

LA Number:1

LA Name; Austin-Travis County Health & Human Services

Contact person: Yvonne Martinez

Contact info: Yvonne.Martinez@ci.austin.tx.us

Contact Ph. #:512/972-6847

Project name: Walk with WIC/Wok with WIC

Project objective: Provide participants opportunities to walk in safe environments and network within their community to increase physical activity. Expose participants to healthy easy recipes which include F/V through visual cooking demonstration classes, and provide participants with sample tasting of recipes.

Strategies used: F

Project description: Walk with WIC: walking project offered at 6 WIC sites, with scheduled walks twice a week for 30 minutes. Participants are asked to commit to 10-weeks, once complete the participants can receive a new pair of walking shoes from Shoes for Austin (grant dependent). Throughout the 10-week duration clients receive incentive items (pedometers, water bottles, caps) all with the goal of establishing daily physical activity. Wok with WIC: Cooking demonstration class featuring easy healthy recipes with fruits and vegetables. Incentive items (measuring cups, spoons, mits, recipe books) are given in each class to increase chances of cooking at home. This year we have collaborated with Sustainable Foods and Parks and Recreation to reestablish the Montopolis Community Garden. The garden will be incorporated into the Wok with WIC cooking demos to include the harvest produced from the garden in recipes, as well as teach gardening classes.

Collaboration: Texas Round Up; provided entry fees to 2009 event to 38 participants. Shoes for Austin; in-kind 40 pair of tennis shoes to clients who complete 10-weeks Parks & Recreation; storage facility for strollers, and park trails. YMCA; walking trails & stroller storage unit. Sustainable Foods Center; Montopolis Community Garden resource, and class instruction.

Evaluation: Walk with WIC: participants fill out a pre-survey at the first walk, and a post survey at the 10th walk. Wok with WIC: participants fill out an evaluation at the end of a cooking demonstration or gardening class.

LA Number:5

LA Name; Driscoll Children's Hospital- WIC Program

Contact person:Debra Carpenter RD, RN, CDE;Maria(Carmen)Goodwin BSN

Contact info: debra.carpenter@dchstx.org;maria.Goodwin@dchstx.org;
cindy.salinas@dchstx.org

Contact Ph. #:361-694-5707/ 361-694-6768

Project name: Eat better, Move more

Project objective: Ultimately, we want to provide DCH WIC clients with the knowledge and self efficacy to enable them to make healthier food choices, thus increase fruits and vegetables. Thus empowerment, knowledge and self efficacy building are all important to helping these individuals.

Strategies used: Focuses on clients' concerns and interests

Project description: 1 or 2 classes incorporating New Food packages (targeting increasing fruits and vegetables) possible food demonstration on incorporating fruits and vegetables as healthy snacks WIC-apoolooza- Heath & Fitness Fair- Fall 2010 Survey and or Pre and Post Test including self efficacy scale, questions regarding knowledge and general questions.

Collaboration: In the progress of developing project, however we may collaborate with local grocers

Evaluation: Evaluation of the project will include a survey and or pre and post test at each class will be administered to measure if learning and skill development has occurred. Please note that it is well understood that nutrition knowledge is not always associated with healthy eating since empowerment and self efficacy must also be learned. A detailed survey following the series of events will be given to clients to complete and hand in.

LA Number:7

LA Name; Dallas

Contact person: Leslie Scheuring

Contact info: lesliescheuring@gmail.com

Contact Ph. #:(214)670-8623

Project name: Mothers on a Mission to Healthy Family

Project objective: To successfully instill simple practices that lead to permanent healthy lifestyle changes. Resulting in: Gradual weight loss, increase in energy levels, change in family eating and physical activity habits, and overall confidence and empowerment through making wiser choices.

Strategies used: FFocuses on clients' concerns and interests

Project description: We plan to use the Group Lifestyle Balance program from the University of Pittsburgh. Weekly classes will be taught and participants will be provided with educational material and resources. Their weight will be recorded weekly. Lessons are designed to be taught in a client lead environment. Due to the demographics of the location of the clinic, this project will target the large Hispanic population.

Collaboration: We will be working with the University of Pittsburgh for the curriculum and class handouts.

Evaluation: Surveys will be conducted at beginning and end of project. Weight loss will be tracked through out duration of project as well as weekly participant feedback during discussions. High class attendance rate is indicative of real life application.

LA Number:7

LA Name; City of Dallas WIC Program

Contact person: Kay Sackeyfio

Contact info: kay.sackeyfio@dallascityhall.com

Contact Ph. #:214-670-1906

Project name: Weight Loss Management for Children & Woman

Project objective: Portion awareness change in eating habits weight loss

Strategies used: Focuses on clients' concerns and interests

Project description: we will meet once a week and discuss how we will change eating habits and exercixse.

Collaboration: no

Evaluation: We will initially weigh the client at the beggining of the course and let the client set a goal and at the end of the course we will re-weigh the client

LA Number: 7

LA Name; City of Dallas

Contact person: Yolanda Perez Cepak

Contact info: yolanda.cepak@dallascityhall.com

Contact Ph. #:817-915-9653

Project name: MOMs in Motion: A Diabetes Prevention Program at WIC

Project objective: To help the target audience of my project to learn that gradual lifestyle changes can be made in order to improve health and to reach weight goals.

Strategies used: FFocuses on clients' concerns and interests

Project description: WIC clients and staff will be made aware of this program by distributing flyers which describe the program during certification at WIC appointments. Nutritionists and staff will assess BMI in order to decide if a flyer would be appropriate to offer to a client. Since a goal of the program is to lose 7% of body weight, therefore, it would not be appropriate to offer the flyer to someone who had a BMI that was within normal range. This is a 12 week curriculum that emphasizes the development of self-management skills to successfully lose 7% of initial weight and to increase physical activity to at least 150 minutes/wk. Participants meet for 1 hour/wk in group sessions conducted by Registered Dietitian. The Diabetes Prevention Program curriculum is used in the Spanish class and the Lifestyle Balance Program is used in the English class.

Collaboration:The University of Pittsburgh is providing the curriculum/handouts and is available for advise as needed.

