Yvonne Martinez, RDN, LD WIC nutrition coordinator for LA 01, states, “Too many people go from doing nothing to trying to do too much only to get discouraged and stop. Little by little does the trick!”
5. **Monitor your progress.** Check in to see how you are doing with your goals every 3-6 months and adjust as needed. Beatrice Martinez, MBA field operations coordinator for LA 07, says, “I’m motivated to be consistent and committed...”

## Words of Wisdom

Norma Villarreal, clinical assistant from LA 33 advises, “Allow physical activity to become part of your schedule and do not look at it as a chore. Do exercise by doing things you like...”

Juanita Bernal, supervisor at the City of Dallas, sums it up, “Exercise is great for the body, mind, and soul. You will live a longer, happier, and healthier life when you exercise daily even if it’s for 15 minutes.”

# Maintain, Don't Gain



by Jessi Cano, R.D.  
Nutrition Education Consultant  
and  
Angela Gil, R.D., L.D.  
Nutrition Education Consultant

Obesity rates have more than doubled since the 1970s. That's the bad news. We know that obesity plays a major role in a number of diseases and has a negative effect on overall health and quality of life. The good news is that recent estimates show we are starting to turn things around. According to the Centers for Disease Control and Prevention obesity rates have actually plateaued, and some reports even show a decline in recent years. This is exciting and shows that people are making efforts to lose weight, and it's working!

With this new turn of events comes a new challenge. Now that people are figuring out how to lose the weight, how do they keep it off? The National Weight Control Registry is an organization that tracks over 10,000 adults who have lost significant amounts of weight and successfully kept it off for long periods of time. They've compiled a list of things that these successful "maintainers" have in common. Following these 5 tips may help you keep the weight off for good too.

## 1. Eat Breakfast Daily

You've heard that it's the most important meal of the day, and for weight maintenance, that seems to be true. Seventy-eight percent of people who have maintained their weight for five years or longer eat breakfast every day. Eating breakfast is important for many reasons. It may help curb your hunger later in the day, which can help you avoid overeating at mealtimes and keep the snack/junk foods at bay. Also, fasting for long periods of time (like from dinner the night before to lunch the next day) can increase your body's insulin response and cause fat storage and weight gain. Skipping breakfast actually increases your risk of obesity! So, eat a breakfast that has both carbohydrates like whole grains or fruits, and proteins like lean meats, eggs, or low-fat dairy to help kick start your metabolism and get your day off on the right foot.

## 2. Watch What You Eat

The majority of successful maintainers follow a low-fat diet and watch their overall calorie intake. They know the range of calories they need to eat within and follow that daily. Many people find it helpful to track what they eat. Become familiar with food labels and know what is in the foods you eat. Remember that slip-ups and accidents happen, too. If you're watching what you eat and find that you ate outside of your calorie range for the day, don't beat yourself up. Every meal is a new chance to start over and get back on track.

# 5 Habits for Success



### 3. Self-Monitoring

Successful maintainers found that weighing themselves at least once a week provided data for them to gauge their food intake. If the scale goes up, then it's time to adjust your calorie intake and increase physical activity. Keeping a food journal is also a necessary part of self-monitoring. We tend to eat less when we are able to look at the overall diet in writing and see exactly how many calories and fat grams we consume, or if we need to add more vegetables and fruits, or cut back on something else. With so many ways to record our food intake and exercise, it is easy to find the right program or app that works for you. Many of these free programs also offer social support and individually tailored programs. It doesn't matter what you use to record, just as long as you record.

### 4. Watch Less than 10 Hours of TV per Week

Think about the last time you were engulfed in your favorite show or movie. Did you mindfully munch on snacks during it? Or did you lose track of time and before you knew it, the day was over? Successful maintainers found that if they just limited the amount of TV they watched, they had more time to be active, get things done, and reduce the unwanted snacking. Think about

how you are spending your free time and save your TV viewing hours for your favorite show.

### 5. Exercise, on Average, One Hour per Day

Physical activity is one of the most important parts of weight loss maintenance. Counting calories will help you lose the weight but moving your body as much as you can will help you keep that weight off. The activity can be structured like a fitness class or it can include lifestyle activities like dancing and hiking. If you sit at a desk all day, stand every 25 minutes and do a few stretches. Walk at lunch breaks. Stand while talking on the phone or while attending meetings. To prevent weight gain after weight loss, do a minimum of 250 minutes per week of moderate intensity exercise. Remember, any exercise is better than none!

