

Fresh  
Start  
for

a  
Healthy  
Year



# Making 2014 Texas WIC's Best Year Yet!

Happy New Year Texas WIC! I hope everyone enjoyed a happy, healthy, and restful holiday season with family and friends. I know for me that 2013 came with lots of change and transition, and the new year often brings a new opportunity to reflect on what's most important and what possibilities may lie ahead.

The theme of this *Texas WIC News* is "A Fresh Start for a Healthy Year." As you know, the new year always brings with it an air of new beginnings, possibilities, and motivation — and this year is no different. With your help, we can make 2014 our best year yet.

We start the issue detailing some of the latest fitness trends in "Fads Come and Go, Good Health Endures." With the ever popular fitness goals made by so many people at the beginning of the year, get the information and advice you need from the experts.

On page 12, in "TXIN Talk," you'll find details from the Texas Integrated Network Stakeholder Awareness Survey that you took not too long ago. Your participation in this survey, along with your helpful feedback, will help chart the course for a successful project that will meet the needs of our clinics and participants.

Be sure to read up on the latest breastfeeding updates, such as the exciting changes to the Star Achiever Breastfeeding Learning Collabor-

ative on page 10. On pages 18 and 19, you will find information about free, valuable services provided by the Lactation Care Center in Dallas and the Lactation Foundation in Houston.

As we welcome 2014, let us reaffirm our collective commitment to promoting a better quality of life for Texas women, infants, and children. But this year, instead of taking the usual path, I challenge you to dream big about where we can go next. Let us, together, take Texas WIC to a whole new level, reaching greater heights with innovative ideas and renewed dedication.

***"Do not go where the path may lead, go instead where there is no path and leave a trail."***

— RALPH WALDO EMERSON

## 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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# Fads Come and Go, Good Health Endures

by Joseph M. de Leon  
Information Specialist III  
&  
Mandy Seay, R.D., L.D., C.D.E.  
Nutrition Education Consultant



When Tracy Brown started working in the fitness industry in 1984, women often wore leotards with leg warmers and Jazzercise was all the rage. Brown, the fitness director for Austin-based Body Business Health Club & Spa, said that back then the goal for women was to be slim. Today, it's hip to lift weights, and many people have a different relationship with their bodies than 30 years ago.

“For women, exercise used to be exclusively about aerobics, but that gets boring,” she said. “People now understand skinny doesn't necessarily mean fit, and seeing women with muscle looks good to people these days.”

Body weight training is making a comeback. The method that uses the body's own weight as a source of resistance has been in common military use since antiquity. Tiffany Brown, R.D., L.D., WIC Certification Specialist (WCS) program coordinator, is also a certified Aerobics and Fitness Association of America group exercise instructor. She calls body weight training an easy and economical way to stay in shape.

“The most commonly used exercises in body weight training involve push-ups and squats,” she said. “This style of training is seen in the popular and growing boot camp classes.”

Group fitness programs are increasingly popular. Heron Baggett, certified personal trainer and owner of Sherpa Fitness, said that's because such routines are often done outdoors and participants work everything from cardio to core.

Many people are drawn to CrossFit for its camaradery, varied workouts, and dramatic results.

The high-intensity workout uses a mix of exercises and Olympic weight lifting; however, this particular type of group exercise has come under criticism from some experts citing elevated risks for injury.

For those who prefer a more rhythmic workout, Mark Brown, personal training director at Body Business, recommends Zumba. The dance fitness program developed in Colombia is another of today's exercise crazes. The routines include Latin and hip hop music, alternating fast and slow rhythms, and incorporate resistance training.

“Zumba is a great testament to how important fun, music, and movement are to motivate people to exercise,” Mark Brown said. “High-intensity workouts like CrossFit are popular, but Zumba is still on top because you move in multiple directions, it can be low impact, and it's fun. Music and movement are so important.”

Many people who exercise want to keep track of their progress and fitness occupies a huge place in the technology realm. While pedometers and heart rate monitors have been around for years, more and more advanced wearable fitness tracking devices are popping up on the market that can monitor daily calorie burn, body temperature, sleep, and more.

Phone applications are also an affordable and easily accessible way to improve fitness. Some options include tracking exercise completed, providing a complete workout, mapping routes, or encouraging regular workouts.

Just about any type of exercise instruction can be accessed where a computer and internet are

# Sidebar:



available. It's called online fitness. Some websites require a membership and login, while other places like, YouTube, can be searched for free fitness videos.

Debbie Lehman, PhD, RD, LD, WIC nutrition education consultant and certified personal trainer, recommends receiving proper instruction before beginning any online fitness program. Online fitness can be a helpful tool that provides a convenient way to get additional motivation, support, and fitness instruction.

Another ancient art making a comeback is yoga, and it doesn't require a computer. Ashley Elizabeth McKenzie, yoga and health mentor at Massage Plus Yoga, recommends finding a nearby yoga studio that offers an encouraging environment and supports home practice. Studio mentors can help teach yoga basics and offer ideas for how to continue at home.

"Home-based practices are the foundation of a life-long yoga practice," McKenzie said. "Celebrate and relish in the positive changes you are making, and share and practice yoga with your friends, family, and especially, children."



## Exercise and mobility

For those who struggle with exercise because of limited mobility — such as obesity, chronic pain, or injury — Baggett, Lehman, and Mark Brown offer these tips (depending on the condition):

- Begin with a low-impact activity, such as biking or swimming, to warm up muscles for 10 minutes, then follow with 10 minutes of light activity before progressing to a heavier workout.
- Do weight or resistance band work — leg extensions, bicep curls, triceps extensions, overhead presses.
- Try chair workouts.
- Do water exercises.

Lehman reminds us, "Exercise is particularly vital for people with limited mobility. It can increase flexibility, reduce pain, and ease joint stiffness, trim weight, and boost strength."

## Hate exercise?

Baggett said, "Change your mind set. Your thoughts lead your body." Start off small, once you build endurance, confidence, and competence, you'll begin to enjoy exercise. Find something you love to do and either join a group or ask a friend, spouse, or coworker to join you.

## Fitness DIY (Do It Yourself)

You don't have to join a gym to work out. The key to staying on track is to make it fun and get your friends and family involved. Push each other and share in the reward.

## 10-minute pushup routine

Equipment needed: clock with second hand or stopwatch.

Pick a total number of pushups for the routine and divide by 10. For example, 50 pushups would require you to do 5 pushups every minute for 10 minutes. At the top of the minute, do one set of pushups, then rest for the remainder of the minute. Repeat at the top of every minute for 10 minutes. Increase the number of pushups each week.

## TV show challenge

Every time a commercial airs, do a round of pushups, squats, or yoga. For those with a digital video recorder, do a round of exercises each time you pause or forward the show. Increase the exercise each week.

## Walk meeting

When possible, schedule a meeting during a walk around the building or down the street. Use a small notebook or smartphone to take notes.

