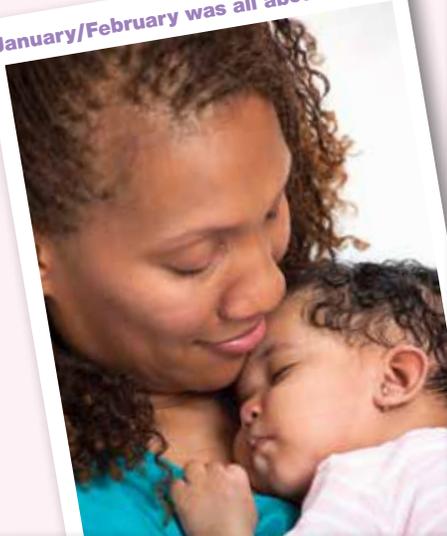


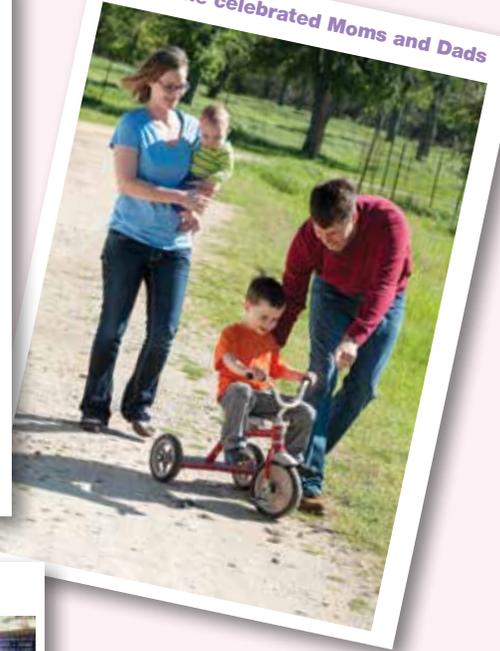
January/February was all about Infants



March/April was full of Nutrition



May/June celebrated Moms and Dads



2015 Spotlighted Local Agencies



2015
Recap

July/August was about Breastfeeding



September/October was about a healthier Texas



Looking Back at the More Eventful Moments of 2015

This year has flown by and maybe that's because our days have been full of excitement, change, and progress. In this issue, we take a look back at the more eventful moments of the year — events we've shared together, what you've experienced within your agencies, and projects we've been working on at the state.

First we look back at this year's annual Nutrition and Breastfeeding Conference (page 4). The conference was truly top notch, with engaging and relevant sessions, inspirational keynote speakers, and a great way for both state and local agency staff to come together to collaborate, network, and have fun.

Anyone who attended the closing session at the conference is probably still buzzing about Dr. Adolph Brown. Dr. Brown is an accomplished educator and psychologist who overcame an upbringing of extreme poverty and violence from a single-mother led household. He brought a dynamic, fun approach to share impactful messages that left a lasting impression. He charged us all to make sure we are working to contribute to the best work environment possible while making an impact on those we serve.

When it comes to our local agencies, we know each of you are unique in the types of participants you serve, the way you run your clinics, and the events you host. That's why we asked you to tell us what your 2015 has been like (page 11). We love to show off what you've been up to and hope that it'll help inspire new projects and collaborations amongst all of our agencies.

On page 16, we wrap up this installment of Texas WIC News with information and updates on some of the major projects we've been working on at the state including TexasWIC.org, Texas WIC Training, the WIC Outreach Campaign, and TXIN.

The old saying, "time flies when you're having fun" definitely rings true with me. As Dr. Brown reminded us, if you aren't having fun, you aren't doing it right. I know there are days that can be hard and hectic, but at the end of the day, I hope you have a sense of accomplishment and joy in making Texas a healthier place. Thank you all for what you bring to Texas WIC.

From the Texas WIC Director

- Lindsay Rodgers, M.A., R.D., L.D.



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Texas WIC News (USPS 016-975) is published bimonthly by the Department of State Health Services, P.O. Box 149347, Austin, Texas 78714-9347 <http://www.dshs.state.tx.us/wichd/default.shtm>. Subscriptions are free. Periodicals postage paid at Austin, Texas.

POSTMASTER: Send address changes to WICNewsSubscriptions@dshs.state.tx.us or WIC News Subscriptions, Texas WIC News, Texas Department of State Health Services, P.O. Box 149347, Austin, TX 78714-9347.

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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.



Comments may be sent to the managing editor at Publishing, Promotion, and Media Services, P.O. Box 149347, Austin, TX 78714-9347, or by email to WICNewsEditor@dshs.state.tx.us.

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2015 NBF Recap

Digital Solutions for Millennial Mothers

☆Presenter: Alisa Sanders, RN, IBCLC, RLC — University of Texas Health Science Center at Houston

This preconference session provided participants with an interactive, nuts and bolts approach to implementing and utilizing tele-health services to improve breastfeeding outcomes. Alisa Sanders, clinic manager of the Houston Lactation Foundation, presented an informative overview of communication and learning-style preferences of millennial moms as well as an overview of tele-consult services provided by the Lactation Foundation. Session participants learned internet connectivity and equipment needs to implement tele-consults, how to connect their clients to International Board Certified Lactation Consultants (IBCLCs) via tele-consult when a local IBCLC is not available, and how to provide the consults in a HIPAA-secure environment to ensure patient confidentiality. CONTRIBUTED BY TRACY ERICKSON, RD, IBCLC, RLC — WIC BREASTFEEDING COORDINATOR



Tracy Erickson and Alisa Sanders

Homegrown Food Straight From the Garden

☆Presenter: Joseph de Leon — Texas WIC at DSHS

Joseph de Leon has a wealth of knowledge when it comes to gardening, composting, and raising chickens. He shared many tips on how to organize, create, and maintain a community garden. There are many benefits of gardening including therapeutic activity as well as improving the environment. Joseph also shared a song with us that will promote great fun in the WIC environment for both children and adults when practicing gardening (sing it to your own tune and provide hand gestures).