For weight maintenance, diet and exercise are important. If you find your weight creeping up a little, get back on track and don't give up. Follow these habits and you can be a successful maintainer too!

(National Center for Health Statistics, 2009)  
NWCR website- <http://www.nwcr.ws/Research/default.htm>

Answering the Call to Action —

# 2014 Texas WIC Nutrition & Breastfeeding Conference

by Lisa Rankine, R.D.  
Clinic Services Program Coordinator



Save the date for the 2014 Texas WIC Nutrition & Breastfeeding Conference to be held June 30 through July 2 at the Downtown Austin Hilton. The theme of this year's conference is *Answering the Call to Action* based on several leading national health initiatives including:

- The First Lady's *Let's Move!* campaign
- The Surgeon General's Call to Action to Support Breastfeeding
- Health and Human Services Action Plan to Reduce Racial and Ethnic Health Disparities
- National Prevention Strategy

WIC answers these calls to action every day through our efforts to improve nutrition, increase activity and healthy living, increase support for breastfeeding, and reduce health disparities. Several of this year's exciting conference speakers will share important information supporting these initiatives including Jill Castle, MS, RD talking about, "How media and parents drive early childhood nutrition," and Holly Raffle and Alison Murphy speaking about, "Cultural breastfeeding patterns." Micheal Mackert will provide information about, "Effective health communication, education, and persuasion." Local agency best practice panels will share ideas and experiences for successful call centers and community collaboration.

The art of recognizing and responding to a baby's cues will be discussed by Dr. Jane Heinig, PhD, IBCLC, during the pre-conference session. This information kicks off the statewide *Baby Behavior* campaign for Texas WIC. The train-the-trainer workshop format is ideal for those who provide training in their agency, including WIC directors, NE/BF coordinators, and training coordinators. Information provided will explain normal infant behavior including crying, sleep, signs of hunger and fullness, and how to recognize when baby wants to play or when they need something to be different. She will also discuss common misconceptions about newborn behavior and how parents cope with stress. Dr. Heinig's presentation will provide WIC staff a more robust skillset to help new parents get their babies off to a healthy start. Attendees will be responsible for providing *Baby Behavior* training to their local agency with materials and resources provided by the state office.

The 2014 Texas WIC conference offers an excellent opportunity for staff to gain knowledge about how to integrate these calls to action by using WIC resources and services. We look forward to sharing information and strategies that help improve the lives of our participants and their families. See you there!

# WIC WELLNESS WORKS

by Debbie Lehman, Ph.D., R.D., L.D.  
Nutrition Education Consultant

## The WIC Olympic Games — Promoting a Culture of Wellness among Texas WIC Staff

CONTRIBUTED BY: DEBBIE LEHMAN, PHD, RD, LD, STATE COORDINATOR FOR WIC WELLNESS WORKS

This past fall, WIC staff in 25 local agencies across Texas participated in the first WIC Olympic Games challenge. The WIC Wellness Works program offered the 6-week competition filled with weekly Olympic events and some friendly interagency competition for the gold!

In addition to the Olympic games, WIC employees participated in other activities of their choice and logged minutes exercised each week. Local agency (LA) staff encouraged each other to exercise daily with a fun, team-building atmosphere. Each week participants were awarded a bronze, silver, or gold medal sticker for 60, 150, or 300 minutes of activity per week, respectively. The medallion stickers were displayed on a chart next to the employee's name for recognition.

Participating agencies were divided into one of four size categories based on total staff employed by the agency. Agencies with the most minutes earned for the 6-week event were awarded first place (gold), second place (silver), and third place (bronze) for each LA size category.

### Local Agencies Participating in the WIC Olympic Games

Place	Petite	Small	Medium	Large
<b>First</b>	64 Medina County	22 City of Waco/ McLennan County	41 City of San Antonio	33 City of El Paso
<b>Second</b>	10 Grayson County	34 City of Abilene/ Taylor County	31 Bell County	7 City of Dallas
<b>Third</b>	69 Community Council of South Central Texas	29 Ft Bend Family Health Center	17 UT Health Science Center – Houston	1 City of Austin/ Travis County
	65 City of Texarkana/ Bowie County	58 Angelina County- Cities	100 City of Amarillo	26 City of Houston
	74 City of Brownwood/ Brown County	36 City of San Marcos	42 Williamson County-Cities	39 NE Texas Public Health District
	43 Community Health Centers of South Central Texas	40 City of Beaumont	5 Driscoll Childrens Hospital	76 Outreach Health Services
				54 Tarrant County

(continued on WWW — Insert B)

# WIC WELLNESSWORKS

We asked the winning agencies to share their experiences and answer the following questions.