# A New Year Brings New Beginnings — Achieving Success Through Persistence And Perseverance



by Renee Mims, M.S.  
Information Specialist III

**Editor's Note:** *The following is from a speech Renee Mims delivered on August 2, 2013, to the graduating WIC dietetic interns.*

*"Change is inevitable.  
Growth is intentional."*

— GLENDA  
CLOUD

Congratulations! You are part of an elite group. You were chosen to be a part of this internship program based on your GPA, recommendations of your peers, your professionalism, and maturity. You've worked diligently the past year preparing for this day. You've clocked more than 1,200 hours of supervised practice, and dedicated your work full-time for 8 months to complete this program. You have accomplished a daunting task with the support of your family, friends, and co-workers. You're only one test away from reaching your dreams of becoming a registered dietitian.

I'd like to share a story. It's a story about how a single mother of three managed to build a modest career from humble beginnings as a newspaper carrier.

The manager of the newspaper delivery office recognized that this newspaper carrier in her late 30's had something special — perseverance.

He approached her and asked her to be his administrative assistant. "I don't even know how to type and I never finished high school," she said.

He was certain that she had what it took to succeed to become a fine administrative assistant.

"Never mind that," he said. "I believe in you and have witnessed your work over the years as a paper carrier. I'm convinced I can train you. Typewriting skills will come easily enough."

But it was difficult. She didn't have the support of her soon-to-be ex-husband, but she typed letters over and over, perfecting her skills. It was slow at first, but she was able to succeed and slowly gained confidence in her work. She steadfastly worked and raised three kids on her own. In addition to her 40-hour-a-week job, she

went back to school and earned a GED. That's perseverance.

President Calvin Coolidge said: "Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men (and women) with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'Press On' has solved, and always will solve, the problems of the human race."

I was fortunate to attend Camille Sweeney's book reading of *The Art Of Doing: How Super-achievers Do What They Do and How They Do It So Well*. She co-authored the book with Josh Gosfield.

The paper carrier, turned administrative assistant is not in Sweeny and Gosfield's book, but she shares many traits of the successful people profiled, including artists, celebrities, businessmen, and others.

The writers were surprised when they discovered that many of their subjects shared very similar traits.

Here are their 10 common similarities:  
**Dedication** – Super achievers are dedicated to a vision day in and day out. Even though an 11-year-old-girl considered herself "a fraidy cat," Jessica Watson sailed around the world by herself at age 16.

"Just like any one of us, they started with no road map or guarantee of success. But they went out and picked up the ball or the pen, the guitar or the kitchen knife, and took the first steps. And then, the next," writes Sweeney.

**Community** – Success cannot be achieved alone. Achievers galvanize a group of people around their idea or goal. Jessica Watson spent 5 years bringing together experts, mentors, and funders to make her solo, non-stop 7-month voyage around the world possible.

**Listening** – They practice the art of listening to learn what they need to know about the world around them. It's also about being more open in general.

**Evolving** – The band OK GO went through the normal routes of musicians, an agent, a tour, and album release. What they did differently was make a do-it-yourself YouTube video synchronizing their song to a “treadmill” sort of dance. I'm sure you've seen it before. They had more than 700,000 hits on the first day it was posted. The rest is history.

**Intelligent persistence** – That means they know when to pivot. As an example: the Saturday morning cartoon with Wile E. Coyote and the Road Runner. If the Road Runner can't be caught then he should choose an armadillo to chase instead.

**Testing** – They try ideas in the market. Everybody thinks their own idea is brilliant. They always test ideas first before launching them.

**Managing emotions** – An interview with Dr. Richard Restak revealed, “Eventually you will recognize the first stirrings of emotion and be able then to use them as personal inquiry, asking yourself, ‘Why am I responding with such anger to this situation?’ And then you can begin to determine if there are actions to clear up situations. Your ability to observe your emotions objectively puts you at a tremendous advantage in emotionally charged situations.”

**Telling a story** – Stories have the ability to transport people to your world. Telling a believable and compelling story is essential. Michael Sitrick said, “If you don't tell your story, then someone else will.”

**Patience** – A young Brazilian boy got a go cart for his 11th birthday. He started racing and always lost. He tried to lead every single lap. His father gave him some good advice, “You don't have to win on the first lap or every lap.” His advice to him was to hang back and wait to take

the lead, when the time is right. This little boy, Helio Castroneves, grew up to win the Indy 500, not once, but three times.

**Happiness** – Success fuels happiness, and happiness fuels greater success. Rewarding and successful work makes people happy. Do you think of it as a job? Or a calling? I think most of you must have felt “called,” to work as hard as you have to complete this internship and dedicate your life's work to the people of Texas. Or wait, is it for all that money?

I'd like to leave you with a quote from Steve Jobs' commencement speech at Stanford University: “Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

The paper carrier I mentioned earlier followed her heart and didn't allow other people's opinions or thoughts to disillusion her. That woman, I'm proud to say, is my mother. I'm happy to report that even though she started as a meager paper carrier, she retired as the newspaper publisher's top accountant. I witnessed her transformation and her determination. She achieved something that, for her, was a monumental challenge. And now, so have you. Best of luck on your future endeavors.

*The 2013 WIC Dietetic Interns — Back row, left to right: Karla Luna, Emmeline Carrasco, Colby Myers, Lindsey Randall, and Adriana Archer. Center row, left to right: Dahlia Gomez, Whitney King, Kristie Cooper, and Kyle Blanton. Front row, left to right: Ann Sullivan, Mary Van Eck, and Leslie Bagby.*



# Omega-3 and Omega-6 Fatty Acids

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

**O**mega-3 and omega-6 fatty acids are groups of essential fatty acids that must be consumed in foods because the body cannot make them. There are eleven omega-6 fatty acids, including linoleic and arachidonic acids. Some of these omega-6 fatty acids can be converted to other omega-6 fatty acid compounds, but linoleic must be obtained from the diet. Linoleic acid accounts for about 85 to 90 percent of the omega-6s.

Omega-3 fatty acids consist of three fatty acids: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). The body can make EPA and DHA from ALA.

## **Omega-6 Fatty Acids**

Omega-6 fatty acids are involved in the reduction of the risk of heart disease by lowering low-density lipoprotein (LDL), also known as the bad cholesterol, and raising high-density lipoprotein (HDL), known as the good cholesterol. They also play a role in reducing symptoms of high blood pressure, diabetic neuropathy, rheumatoid arthritis, osteoporosis, allergies, menopause, PMS, and depression.

Food sources of omega-6s include black current seeds and vegetable oils, such as soybean, corn, safflower, and evening primrose oils. The recommended daily intake (RDI) for omega-6 fatty acids is 5 to 10 percent of daily caloric intake, an amount that ranges from 12 to 22 grams per day based on age, weight, activity level, and gender. Most Americans consume an adequate quantity of omega-6 and do not need supplementation.