*Did you ever mix a salad, a salad, a salad,
Did you ever mix a salad in this way or that?
With lettuce and tomatoes,
Carrots and potatoes,
Did you ever mix a salad in this way or that?*
CONTRIBUTED BY TIFFANY BROWN, RD, LD — WIC CERTIFICATION SPECIALIST PROGRAM COORDINATOR



Joseph de Leon

Gestational Diabetes: Nutrition Counseling from Diagnosis to Delivery and Beyond

☆Presenter: Sandi Spicer-Moore, RD, LD, CDE, BC, ADM — 'Specially for Children, Seton

This insightful session not only helped staff understand the physiology, risk factors, and testing surrounding gestational diabetes but also provided great tips on how to connect with clients and counsel them effectively. Sandi Spicer-Moore also recommended several resources including the Texas Diabetes Council Toolkit, Calorie King, and Lilly for various tools and educational handouts. CONTRIBUTED BY MANDY SEAY, RD, LD, CDE — NUTRITION EDUCATION CONSULTANT



Sandi Spicer-Moore

Between Presentations



Welcoming Remarks: What's Trending in WIC

☆*Speakers: Kirk Cole, DSHS Interim Commissioner, Eddie Longoria, Special Nutrition Programs Director (USDA), Evelyn Delgado, Assistant Commissioner for Family and Community Health Services, Lindsay Rodgers, MA, RD, LD, Texas WIC Director, Theresa Landau, MS, RD, CDN, New York LA WIC Director, and Martelle Esposito, MS, MPH, National WIC Association*

The WIC Nutrition and Breastfeeding Conference (NBF) was opened by introducing this year's theme, What's Trending in WIC. Speakers from DSHS, USDA, a New York Local Agency and the National WIC Association addressed what's trending at the local and national level. Some of the topics "trending" included successful outcomes of breastfeeding initiatives, the Summer Feeding pilot, and the Institute of Medicine's (IOM) current reevaluation of the WIC food packages. CONTRIBUTED BY PAULA KANTER, RD — CLINIC NUTRITION SPECIALIST



Above right: Martelle Esposito and Theresa Landau. Above left: Evelyn Delgado, Kirk Cole, Eddie Longoria and Lindsay Rodgers.

Take Charge of Your WIC Funds in a Changing Environment

☆*Presenter: Nora Martinez, MPH, IBCLC, RLC — City of Laredo / TALWD*

This WIC Director pre-conference session presented by Texas Association of Local WIC Directors highlighted a variety of agencies sharing best practices for financial management. A panel of six local Texas WIC Directors shared their challenges and solutions in today's changing financial environment. The session was designed to be interactive allowing the audience to ask questions and share their challenges and best practices. During the second half of the session, state agency staff were invited to summarize the LA surplus pages which highlighted key information. Bertha Amaya, WIC Director for The City of El Paso, also shared the clinic efficiency worksheet she utilizes when determining whether to maintain or close clinic sites. CONTRIBUTED BY BENNY JASSO — FINANCIAL ANALYST

Benny Jasso, Merry Jo Hopkins, and Leslie Hibbs



Opening Keynote – WIC: Trending Success for the Future

☆*Presenter: Kiran Saluja, MPH, RD — Public Health Foundation Enterprises (PHFE), WIC Program*

Kiran Saluja helped get staff motivated and excited for the conference by talking about what's trending in WIC. She discussed the IOM Food Package Review and encouraged staff to google the link to send in comments and personal stories, "speak from the heart." Saluja also asked staff to continue to work on increasing breastfeeding rates and baby-friendly hospitals. Lastly, she reminded staff to smile, it's good for clients and good for you – reduces stress hormones and overall blood pressure, increases endorphins, makes you look good, and appear more likeable and competent. "Go into your selfie mode!" CONTRIBUTED BY MANDY SEAY, RD, LD, CDE — NUTRITION EDUCATION CONSULTANT



Kiran Saluja

Using Journey Maps to Help Change Behavior: Supported by National Survey Results

☆*Presenters: Martelle Esposito, MS, MPH, National WIC Association and Theresa Landau, MS, RD, CDN, Morrisania D&TC*



Martelle Esposito and Theresa Landau

This informative session was covered in two parts. Part one covered survey results that indicated mothers who were participants, or "members," of WIC felt more knowledgeable about nutrition and breastfeeding than those who were non-members. Additionally, physicians had heard of WIC but not many referred to, or thought of, WIC first for services. Part two included breaking down each and every experience a WIC member may have; highlighting the pain points

and bright spots. By looking at the complete journey map, each agency can determine how to reduce pain points and make more bright spots improving the overall experience. These results, as well as templates, will soon be made available on the NWA website at www.nwica.org. CONTRIBUTED BY MANDY SEAY, RD, LD, CDE — NUTRITION EDUCATION CONSULTANT

Smoking and Infant Mortality

☆Presenters: *Ann Marie Newman and Trina Robertson, MA; Tobacco Research & Evaluation Team — University of Texas at Austin*

Smoking is never good and certainly not good during pregnancy. Women who smoke during pregnancy are more likely to have miscarriages, premature deliveries, lower birth weight babies, and babies born with problems like certain birth defects e.g. cleft palate and cleft lip. Infants born to mothers who smoke have an increased risk of fetal death from various causes including Sudden Infant Death Syndrome (SIDS). Newman and Robertson informed the audience of Texas Quitline, a referral source to help pregnant women and others kick the smoking habit. Quitline is a free service that provides over-the-phone counseling and nicotine replacement therapy (NRT), such as nicotine transdermal patches and gum. The counseling service is available in many languages and NRT is available to

anyone over the age of 18 years. Refer smokers to the Texas Quitline at 1-877-YES-QUIT (877-937-7848).