Evaluation: Monitor participantâ€™s weight weekly Monitor attendance Give pre and post test at begin and end of program

LA Number:7

LA Name; City of Dallas WIC

Contact person: Muswamba Mwamba

Contact info: muswamba.mwamba@dallascityhall.com

Contact Ph. #:9174552321

Project name: STEP OFF THE POUNDS

Project objective: 1. To understand own eating history and factors that had affected it.
2. To define a private best weight management 3. to commit to perennial change

Strategies used: FFocuses on clients' concerns and interests

Project description: The Problem Is weight management a mind or a plate issue? Most change begins with asking the why question? Why am I overweight? Why am I tired? Why does my family has difficulty managing its weight? To get started, first find out why you are where you are today in terms of weight status. What choices have you made, or not made that contributed to the feeling of dissatisfaction and lack of control? What are the main factors affecting overall health and the sense of empowerment? Once you understand what is going on, then you can consider what to do about it. The Solution The power to choose is privilege. The choice of what to eat is one of the most powerful tools for feeling your best. Look at yourself again. Think of where the choices you made yesterday brought you today. Think now of where the few new choices will lead you. The hardest part is continual commitment to such few new choices. Shifting your thinking from eating to feel full to eating to feel good or choosing energy rather than convenience is only the beginning. There are forces beyond your mere Personal Will that affect your very ability to choose. When you think about why you ate what you ate today, you understand that many factors beyond your control were involved, such as the availability of some food items, the food supply, the season of the year, your cultural background, your geographic location, the price and the economy. The Intervention and the Best Weight Management Concept Succeeding begins by knowing where you are now. Understanding the factors influencing your lifestyle is as important as understanding the concept and relationship to food. The best weight management approach must take into account external forces (environment, food access and supply) as well as internal forces such as emotions, logic and will. To gain more control of your health Gift, this obesity project will provide tools and guidance to help participants understand first their eating history and the factors that had permitted it; with the ultimate goal of implimenting new behaviors that will last for a lifetime.

Collaboration: No

Evaluation: 1. Pre-eating history survey and Post-eating history survey to determine behavior change. 2. Pre-test and Post-test about weight loss/management concept

LA Number:7

LA Name; Dallas county

Contact person: Ariadne Legendre

Contact info: ariadne.legendre@dallascityhall.com

Contact Ph. #:972-272-4250

Project name: Healthy Mommy Happy Baby

Project objective: In comparison to the control group infants, over the course of the intervention (1-3 years of age) group infant will:

- Demonstrate a greater consumption of fruits and vegetables and a smaller consumption of calorie-dense foods and drinks.
- Demonstrate a greater time spent being physically active and smaller amount in time spent in sedentary behaviors, specifically TV viewing.
- Exhibit reduced incremental BMI gain in the following 4 years, measured at 2, 2.5, 3, 3.5, 4, 4.5, and 5 years of age in comparison to the control group parents, the intervention group parents will demonstrate greater increases in:
- The frequency with which they offer fruit and vegetables, water and milk; and a decreased in the frequency with which they offer energy-dense foods and drinks. Knowledge regarding infant eating, physical activity and sedentary behaviors, and greater development of positive attitudes/beliefs regarding their capacity to influence these behaviors as measured by the diet and behavior questionnaire.

Strategies used: FFocuses on clients' concerns and interests

Project description: Overall project design: The Healthy Mommy Happy Baby project will consist of a series of five classes that will alternate between a nutrition education class and a cooking demonstration. The nutrition education classes will include information on infant feeding, benefits of fruits and vegetables, parenting and feeding style and their impact on their children food choices. The cooking demonstrations will show alternate ways to cook fruits and vegetables, dairy, meet, and grains. There will be 2 consecutive series of 5 classes (1 English and 1 Spanish), each class will be offer 3 times per month. Each class will be limited to no more than 10 participants. Each class will begin with a 15-20 minutes exercise (example: the walking DVD, exercises that can be done with infant) and will follow with the 30-40 planned lesson. The project will include first-time parent groups from the WIC clinic LA07 site 32. Inclusion criteria: Parents will be eligible to participate if they are first-time parents of infants between the ages of 3 months and 1 year and participants at the WIC clinic LA 07, Site #32. Parents of infants with chronic health problems that are likely to influence height, weight, level of physical activity or eating habits will be excluded from analysis but will be permitted to participate in the classes. Intervention group: The intervention group will participate in a series of 5 classes. The classes will be delivered by a dietitian and/or nutritionist. The classes will include a range of delivery modes and educational strategies including lecture

sessions, group discussion, peer support, exploration of perceived barriers, and the use of visual and written messages. Control group: The control group will receive usual care and education from the planned protocol of the WIC clinic, which include short meeting with the nutritionist following VENA counseling, a group education class, and/or a self-paced module. Measures: Parent and infant data will be collected using parent self-completion pre- and post-questionnaires on their dietary habits and choices, and physical activity. For follow up information at 1 and 2 years of age, additional data will be collected through the TEXAS WIN program for both groups.

Collaboration: NO

Evaluation: Parent and infant data will be collected using parent self-completion pre- and post-questionnaires on their dietary habits and choices, and physical activity. For follow up anthropometric information at 1 and 2 years of age, additional data will be collected through the TEXAS WIN program for both groups.

LA Number: 11

LA Name; Galveston County Health District

Contact person: Tiffany Rice

Contact info: trice@gchd.org

Contact Ph. #:409-949-3474

Project name: Project: M.O.V.E (Motivating Others Via Education)

Project objective: Schools: That the teens will retain the education given to them and to start implementing those behaviors into their daily lives. Community Outreach: That these individuals will understand the importance of incorporating healthy behaviors into their lives and practicing these habits in front of their children in order for them to adopt these healthier behaviors. WIC Staff: We expect for the WIC staff to actively incorporate healthier food choices, time management, physical activity, and family meal preparations into their daily routine. WIC participants: We hope that the WIC participants will gain a better understanding to why eating the foods provided in the food packages are healthier and begin to incorporate those items into their daily meals. Family Health Camp: We hope that families will learn ways in trimming the fat and cutting the sugar and sodium from their meals and that their children will be more open to trying more vegetables.

Strategies used: Focuses on clients' concerns and interests

Project description: We will work with five different audiences: Schools, Community Partner Audiences, WIC staff, WIC participants, City and families. Schools: We have been invited to go into the schools and teach classes on nutritional health and healthy behaviors. We will utilize lesson plans and classroom activities as part of education. Community Outreach: Community Partners have extended invitations to speak to their participants/clients/families. This presentation will consist of power-point presentation on nutritional risk, time management, and WIC services. Q&A will be assessed for any questions/concerns. Staff: Each month the staff will receive obesity education that will include practical activities related to time management, portion sizes, and healthier food choices. WIC Participants: Forums and health Camp events will be offered to the WIC participants for voluntary participation. Fliers of the event will be posted in the clinics and the managers who counsel at-risk families will invite them to attend these events. The events will either be held 1 day or once a week for 2 weeks. Class will include hands on demonstration on education on how to incorporate healthy choices into daily living. Family Health Camp: 3 lessons will be selected and will be taught through a workshop. The workshop will include educational presentations, hands on experience, and physical activity. The families will rotate from classroom-to-demonstration-to-a physical activity event with their children, back to the classroom. Families will receive incentives, educational materials, and experience on food/meal preparation. To combat barriers of time and other associated factors that causes low participation, this workshop will be a

one day workshop that will conclude with a awards/celebration. This workshop will be held once a month for those who weren't available for the previous months and for families who want to receive the education again to insure competence and to bring along other family members.