## 1. What did your agency like best about doing the WIC Olympic Games?

We liked the competition among clinics. Everyone wanted to show their clinic had the most enthusiasm and perseverance to be a winner. (LA 17)

Most staff really enjoyed the motivation to exercise. It allowed everyone some time to relax and get fit in ways that we may not have thought about before. The activities were fun and allowed us all to work together and build our team building skills. (LA 31)

Before the Olympic Game Challenge, exercise was thought of as dull and boring. Everyone knew they should exercise but would never make the time. After starting the weekly challenges, the employees made it a team effort. The games and the competition gave the employees the incentive to exercise. (LA 69)

It was great to have something positive to focus on... We liked the self-reporting and predetermining goals based on an individual's fitness level. (LA 7)

Having to turn in your time every week kept us on task, plus, we are very competitive, so to see what we each did that week kept us striving to do better. (LA 10)

Enjoying the overall excitement by participating in the weekly Olympic events, staff members were able to take a quick break from the day, build staff unity, and see a "fun" side of staff members they didn't realize they had. (LA 34)

## 2. How did you encourage your employees to participate?

Our staff was excited to participate partially with the prospect of earning medals to post on a board which all could see, but also because we were simultaneously running our WIC Wellness

Challenge (OPMG project). The staff combined weekly earned physical activity minutes with wellness challenge completions (such as eating 5 servings of fruits/vegetable per day or no added sugar drinks) to compete for most overall points. (LA 34)

We encouraged our employees by making the clinic games fun and by keeping activity in the conversations throughout the day. (LA 29)

The team captains encouraged their team to set goals for the week. Each week everyone would push a little harder for the higher medal. (LA 69)

We posted reminders in the halls and used the intercom to announce the time for workouts or wellness breaks. We also posted weekly winners on doors and total weekly minutes worked. (LA 7)

A couple of the staff had already begun a weight management program on their own. Because exercise was a helpful thing for them, they led the way. (LA 64)

## 3. Did your agency do any additional activities (such as opening or closing ceremonies, healthy potlucks, walking Wednesdays, exercise DVD week, etc.)? If so, could you please tell us what you did?

We had a great opening ceremony. All of the staff participated in a walk around the health department building listening to the Olympics theme and following a homemade torch. Lots of fun! (LA 34)

Our opening ceremony was a salad and sandwich lunch with emphasis on lots of vegetables and fruits. Some staff brought their exercise equipment to the offices (positive pressure hula hoop, personal trampoline, Xbox, Wii fit, dumb bells), and when possible, staff would take 15-20 minutes per day and use these. (LA 64)

During staff meeting, we held an opening ceremony where we all did jumping jacks together as a large group. We gave certificates and miniature trophies

*(continued on WWW — Insert D)*



## Mind Games

### Sudoku

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Fill the 9x9 grid with numbers so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid contain all of the digits from 1 to 9. The same number may not appear more than once in the same 9x9 row or column or in any of the nine 3x3 sub-grids of the 9x9 grid.

### Answer:

6	7	1	9	8	2	5	7	3
5	8	9	6	1	4	7	8	2
4	8	2	7	3	5	1	9	6
9	5	8	4	2	6	3	1	7
1	6	7	3	5	8	9	2	4
3	2	1	4	6	7	5	8	9
7	1	6	7	3	5	8	9	2
8	9	5	4	2	6	3	1	7
2	4	1	6	8	9	7	5	3



### Seasonal Produce Fruits:

Apricots, cherries, blackberries, blueberries, cantaloupe, honeydew, limes, nectarines, peaches, plums, raspberries, strawberries

### Vegetables:

Bell peppers, butter lettuce, chayote squash, corn, cucumbers, green beans, okra, peas, summer squash, tomatoes, zucchini



## recipe

### Peach Salsa

Source: [www.picktexas.com](http://www.picktexas.com)

Serves: 1

#### Ingredients

- 1 cup fresh peaches, diced
- 3 tablespoons red bell pepper, diced
- 2 tablespoons sweet onion, diced
- 1 teaspoon serrano pepper, diced
- 1 lime

#### Directions

Mix all ingredients together except lime. When you are ready to serve, squeeze the juice of lime over the fruit mixture and toss well.