CONTRIBUTED BY LIZ BRUNS, RD — NUTRITION TRAINING SPECIALIST



Trina Robertson



Ann Marie Newman

7 Things You Can Do to Increase Participation in WIC

☆Presenters: *Karissa Horton, PhD and Jennifer Loyo, PhD, RD — Limetree Research, LLC*

WIC participation is declining across the country and the greatest drop is seen in children. Limetree's extensive interviews and focus groups revealed why clients leave WIC and why potential clients never sign up. Their research shows that simple strategies can retain WIC clients and improve word-of-

mouth, because the best advertisement is free! The things you can do to increase participation include: be likable – smile, help carry their bags; review policies – throw out the late policy, and process the documentation at hand; enhance clinic environment – family friendly décor, bulletin boards, clean and fun toys; and tell your story – wrap information into a story, use testimonials. CONTRIBUTED BY JESSICA LEYENDECKER, MPH — CLIENT ENGAGEMENT SPECIALIST



Karissa Horton and Jennifer Loyo

2015 NBF Recap

Dads' Involvement

☆Presenter: *V. Kuroji Patrick — JhaZamoraS Publishing, LLC / Artistically Reaching Tomorrow's Scholars*

V. Kuroji Patrick was a teen father the first time he stepped into the WIC office. He wanted to be included, but he was ignored and eventually asked to sit in the waiting room. He uses this experience to illustrate how a father may feel and encouraged the group to think about how they could include fathers in appointments. WIC has the unique opportunity to educate dad and, as Patrick pointed out, "if dad is there... he cares." CONTRIBUTED BY KRISTINA ARRIETA, MPH, IBCLC — PEER COUNSELOR AND PEER DAD COORDINATOR



V. Kuroji Patrick

Cultural Considerations for Breastfeeding Among Latina Women

☆Presenter: *Maya Bunik, MD, MSPH — Children's Hospital Colorado/University of Colorado Health Sciences Center*

Dr. Bunik brought an interesting perspective of Latina women both from her research and her experience working in Central America with breastfeeding moms. One important take-away message was that one approach does not fit all Latina cultures. Dr. Bunik discussed cultural reasons for "Los Dos" (feeding formula and breastmilk), as well as things we can do to educate while still supporting mom's choice in feeding her baby. Enlisting family support and addressing the issue of perceived insufficient milk supply is crucial to mom's success. CONTRIBUTED BY KATIE COYNE, MS, IBCLC — BREASTFEEDING TRAINING SPECIALIST



Maya Bunik

Breastfeeding Mythbusters

☆*Presenter: Jennifer R. Thomas, MD, MPH, IBCLC, FAAP, FABM — Lakeshore Medical Clinic/Medical College of Wisconsin*



Dr. Jennifer R. Thomas

Dr. Jenny Thomas gave an engaging and fun talk on busting some breastfeeding myths. Myths like it's easier for baby to take a bottle than a breast, timing feeds, beer as a galactagogue, and toddler breastmilk not having any nutritional benefit were all busted. Dr. Thomas spent a

good amount of time discussing Vitamin D supplements, as this is a hot topic in the breastfeeding world. Dr. Thomas explained Vitamin D supplements can be given to mom or baby, but that all babies should be receiving extra Vitamin D not just breastfed babies. CONTRIBUTED BY KATIE COYNE, MS, IBCLC — BREASTFEEDING TRAINING SPECIALIST

Communicating with Those Who are Deaf and Hard of Hearing

☆*Speaker: Christine "CB" Buchholz — Texas Department Assistive and Rehabilitative Services*

Christine Buchholz explained the meaning of being "deaf" and "hard of hearing," including what it is like to be a deaf person, deaf culture, beliefs, and folklore; the do's and don'ts of using an interpreter and how modern technology has greatly improved how the deaf community communicates with others. Buchholz was born with normal hearing but at the age of 18 months she had an illness that damaged her hearing. She explained how most deaf people don't trust the hearing world. Deaf people feel isolated, due to hearing people not taking the time to speak to them. In general, deaf people form a strong community and they rely on each other for emotional support and information. Buchholz presented in sign language while two interpreters interpreted for the attendees. Buchholz was very entertaining and candid.

CONTRIBUTED BY ANITA RAMOS, RD — CLINIC SERVICES TRAINING SPECIALIST

Back row, left to right: CC Rowe, Randi Turner, and Steven Nugent. Front row: Christine Buchholz.



Texas WIC and Birthing Hospitals: Working Together to Provide a Continuum of Care for Breastfeeding Mothers

☆*Panelists: Angela Benoit, RN and Ann Glover; Stacie Jones, RN and Jammie King; Tara Haberl, RN and Laurel Gebhart; Tina Carter, RN, and Kristy Addison, Texas Ten Step Star Achiever*

This panel of hospital team leaders and WIC representatives gave a fantastic overview of the work they've been engaged in for the Texas Ten Step Star Achiever Breastfeeding Learning Collaborative. They provided updates on how they've improved their breastfeeding rates and the unique ways they worked to address each of the Ten Steps. Lessons learned and ideas on how to engage community hospitals were provided for all attendees. It was so great to share the collaborative work that is going on out there across Texas! CONTRIBUTED BY VERONICA HENDRIX, LVN, IBCLC, RLC — TEXAS TEN STEP PROGRAM COORDINATOR



Young Attendees



2015
NBF Recap

Post-Discharge Nutrition for High-Risk Infants: Breast Milk and the NICU Infant

☆*Speaker: Leslie Ivey, RD, LD — University of Texas, Dell Medical School*

Preterm infants are categorized by birth weight and the number of weeks gestation. These infants face nutrition challenges due to early delivery and/or birth weight. There are neurological, developmental, and medical needs that impact the nutritional needs of the preterm infant. These infants may have increased caloric, protein and vitamin needs but the immature gastrointestinal system, medical issues, and general feeding problems such as lack of suck and swallow, dysphagia, and oral aversions interfere with the ability to consume sufficient calories. Every infant is different, so their needs differ. However, breastmilk is BEST! Breastmilk has immunological protection, anti-allergenic qualities, is easier to digest, and improves neurological development. All these things help the infant deal with the life he is fighting for and allows his body to focus on finishing his gestational period outside of his mother while meeting his nutritional needs. Families with preterm infants have gone through a lot by the time they come to our WIC clinics. Listening and empathizing will be the best gift of all! CONTRIBUTED BY ANITA RAMOS, RD — CLINIC SERVICES TRAINING SPECIALIST