## **Omega-3 Fatty Acids**

There are numerous health benefits attributed to omega-3 fatty acids including protection from heart disease, stroke, inflammation, and auto-immune conditions.

Food sources of omega-3s include vegetable oils, such as soybean, canola, and flaxseed,

along with walnuts and some green vegetables such as, brussels sprouts, spinach, kale, and some salad greens. EPA and DHA are found in cold water fatty fish, such as salmon, halibut, and tuna. Other sources of omega-3s include foods specifically fortified or “enhanced,” such as some eggs, peanut butters, mayonnaise, and infant formulas.

For optimal nutrition, it’s recommended that one consume a food rich in omega-3s daily. This could be a 4-ounce serving of fish or ¼ cup of walnuts. The RDI is 3 grams. If using a supplement, the supplement should provide 2 grams omega-3s with the remaining gram coming from the diet. The American Heart Association recommends consuming fish twice a week to reduce cardiovascular risk.

While food sources can provide an adequate quantity of omega-3 fatty acids, supplements can be used. However, precautions should be taken when using supplements. Side effects from using fish oil include bloating, belching, and diarrhea. It’s recommended to purchase supplements from reputable sources that test their products for the presence of pesticides and heavy metals, especially mercury.

## **Omega-3 to Omega-6 Ratio**

The ratio of omega-3 fatty acids to omega-6 fatty acids in the diet is controversial. Up until the early 2000s, the general “knowledge” was that omega-3s and omega-6s should be consumed in a certain ratio. However, recent studies have shown that consuming omega-3s is beneficial but the ratio of omega-3 to omega-6 makes no difference.

Although both omega-3 and omega-6 are essential fatty acids, Americans in general consume plenty of omega-6. Consuming foods rich in omega-3s or using fish oil supplements can provide health benefits.

Use the recipes on page nine to get more omega-3s into your diet naturally.

## Walnut Pate

### Ingredients:

- 1 cup raw walnuts
- 1 tablespoon minced onion
- 1 tablespoon minced parsley
- 1 tablespoon fresh lemon juice (1 lemon)
- 1 teaspoon olive oil
- 1 teaspoon soy sauce or tamari
- 1 clove (medium-size) minced garlic
- Salt to taste

### Directions:

1. Soak walnuts in water 6 to 8 hours or overnight.
2. Drain water.
3. Process all ingredients into a paste with a food processor or blender. Stop to scrape down sides occasionally. Be careful to not over process.
4. Serve with toast squares, crackers, sliced fruit and vegetables.



Pate can be stored in an air-tight container in the refrigerator for up to a week.

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## Roasted Brussels Sprouts with Walnuts

### Ingredients:

- 1 pound brussels sprouts, trimmed and halved
- ½ cup walnuts, roughly chopped
- 2 tablespoon olive oil
- 1 clove (medium-size) garlic, minced
- ½ teaspoon salt
- ¼ teaspoon pepper

### Directions:

1. Pre-heat oven to 400°F.
2. Toss all ingredients in a bowl to coat well.
3. Empty ingredients onto a baking sheet. Turn sprouts cut-side down.
4. Roast for 20 to 30 minutes until tender and golden.



This recipe makes a wonderful side dish for a special holiday meal or with most any dinner.

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## Big Changes for a Big State — Update on the Star Achiever Breastfeeding Learning Collaborative

by Veronica Hendrix, L.V.N., I.B.C.L.C., R.L.C.  
Texas Ten Step Program Coordinator

**M**aternity care improvement is underway in the Dallas/Fort Worth area. The excitement for change in 20 birthing facilities, which serve 43 percent of the infants in health service regions 2 and 3, is largely due to their participation in the Texas Ten Step Star Achiever Breastfeeding Learning Collaborative or Texas Breastfeeding Learning Collaborative (TBLC) for short. The quality improvement collaboration is a joint venture between the Department of State Health Services and the National Initiative for Children's Healthcare Quality (NICHQ) and is being funded by the Women, Infants and Children program. TBLC was launched in December 2012 and will run through 2016, affecting 81 birthing facilities across the state. "Cohort A," the pioneer group of the collaborative, consists of 20 hospitals which are taking a multi-disciplinary approach to implement the Ten Steps to Successful Breastfeeding and are developing new models of care.

Each of the hospitals formed an improvement team, which consist of hospital staff as well as other WIC representatives. These teams are finding innovative ways to include the parent voice when addressing breastfeeding promotion and support. United Regional Hospital in Wichita Falls is using their mother representative, Crystal Snider, to work with the marketing department to fill the hospital-sponsored Facebook page with positive messaging and education on breastfeeding during World Breastfeeding Week. Crystal also has plans to organize a Community Partner meeting where organizations that provide prenatal and post discharge resources are invited to discuss their unique services

and develop solutions to gaps in care. At Texas Health Hospital in Rockwall, their mother representative, Anahi Duran, is working on the TBLC Facebook group page and breastfeeding discharge packets. The Facebook page is dedicated to all the mothers working in cohort A and encourages the sharing of ideas and projects.

Valuable feedback is being provided by the WIC representatives which include: a breastfeeding coordinator, a WIC director, or a peer counselor member. On the Methodist Charlton team, in Dallas, the WIC representative, Deborah Parnell, is assisting in the newly created "Everything a Grandmother Needs to Know" class, which educates grandmothers on how to best support their breastfeeding daughters. First time attendees reported increased knowledge and interest in supporting breastfeeding after the class was over.

Many hospitals are increasing their referrals to their local WIC agencies by asking if mothers are on WIC when they are seen in the hospital for pregnancy-related testing. This helps to ensure that mothers get connected with WIC services earlier in their pregnancy. Working with mother and WIC representatives, like in these teams, has helped to build a bridge between the WIC community and hospital setting. Linking these community pieces also helps hospitals to address Step 3 of the Ten Steps (prenatal breastfeeding education) and Step 10 (post discharge resources), two of the steps most overlooked.

What's next for Star Achiever? Work is already in progress for Cohort B teams which include areas of east and central Texas including Tyler, Austin, Houston, and Temple. Stay tuned for their updates on Twitter: @NICHQ, #TX10Step

Go to the projects tab at <http://breastfeeding.nichq.org/> to read more about the Texas Ten Step Star Achiever Breastfeeding Learning Collaborative.



*Hospital improvement teams working during Learning Session 2 in Fort Worth, Texas.*

by Debbie Lehman, Ph.D., R.D., L.D.  
and Katie Lanier  
Nutrition Education Consultants

## The Art of Peacemaking

CONTRIBUTED BY JARED WHITE  
UNIVERSITY OF TEXAS AT AUSTIN, DIETETIC  
STUDENT

Have you had a disagreement with someone close to you recently? A friend? Your spouse? A co-worker? Are you having a hard time dealing with what happened? Have you resolved the situation yet?

When negative feelings crowd out positive feelings, it's easy to be swallowed up by bitterness or a sense of injustice. To free yourself of unhappiness, take 15 minutes to write out and reflect on the following questions. This simple process can help you find a resolution to your conflict.