Collaboration: Galveston/La Marque/Hitchcock school districts: They will provide the audience and location Community Partners: -Communth Health Partners -AgriLife Extension -Beacon Place -ADA House They will provide the audience and location

Evaluation: Schools: Health quizzes will be implemented prior to our presentation. This will help to assess their knowledge on health and nutrition and how the presentation should be focused. Following the presentation, the class will take another quiz to show if the class was successful in the terms of eduction and retaining the knowledge at the conclusion of the presentation. Community Outreach: Prior to presenting, questions will be asked of the audience, after presenting, the same questions will be asked with hopes thaty the audience will answer those questions correctly. Staff: A pre-test will be administered prior to the presentation and at the conclusion of the presentation a Post test will be administered along with an evaluation. WIC Participants: At the conclusion of the class, WIC participants will take a survey on the class that will also included questions on certain information that was taught in that class. Family Health Camp: Healthy quizzes will be administered that will assess the participants current knowledge before class begin. Health quizzes will be administered at the end of the workshop. In addition, an evaluation will be provided to all participants so that we can evaluate areas of success and areas of interest.

LA Number: 20

LA Name; Regence Health Network

Contact person: Jenifer Gregory

Contact info: Jenifer.Gregory@regencehealth.net

Contact Ph. #:806-293-0182

Project name: Lighten up with the Fabulous Five

Project objective: Increased fruit and vegetable consumption among WIC families

Strategies used: FFocuses on clients' concerns and interests

Project description: WIC participants will be provided information on increasing fruit and vegetable intake in their diets as a way to decrease calories at certification appointments. Families in which any member has a risk condition for overweight or at risk of overweight will be scheduled into a class on fruits and vegetables. Overweight children will be followed for improvement of fruit and vegetable consumption and BMI.

Collaboration: No

Evaluation: Pre and post survey.

LA Number: 22

LA Name; Waco-McLennan County

Contact person: Jennifer Hughes

Contact info: JenniferH@ci.waco.tx.us

Contact Ph. #:254-750-5474

Project name: Having Fun in the Kitchen

Project objective: To motivate WIC parents to cook more meals at home and try new foods while letting their children help with preparation. To get children interested in healthy foods by letting them help prepare meals, so they will be more open to trying new foods.

Strategies used: Focuses on clients' concerns and interests

Project description: Having Fun in the Kitchen is a food prep class that has a nutrition lesson geared toward the children that discusses each food group. We will discuss one food group per month. Each class includes a lesson on the food group, food preparation of snack or entree in that food group, and group preparation in preparing and tasting the recipe. Each family is sent home with a copy of the recipe, appropriate brochures for that food group and informative reading materials on healthy cooking/food options. This year, we will also add one class a month at our main office location (225 W. Waco Drive) and a cooking class at our McGregor & TSTC sites once every two months.

Collaboration: The Waco City Cable Channel will record our classes and they air them on the city channel. Also, the Waco City Talk newsletter (inserted in the water bills) will continue to monthly advertise our classes. The Cable Channel has contributed by broadcasting the classes and encouraging families to attend our classes. Parents also enjoy watching their child on TV and we hope they watch to review the recipe and lesson so they can share & practice the topics discussed in their home.

Evaluation: We will have an evaluation form to be completed by each parent attending the class regarding information about how many times they eat out & how many times they eat at home/prepare meals together as a family. They will complete the form at the class they are attending. Also, during class they complete a survey about health history in their family and if weight problems are reported in their household. Also, they are asked if they have been told their child is overweight. When they return for their next appointment, we have them complete a survey regarding any changes they have made since attending the class. We will give them the option to attend Cooking Class again for their next NE credit. We compare their follow-up evaluation to their first evaluation and compare any changes since attending the class.

LA Number: 26

LA Name; HDHHS

Contact person: Rosana Arruda

Contact info: rosana.arruda@cityofhouston.net

Contact Ph. #:281 814-1819

Project name: Catch 5 for a Healthy Weight

Project objective: To have Catch 5 project implemented in 100% of the HDHH_WIC sites 2. To implement Catch 5 project in 4 or more new pediatric clinics with large WIC clientele 3. To continue negotiation started in 05,2009 to extend Catch 5 project to the UT-WIC LA

Strategies used: Focuses on clients' concerns and interests

Project description: The Catch 5 for a Healthy Weight project offers tools and protocols for brief client centered office-based consultation with parents of overweight or obese children. Project aims to promote parental awareness of their childrens Body Mass Index (BMI) and parental counseling geared towards healthier eating habits and increased physical activity. From April to August 2009, this project is being piloted in seven pediatric clinics and fourteen WIC sites For 2009-10 FY project will focus on 3 main activities: 1) Continue with Catch 5 project implementation in the LA 26 WIC sites. Currently Catch 5 is implemented in 14 out of 16 WIC sites 2) In order to increase collaboration with pediatric providers in the LA 26 network, a series of four continuing education workshops will be provided from December through April 2010. Four training sessions, one per quadrant (Southeast, Northwest, Southeast and Northeast) will be offered 3) To continue negotiation to extend project implementation at the Harris County Hospital District pediatric clinics and possibly at the LA 17 WIC sites. More details will be provided via e-mail

Collaboration: 1) Collaboration with Harris County Hospital District (HCHD). WIC clients who are above the 95th who either are not responding to the intervention at WIC or have other co-morbidities or health risks will be referred to the HCHD obesity clinics. The HCHD also assists with the revision of Catch 5 project handouts and flyers. 2) Collaboration with other local pediatric clinics. The benefit of having Catch 5 implemented at local pediatric clinics will be the increase of awareness of overweight status among our WIC clients and possibly improved lifestyle behaviors leading to a healthier weight among clients who received Catch 5 project intervention from both WIC and pediatric clinics

Evaluation: The success of the program will be measured by attendance rate, pre and post-tests, participant program evaluations and a follow up telephone survey. The completion of activities and attendance rate will be evaluated through attendance sheets.

Client knowledge will be evaluated by exit-surveys conduct in health fairs and by pre-post tests conducted at each of the classes. At the WIC behavior modification will be evaluated through follow up survey or chart auditing. Formative evaluation will be conducted based on feed back from clients and from the WIC program and pediatric clinic staff members who are directly or indirectly involved with the project activities.

LA Number: 27

LA Name; South Plains Community Action Assoc. Inc.

Contact person: Tracy Lowrey

Contact info: tracy.lowrey@spscaa.org

Contact Ph. #:806-891-2341

Project name: The Cook is Home!

Project objective: To get participants families to eat more at home (together) and preparing meals that include more whole grains, fruits & vegetables and less fast food. The participants will also learn how to shop for groceries so their food dollar will go further.

Strategies used: Focuses on clients' concerns and interests

Project description: Most families do not eat together or if they do it is grabbing something at the fast food restaurant on the corner. A lot of rural communities are getting more fast food restaurants in their communities. As a result of the industry taking over, there has been a rise in BMI's in children & adults in these communities. Today's generation does not know how to plan and prepare meals for the family. If it does not come out of box, they have no idea how prepare a dish much less a meal. Project 27 goalis to target Dawson, Gaines, Hockley, Terry, & Yoakum Counties and provide information and techniques on how to plan & prepare meals (the basic steps) and show them how to extend their food dollars.