#### Nutrition Information

90 calories; 0g fat (0 g saturated fat); 2g protein; 22g carbohydrates; 16g sugars; 4g fiber; 0mg cholesterol; 0mg sodium

to all the staff at a closing ceremony. One group also plans to go to a Zumba class together sometime in December to continue their efforts. (LA 01)

We had an opening ceremony with healthy snacks at our monthly staff meeting. We also hooked up the Wii and worked on our hula hoop skills. (LA 69)

One site had early morning workouts with 15-minute exercise DVDs. We mixed up the DVDs so it wouldn't get boring. We also started collecting fruits and vegetables as a group and making healthy snacks, so we would avoid eating candy or cake. We walk one round of the parking lot at 3:30 each day to stretch our legs. (LA 01)

We had an opening ceremony where we laid out the ground rules and got everyone pumped up about the new challenge. We let balloons go, made an American flag snack that was geared towards the patriotism of the Olympic Games. We made a torch for the weekly winner to carry the following week. (LA 31)

#### **4. What was the brightest success story of the whole event?**

Our staff truly stepped up their activity level throughout the weeks. Several staff members managed to increase from bronze to silver to gold during the 6 weeks. The weekly Olympic challenges were great fun as well, because we had a set time each week for everyone to participate. Our water bottle race (with water bottles on our head) was a fun experience to watch. (LA 34)

We had one co-worker who included up to 10 hours of activity per week into her normal daily duties. She is amazing and a role model for us. (LA 29)

We had one employee who lost 15+ pounds, joined a gym, and became an inspiration to her kids. She stood in front of the entire staff at our quarterly meeting and explained what motivated her to change her lifestyle and it had a lot to do with the comradery and activities the nutritionist/wellness coach provided for her and all the staff at

her clinic (supported her every day-in and out of clinic). (LA 17)

I think the brightest success story was just the fact that we all committed ourselves to finishing the challenge. As a group best success was using the activity to grow stronger as a team and hear positive words and encouragement being expressed to one another daily. (LA 07)

Several of the employees were already exercising before the games. The rest of us were "couch potatoes" so to speak. One employee started walking to work each day. Several would walk 2 miles at lunch time at the park. It was exciting to gather totals at the end of the week. Most of the employees got out of their comfort zone and got walking. (LA 69)

#### **5. How will your employees "pass it on" by sharing experiences from this event with WIC clients?**

Staff members will be great at passing on the "you can do it" message to WIC clients. After seeing themselves find time to fit in physical activity they can more confidently encourage participants to do the same. (LA 34)

When employees "walk the talk" their experiences come out in conversations. They are also able share their experiences as examples when talking with clients. (LA 29)

Many clients saw our staff taking the exercise breaks. I am sure with that and our staff's continued success with weight loss we will hopefully lead by example. (LA 64)

Staff can tell WIC clients about their experiences and encourage them to do something similar. At one WIC site, staff got WIC families to participate with them as well. We also used the WIC Olympics as a lead-in to a local agency obesity prevention grant program which is targeted at staff to help increase healthy meals and increase daily physical activity. (LA 01)

# WIC WELLNESSWORKS

We always have clients that ask about ways to establish an exercise routine that's not time consuming and we can share this experience with them because the challenges were simple and kid-friendly so they can also include the children in the challenge. (LA 07)

Some of the WIC moms saw us exercising and even stated that they could come to work out with us, especially doing the Zumba video. (LA 07)

In one clinic, the clients saw the poster and asked what it was. The clerks were able to share their experiences how they went from couch to 3-4 miles a week. (LA 69)

We're proud of Texas WIC staff for taking control of their wellness and being living proof that WIC works!

Share your wellness success stories for a chance to be spotlighted in Texas WIC News and inspire other WIC staff! Contact your State Wellness Coordinator, Debbie Lehman, at [Debbie.Lehman@dshs.state.tx.us](mailto:Debbie.Lehman@dshs.state.tx.us) or 512-341-4517.