Leslie Ivey



Exhibit Presentations

2015 NBF Recap

Stay out of the Fire with Foxfire

☆*Speakers: Gloria Staats, Quality Improvement Nutrition Consultant, and Rob Wilson, Team Lead, WIC Service Desk — Department of State Health Services*

Rob Wilson and Gloria Staats provided essential information and tools to help local agencies have a successful monitoring review. The Quality Management Branch wants clinic staff to be comfortable using Foxfire so that anyone can run a report anytime. Quality Assurance Foxfire reports are “canned” reports that are associated with the worksheets that the monitors use during reviews. Pulling these reports and conducting self-audits ensures

that program integrity is maintained, procedures are followed, and all participants are treated equally. See wic-conference.com for copies of slides and additional contact information. CONTRIBUTED BY LISA RANKINE, RD — CLINIC SERVICES PROGRAM COORDINATOR



Gloria Staats and Rob Wilson

Investigation of Mobile App Use Among TX WIC Participants: A Feasibility Study to Promote Healthy Behaviors

☆*Presenters: BJ Friedman, PhD, RD, LD; Sylvia Crixell, PhD, RD; and Lesli Biedieger-Friedman, PhD, MPH, RD — Texas State University*

Texas State University conducted a study on mobile app use targeting health behaviors that focused on healthy eating (e.g., preparing healthy meals and sitting down to eat meals as a family), being physically active for 30 minutes a day, and breastfeeding for at least six months. The study participants were very positive about the app and indicated they would use it for tracking and sharing information with healthcare providers. WIC staff were surveyed and indicated the app could be helpful in counseling participants. CONTRIBUTED BY PAULA KANTER, RD — CLINIC NUTRITION SPECIALIST



Lesli Biedieger-Friedman

Medicinal Herbs Every Mom Should Know About

☆Presenter: *Jenny Perez, Education Coordinator — American Botanical Council in Austin*



Jenny Perez

Every mom wants the best, most effective remedy to treat what ails their little ones. So, what about using herbs? Perez shared how we can grow amazing and useful herbs in the garden. Her passion was clear as she explored the use of plants and herbs to support wellness for families. Perez

shared information about herbs that are safe for families such as calendula, lemon balm, lavender, the mint family, elderberry, garlic, and onion. CONTRIBUTED BY MARGUERITE KELLY, IBCLC — BREASTFEEDING PROMOTION TEAM TRAINING SPECIALIST

Engaging Generation Y Using Social Media to Increase Breastfeeding Rates

☆Presenter: *Meg Beard, MPH, MCHES, RDN, IBCLC — Santa Barbara County Public Health Department*



Meg Beard

Santa Barbara County WIC in California has found an interactive way to provide breastfeeding support to their Generation Y participants who largely rely on social media and mobile devices to communicate. Santa Barbara WIC developed the “Bfed Texting Program” to send automated text messages to participants who opt into the program starting at 12 weeks of pregnancy through 10 weeks postpartum.

Participants can also text back a question or concern and the peer counselor will quickly respond. The program has had great success with 1,211 participants since the program started in 2011. CONTRIBUTED BY ANGELA GIL, RD, LD — NUTRITION EDUCATION CONSULTANT



Working Together: Communicating with Physicians about Breastfeeding

☆Presenter: *Jenifer R. Thomas, MD, MPH, IBCLC, FAAP, FABM — Lakeshore Medical Clinic/Medical College of Wisconsin*



Dr. Jennifer R. Thomas

Dr. Thomas delivered an insightful presentation on how we can use emotions to positively influence the physician's knowledge and attitudes towards breastfeeding. She shared tips on how we can effectively communicate with physicians and influence them to change their practices, and make them more supportive of breastfeeding. She used the Rider and the Elephant metaphor for changing behavior from the book *Switch* by Dan and Chip Heath to explain how we can direct the rider, motivate the elephant, and shape the breastfeeding path. CONTRIBUTED BY FAITH NJORGE, MS — BREASTFEEDING PROMOTION NUTRITIONIST

Fragile Families: A Look at Family Violence in the Context of Today's Increasingly Complex Families

☆Presenter: *Cynthia Osborne, PhD — Child and Family Research Partnership/LBJ School of Public Affairs*

In the United States an increasing number of children are being born to unmarried parents. A single parent tends to have fewer resources, less education and employment, leading to children remaining in poverty and instability. Dads may have multiple children with multiple partners, and may be involved with, and financially supporting, some and not others. Violence is most common in relationships with little father involvement or support. Violence is especially widespread among fathers who disengage during the pregnancy. The implications are that we need to be aware of the risk factors, and provide multiple opportunities for victims to disclose. CONTRIBUTED BY LINDA ZECCOLA, RN, IBCLC — BREASTFEEDING TRAINING SPECIALIST



Cynthia Osborne

QuickWIN: Online Tools & TexasWIC.org

☆Presenters: Marissa Acosta, MS, Anita Ramos, RD, and Erica Harris, MS, RD, LD — Texas WIC

This session provided an update on the QuickWIN project, which has evolved into two portals – a “secure” portal for WIC staff and a “public” portal for clients and partners. The “secure” portal contains online tools including client search, income calculator, and Medicaid verification features. The “public” portal is



Erica Harris

the revamped TexasWIC.org website, which re-launched in June 2015. Speakers gave live tours of both portals and local agency staff shared their experiences. CONTRIBUTED BY ERICA HARRIS, MS, RD, LD — NUTRITION EDUCATION CONSULTANT