Collaboration: The Texas Agra-life Extension Services in Dawson, Gaines, Hockley, Terry & Yoakum Counties will participate in the program by use of their facilities, knowledge and expertise of the subject.

Evaluation: Pre & Post Test The participant will have an opportunity to participate in a "Food Show" by preparing a dish and telling how to prepare the dish as well as how much the dish cost per serving. They will develop a weeks menu and with a week's grocery list. A cookbook will be put together of all the recipes to share among the participants & staff.

LA Number: 29

LA Name; Fort Bend Family Health Center WIC Program

Contact person: Mandy Nevin, RD, LD

Contact info: mandynevin@sbcglobal.net

Contact Ph. #:281-261-4668 x 113

Project name: Living Healthy Through WIC

Project objective:

- 1. Increased interest in obesity prevention through indirect obesity prevention education.
- 2. Increased family unit physical activity.
- 3. Increased incorporation of low fat, nutritious meal plans for families who have completed that 20 week Healthy Bodies, Healthy Lives program.

Strategies used: FFocuses on clients' concerns and interests

Project description: 1. Project #1 will focus on client stages of change. Within the next 6 months our clinic will be relocating to a new building. To assist in lowering our obesity rates which are currently at 19% by elevating our client awareness of nutritional information. We will be designing the new office with obesity prevention mini messages in each room. For example clients may be directed to the Beverage Room or the Snack Attack Room. Funding will be used to help purchase materials clients can read while they wait in the room. The goal is to bring an increased number of clients from pre-contemplation to contemplation about obesity prevention ideas. 2. Project #2 will be a continuation from the FY09 OPMG. Our Dynamite Dads Health Fair was a success with client requests for additional health fairs. We would like to utilize the same 8 station design from last year, which was developed by a UH intern and a local Girl Scout Gold Award Participant, and offer 3 additional Dynamite Dad Health Fairs to promote family unit activity for a healthier family. As research shows, children will model their parents and the lifestyle of their family. 3. In project #3, a request will be sent to each family who participated in the HBHL OPMG over the last two years to submit their families favorite full day menu plan. All menu plans will be evaluated by the RD and compiled into a family meal plan/cook book to motivate families and refresh them with new ideas to continue with the healthy lifestyle characteristics they were taught over the last 2 years. Each family will then be given a copy of the book and asked to complete a survey to evaluate their long-term lifestyle changes and the effectiveness of the last 2 years.

Collaboration: Project #2 will work with various high school social groups who participate in volunteer activities to sponsor the management of each of the 6 booths families will visit during the Health Fairs.

Evaluation: 1. We will offer a 1 month pre-move survey to assess education obtained while in the WIC office and a 1 month post-move survey to assess education obtained in the new mini messages of the new obesity prevention office decor materials. 2. Each participant scheduled for the Dynamite Dads Health Fair will be asked to commit to family unit activity on a self determined number of days each week between the time of scheduling their appointment and the health fair and report their results during the Dynamite Dads Health Fair. 3. A survey will be mailed with each menu plan book to evaluate the number of days in 1 month that their family utilized their new menu plan book to keep their family accountable to the healthy lifestyle changes learned over the last 2 years.

LA Number: 31

LA Name; Bell County WIC Program
Contact person: Jessi (McCollum) Cano

Contact info: jmccollum@bellcountyhealth.org

Contact Ph. #:254-778-1511

Project name: ABC's- Activities Balanced with Cooking

Project objective: We would like to encourage families to make more wholesome food choices including whole grains, fruits and vegetables. Our goal is to show participants that being healthy can be easy and fun, cooking healthy foods at home is cost-effective and can still taste good, and physical activity doesn't have to be done at a gym. The ultimate outcome we're expecting is a decrease in the prevalence of overweight and obesity in our local agency because of the changes our participants are making.

Strategies used: Focuses on clients' concerns and interests

Project description: The project consists of several cooking and/or physical activity classes. The classes involve recipes that include foods offered by WIC. Participants are encouraged to interact in every class and learn through hands-on experience. Participants are selected through nutritionist referrals, RD selection, and by participant requests. Classes are taught twice a month at each of the two clinics in which we see the most clients. We would like to keep the Whole Grain, Recipe Modification, and Physical Activity classes that are already in rotation, as well as add lessons on "Eat This not That," "Cooking for Picky Eaters," and "Physical Activity for Children." The same goals are in mind for each class, and the new classes are going to be based on the things that we've heard from our participants are most important to them.

Collaboration: We do not plan on collaborating at this time.

Evaluation: We have participant surveys for both before and after the lessons. The surveys given before class measure the participants' interest in the topic, previous knowledge of the topic, and any questions that they may want addressed during the lesson. The post-lesson surveys measure what the client has learned and how we can make the class better. These will help us evaluate any changes that need to be made AND whether or not the lesson is relevant to the group we're teaching. We will use this information to fine tune classes as well as modify the lessons on a group-to-group basis.

LA Number: 32

LA Name; BVCAA-WIC

Contact person: Asha Girimaji

Contact info: asha_girimaji@yahoo.com

Contact Ph. #:979-575-6102

Project name: Healthy Living

Project objective: Increased consumption of fruits and vegetables by at least 1 serving
Increased consumption of whole grains by at least 1 serving Change from
the higher fat milk to at least one level lower fat milk Incorporate physical activity
into their weekly routine.

Strategies used: Focuses on clients' concerns and interests

Project description: We plan to start Cooking classes in 3 outer (satellite) clinics. At each clinic clients would have to attend 3 sessions. 1 class per month for 3 months. Classes will be offered in English and Spanish. So each clinic would have 2 cooking classes per month (one in English and one in Spanish). Classes would focus on including fruits and vegetables, whole grains and low fat foods. In addition we would have a weekly phone conference call (like mom's circle) where clients would call in and talk about the cooking class, what they have tried cooking or any changes they have made towards a healthier lifestyle. These calls would work as a follow up to the cooking classes and would be more client centered. These would be managed by a staff member from the main clinic and all outer clinic participants would call in. In addition we plan to have an exercise program and a vegetable garden for staff.

Collaboration: Yes. Texas A&M volunteers and Master gardener program

Evaluation: Pre and post surveys. Conference call feed back Client and staff feed back

LA Number: 33

LA Name; City of El Paso Dept. of Public Health WIC Program

Contact person: Adrian Kamath

Contact info: adrian.kamath@elpasotexas.gov

Contact Ph. #:915-771-5717

Project name: City of El Paso Employees Wellness Project 2009

Project objective: 1. That at least 50 employees enroll in the project. 2. That at least 50% complete the program. 3. That at least 25% have a significant drop in BMI. 4. That participants with high blood pressure readings at the beginning of the program show a significant improvement in their blood pressure. 5. Post surveys show an increase in physical activity and improvement in dietary practices. 6. That there will be a significant drop in body fat%.