*Above top: LA 34 (City of Abilene) at the start of their opening ceremony during which the group walked around the health department building listening to the Olympic games theme and carrying a torch. Above: Staff at LA 07, Site 11 (City of Garland), successfully completed the WIC Wellness Olympic Challenge. Left: LA 31 (Bell County) Temple WIC office celebrating the start of the games. Staff let balloons go and made an American flag snack that was geared towards the patriotism of the Olympic Games. Below left: LA 01 (City of Austin) during a staff meeting they held an opening ceremony doing jumping jacks together. Below right: LA 64 (Medina County) after being announced as the winner for the petite class in the WIC Olympic Games.*



# Drink Up!

by Mandy Seay, R.D., L.D., C.D.E.  
Nutrition Education Consultant



You may have heard about Michelle Obama's *Let's Move* campaign, but have you heard about the new *Drink Up* campaign? In September of 2013, the first lady started promoting the campaign on dozens of television shows including early morning and late night talk shows. Mrs. Obama joined the Partnership for a Healthier America (PHA) to encourage people to drink more water to "improve health and well-being every day."

## The Campaign

In an effort to spread the word, supporters will “carry the Drink Up logo on nearly 300 million packs of bottled water; more than half a billion individual bottles of water; 200,000 packages of reusable bottles; and more than 10,000 individual reusable bottles in the next year. Additionally, more than 10,000 outdoor public taps are expected to carry the brand over the next few years. Cities will also be utilizing the logo to encourage people to drink more tap water.”

PHA is asking people all over the country to visit [www.youarewhatyoudrink.org](http://www.youarewhatyoudrink.org) to upload pictures of themselves drinking water, or find the campaign on Instagram ([www.instagram.com/urH2O](http://www.instagram.com/urH2O)), tagging their pictures #drinkH2O.

## Statistics

According to the Centers for Disease Control and Prevention (CDC), approximately 25 percent of children do not drink any water on a given day. For adults, 43 percent drink 3 cups or less, including 7 percent who drink none. In a 2007 study, published by the CDC; researchers also found that low water intake was associated with various unhealthy behaviors including low levels of physical activity and low fruit and vegetable intake.

## Water and the Body

Every system in the body depends on water. Just to give a few examples — water flushes out toxins, carries nutrients to cells, regulates the body’s temperature, and keeps certain tissues like those found in the ears, nose, and throat moist and healthy.

Water is lost through breathing, sweating, and when using the bathroom. Water must be replaced. If the body doesn’t have enough water, dehydration can occur. Dehydration is associated with headache, reduced reasoning, urinary tract stones, an overall feeling of fatigue, and, in some cases, can be confused with hunger cues.

## How Much is Enough?

The Institute of Medicine states that the adequate intake for water (on average) is 1.5 liters (about 6 ½ cups) for children, 3 liters (about 13 cups) for men, and 2 liters (about 8 ½ cups) for women. For pregnant women, the recommendation is 2.3 liters (about 10 cups) a day, while breastfeeding women should drink 3.1 liters (about 13 cups) a day.

If this seems like a lot, keep in mind that you don’t have to solely rely on drinking water to meet your needs. Typically, what you eat provides about 20 percent of your total water intake. Fruits and vegetables are great contributors since several (like watermelon and tomatoes) are made up of 90 percent, or more, of water.

## Need Help Increasing Water Intake?

- Keep a large water bottle handy to remind, and encourage, you to drink often
- Have a glass of water before each meal
- After each trip to the restroom, drink water to replenish your fluids
- Add lemon, lime, cucumber, basil, and/or mint to your water to give it flavor without added calories
- Eat plenty of fruits and vegetables throughout the day

As with everything else, balance is key. Although over hydration, or drinking too much water, is rare, it is possible and can be very dangerous.

## A Simple Change Anyone Can Make

PHA CEO, Lawrence A. Soler states, “...Drinking more water is an easy choice that nearly every one of us — regardless of where we live, what we do, or how busy we are — can make every day.” The first lady agrees and says, “That’s it — it’s really that simple. Drink just one more glass of water a day and you can make a real difference for your health, your energy, and the way you feel. So Drink Up and see for yourself.”

# Sleep Your Way to Better Health

by Kelley Reed, R.D., L.D.  
Nutrition Education Consultant

The month of May is Better Sleep Month, and there is no better time than the present to get the sleep you need to improve your overall health. With this article we hope to make you aware of the many ways sleep impacts health, give you tips to get your best night's sleep, and provide you with information to help your WIC participants.