Who and what are you angry with and why? What did they do to you? Explain the situation clearly enough so that another person, a friend, or peer could review the incident with you.

What was your role in the situation? Did you lose your temper? Did you argue back? Did you hurt them in the process? Look at your actions alone.

Did your behavior meet your own standards? Could you have done something different? This step is crucial in that it allows you to objectively see your own responsibility in the situation. Remember you are only responsible for yourself, and you cannot control the situation or how other people treat you.

You are starting a map of possibilities towards resolution. It doesn't have to be a complex explanation, but rather a list of the things that frustrate you, hurt you, or that you can't stop thinking about.

How does it affect you? The answers can be kept short, such as pride, your relationship, or your self-confidence. Stop and listen to yourself. Why are you hurt? Observe your feelings now and write it down. Try to stay away from complicated explanations and justifications. Make it as short and simple as possible. Two or three words is perfect.

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## Developing a Staff Wellness Program at Your Local Agency

CONTRIBUTED BY ANGELA GIL, R.D., L.D.  
OPMG COORDINATOR

DEBBIE LEHMAN, PH.D., R.D., L.D.  
STATE COORDINATOR FOR WIC WELLNESS WORKS

One way to use an Obesity Prevention Mini-Grant is in the development of a wellness program for your local agency staff. Why should we promote wellness at work? The majority of our time is spent at work, and wellness can reduce absenteeism, presenteeism (attending work while sick), and healthcare costs. Worksite wellness programs also increase employee morale and productivity. If your agency is looking to implement a wellness program, consider some of these important tips.

### Needs Assessment

Take time to survey your employees about the types of activities or events they would enjoy. What are some topics they would like more information about? What time of the day would be best for them to engage in wellness activities?

### Variety — Think Mind, Body, and Spirit

Think about all aspects of wellness, not just weight. Focus on how you feel and perform at work and in your personal life rather than weight loss alone. Some areas to consider could be nutrition, physical activity, medical concerns, stress management, mental health, and personal growth.

### Create Awareness of the Program

Identify how you will enhance awareness of your wellness program efforts. You could use wellness bulletin boards, health fairs, contests/challenges, workshops, health coach sessions, biometric/weight screenings, newsletter, and/or one-time monthly themes.

### Leadership Buy-In

Try to involve as many people as you can, especially leaders and supervisors. Wellness is a core part of our organization, not just an initiative. Employees should be living examples of the advice we give our participants.

### Supportive Environment

Make wellness resources readily available to employees. Seek out gyms that offer employee discounts. Look at incentives used in other programs. Have fitness DVDs available for viewing. Organize a walking group. Promote healthy luncheons or “cake free” birthday celebrations. Display information and motivational pieces in common areas. Create policies that encourage physical activity. Offer healthy options in cafeterias or vending machines.

### Offering Incentives

Employees enjoy incentives to motivate them to participate in wellness activities. For larger incentive items, seek donations or have everyone donate to a larger pot. Some popular incentive items include food and activity journals, yoga mats, cookbooks, jump ropes, water bottles, insulated lunch bags, resistance bands, and certificates of participation. To keep employees motivated, keep programs shorter (i.e. 6-8 week programs), and find ways to incorporate goal setting with rewards for achieving goals. Investigate if a parent organization offers credits for participation in wellness activities.

*(continued on WWW — Insert D)*

*Share your wellness success stories for a chance to be spotlighted in Texas WIC News and inspire other WIC staff! Contact your State Wellness Coordinators, Debbie Lehman, at [Debbie.Lehman@dshs.state.tx.us](mailto:Debbie.Lehman@dshs.state.tx.us) or 512-341-4517, or Katie Lanier at [Katie.Lanier@dshs.state.tx.us](mailto:Katie.Lanier@dshs.state.tx.us) or 512-341-4514.*



## Mind Games

Word Square – Stack the words that match these definitions in an order that creates a word square, which reads the same across and down.

- Lack or want
- Geometric shape
- Not shut
- Brings to a conclusion

Answer:

S	D	N	E
D	E	E	N
N	E	P	O
E	N	O	C

## recipe

### Skillet Lasagna

Source: Modified from the Food Network

Serves: 8

#### Ingredients

- 1 cup ricotta cheese
- 1 large egg
- 2 tablespoons Parmesan cheese
- 3 tablespoons fresh basil, chopped
- Salt and pepper, to taste
- 1 jar spaghetti sauce
- 6 sheets “no-bake” lasagna
- 1 carrot, peeled and diced
- 1 zucchini, peeled and diced
- Extra virgin olive oil
- 3 ½ cups baby spinach
- 1 bag (8 ounces) shredded mozzarella cheese

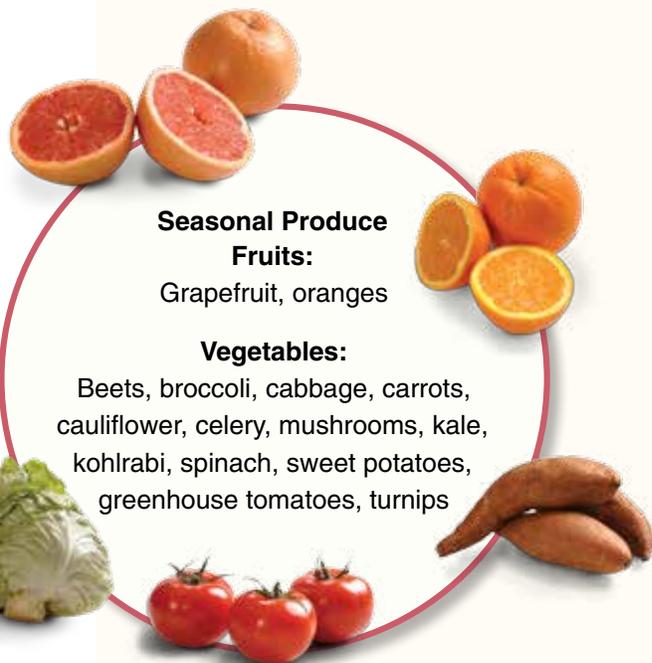


#### Preparation:

1. In a bowl, mix the first 4 ingredients and add salt and pepper to taste.
2. In a skillet, layer lasagna as follows:
  - 1 cup spaghetti sauce
  - 2 lasagna noodles
  - ½ carrot and ½ zucchini
  - Drizzle with olive oil, season with salt and pepper
  - ½ of the spinach, ½ ricotta mix, thin layer of mozzarella, 2 tablespoons spaghetti sauce
  - 2 lasagna noodles
  - ½ carrot and ½ zucchini
  - Drizzle with olive oil, season with salt and pepper
  - ½ of the spinach, ½ ricotta mix, thin layer of mozzarella, 2 tablespoons spaghetti sauce
  - 2 lasagna noodles
3. Top with remaining sauce, a thin sprinkle of mozzarella, and basil
4. Cover and cook 20 – 25 minutes, or until lasagna noodles are soft. Enjoy!