Strategies used: FFocuses on clients' concerns and interests

Project description: We are proposing to expand on the obesity project done last year. We are offering this project to all employees that work for the City of El Paso. The employees will be enrolled in a six month wellness program. Initial measurements will be taken at the beginning as well as during the program to include height, weight, body mass index, bioimpedance (body fat), blood pressure, pedometer activity and current food intake. Pedometers will be issued at the beginning of the program. Monthly topics will be provided to the participants which will include physical activity, healthy eating, holiday eating, food demonstration, reducing stress, a healthy weight, maintaining healthy habits through presentations, posters and literature provided to the participants. WIC nutritionists will be providing monthly phone calls for follow up to provide information and motivation to the participants. Pre and post test questions will be administered at the end of the each topic to validate the participants learning of the subject matter. At the end of the program, participants will be reassessed on height, weight, body mass index, pedometer data, bioimpedance, and blood pressure. At completion of program, awards will be given to individuals with greatest body fat % decrease. Program evaluation will be collected from participants.

Collaboration: No

Evaluation: Pre and post tests will be given to participants at the end of each topic presented to validate their learning of the subject matter. Participants will be assessed at the beginning and at the end of the program on their height, weight, body mass index, pedometer data, bioimpedance, and blood pressure. At least 50% of employees that signed up to participate will have completed the program. At least 25% of employees that participate will have a significant drop in their BMI. Participants will show a significant drop in their body fat %. Participants with high blood pressure will show a significant improvement in their blood pressure. Post surveys will show an increase in physical activity and improvement in dietary practices.

LA Number: 34

LA Name; Abilene-Taylor Co. WIC

Contact person: Jillian Spoor

Contact info: jillian.spoor.wic@gmail.com

Contact Ph. #:325-692-1680

Project name: Fit Families for Life

Project objective: We would like to say at the end of the project that we were able to facilitate each family/participant in accomplishing their own goals for a healthy lifestyle set at the beginning of the program.

Strategies used: Focuses on clients' concerns and interests

Project description: We would like to combine the two projects we did this year as separate endeavors (cooking/physical activity demos and "Inching Away" classes which were all discussion classes) and focus on an overall healthy lifestyle. We will be providing information as well as hands-on experience and demonstrations that will hopefully make each session more interactive. We will offer a series of 6 classes (each independent of the others) to be held every other month. Each class will have a central focus and be facilitated by our Registered Dietician. We will use client centered education and hopefully create a "support group" atmosphere where participants can share their own successes and struggles. At each class there will be either a short recipe demo or physical activity demo after the discussion. A newsletter will be sent out every other month (during the months we are not meeting) to provide a follow-up with information presented at the previous meeting, give a healthy recipe to try and give encouragement to continue working towards their goal. We will have a "graduation" or celebration at the end of the 6 sessions to acknowledge the efforts and accomplishments of those who participated. We will give incentive items at each class such as beach balls, sidewalk chalk, frisbees, water bottles and t-shirts.

Collaboration: We hope to get a community sponsor who is willing to provide larger incentive items and maybe a grand prize to be drawn for at the end of the program from names who have attended at least 4 sessions.

Evaluation: We will keep a notebook with a page for each participant/family that will have program data such as pre and post height/weight/BMI, questionnaire, goals that the family sets, progress notes, which sessions each participant attended. We will evaluate the pre and post data to determine success.

LA Number: 38

LA Name; Corpus Christi Nueces County Public Health Dist WIC

Contact person: Monica Wysong, Ancy Alexander

Contact info: AncyA@cctexas.com

Contact Ph. #:361-826-1352

Project name: Livin' La Vida Low Fat

Project objective: 1. Increase the number of meals at home. Teach mothers (or fathers) to prepare nutritious meals for their families. 2. Encourage staff to be more physically active

Strategies used: Focus on clients' skills and interests, hands on activities and incorporate relevant and useful knowledge.

Project description: We propose to continue our 9 month series of cooking classes and nutrition education to the parents of high risk children (overweight). Our staff physical activity component will be to chart walking steps and aerobic steps using pedometers every month. Every 3 months, anthropometric data will be collected to evaluate staff progress.

Collaboration: Texas A&M Health Science Center - anthropometric data collection

Evaluation: Administer pre and post tests to evaluate understanding of nutritional message of class. Also, assess clients intent to practice low fat cooking techniques at home. Staff will be evaluated based on anthropometric results from lipid panels to weight/body fat and blood pressure evaluations.

LA Number: 41

LA Name; san antonio metro health

Contact person: angela gil

Contact info: angela.gil@sanantonio.gov

Contact Ph. #:210-225-1828

Project name: Sabroso! Cooking with WIC Foods

Project objective: We want our clients to understand the importance of whole grains, vegetables and low fat milk in the diet. The objective is for them to feel confident using and incorporating these foods in everyday low fat cooking without giving up cultural aspects and tastes of their favorite family meals.

Strategies used: F

Project description: Clients will be given a pretest to evaluate their current cooking and shopping habits and to assess how they are coping with the new WIC food package if they have already received it. We are focusing on rice for the whole grains since it is a staple in many households. We will have a cooking demo and prepare spanish rice, sauteed vegetables and low fat fruit smoothies. We will use WIC approved foods. This will give the participants insight on how to use the new WIC foods deliciously and nutritiously. Many of the foods in the new WIC food package will be unfamiliar to the participant so we want them to feel confident in cooking and preparing the foods for their families. A post survey will be given to evaluate their understanding and compliance with the changes. A 2-3 month follow up will be done to further evaluate compliance.

Collaboration: not at this time

Evaluation: Pre and post survey 2-3 month follow up survey

LA Number: 42

LA Name: WCCHD

Contact person: Liz Keith, RD

Contact info: lkeith@wcchd.org

Contact Ph. #:512-843-9577

Project name: From the Garden to the Table

Project objective: Increased consumption of fruits & vegetables by participants.

Strategies used: FFocuses on clients' concerns and interests

Project description: "From the Garden to the Table" is a six week series of cooking classes which focuses on hands on food preparation using items from the new WIC food packages. Throughout the series topics are weaved into the discussion, such as nutrition, physical activity, gardening & herbs, cooking & sanitation skills. Produce from the community gardens is shared with participants when available. We have started development of a companion cookbook and would like to finish it in 2010 project year.

Collaboration:We continue to collaborate with Caring Place (local food bank), local churches, Housing Authority, Boys & Girls Club, Agri-life extension service, Williamson County Wellness program, Expert Gardening Association of Williamson County, Annunciation Home.

Evaluation: We administer a pre- and post- survey to participants at the beginning and end of the series. The surveys and an access data base were developed by our WCCHD epidemiologist, David Bastis, who is also a trained facilitator for our cooking classes. David will also help develop reports to evaluate successes of our project.

LA Number: 43

LA Name; Community Health Centers of S Central Tx WIC

Contact person: Cynthia Green

Contact info: cgeen@gvtc.com

Contact Ph. #:830-672-7083

Project name: COOKING WITH VEGETABLES & FRUITS USING THE NEW FOOD PACKAGES

Project objective: TO INCREASE VEGETABLE & FRUIT INTAKE OF FAMILIES TO AT LEAST 1 SERVING OF EACH EVERY DAY, EVENTUALLY MORE. BY DOING THIS WE HOPE TO IMPROVE THE HEALTH & WEIGHT STATUS OF WIC FAMILIES BY TEACHING THEM HOW TO INCORPORATE VEGETABLES INTO MEALS IN A WAY THAT WILL BE ACCEPTED BY THEIR FAMILIES & CONTINUED FOR GENERATIONS TO COME.