## **The Relationship Between Sleep Deprivation and Overall Health**

Do you find that sleep gets cut short when your day runs long? As a society, we commonly try to find ways around getting the amount of sleep our bodies need in order to be more productive, only to find that lack of sleep negatively impacts productivity.

Sleep deprivation can cause problems that go far beyond affecting productivity. Skipping out on sleep can cause problems with learning, focusing, and reacting. You may have trouble making decisions, solving problems, remembering things, controlling your emotions and behavior, and coping with change. Additionally, you may take longer to finish tasks, have a slower reaction time, and make more mistakes.

Ongoing sleep deprivation is also linked to many chronic health problems, including inflammation, heart disease, high blood pressure, diabetes, stroke, obesity, and depression. Lack of sleep can also change the way your immune system responds, making it more difficult to fight off infection.

Overall, research shows that getting enough quality sleep at the right times is critical for mental and physical health, quality of life, and safety.



## Making the Most of Your Slumber

Since sleep deficiency can affect people of all ages, races, and ethnicities, it's reassuring to know that there are many expert recommendations to help you make the most of your slumber.

To get your best night's sleep, experts recommend following these tips:

- Go to bed and rise at the same time each day, even on weekends. It may be tempting to sleep in on your day off, but research shows that this can disrupt your body's sleep-wake rhythm. Long naps may interfere with nighttime sleeping. If you must nap, be sure to keep it under 30 minutes.
- Going to bed hungry or eating a full meal is not advised, instead, consider a small snack if hunger sets in before bedtime. Be aware of foods and beverages that contain caffeine like tea, soda, coffee, and chocolate that can affect sleep. Be mindful of when you consume these foods and try to avoid them late in the day.
- Regular physical activity promotes good sleep but it's important to consider timing since a boost in energy close to bedtime can hinder sleep.
- Use the hour before bed as a time to wind down and do something relaxing, like taking a bath or listening to soothing music.
- Keep a journal next to the bed as an outlet for clearing your mind. Write down your thoughts and worries to set aside and be addressed the next day.
- Designate your bedroom as a place for sleeping and limit doing other activities there, such as watching TV and working on the computer. Adjust the thermostat to a cooler temperature or turn on a fan. Dim the lights and turn off electronics that put off bright artificial light.

It's important to note that sleep needs vary from one person to the next, but most adults need seven to eight hours of quality sleep per day. An occasional sleepless night is normal for all people, but if you regularly experience difficulty sleeping, seek help from your doctor. Always use caution and get your doctor's approval when considering over-the-counter sleep remedies.

## How can I use this information to promote better health in the WIC clinic?

You come into contact with many new parents every day in the WIC clinic. Most new parents experience a drastic change in sleep patterns when their new baby arrives. These families could all benefit from your knowledge and encouragement on the topic of sleep. Here's what you can do to help:

- Make it part of your routine to ask new parents how they are sleeping since bringing their new baby home.
- Educate parents on what to expect as their baby grows. They may find it encouraging to know that this type of sleep deprivation is only temporary. By age three months, many babies can sleep about five hours at a time and by age six months, most babies sleep nine to twelve hours at a time.
- Encourage new moms to rest when the baby rests. Remind her that her health is more important than doing the dishes, laundry, taking calls, and hosting guests. Suggest that she ask her support system for help with tasks around the house.
- Recommend that new parents work out a schedule that allows both parents to rest and care for the baby.

In addition to educating new parents on the importance of sleep, celebrate Better Sleep Month by spreading the word among your coworkers, friends, and family.

### Resources

- Centers for Disease Control and Prevention. Sleep and Sleep Disorders. CDC Web site. Available at: <http://www.cdc.gov/sleep/index.htm>. Accessed December 12, 2013.
- Mayo Clinic. New parents: Getting the sleep you need. Mayo Clinic Web site. Available at: <http://www.mayoclinic.com/health/healthy-baby/PR00068>. Accessed December 12, 2013.
- National Heart, Lung, and Blood Institute. Sleep Deprivation and Deficiency. NIH Web site. Available at: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/>. Accessed December 12, 2013.

# Gluten and COOL Labeling Requirements



by Paula Kanter, R.D.  
Clinic Nutrition Specialist

In the last year, gluten-free and country of origin labeling (COOL) food labeling regulations designed to benefit consumers became effective. Although these labels have been used for some time, regulations surrounding their use are new.