Marissa Acosta

The Power of Influence Information Session

☆Facilitators: Kelley Reed, RD; Jessi Cano, IBCLC, RD; and Debbie Lehman, PhD, RD, LD

☆Panelists: Jenny Lassiter; Alli Borrego; Tina Horkey, RD, LD; and Karla Luna, RD, LD

The state agency opened this session by providing an in-depth description of the Power of Influence (POI) training. Guest panelists from three local agencies shared best practices and provided personal testimonies of how implementing influence has impacted each of their agencies. If you have questions or would like to sign up to receive the POI training in your area, please contact Kelley Reed at 512-341-4580 or kelley.reed@dshs.state.tx.us. CONTRIBUTED BY

KELLEY REED, RD — NUTRITION EDUCATION CONSULTANT



Feeding Infants Whole Foods: Baby Led Weaning

☆Speaker: Jessica Coll, RD, IBCLC

Montreal-based infant feeding expert Jessica Coll returned to her Texas WIC roots to provide a lively session on baby led weaning (BLW). BLW is a trend moving away from feeding infants pureed baby foods and instead offering infants fresh whole foods. Through discussion, stories, and videos, Jessica explained why some parents are choosing BLW, explored how to do it safely, and raised some precautions to remember when talking with parents. For more information, visit www.jessicacoll.com. CONTRIBUTED BY ERICA HARRIS, MS, RD, LD — NUTRITION EDUCATION CONSULTANT



Jessica Coll

Closing Keynote – Don’t Judge a Book by Its Cover

☆Presenter: Dr. Adolph Brown, PsyD

Dr. Brown started his session before speaking a word. He dressed as, he put it, a “wannabe thug” and watched staff’s reactions as he walked around the room as the final awards and updates were presented by state staff. All were surprised when he came to the stage and shared the reactions he saw. Throughout this entertaining session he used music and humor to deliver many great messages, stories, and lessons — his most powerful points — don’t be quick to judge, have fun at work — or go elsewhere. Be a balcony person vs a basement person — someone who rises above gossip and negativity vs someone who focuses on it and brings everyone down. CONTRIBUTED BY MANDY SEAY, RD, LD, CDE — NUTRITION EDUCATION CONSULTANT

Dr. Adolph Brown



Managing Stress and Food this Holiday Season

CONTRIBUTED BY DEBBIE LEHMAN, PHD, RD, LD

Despite the joys of the holiday season, it can be a source of significant stressors (financial, family, time). Fortunately, we have some control over just how much “Fa, la, la, la, la!” versus “Bah humbug!” we let into our lives. With a little planning and a positive attitude, we can relax more and stress less...and that may be the very best gift the holiday season has to offer.

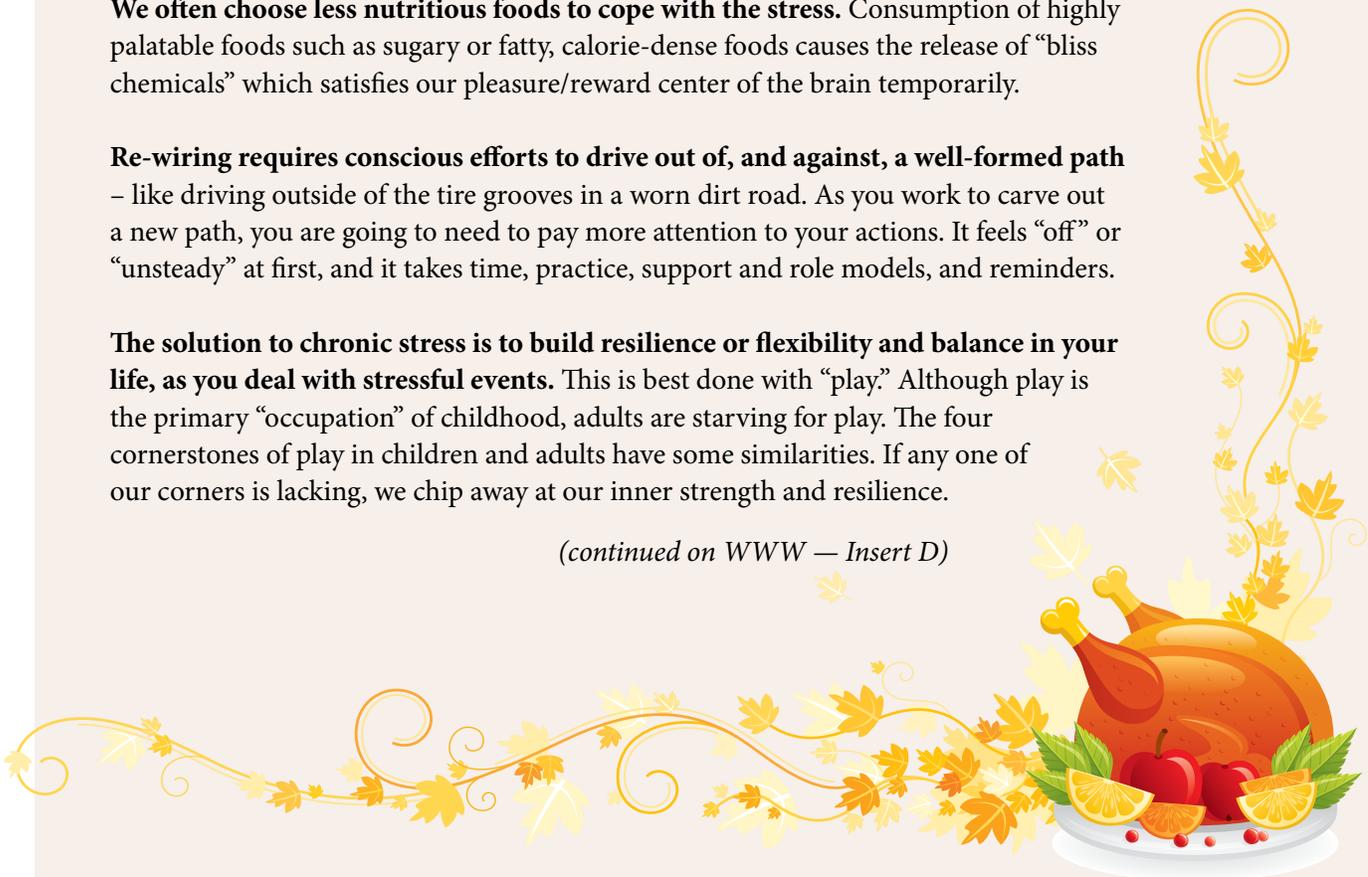
Human beings aren’t wired to handle chronic stress. Our body systems react to stress as if it is short-term and put us in survival mode. During stress, the body defends against starvation, increases memory and immune function, protects us, sends us to seek and consume food, and thus helps us to avoid danger. Long term stress, however, keeps these systems on “go” all the time. Our bodies become more likely to seek and consume food and store it as fat. Chronic stress also creates an environment in the brain similar to the aging process (can even contribute to Alzheimer’s) and impairs our concentration and memory.