#### Nutrition Information Per Serving:

289 calories; 13 g fat (6 g saturated fat, 4 g monounsaturated fat); 57 mg cholesterol; 28 g carbohydrates; 16 g protein; 4 g fiber; 799 mg sodium



#### Seasonal Produce Fruits:

Grapefruit, oranges

#### Vegetables:

Beets, broccoli, cabbage, carrots, cauliflower, celery, mushrooms, kale, kohlrabi, spinach, sweet potatoes, greenhouse tomatoes, turnips

## The Art of Peacemaking

(continued from page WWW — Insert A)

What can you do about it? You can talk to them. You can listen to them, be supportive of their side of the argument, and forgive them. Remember, forgiveness doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life.

Try to consider the other person first. Conflict resolution never works out well when you start with accusations, but rather apologies. If you harmed them, even if it is minor compared to their inflictions upon you, forgive them first. Also,

remember how you would like to be treated if you were in their shoes. The actions that follow may be hard to take or may be something you're not used to. Talk with a person you've found to be wise and compassionate.

Everyone gets into conflicts. Learn to work them out with patience and clarity, and it may be possible to save even the most damaged of relationships.

Principles are adapted from the inventory step of AI-Anon or Celebrate Recovery, the fundamentals of 12-step recovery programs. For more information on the benefits and challenges of forgiveness visit <http://www.mayoclinic.com/health/forgiveness/MH00131>.

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## Developing a Wellness Program

(continued from page WWW — Insert B)

### Planning with a Small Budget

When you are constrained by your budget, try to select non-monetary incentives (i.e. employee recognition at meetings, certificates, positive designations). It's also helpful to seek out donated services. For example, if you hold a health fair, vendors may provide discounts for their services. Consider activities that build community, such as planting a garden, lunch and learn days, or sports/walking groups.

### Feedback

Evaluation is necessary to gauge success. Before beginning a wellness initiative, think about your outcomes desired. How will success be measured? Any use of measurements, blood work, biometrics, etc. helps you objectively see what is effective. Ask for employee input and suggestions, and allow anonymous employee evaluations of the program.

### Employee Empowerment

The most successful programs allow employees to contribute wellness ideas that are used in the agency. Provide various ways to offer ideas (at meetings, a suggestion box, email requests).

### Remember:

- Understand your population.
- Keep it simple.
- Motivate and communicate.
- Measure and report.
- Success breeds success.

### Resources

1. TX DSHS Cardiovascular Health And Awareness Program has Worksite Wellness resources <http://www.dshs.state.tx.us/wellness/worksiteresources.shtm>
2. Wellness Program Guide Books - Physical Activity and Nutrition
  - *Five a Day — Five a Week*
  - *Lighten Up Texas*
3. Developing a Worksite Employee Wellness Plan Toolkit
4. Sample Outline for Developing an Organization Employee Wellness Plan
5. Fruits and veggies more matters <http://www.fruitsandveggiesmorematters.org/healthy-resources>
  - Online resources for worksite wellness
  - Tips and ideas for increasing fruit and vegetable consumption

## RD's Corner: Effects of Depression, Stress, and Social Support on Diets of Pregnant Women

by Alex Etter

Dietetic Intern from The University of Texas at Austin

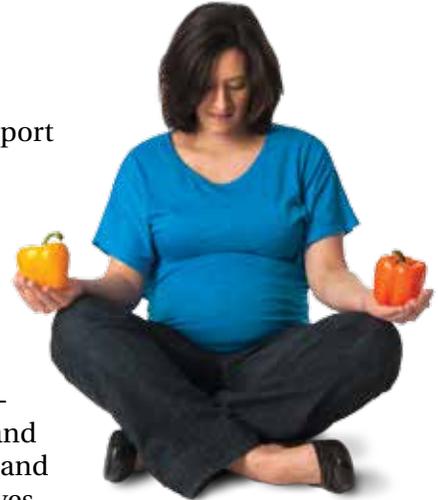
In a cross-sectional study published in the *Journal of the Academy of Nutrition and Dietetics*, researchers found that stress, depression, lack of social support, and poor eating habits reduce diet quality in low-income women during the first trimester, a crucial time for fetal development.

Fortunately, mothers are typically more receptive to dietary advice during this integral time and appropriate interventions can improve the outcome of the pregnancy. During the first prenatal appointment at WIC, there can be several opportunities to identify a poor diet.

- Explore, to your comfort level, how a woman is feeling about her pregnancy.
- Use the Health History for Pregnant Women form to identify dietary practices, limited or forbidden foods, and vitamin and supplement use.
- Collaborate with your Peer Counselors to find

out more about your client's support system.

As WIC employees, we play a key role in improving pregnancy outcomes by supporting mothers. By listening to concerns, offering solutions to stressors, helping with food selection and meal planning, and providing helpful tools and resources, we can help both mom and baby lead healthier and happier lives.



### References:

- Fowles, E., J. Stang, M. Bryant, & S. Kim. 2012. Stress, Depression, Social Support, and Eating Habits Reduce Diet Quality in the First Trimester in Low-Income Women: A Pilot Study. *Journal of the Academy of Nutrition and Dietetics*. 112(10), 1619-1625.

## TALWD Award Presented in Galveston

by Clare Wolf

Editor/Designer Texas WIC News

And the winner is...Rachel Edwards. In October, Edwards, manager of the Information Response Management Group, was announced the 2013 winner of the TALWD Customer Service Award at their state meeting in Galveston. She was recognized for providing quality customer service to WIC directors and their staff.

There was no prepared acceptance speech. It's hard to prepare for something you have no idea is going to happen. "I was very surprised," said Edwards. In fact, "I was shocked, emotional, and humbled. I respect what the WIC directors and their staff do on a daily basis, and to receive an award from my customers confirmed that I am where I am meant to be."

"It didn't surprise me at all that they chose to honor Rachel. She is very good at her job, is a strong manager, and really cares about the local agencies and the field staff. I loved tricking her so that she thought someone else had won. I

don't get much past her usually!" said Patti Fitch, manager, Clinic Services Branch.

Linda Brumble, manager of the Nutrition Education/Clinic Services Unit, concurs, "She was truly surprised. She even almost cried. It's the first person we have actually surprised in a few years."

Edwards has been with WIC for 24 years, with almost 20 of those years at the state office. Longtime friend and WIC nutrition specialist, Paula Kanter said, "I've known Rachel Edwards since she was my college roommate. Her ability to manage people was evident back then. She loves people, has a big heart, and is a great listener. Today, I see Rachel as a manager who is always there for her staff and the WIC Directors. She always steps in to take IRM phone calls to help cover her staff despite the heavy work load she carries as a manager."