## Gluten-Free

The claim “gluten-free” was not regulated until August 2013. Although people follow a gluten-free diet for various reasons, this new regulation is significant, especially for those with celiac disease. Celiac disease is an autoimmune digestive condition that is managed by eating a gluten-free diet. According to the Centers for Disease Control, celiac disease affects about one in 133 people in the United States.

Gluten is a combination of the natural proteins found in wheat, rye, and barley. These proteins are desirable in baked goods because they help improve quality and texture. Gluten helps dough rise and keeps bread from falling apart.

Packaged foods can contain gluten even if the ingredients are not wheat, rye, or barley. These foods may contain ingredients such as modified food starch, malt, or soy sauce which contain gluten. In addition, many products are made in facilities where cross-contamination occurs. Gluten-free foods may be prepared or processed in the same area, or with the same equipment that process ingredients containing gluten.

In the new regulation, the Food and Drug Administration (FDA) set a gluten limit of less than 20 parts per million (ppm) for products claiming to be “gluten-free,” “free of gluten,” “without gluten,” and “no gluten.” This is the lowest amount of gluten that can be detected in foods using valid scientific analytical tools. Very small amounts of gluten can be tolerated by most people with celiac disease.

In addition to limiting the unavoidable presence of gluten to less than 20 ppm, the FDA will allow manufacturers to use a gluten-free label if the food does not contain any of the following:

1. An ingredient that is any type of wheat, rye, barley, or crossbreeds of these grains.

# Benefit Consumers

2. An ingredient derived from the above grains and has not been processed to remove gluten.
3. An ingredient derived from the above grains and has been processed to remove gluten, if it results in the food containing 20 or more ppm gluten.

The gluten-free claim applies to all FDA-regulated foods, including dietary supplements. All foods imported into the United States must meet the same federal requirements as foods domestically produced.

To monitor compliance, the FDA may conduct periodic inspections of food manufacturing facilities, food label reviews, follow-up on consumer and industry complaints reported to the agency, and when needed, gluten analyses of food samples.

People with celiac disease, and anyone adhering to a gluten-free diet, need to be aware that manufacturers have until August 2014 to bring their labels into compliance. This provides them time to deplete their supply of current labels or to reformulate their products. According to the FDA, it is estimated that only 5 percent of foods currently labeled gluten-free do not meet the requirements.

## **Country of Origin Labeling (COOL)**

Unlike the “gluten free” labeling, compliance for COOL was required by November 2013.

The COOL law requires retailers to notify their customers of the country of origin for all commodities covered under this law. This allows consumers to make informed decisions about the foods they eat.

COOL has been in place for unprocessed meat products since 2002. The law was expanded in 2005 to cover fish and shellfish and in 2009 to include fresh fruits, vegetables, and nuts. COOL does not cover processed foods such as cooked, marinated, cured, smoked, restructured, or combined with other components.

For example, COOL would be required for raw shrimp, raw meat, and whole fruit, but not cooked shrimp, marinated meats, or cut fruit bowls. In addition, processed foods such as hot dogs, breaded chicken tenders, and fish sticks do not have to comply.

In May 2013, the U.S. Department of Agriculture modified the labeling rules for meat. The new labeling rule covers muscle cuts of beef, chicken, pork, lamb, and goat. Processed, deli, and ground meats are exempt.

Under earlier law, muscle meat labels were required only to list the countries through which the meat passed. The new label rules requires meat to be labeled with information not only about its country of origin but also where the animal was raised and slaughtered. (It is possible for livestock to be born in one country, raised in another, and slaughtered in a third.) For example, a label may say, “Born in Canada, raised and slaughtered in the U.S.”

The new rule also disallows less-specific mixed-origin labels such as “Product of the U.S. and Canada.” For meat from animals imported for immediate slaughter, one type of label could state: “Born and Raised in Canada, Slaughtered in the United States.” Labels for imported meat are unchanged by this rule. Those labels will continue to read: “Product of (Country X).”

Colin O’Neil, director of government affairs at the Center for Food Safety in Washington, stated, “We feel this [rule] provides necessary transparency when consumers are deciding to buy something raised in the United States or something raised, slaughtered, and processed in a number of different countries before coming into the United States.” He also stated, “Should any food safety risks arise, consumers can make a decision whether or not they want to take any risks. This also ensures that companies and producers in other countries are producing products that consumers want to buy rather than consumers are forced to buy.”