We often choose less nutritious foods to cope with the stress. Consumption of highly palatable foods such as sugary or fatty, calorie-dense foods causes the release of “bliss chemicals” which satisfies our pleasure/reward center of the brain temporarily.

Re-wiring requires conscious efforts to drive out of, and against, a well-formed path – like driving outside of the tire grooves in a worn dirt road. As you work to carve out a new path, you are going to need to pay more attention to your actions. It feels “off” or “unsteady” at first, and it takes time, practice, support and role models, and reminders.

The solution to chronic stress is to build resilience or flexibility and balance in your life, as you deal with stressful events. This is best done with “play.” Although play is the primary “occupation” of childhood, adults are starving for play. The four cornerstones of play in children and adults have some similarities. If any one of our corners is lacking, we chip away at our inner strength and resilience.

(continued on WWW — Insert D)



Acts of Kindness – Be the First to Give

CONTRIBUTED BY KAREN LEE, FORMER DIETETICS STUDENT AT THE UNIVERSITY OF TEXAS AT AUSTIN

Having a stressful day? Chances are other people around you are also stressed. Try brightening another coworker's day today. By seeing others feel better at work, you will naturally feel better. Helping others and performing acts of kindness not only lowers your stress level, but it can also improve your overall mental and physical health. Kindness is also contagious; once one person receives an act of kindness, they will pass along the good deed as well. Pretty soon, your entire workplace will be full of happy, unstressed coworkers – all because of you!

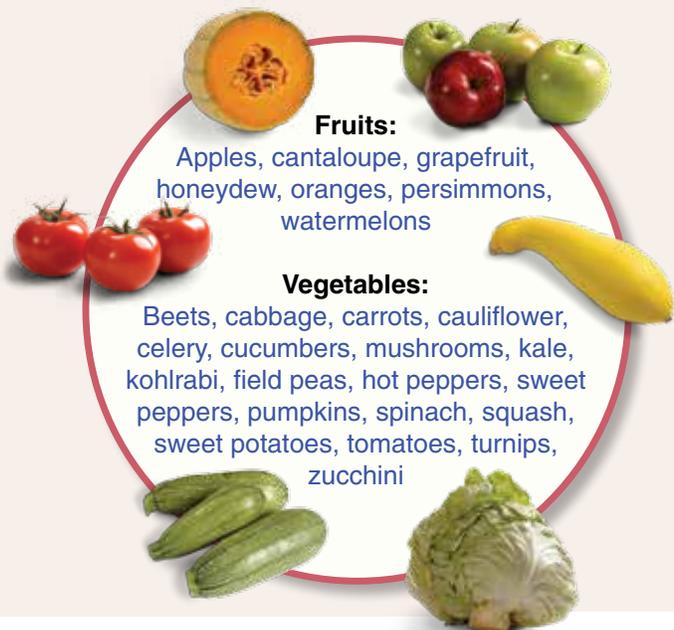


Try one of these ideas to brighten your coworker's day:

- Make coffee for someone, just the way they like it
- Give a stressed coworker a hug
- Thank someone for something they did
- Leave flowers or a nice note at a coworker's desk
- Give a coworker a compliment
- Hold open the door for someone

Texas Seasonal Produce

Share your wellness success stories for a chance to be spotlighted in Texas WIC News and inspire other WIC staff! Contact your State Wellness Coordinator, Debbie Lehman, at Debbie.Lehman@dshs.state.tx.us or 1-512-341-4517.



Fruits:

Apples, cantaloupe, grapefruit, honeydew, oranges, persimmons, watermelons

Vegetables:

Beets, cabbage, carrots, cauliflower, celery, cucumbers, mushrooms, kale, kohlrabi, field peas, hot peppers, sweet peppers, pumpkins, spinach, squash, sweet potatoes, tomatoes, turnips, zucchini



Mind Games

Take your best shot at the holiday trivia questions below. How many can you get right?

1. Why are stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, and pumpkin pie commonly associated with Thanksgiving dinner?
2. Scrooge's first name is what?
3. When did flashing Christmas lights get introduced? 1930 or 1950?
4. Which country created eggnog?
5. Name a popular Hanukkah dish.
6. What day is the Thanksgiving holiday observed in the United States?
7. Lucy charges how much for her psychiatric services in the animation, "A Charlie Brown Christmas"?
8. What does Auld Lang Syne mean?
9. Jewish holidays are based on what type of calendar?