Strategies used: Focuses on clients' concerns and interests

Project description: WE WOULD LIKE TO PURCHASE A DEMONSTRATION KITCHEN FOR FOOD PREPARATION & FOOD DEMONSTRATIONS WITH WIC CLIENTS. IN ADDITION TO THE DEMO TABLE/KITCHEN, ALL NECESSARY FOOD PREPARATION ITEMS WOULD BE INCLUDED FOR THE COURSE OF THE CLASSES DURING THE YEAR PLUS EQUIPMENT (POTS/PANS, ETC.). COOKING/DEMONSTRATION CLASSES WILL BE CONDUCTED AS OUR REGULARLY SCHEDULED GENERAL/CHILD CLASSES TO TEACH PREPARING VEGETABLES AND FRUITS IN A VARIETY OF WAYS WITH FOODS THAT ARE AVAILABLE LOCALLY. CLIENTS WILL BE ENCOURAGED TO PARTICIPATE BY ASSISTING IN THE COOKING PROCESS AND BY TASTING THE PREPARED FOODS AND RECEIVING RECIPES THAT THEY CAN TAKE HOME TO THEIR FAMILIES. IF POSSIBLE WITH FUNDS, COOKBOOKS COULD BE PURCHASED IN BOTH ENGLISH & SPANISH FOR ADDITIONAL RECIPES.

Collaboration: NO

Evaluation: PRIOR TO CLASS, FOOD FREQUENCY QUESTIONNAIRES WILL BE USED TO OBTAIN FREQUENCY OF VEGETABLE & FRUIT INTAKE. AGAIN IN 1-3 MONTHS WHEN THE CLIENT RETURNS FOR THEIR NEXT APPOINTMENT, THE SAME QUESTIONNAIRE WILL BE UTILIZED TO EVALUATE ANY CHANGE IN BEHAVIORS FOLLOWING EDUCATION. THE COMPARISION WILL SHOW IF THE DESIRED RESULTS WERE OBTAINED.

LA Number: 45

LA Name; Cross Timbers Community Health Center, WIC Project 45

Contact person: Lisa Dick, RD, LD

Contact info: ams@cctc.net

Contact Ph. #:254-893-5926

Project name: Healthy Families

Project objective: Increased knowledge and importance of fruits and vegetables. Increase knowledge about prepackaged foods and portions. Increased use of fruits and vegetables and decreased use of prepackaged foods.

Strategies used: F

Project description: Informational hands on classes that teach portion control, cooking, general nutrition and risk associated with obesity.

Collaboration:Cross Timbers Health Clinic will provide kitchen space for prep.

Evaluation: Pre and post knowledge and behavioral questionnaires.

LA Number: 46

LA Name; Brazoria County

Contact person: Lisa Vrazel-Trant

Contact info: ltrant29@gmail.com

Contact Ph. #:9798499741

Project name: Shopping for Healthy Foods

Project objective: 80% of tour participants will have increased knowledge after the tour. 60% of tour participants will make a behavior change as a result of tour participation.

Strategies used: Focus on client concerns and interests.

Project description: Shopping for Healthy Foods □ supermarket tours are held quarterly at a supermarket WIC vendor in each of the three regional areas in Brazoria County. Tours will be offered as client centered nutrition education. Interested individuals from the community will also be welcome to attend. The billboard on wheels minivan will be used to store and transport equipment and supplies as well as to provide perpetual advertisement for WIC and the wonderful programs we do. The billboard on wheels □ (van) with contact information will be driven throughout the community as staff travels to OPMG events and between WIC sites. The Shopping for Healthy Foods tour schedule for FY 2010 will include these topics: New Food Packages, Saving Money, Reading Food Labels and Eat More Fruits and Vegetables. Each tour will begin with registration including a pre-test and a brief introduction about the tour. Specific lesson plans have been or will be developed for each tour. SFHF stations will be set up at different, appropriate locations in the supermarket. Better Living for Texans staff from the Texas AgriLife Extension will service one station. WIC staff will service other stations. A demonstration or hands-on activity will be done at each station. After completing the tour, each participant will return to the registration area to complete a post-test and to set a health goal based on what s/he learned during the SFHF tour. Finally, each tour participant will receive a reusable shopping bag of related free samples, brochures, coupons, recipes, etc., and a certificate of attendance to take to the WIC clinic as indication of the NE contact and to receive benefits. Each tour is estimated to last about one hour. Approximately one month after the tour, WIC staff will contact tour participants to see if they achieved the behavior change goal set at the conclusion of the tour.

Collaboration: Better Living for Texans from Texas AgriLife Extension will conduct an adapted Better Living for Texans lesson at each tour. WIC vendor supermarkets will host us for the tours.

Evaluation: Pre-test and post-test responses will be compared to determine if knowledge increased during the tour. Contact with tour participants one month after the tour will be made to determine self-reported behavior change based on the goal set at the conclusion of the tour. The SFHF post-test will be administered to random WIC participants to compare their knowledge with that of tour participants.

LA Number: 48

LA Name; Harris County Public Health Environmental Services WIC

Contact person: Sandra Gonzales

Contact info: sgonzales@hcphe.org

Contact Ph. #:713-439-6022

Project name: Breaking the Obesity Chain

Project objective: We expect participant's measurements evaluated in the project to decrease over the course of the program.

Strategies used: FFocuses on clients' concerns and interests

- **Project description:**
- **1)Project Goal**
 - Implement a series of classes for overweight clients.
 - Facilitative Classes will allow parents the opportunity to learn ways the new WIC food package can help prevent obesity.
 - Provide awareness of contributing factors such as weight, BMI and % body fat.
 - Provide awareness of the dangers of obesity.
- **2) Instructors of Facilitative Discussion Classes**
 - High Risk Dietitians**
 - i)Aleatha Draine, MS, RD
 - ii)Jolene Norbert-Harrell, RD, LD
- **Record keeping**
 - RDs will maintain binders of client sign in sheets for classes
 - RDs will update data and keep in binder
- **3) Participants :** All women and children with identified Risk Codes 111, 112, 113 and 114
- **4)Locations and Times**
 - a) North Side Clinic Classes offered once a month (English & Spanish)
 - b) South Side Clinic Classes offered once a month (English & Spanish)
- **5) Data Collected/Evaluated**
 - a) Weight/Height- Taken at Certification and each class
 - b) BMI- Taken at Certification and each class
 - c) % Body Fat- Taken at first class and offered only to adults
 - d) Evaluation: HT/WT/BMI is taken at Certification and last class will be used to show the improvement in both women and children participants
- **6) Informational Materials**
 - a) List of Precinct Parks/Locations
 - b) Ten Foods that can lead to Childhood Obesity Pamphlet(EN/SP)