# Disposal of

# Medical Waste



by Elizabeth Bruns, R.D., L.D.  
Nutrition Training Specialist

## Medical Waste in WIC

What is medical waste? How is medical waste different from clinic waste, and how do I get rid of it? Medical waste, also referred to as biohazardous/biomedical waste and/or regulated medical waste, is defined as “treated and untreated special waste from health care-related facilities that is comprised of animal waste, bulk blood, bulk human blood, bulk human body fluids, microbiological waste, pathological waste, and sharps.” The primary medical waste we deal with in WIC are sharps. A sharp is any item having corners, edges, or projections capable of cutting or piercing the skin, such as a disposable lancet, a capillary tube, a microcuvette, etc. Other waste may be considered either medical or clinic waste.

Disposal of medical waste is regulated by the Occupational Safety and Health Administration (OSHA), the Texas Commission on Environmental Quality (TCEQ), the Department of State Health Services (DSHS), and local, county, and city governments. State office monitors will check how medical waste is disposed at your local agency. They are making sure that your agency is following the laws and guidelines set by the regulatory organizations.

Here are a few regulations that agencies should be aware of in regards to disposal of medical and clinic waste:

### Sharps containers

- ◆ Puncture-resistant sharps containers (that are leak-proof on the sides and bottom) must be located in blood collection areas where sharps are generated. The sharps we see most often in WIC are disposable lancets, capillary tubes, and microcuvettes.
- ◆ As soon as a sharp is used, dispose of it immediately and directly into a sharps container. Putting a sharp down on a counter and then retrieving it later, significantly increases your contact with that sharp.



- ◆ Never put your hand into a sharps container.
- ◆ Be sure that sharps containers are placed out of the reach of children.
- ◆ When a sharps container is three-quarters filled, it should be sealed and secured for proper disposal.

### Clinic vs. medical waste

- ◆ Clinic waste includes soiled disposable gloves, gauze squares, cotton balls, alcohol prep pads, and adhesive bandages (e.g. Band-aids). As long as the amount of blood on the waste is less than 100 ml (less than 3.3 ounces) then these supplies can be discarded into a clinic or office waste receptacle. Heavy-duty plastic trash bags with a thickness of at least 1.2 ml should be used in such receptacles as they are less likely to puncture. When the combined volume of blood in a waste receptacle reaches 100 ml, it is no longer considered clinic waste but instead medical waste and requires biohazard disposal.
- ◆ Biohazard waste receptacles are more commonly used to collect clinic waste in WIC clinics. They are identified with the biohazard symbol or are color-coded, typically red or red/orange. Other trash may be disposed in a biohazard receptacle but once it's in such a receptacle, it must be treated as biohazard, not clinic waste.
- ◆ Clinic waste and biohazard waste receptacles should never be over-filled. When a bag is filled, it should be sealed and secured for proper disposal. Janitorial staff may dispose of clinic/office waste.

### Storage and disposal of medical waste

Clinic staff, not janitorial staff, must manage medical waste disposal. They must ensure that biohazard waste receptacles do not get mixed and thrown out with clinic/office trash. When sharps containers and biohazard waste have been sealed, they must be stored securely. Bio-

hazard bags should be placed in rigid containers during storage.

During storage, medical waste must be protected from rodents, insects, and other pests. It is best to store medical waste in a locked facility, like a closet or unused room, to protect people and the surrounding areas from contamination.

Sharps containers and biohazard waste are routinely picked up from health care-related facilities by companies that specialize in medical waste removal. Local agencies can only release medical waste to such entities. Each local agency will have a contract with such a company, along with policies and procedures that must be followed to assure that medical waste is removed in accordance with state regulations. Copies of signed receipts from registered transporters of medical waste should be kept on file for 3 years.

Note: Sealed sharps containers may be disposed in biohazard bags, however some medical waste removal companies may request that containers and bags be stored separately. Ultimately, both sharps containers and biohazard bags will be treated and then sent to a landfill for final disposal.

Check with your local city and county governments for regulations regarding disposal of medical waste. When you know the definitions and terms and you are familiar with the regulations and policies and procedures, compliance is a snap.

#### References:

- DSHS rules: 25 TAC 1.131-137
- TCEQ rules: 30 TAC Chapter 330
- TCEQ Regulatory Guidance, Waste Permits Division, RG-001. Texas Regulations on Medical Waste. Revised January 2012.
- Texas Department of State Health Services, Infection Control Manual for Ambulatory Care Clinics, 4th edition, 2009.



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