Answers: 1. All are dishes native to the Americas or introduced as a new food source to the Europeans when they arrived in the New World. 2. Ebenezer. 3. 1930. 4. England. 5. Latkes, or potato pancakes and Jelly doughnuts. 6. The 4th Thursday in November. 7. 5 cents. 8. Times gone by. 9. Lunisolar (based on movement of the sun and moon).

recipe

Tangy Brussels Sprouts

Modified from healthy holiday recipes at EatingWell.com

Makes 6 servings

Ingredients

- 1 ½ pounds Brussels sprouts
- ¼ cup light sour cream or plain non-fat yogurt
- 2 teaspoons prepared horseradish
- 4 slices cooked turkey bacon, chopped
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Preparation

Wash and peel away outer leaf from Brussels sprouts, then cut in half. Steam Brussels sprouts until tender. While Brussels sprouts are cooking, mix together light sour cream, horseradish, turkey bacon, salt, and pepper. Toss cooled Brussels sprouts with tangy cream sauce. Serve and enjoy!

Nutrition Information Per Serving:

73 calories, 2 g total fat, 1 g saturated fat, 7 mg cholesterol, 195 mg sodium, 11 g carbohydrate (4 g dietary fiber, 3 g sugar), 5 g protein



Managing Stress

(continued from page WWW — Insert A)

Cornerstones of Play for a Child	Cornerstones of Play for an Adult
Creative play	Career
Outdoor play	Physical activity
Games	Relationships
Imaginary play	Spirituality

In addition to adult “play,” there are several other ways to work on your resilience.

Replace negative self-talk. Instead of using negative self-talk, try to put a positive spin on the thought when possible. Or say, “cancel,” to stop recurring negative thoughts. Catch yourself every chance you can. Ask friends or family to tell you when you say something negative so you can practice reversing it to a more beneficial thought.

Build up your social support network. Having close friends and family who you can count on has far-reaching benefits for your health. It provides a sense that you are not alone, you are a good person to be around, and you have people to turn to in times of need.

Find a sense of purpose. Become involved in your community, develop your spirituality, and participate in activities that are meaningful to you. This is a lifelong search that you keep working at and changing.

Face fears with active coping. Active coping is not shutting down, running away, denying or ignoring a problem. Face fears with planning and problem solving and getting through difficulties one step at a time. Other forms of active coping include physical activity, meditation, and breathing and visualization exercises.

Don’t forget the importance of sleep. Poor quality or lack of sleep makes it harder to remember things, makes you more accident prone, and



worsens anxiety and stress. Try your best to get in your Z’s.

Check your holiday stressors

- Know where your dollars are going.
- Rein in those commitments.
- Give yourself a break.
- Give to others.
- Think ahead and plan for triggers to over-eating, over-spending, or over-committing.
- Don’t get too HALT— Hungry, Angry, Lonely, Tired — which makes us more likely to overeat or cope in unhealthy ways.

References:

- Institute for Natural Resources. Food, Stress, & the Brain. 1st ed. (2012). Seminar presented by INR’s Laura Pawlak, PhD, MS, January 12, 2012.
- PESI, Inc. Mealtime Success: Transform Food Refusal into Food Acceptance. (2014). Seminar presented by Susan L. Roberts, MDiv, OTR/L, October 29, 2014.
- University of Texas Wellness Team, Department of Kinesiology & Health Education, University of Texas at Austin. WIC Wellness Works — Holiday Survival Packet. (2010). Stock no 13-06-13489. Available for download at <http://www.dshs.state.tx.us/wichd/wellness/overview.shtm>.

2015 Local Agency Recap

Local Agency 07

What is trending in LA 07 – CONTRIBUTED BY CYNTHIA WACHTLER, RDN, LD — FIELD SUPPORT COORDINATOR, CITY OF DALLAS WIC PROGRAM

1. **Container Gardening with Master Gardeners and WIC Participants** – Partnered, during the month of April, with the Texas Discovery Gardens and the Texas AgriLife Master Gardeners to provide a container gardening class at four clinics. Over 300 families planted Shopping Bag Salsa Gardens with the help of a master gardener.
2. **Cooking Matters Classes** – Partnered with the North Texas Food Bank to offer a six-week Cooking Matters course to WIC participants at the Lake June and Irving WIC clinics.
3. **Grocery Store Tours** – Partnered with the North Texas Food Bank to offer grocery store tours at five of our clinics.
4. **Wellness Walk** – On April 29, WIC staff took advantage of the recently opened Trinity Strand Trail (which is located directly behind our administration building) to take a one mile staff wellness walk.
5. **Moms in Motion (MOMS)** – A 12-week behavior change diabetes prevention project offered through one clinic. The Grand Prairie WIC clinic had eight graduates this past June.
6. **Bus Ads: Super King Wraps & Tail signage** – In an effort to boost participation, LA 07 partnered with DART for a 90-day bus ad campaign. We loved the way they looked.
7. **Breastfeeding Friendly Hospital Initiative (BFHI)** – Since January the Lactation Care Center has trained 28 medical residents, 56 medical students and has provided BFHI training for 70 health care providers.
 - Methodist Dallas became BFHI designated in February 2015.
 - Texas Health Presbyterian Dallas had their site visit from BFHI the week of June 1, 2015.
 - Methodist Charleton is in the disseminating phase of BFHI on the 4D Pathway and they are planning their site visit in 14 to 18 months.
 - Parkland remains in the Best Fed Collaborative. They are planning their BFHI site visit for the end of the year or early 2016.



Left: Master Gardener Barbara Gollman MS, RDN, and Cindy Wachtler RDN at the Westmoreland WIC Clinic.



Left: WIC participants taking the cooking matters course.



Below: Buckner Clinic participants at Save-a-Lot

Below left: Moms in Motion. Below right: Bus Ad.



Below: Breastfeeding friendly hospital initiative.