# TXIN Talk Survey Results

by Casey Wilburn, I.B.C.L.C., R.L.C., TXIN Communication Manager

We would like to thank all of the local agencies for completing the Texas Integrated Network (TXIN) Stakeholder Awareness Survey. We value your opinions and appreciate your participation.

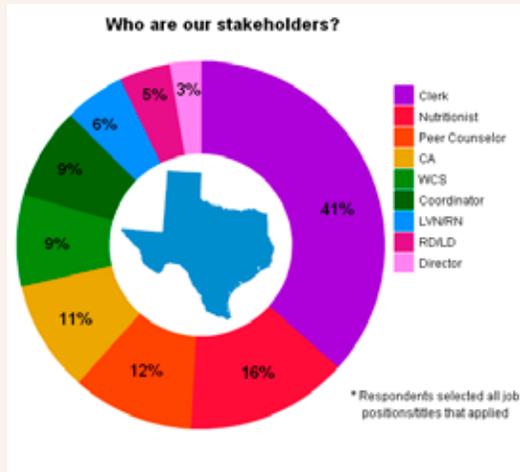
The survey results will assist the state agency in effectively communicating information regarding TXIN to local agency staff. Responses from all of your staff are vital to the success of this project.

This is the first of many activities the TXIN Communication Team has planned to keep you and your agency staff aware of

TXIN while also allowing for feedback and recommendations. You are the experts on how the WIC systems affect your day-to-day job. Your agency's responses will be used to enhance communications related to TXIN between local and state agencies. The results and visuals shown here will be displayed in the state agency buildings to raise awareness on the communication of the project. We will also address the open responses from the survey in future issues of the *Texas WIC News*, so please stay tuned.

Thanks again for your outstanding participation and feedback.

2,224 LA WIC staff completed the TXIN Stakeholder Awareness survey; 41 percent were clerks.

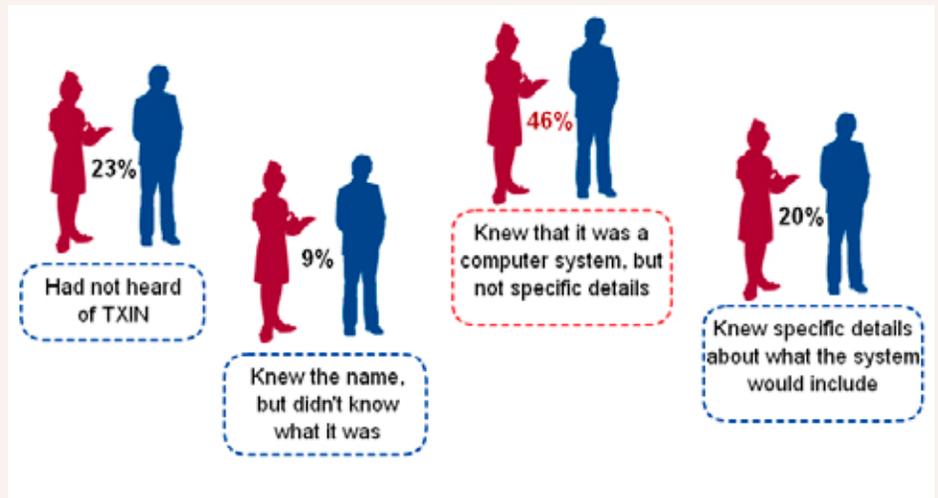


Most staff have worked for WIC for 1-5 years, followed by those with more than 15 years of WIC experience.

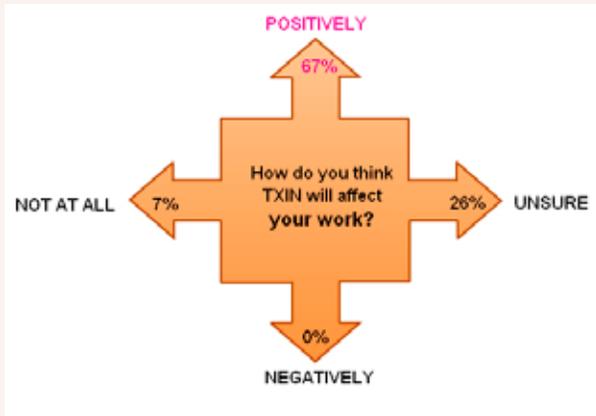


Most LA staff knew TXIN was a computer system, but not specific details.

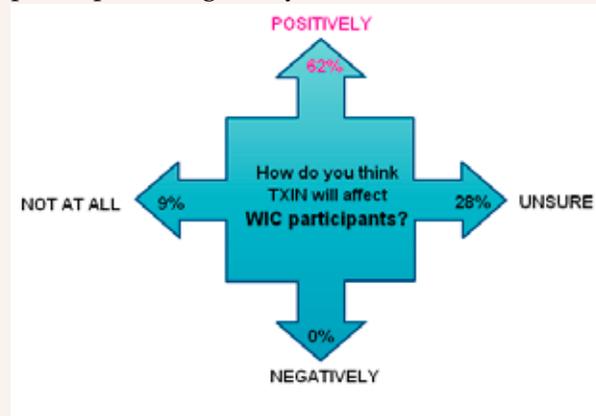
Almost a quarter had not heard of TXIN, though.



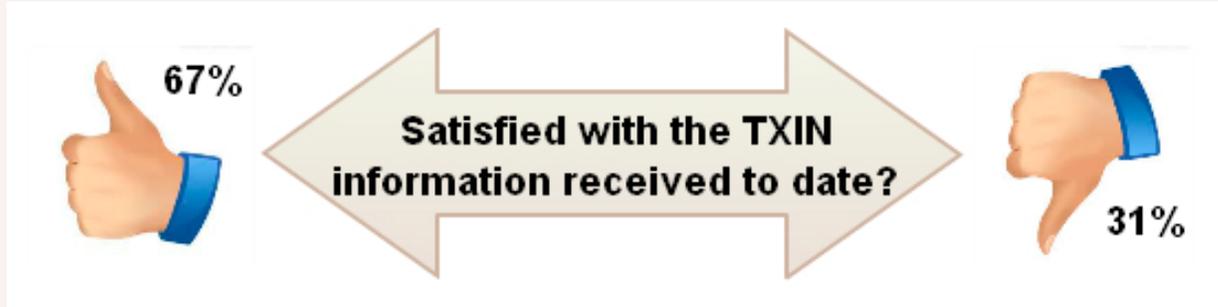
Most LA staff feel TXIN will affect their work positively. A quarter are unsure. No one thinks TXIN will impact their work negatively.



Most LA staff feel TXIN will affect WIC participants positively. Over a quarter are unsure. No one thinks TXIN will impact WIC participants negatively.



