

# 2012 WIC Obesity Prevention Mini Grant Project Summary

## Local Agency Number and Name:

LA 26 Houston Department of health and Human Services

## Title of OPMG Project:

WIC Client Centered Tool Kit

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## Project Overview

### List target audience and number of participants seen:

WIC Certification Authorities (nutritionists and dietitians)

### List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

- Focus Group Meeting with WIC LA 26 nutritionists/CA Authorities to hear their ideas and suggestions about topics and materials to be included in the kit.
- Establishment of a working group to meet monthly/bimonthly during the development phase to determine, select and /or develop culturally sensitive nutrition education teaching cards and displays.
- Work with a graphic designer to create an attractive and user friendly format/graphics of these teaching cards and displays, as well as to develop a distinctive logo for the tool kit.

### Overall goal for this project:

The project goal was to create a series of visual and interactive teaching tools designed to foster client engagement and facilitate the goal setting process during VENA session.

### Objectives for this project:

- Obtain initial input of 80% or more of LA 26 WIC nutritionists in a focus group- meeting to identify their suggestions and ideas about topics and materials to be included in the tool kit.
- Create a committee and meet monthly or bimonthly (June – Dec 2012) to determine teaching tools topics, content and format.
- By the end of June 2012, distribute Tool Kit samples/drafts for a test run of each tool component.
- By September 2012 distribute kits and train LA 26 nutritionists/CAs on how to use the newly developed kit during VENA counseling.

## Project description:

LA 26 nutritionists met in May 2011 to identify topics and potential teaching tools to better address client's needs and build self-efficacy in making positive lifestyle changes towards healthier eating and increased physical activity.

A working committee met monthly during June 2011 to January 2012 to determine format and develop content of each of the kit components. From January to October 2012, most of the project work was to work with graphic designers who created attractive and fun, professional looking teaching tools and a distinct logo for the tool kit. In the same period, newly created cards and displays were translated into Spanish. All supplies, teaching gadgets and tool kit boxes were purchased during June – August 2012.

On November 1<sup>st</sup> 2012, fourteen kits were distributed. Nutritionists from each WIC site volunteered to provide feedback on assigned tool kit components. Corrections and modifications will be taken back to the graphic designer. Final tool kits will be delivered on December 1st 2012. All nutritionists will be trained on how to use the kits between December 2012 and January 2013. Tool kit evaluation will be conducted during 2012-2013 Obesity Project Grant period.

**How the Nutrition Counseling Tool Kit will be used?** During VENA session with parents of 2 – 5 year old children (when appropriate), CAs can use the “Conversation Starter Card” to prompt conversation, select a topic related to their child's weight status and/or healthy eating practices. For each topic chosen, nutritionists may pull specific teaching tool/gadget from the tool kit box to engage clients in discussion and goal setting process.

To document use of the Nutrition Counseling Kit during Vena session, a pre-assigned code NE code will be used, in addition to the VC (Vena Counseling) code. Using a specific code will allow later identification of clients who received the intervention for evaluation of project intervention.

The Nutrition Counseling Tool Kit consisted of the following components:

1. Conversation Starter Card (11”x17”)
2. Meals and snacks cards (Breakfast, Lunch/Dinner, Snacks, Fun Foods, and Eating out)
3. Beverage cards
4. Fruits and Veggie Cards
5. Raising Healthy Eaters display (11’ x 17”)
6. Read it Before You Eat It handout (USDA)
7. Fridge and Pantry displays (11” x 17” each)
8. Measuring Cups and Spoons
9. Sip cup with straw
10. Milk and OJ cup replicas (Nasco)
11. Healthy plate (Portion control plate (Positive Promotion))



**List results and objectives met:**

Initial project application called for developing and implementing use of the Tool Kit in the 20011-2012. All structure and process objectives related to planning and development of the Nutrition Counseling Tool Kit was met on time. Final editing and distribution of the Tool Kit to CAs in all WIC sites will be complete by December 2012.

**List other resources used, if applicable:**

NA

**List collaborating agencies or individuals, if applicable:**

- WIC LA 26 Director Abigail Diaz and Nutrition Education Coordinator Jan Brown
- WIC LA 26 translators: Liliana Santa-Cruz and Eduardo Aramayo:
- Prairie View University Dietetic Interns, Deanne Bellany, Julia Vivchak and two others
- Houston Independent School District Print Shop graphic designing team: Cale Carter, Jennifer Slusher and Deborah Roberts
- LA 26 WIC nutritionists: Sujata Jhangiani, Terry Win-Howayeck , AJ Villalobos, Sanyo Muyingo, Gloria Blanco and Sandy Musleh

**List the type of incentives that were given:**

Money initially designed for incentives were allocated to cover additional graphic designing costs.

**Helpful ordering information for materials or incentives (if available):**

## Tips for Other Agencies

**What worked well for this project?**

By engaging majority of nutritionists in the decision making and planning phases of the project, they took more ownership of the final product and were more willing to collaborate during project intervention.

**What were the challenges?**

In the planning and development phase the challenge were to overcome conflict of scheduling and coverage for WIC nutritionists while they attended/participated in working meetings.

In the evaluation phase, the challenge will be to measure if participants' skills improved due to the use of the tool kit during Vena Counseling, and to what extension.

**What changes would be made for next time, if any?**