- c)New WIC Food Packages brochure
- d)10 ways to get your child to eat more fruits and vegetables handout
- 7) **Incentive items**
 - a) Cutting Boards
 - b) Pedometers (Steps/BMI/% Body fat)
 - c) NE Free Pass for completing all 3 classes
 - d) Certificates of Completion for completing all 3 classes
- 8) **Training for Class Instructors**
 - a) Facilitative Discussion Video
 - b) open ended Questions/Ice breaker Material
 - c) VENA Counseling Re-training
- 9) **Training for Clinic Staff**
 - a) Scheduling for High Risk Dietitian Facilitative Class
 - b) Guidelines on Issuance of Benefits
- 10)**Scheduling for Classes**
 - a) Specific Nutrition Education Code will be requested from State for Staff to identify High Risk Participant and identification of class
 - b) Replaces a General Nutrition Class
 - c) Each Participant will be offered class with Dietitian and receive one month of benefits each time she attends class or certification
 - d) Clients will have the option of receiving all benefits if she/he does not want to attend any other classes

Collaboration: N/A

Evaluation: Upon completion of the project, at least 25% of the participants will show a decrease in the BMI and decrease in adult's weight and percent body fat.

LA Number: 51

LA Name; San Patricio County Health Department

Contact person: Meliza Garcia-Gutierrez

Contact info: wic51@yahoo.com

Contact Ph. #:361-364-6204

Project name: FIT is FABULOUS!

Project objective: I expect to accomplish education across the county as well as the selected participants increase of knowledge in regards to nutrition and healthy habits.

Strategies used: Focuses on clients' concerns and interests

Project description: The project that WIC 51 is planning on implementing is inviting participants who are on the 85th percentile or higher to join in the "FIT is FABULOUS" program. We will be conducting classes three times a month for these individuals at all four project sites. We will be having food demonstrations, exercise classes and educational information will be given.

Collaboration: n/a

Evaluation: Evaluations of this project will include tracking of general food intake and what, if any relation it may have to their environment. Also, we will be tracking weight gain/loss on monthly basis and exercise activities will be logged.

LA Number: 54

LA Name; Tarrant County WIC Program

Contact person: Dee Bash

Contact info: debash@tarrantcounty.com

Contact Ph. #:817-413-6305

Project name: More Small Changes, Big Differences

- **Project objective:**

- 50% of the Attendees will understand what calorie intake for expenditure means.
- 50 % of Attendees will decrease their consumption of high energy-dense foods.
- 50% of Attendees will eat 3 or more vegetables and fruits daily or if they are already eating 3 will add one or more daily.

Strategies used: FFocuses on clients' concerns and interests

Project description: We will offer classes, More Small Changes, Big Differences, to empower WIC participants and Staff to make changes in their family meals and snacks that will decrease their consumption of high energy-dense foods, and increase their consumptions of vegetables, fruits and foods high in fiber, and to start thinking about the need for increased physical activity.

Collaboration: Texas AgriLife for food demonstrations.

Tarrant County Master Gardeners for Container

Vegetable Gardening

Evaluation: We will conduct pre, post and three month surveys to determine client and Staff success.

LA Number: 56

LA Name; San Angelo

Contact person: Laura Milbourn

Contact info: laura.milbourn@sanangelotexas.us

Contact Ph. #:325-657-4396

Project name: (still working on title)

Project objective: Healthier choices, improved BMI, increased activity, increased knowledge

Strategies used: Focuses on clients' concerns and interests

Project description: sample group to attend special classes targeting obesity prevention/awareness topics to be listed in revised education plan

Collaboration: no

Evaluation: measurements pre-program, during program, and post-program and participant questionnaire

LA Number: 60

LA Name; Matagorda County WIC Clinic

Contact person: Leisha Hurtado

Contact info: lhurtado@matagordageneral.org

Contact Ph. #:979-245-9848

Project name: Making Family Time Healthy

Project objective: I want to add the grocery shopping tour that I did not get to include last year. I think this will help them make better choices to cook with. Also, I would like to reach the public, not just WIC participants.

Strategies used: F

Project description: "Making Family Time Healthy" is meant to be a 3 session course with a grocery shopping tour, cooking demonstration, and physical activity class. However, we are taking it one step at a time. Last year was the first year so we just did the cooking demos and this year I would like to add the grocery shopping tour. Next year our goal is to include the physical activity class. The idea of the project is to get children involved with parents in making healthy choices, cooking, and staying active.

Collaboration: No

Evaluation: Pre-survey and post-survey.

LA Number: 61

LA Name; Jasper Newton County Public Health District

Contact person: Tammy Jimenez, MS, RD, LD

Contact info: jimenezjasper@yahoo.com

Contact Ph. #:409-382-7040

Project name: Chefs In Training

Project objective: Increased knowledge of physical activities and healthy snacks the children can eat at home.

Strategies used: FFocuses on clients' concerns and interests

Project description: A 4-day Chefs In Training will be held in both Newton County and Jasper County by August 1, 2010. There will 2 programs in each county with a 3-5 age group and a 6-8 age group. The groups will be limited to 20 participants. Each class will last 3 hours each day. Nutrition, dental health, food safety, and physical activity will be covered during the program. Participants will receive incentives upon completion. The program will be evaluated using pre- and post-surveys.

Collaboration: Yes; Texas Agrilife Extension - assist in planning & teaching; Tri-County Community Action (Head Start) - provide the facilities to hold the programs

Evaluation: Evaluation will be with the use of pre- and post-surveys. Success will be determined by attendance rate, and the change of responses on the surveys.

LA Number: 73

LA Name; CentroMed WIC

Contact person: Lorie Casanova-Guizar RD/LD

Contact info: LCasanovaguizar.cdb@tachc.org

Contact Ph. #:210924-9254 Ext 5178

Project name: WIC Fit Kids Wellness Program

Project objective: Reduce BMI levels in WIC Kids plotting above the 95th percentile

Strategies used: FFocuses on clients' concerns and interests

Project description: The incidence of childhood obesity in San Antonio is high. Locating a weight management program children and adolescents that offer low income assistance in San Antonio and the surrounding areas is not possible. The WIC Kids Wellness Program was developed for children between the ages of 2-4 years old plotting at or above the 95th percentile Ht/Wt, while on the WIC Program. At least 35% of the children between the ages of 2 - 4 on our program qualify to take part in our wellness program. The WIC Fit Kids Wellness program offers client centered individual counseling. At the initial certification, the RD or Nutritionist complete anthropometrics on the child and if they meet the program criteria, the parents are invited to take part in our program. If the parents agree, they complete a pre-test questionnaire. The initial consultation includes reviewing diet recalls and weight patterns prior to them taking part in our program. The client is recommended to choose 1 out of 6 goals that they will try to meet for their next follow up visit. The goal choices are as follows: reduce intake of high calorie drinks, increase physical activity, choose healthy snacks, drink more water, and age appropriate portion sizes. The 6th goal is open for them to come up with a change. An incentive is given to the child at the end of each consultation. The purpose for the incentive is to motivate the child and the parents into making healthy choices that they can always follow. The incentives are as follows: gym balls, jump ropes, totes, fanny pack, pedometer, and or a water bottle. The child's follow up appointments are every 2 months for a 6-month period. If the parents and the children would like to continue with the program for an additional 6 months, then they are more than welcome to do so. On our clients last follow up visit on the program; they complete a post-test questionnaire to find out which goals were achieved during their time on our program. In addition to the individual counseling sessions, I would like to implement physical activity classes offered on a monthly basis and eventually on a weekly basis. The classes will include helpful ideas on how to increase physical activity.