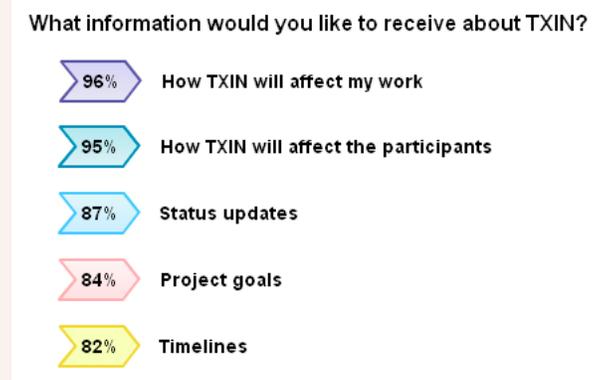
Most LA staff are satisfied with the quality of information received to date about TXIN.



However, most would like to receive even more information about TXIN.



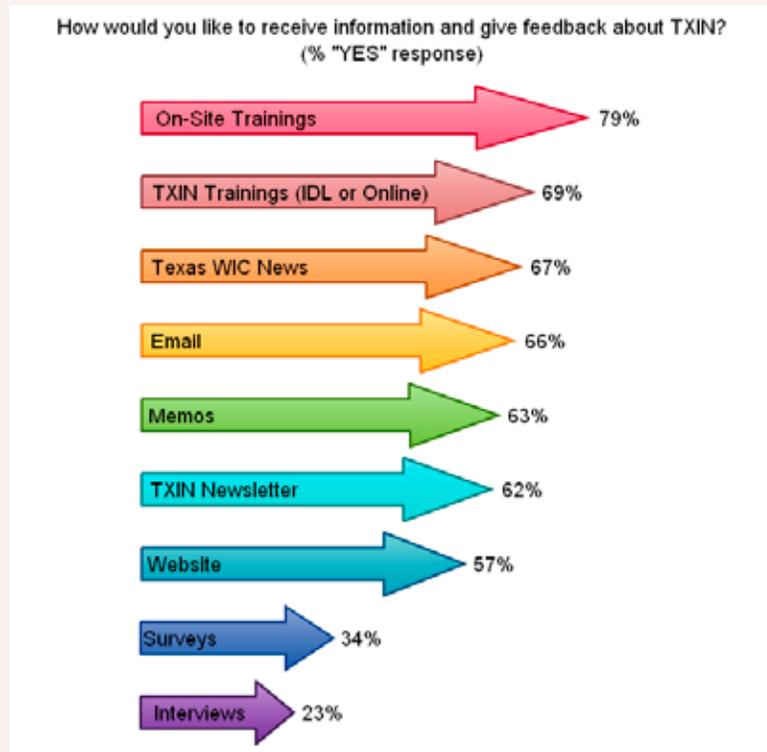
96% of LA staff said they would like information on how TXIN will affect their work; 95% of LA staff said they would like information on how TXIN will affect the participants.



(Continued on page 14)

## TXIN Talk

(Continued from page 13)



LA staff would be most interested in having TXIN trainings onsite to gather more information.



### What other comments were made?

- Requests or questions about the system (96)
  - Want more information (73)
  - Training requests or suggestions (41)
  - Excitement about TXIN (39)
  - Timelines/start date (36)
  - Concern over loss of jobs (17)
  - Frustration with project progress (10)
  - Concern over lack of computer or Internet (8)
- ( ) indicates # of comments

# National Children's Dental Health Month

by Vy Nguyen, D.D.S., M.P.H.  
Dentist, DSHS Oral Health Program

**T**ooth decay, the most common chronic childhood disease, can have far reaching effects on a child's life. If untreated, tooth decay can cause pain and infection and lead to difficulty eating, speaking, learning, sleeping, and other health issues. Fortunately, most oral health problems can be prevented.

With National Children's Dental Health Month in February, it is important to understand the impact of poor oral health on a child's quality of life and to encourage and promote good oral health habits for parents/caregivers and their children.

Parents/caregivers can ensure good oral health for their child by:

- Making healthy food, snack, and drink choices on a daily basis, and limiting sugary and sticky snacks and drinks. A baby should never be put to bed with a bottle with anything other than water in it.
- Cleaning their child's mouth with a soft cloth or brushing with a soft toothbrush twice a day as soon as the first tooth comes in the mouth. In addition, the appropriate use of fluoride on a daily basis as directed by the dentist can help prevent tooth decay.
- Scheduling regular visits to the child's dentist starting at 6 months of age.
- Maintaining their own oral health through regular dental visits and treatment. Bacteria can be passed from the parent or caregiver's mouth to the child, so the sharing of food, cups, eating utensils, and toothbrushes should be avoided.



To increase oral health awareness, the WIC program along with the DSHS Texas Health Steps (THSteps) Dental and Oral Health Program encourages all children, regardless of their age, to have a dental home where they can visit their dentist regularly. THSteps dental checkups are recommended every 3 to 6 months, starting at 6 months, and offer dental health services for children and young adults with Medicaid.

Additionally, THSteps promotes The First Dental Home, which is a package of services aimed at improving the oral health of children 6 to 35 months of age. The package of services provides simple, consistent messages to parents and caregivers of very young children.

For more information and resources on dental services and health insurance coverage:

- Call Texas Health Steps at 1-877-847-8377.
- Call 2-1-1 or visit [211.org](http://211.org).
- Visit [www.dshs.state.tx.us/dental](http://www.dshs.state.tx.us/dental).

# When She Sees a Need, She Acts

by Clare Wolf  
Editor/Designer Texas WIC News



When Patti Fitch sees a need, she acts on it, wherever she happens to be. An example of that was evident during her years as state WIC director in Alaska when she was instrumental in getting canned beans instead of the dried beans on WIC. A survey of the participants indicated that the cost for cooking beans, while using propane, was too expensive. USDA granted a special exception for Alaska and eventually changed the regulations for all states.

Patti Fitch, clinical services branch manager at Texas WIC state office, retired December 31, 2013, with 29 years at the Department of State Health Services. She began her career in the Abilene regional office as a registered dietitian on a team of nursing home inspectors. After four years she became a regional nutritionist providing direct client services at public health clinics and monitoring WIC programs in the region. She initiated the Region 4 WIC program, providing WIC to unserved counties. When the Arlington and Abilene regions combined, she covered 65 counties and provided oversight to 26 regional WIC clinic sites. The majority of those clinics were later picked up by LA #76.

After Abilene, Fitch moved to Alaska. She remembers her three and a half years in Alaska as an adventure she embarked on in part because her brother lived there. Fitch traveled all over the state. "WIC was provided in very innovative ways," said Fitch. Since many villages were small and without stores... "Food was packed and boxed and shipped to villages."

Fitch came back to the Texas WIC state office in 1997 as the clinical services manager with just three people working for her. That was when WIC served approximately 690,000 clients. Now WIC serves over 955,000 clients, and as of her retirement date, Fitch managed 31 people.

As the clinical services branch manager, Fitch continued to act on needs as she saw them.

