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# 14-001

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** January 3, 2014

**SUBJECT:** National Health Observances and WIC

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National Health Observances are special days, weeks, or months devoted to raising awareness about important health topics. Each month WIC will begin having a monthly theme based on these observances and will list the trainings and materials most relevant to that month's theme to offer to participants and your staff. We hope you will use them to promote fun, to organize events to create change and awareness, and to share important health messages and interactive resources. Listed below are January's Health and Wellness Observances.

### **National Folic Acid Awareness Week (January 4 – 10, 2014)**

Classes/lessons to offer participants:

- MN-000-54 CCNE: Pregnancy – Giving Your Baby the Best Start

Web lessons for participants

- Healthy Eating, Healthy Pregnancy

Materials for participants

- 13-205 Why Every Woman Needs Folic Acid

### **Healthy Weight Week (January 19 – 25, 2014)**

Classes/lessons to offer participants

- BF-000-38 [CCNE: Benefits of Breastfeeding \(games\)](#)
- BF-000-39 [CCNE: Breastmilk - Every Ounce Counts! Benefits of Breastfeeding for Baby and Mom](#)
- CF-000-27 [Help Your Child Have a Healthy Weight](#)
- CF-000-31 [CCNE: Child Nutrition Top Ten Discussion](#)
- CF-000-32 [CCNE: Breakfast Builds Better Bodies](#)
- GN-000-16 [Fit Families: Portion Awareness](#)
- IF-000-24 [CCNE: Fun and Feeding for a Healthy Weight](#)
- PB-000-07 [Help Your Child Have a Healthy Weight](#)
- PN-000-11 [CCNE: What Can I Do Besides Eat?](#)
- PN-000-10 [CCNE: Diet and Women's Health — Feeling Great Postpartum and Beyond](#)
- SP-000-36 [Be Active, Feel Great](#)

Web lessons for participants

- Help Your Child Have a Healthy Weight

Materials for participants

- 13-75 Help Your Child Have a Healthy Weight
- 13-77 Pregnancy: What Should I Do if I'm Gaining Too Much Weight?
- 13-78 Pregnancy: What Should I Do if I'm Not Gaining Enough Weight?

Training for staff- Century Link

- Help Your Child Have a Healthy Weight: A CCNE Backgrounder
- VENA Counseling 101: VENA Basics
- VENA Counseling 102: Counseling Skills
- VENA Counseling 103: Motivating for Behavior Change

**National Birth Defects Prevention Month** (Also see National Folic Acid Awareness trainings/materials)

Classes/lessons to offer participants

- MN-000-54 CCNE: Pregnancy – Giving Your Baby the Best Start
- MN-000-53 CCNE: Pregnancy Top Ten Discussion

Web lessons for participants

- Healthy Eating, Healthy Pregnancy
- Kitchen Food Safety

Materials for participants

- 13-06-14098 Your Guide to Pregnancy
- 13-209 Gestational Diabetes, My pregnancy, my baby, and me
- 13-20 Food Safety at Home

Training for staff – Century Link

- Fetal Alcohol Spectrum Disorders

If you have any questions or need additional information, please contact Mandy Seay, RD, LD, CDE, Nutrition Education Consultant, at (512) 341-4516 or [mandy.seay@dshs.state.tx.us](mailto:mandy.seay@dshs.state.tx.us).