Collaboration: No

Evaluation: Charts are audited every 6 months record BMI changes and to eliminate the children who transferred out, turned 5 or chose to refuse the program. I then tally the

BMI changes and review nutritionist notes on what changes if any were made by the child and their family. I use Access program to record the BMI levels as well as their behavior changes made at each visit. The chart audit process helps be get a better understanding as to why some healthy changes may or may not have occurred. For example, if 3% of the kids did not have a change in their BMI level, I check to see if they came to each 2 month follow up visit. If they miss follow up visits, then I recommend to the parents that attending the follow up visits are meant to be motivating and positive and they will be given more helpful ideas on being able to accomplish the goals they originally chose to make.

LA Number: 74

LA Name; Brownwood / Brown Co. WIC

Contact person: Lisa Dick & Juanita Arriaga

Contact info: lisad@ci.brownwood.tx.us or juanitaa@ci.brownwood.tx.us

Contact Ph. #:325-646-1514

Project name: Healthy Families

Project objective: Increased knowledge and participation in healthy eating habits that decrease occurrence of obesity.

Strategies used: Focuses on clients' concerns and interests

Project description: Three classes focused on increasing fruits and vegetables, decreasing fat and decreasing portions sizes. Each class will be offered once a month for a quarter, resulting in 9 class sessions. Healthy food choices and meal prep will be taught and families take home ingredients to prepare healthy foods we prepared in class for their family to taste.

Collaboration: not at this time

Evaluation: Pre and post evaluations to measure knowledge and practice of healthy habits.

LA Number: 87

LA Name; Texas Department of State Health Services HSR 4/5N

Contact person: Beth Lloyd

Contact info: beth.lloyd@dshs.state.tx.us

Contact Ph. #:903 533-5380

Project name: Inspiration Garden

Project objective: We want participants to have the skills, knowledge, and motivation to plant a container garden which will increase physical activity and influence an increase in veggies.

Strategies used: Focuses on clients' concerns and interests

Project description: A variety (squash, peas, okra, bannana peppers, and tomatoes) will be grown by seeds in a green house and transplanted in larger pots. Participants will be given a tour of the variety of veggies grown and allowed to pick. Client centered education will be done during the tour as questions come up and experiences of gardening are shared. Participants are given seeds and a veggie cookbook when the class is completed. A food demo and taste testing will be performed.

Collaboration: Extension agent will do the food demo with some of the produce.

Evaluation: An evaluation will be given to the participants and they will be asked to bring a picture of the child eating veggies. The picture can be a photo or hand drawn picture. The evaluation asks whether or not they were inspired to grow a garden, what did they learn, what types of veggies are they eating that they weren't eating before the class, and whether or not they felt that gardening was physical activity.

LA Number: 94

LA Name; Permian Basin WIC Program

Contact person: Virginia May

Contact info: virginia.may@ttuhsc.edu

Contact Ph. #:(432) 682-9632

Project name: WIC Walks at Work

Project objective: Increase the amount of steps each participating employee takes each day. The goal is to increase the number of steps by 200 per day until the employee reaches and maintains 10,000 steps per day or more.

Strategies used: Focuses on clients' concerns and interests

Project description: Each WIC employee will have to opportunity to take 15 minutes per day to walk. The walks can be taken outside or inside using the Walk Away the Pounds video. Each interested employee will be given a pedometer and the Walk Your Way to Fitness Guide and Daily Log. Each employee will be asked to record the amount of steps and minutes they walk for one week. That will be a baseline measurement. After that employees will be encouraged to increase their steps by 200 steps per day until they reach or exceed 10,000 steps per day. Employees will be encouraged to continue walking by giving them incentives every month when they turn in their record sheets. They must show that they have increased their steps from the last month or that they are maintaining an average of 10,000 steps or more per day. The incentives include the following: 1. When an employee commits to the walking program they will receive; Weight Management for Healthy Living â€ Booklet Accuview Pedometer 2. Each time an employee turns in a record form showing that they have increased their steps and are moving toward or have achieved and are maintaining the 10,000 step/day goal they will receive one of the following: FM Auto Scan Radio Water bottle Bottle Caddy Walkerâ€™s Personal Alarm Heart Shaped Personal Safety Strobe Wristband Key Chain This program will run from December 2009 through May 2010.

Collaboration: No

Evaluation: We will obtain a baseline weight and baseline steps and total minutes walking per day. We will ask employees to keep a record of how many steps they take each day. Employees will turn in the amount of steps taken and weight change each month. We will evaluate our program by number of employees who initiate the program and the number that drop out by the end of the program. We will keep track of which employee turns in the records each month. Each person who turns in their records will receive an incentive item. We will look at weight change and amount of steps taken at

the end of the program. Our goal is to get 50% of interested employees to take 10,000 steps or more per day

LA Number: 100

LA Name; City of Amarillo WIC Nutrition Program

Contact person: Margaret Payton

Contact info: margaret.payton@ci.amarillo.tx.us

Contact Ph. #:806-371-1121

Project name: The New WIC Food Packages--Tasty ways of Cooking it up and Eating it.

Project objective: WIC participants will prepare more meals at home. WIC participants will eat more meals at the table with the TV off. WIC participants will consume more nutritious and lower calorie snacks. WIC participants will be better able to incorporate the new foods on the WIC food package in their daily food choices.

Strategies used: FFocuses on clients' concerns and interests

Project description: LA #100 does nutrition carnivals every month as a component to the Nutrition Education Curriculum. With this project, we propose to conduct cooking demonstrations and food tastings at each carnival that incorporate the foods on the new food package with recipes that are from an inexpensive cookbook such as "Let's Cook with Fruits and Vegetables". We will also address topics such as eating together as a family, low fat cooking methods, healthy snack choices for children and adults, family involvement in cooking activities, consuming more fruits and vegetables and whole grains as matter of healthy choices, weight management through better food choices, and how to do it all on a budget. Clients will also receive a copy of the cookbook so they can not only prepare the foods they experienced at WIC, but also explore new recipes and healthy options for themselves and their families.

Collaboration: no

Evaluation: We will allow clients to select this "booth" in the carnival as a topic that they are interested in learning about. We will administer a questionnaire concerning their current food choices and eating habits. We will then administer a second questionnaire after they have attended the nutrition carnival booth and received the cookbook to ascertain whether they have utilized the cookbook and whether they have incorporated more healthy choices and practices into their lifestyle.