"I think her staunch defense of issuing special formula is a perfect example of this. Patti pursued the matter of providing exempt formula as part of the formulary," said Ellen Larkin. "... She wanted to make sure that all WIC babies, not just the healthy ones, got the nutrition that they need. If I had

to describe Patti in one word it would be passionate.” Along that same line, Patti worked to make sure that the participants got the full amount of an authorized item. “Participants are authorized 36 ounces of cereal. Cereal that comes in 17 or 16 ounces cuts the participant short several ounces. Under Patti’s guidance, the decision was made that Texas WIC program only authorize cereal in the 18 or 36 ounce packaging. This assures that participants get the full amount they are due,” said Shirley Ellis.

“Patti instinctively knew that retired WIC directors would be wonderful at assisting local agencies prepare to rollout EBT. In addition, she oversaw the expansion of the WIC Certification Specialist program, making sure program integrity was built into it,” recalls Paula Kanter.

Always thinking about how to efficiently serve our clients, Fitch saw a way in which moms, with infant children, who had taken an online nutrition education lesson, could get their food benefits without having to come into the clinic. Thus, the idea of the WIC drive thru was born.

“Local Agency #77 piloted this concept since one of their clinics was in an old bank building that had the drive thru window,” said Anita Ramos.

Over the years, Fitch worked hard to make sure that participant privacy was maintained, and that the food package was valued by participants for having name brands as well as healthy food.

“She remembers the participant with every decision she makes. Patti also guides her staff to make decisions that will be the best for the participant,” said Lisa Rankine.

Linda Brumble recalls, “In 2009 when we got new food package rules from

the Feds, she put together a task force and began making all kinds of new rules about the new foods. She worked with Food Issuance and Redemption and with Publishing, Promotion, and Media Services to make new food brochures.”

“Her dedication to the program and the participants is inspiring,” adds Paula Childress.

Patti, you’ll certainly be missed! Happy retirement!



*Above: Patti with Linda Brumble.*

# The Lactation Care Center — *A Place for Mothers and Infants*

by Christine Wiseman, R.N., I.B.C.L.C.  
Manager, Dallas Lactation Care Center

The American Academy of Pediatrics revised their policy statement, “*Breastfeeding and the Use of Human Milk*,” to make a stronger statement in 2012. In it they state, “*Given the documented short- and long-term medical and neurodevelopmental advantages of breastfeeding, infant nutrition should be considered a public health issue and not just a lifestyle choice.*” In support of these and other national health initiatives the U.S. Department of Agriculture and Texas WIC program provided financial support to open the Lactation Care Center (LCC) in Dallas in December 2010.

The LCC, run by the City of Dallas WIC program, is a specialty walk-in clinic offering breastfeeding assistance to mothers who are currently enrolled in WIC. The LCC is co-located with a Dallas WIC clinic in the heart of the Medical Center in Dallas. Being surrounded by several hospitals, including Parkland Memorial Hospital, University of Texas Southwestern, and Children’s Medical Center, allows the LCC to have wonderful partnerships with the facilities. In fact, a large majority of client referrals come from these and other neighboring hospitals. LCC staff are comprised of a registered nurse, Internationally Board Certified Lactation Consultants (IBCLC), and senior breastfeeding peer counselors.

The mission of the LCC is to provide support, education, and hands-on instruction in a calm,

nurturing environment through consultations with an IBCLC. The families who visit the LCC typically have challenges beyond normal breastfeeding such as:

- Milk volume concerns
- Maternal breast issues
- Questions on medications and breastmilk
- Infant feeding issues related to inadequate weight gain, hyperbilirubinemia, prematurity, multiples, and special needs infants

The LCC also serves as a training center for students who want to gain more knowledge and expertise in the field of lactation. The education is provided through the Clinical Lactation Practicum, a three-day training that includes shadowing an inpatient lactation consultant at the hospital and a tour, and overview of the Mother’s Milk Bank of North Texas to learn about the benefits and uses of donor human milk. The students also receive education and clinical application through the classroom setting, and observe and participate in client visits, interventions, and care plans. In addition, the LCC provides a Resident Training Program through partnership with The University of Texas Southwestern Medical School teaching facilities — Parkland Memorial Hospital and Children’s Medical Center. The objective of the program is to help resident physicians learn how to support and promote breastfeeding in their various patient populations.

In fiscal year 2012/2013, the LCC served 2,442 clients and taught 97 students including residents, nursing students, and practicum students. For more information, contact the Lactation Care Center in Dallas:

## Lactation Care Center – Dallas

M-F 8 a.m. – 5 p.m., Sat 11 a.m. – 3 p.m.  
1-855-550-6667

[www.lactationcarecenterdallas.com](http://www.lactationcarecenterdallas.com)

Facebook – Dallas Lactationcarecenter

Twitter – LactationCareCener@LactationCare10



Back row, left to right: Adette Cole, Sandra Ruiz, Lisa Mayberry, Irma Macias, and Santa Tovar. First row, left to right: Elizabeth Sanchez, Maria Rosales, Martha Cantu, Raquel Rodriguez, Ana Longoria, and Kimberly Mitchell.

# The Lactation Foundation — *Expanded Services for WIC Breastfeeding Assistance*

by Alisa Sanders R.N., I.B.C.L.C.  
Director of the Lactation Foundation

**T**he Lactation Foundation, located near the Texas Medical Center in Houston, is a WIC lactation resource and training center that provides breastfeeding counseling to WIC clients and training to WIC staff and other health-care providers.

The staff at The Lactation Foundation feels strongly that all families with breastfeeding questions or concerns get expert and timely assistance. For example, a Lubbock WIC client who delivers her baby prematurely in Houston can get a breast pump and training on how to use the pump.

The Lactation Foundation environment is the perfect setting to host trainings. It serves as a teaching facility for the University of Texas Medical School at Houston, hosting rotations for second-year residents in Family Practice, OB/GYN, and Pediatrics. They also host a Clinical Lactation Practicum in which WIC staff obtain hands-on clinical skills in lactation management. After students return to their clinics, they are able to put into practice the counseling, assessment, and intervention skills learned.

The Lactation Foundation has the distinction of being the first WIC facility in Texas to obtain

the coveted IBCLC Care Award presented by the International Board of Lactation Consultant Examiners (IBLCE) and the International Lactation Consultant Association (ILCA). The award is given to facilities that staff with IBCLC and provide a dedicated lactation program two to five days a week for breastfeeding families. At the Lactation Foundation, all clients are seen by IBCLCs, who are also registered nurses.

The sessions are popular and fill up fast, so if you're interested be sure to check the registration calendar at [http://www.dshs.state.tx.us/wichd/cl\\_lactate.shtm](http://www.dshs.state.tx.us/wichd/cl_lactate.shtm).



For more information, contact The Lactation Foundation in Houston:

#### **The Lactation Foundation – Houston**

2636 South Loop West #135  
Houston, TX 77054  
1-713-839-0527 or 1-877-550-6667

<http://www.lactationfoundation.org/>



*Left to right: Marlene Wark, Alisa Sanders, and Helen Garcia-Aponte.*



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