2015 Local Agency Recap



Local Agency 27

CONTRIBUTED BY MONICA MCHANEY SOLANO, ADMINISTRATIVE ASSISTANT AND BREASTFEEDING & PEER COUNSELOR COORDINATOR

At LA 27, we participated in the WIC challenge, modeled after the hit TV show “The Biggest Loser.” The challenge started April 1, and lasted 12 weeks. Each clinic was a team. Every Monday our staff reported their weight. Sarah Drennan and Whitney King compiled the weights and calculated who was the biggest loser each month for each clinic. They also sent out weekly challenges, for example drinking more water, eating more whole grains, getting 15 minutes of exercise daily, etc. They figured the weight by percent, not by pounds. Each month the biggest losers got a small incentive, like a pedometer, or hand or ankle weights. At the end of the 12 weeks, Natalie Barajas won the competition, losing 6.73% of her body weight. In second place, Nancy Fish lost 4.58%, and in third place, Maria Cavazos lost 2.22%.



Two New Cooking Classes — CONTRIBUTED BY SARAH DRENNAN — NUTRITIONIST, AND WHITNEY KING, RD, LD

Top: Seminole WIC staff, 27-10, Marisha Garcia-Hare, Maria Hernandez, Margaret Loewen, and Geneva Palomo. Above: Freedom WIC staff 27-19, Kirsten Small, Shea Savage, Anna Rodriguez, and Angie O'Loughlin.

At our local agency we began two new cooking classes through our Obesity Prevention Mini Grant. The first class is geared towards helping clients build meals using only WIC foods and working with a budget to make healthy meals for their families. The second class called the “Here’s the Dish with WIC” is a general cooking class taught on a monthly basis at every WIC clinic in our agency. This class teaches participants how to build healthy meals and snacks using their WIC foods. Participants are involved in cooking demonstrations and discussions about creating balanced meals and snacks using WIC foods. Through this class, participants learn new ideas on how to cook WIC foods and feel more confident cooking with them. Since this class is conducted at WIC clinics every month, clinic staff are given a set of recipes to rotate through. If participants want, they can come every month and see something different. Something else that we have developed for both of these classes are WIC foods friendly cookbooks. The recipes included use mostly WIC foods and are budget friendly.

Local Agency 44

CONTRIBUTED BY ESMERALDA MEZA — NUTRITIONIST, WIC DIRECTOR

City of Del Rio WIC Program initiated two Obesity Prevention Mini Grant programs this year: Walk with WIC and Gardening and Growing Green with WIC. The participants can participate in either class for Nutrition Education credit.

Walk with WIC begins at the WIC clinic and takes you along a scenic 3.1 mile trail that runs behind the clinic along the beautiful San Felipe Creek. This is offered every Tuesday at 10 AM.

The WIC garden is located behind the clinic overlooking the San Felipe Creek. The Gardening and Growing Green with WIC class is offered every Wednesday. Participants have the opportunity to plant their own seeds and take them home with them. They also have the opportunity to plant seeds and assist with the WIC garden. The WIC garden has carrots, zucchini, tomato, watermelon, corn, basil, cilantro, cucumber, green beans, yellow squash, and pumpkin.



2015 Local Agency Recap

Local Agency 17

CONTRIBUTED BY KAREN GIBSON, RD — NUTRITIONIST MANAGER, WIC PROGRAM DIRECTOR

Last year, we changed the Wellness activities at LA 17's staff meetings. We decided to do what we call Visualized Exercise (it is also called Guided Imagery). We started in November with the "Turkey Hunt." The idea is to simulate the movements of a colonial era Turkey Hunt. The activities are done standing behind a chair, spread out at arm's length. A slide presentation simulated where we were in the journey.

"Packing for the trip" involved reaching up one arm at a time and putting things in our make-believe backpack. The imaginary backpack was then "slung over our shoulder," with our musket going over the other shoulder. We "walked" across the field (walking in place with the slide displaying a pretty autumn field). We "climbed" the hill (raising the legs, the slide of a hill). We passed an apple orchard (slide changes to apple orchard) so we "grabbed some apples" reaching up one hand, then the other.

Then we thought we heard a turkey "gobble, gobble," so we bent over (tummy tight, flat back) with our hand to our ear to listen. Nope, false alarm. So we continued with the next movement, and on and on. The movements were always changing and exaggerated, making the activity like exercise. It took about 10 to 15 minutes to complete.

The best part was we all looked and felt a little goofy doing the exercises, but the laughter it created kept us all engaged and having fun.

Local Agency 46

CONTRIBUTED BY LEE ANN McDANIEL, MA, RD, LD — BRAZORIA COUNTY WIC DIRECTOR

LA 46 in Brazoria County held its fourth annual Family Fitness & Nutrition Fair on March 11, 2015, at the Brazoria County Fairgrounds. This Obesity Prevention Mini-Grant (OPMG) event featured four anchor topics: meal planning & MyPlate, fruits & vegetables, snacking, and exercise and activity. Sessions within these topics included WIC lessons, demonstrations, tasting, kid-friendly activities, and educational reinforcements. Community partners at the fair included Houston Food Bank, Master Gardeners, AgriLife Extension, and Brazoria County Parks Department. Zumba demonstrations, an obstacle course, and an inflatable bouncy house provided opportunities for all attendees to be active. Other health-related exhibits, including WIC Breastfeeding Peer Counselors, La Leche League, Brazoria County Health Department ImmTrac, Texas Health Steps, and UTMB-Angleton Wellness Center provided information about local resources.

The Fitness & Nutrition Fair, held during the local spring break, was made available to WIC families and interested community members. Many school-aged children and senior adults, as well as WIC participants attended. Data from attendees' surveys and a 2-month follow-up indicate that the overall goal of the OPMG Project was essentially met: "WIC families and other interested community members will obtain and use workable fitness and nutrition tools to prevent obesity and its related health issues."

The Facts, local newspaper, published articles on three days about the Family Fitness & Nutrition Fair. A front-page news article summarized the event. A feature article, "Healthy Without Wealth," highlighted offerings at the fair. The best publicity came when the Family Fitness & Nutrition Fair was the very positive focus of the editorial page following the event.

The fifth annual event is scheduled for Wednesday, March 9, 2016.

2015 Local Agency Recap

Local Agency 33

CONTRIBUTED BY VANESSA ST. PIERRE, RD, LD, CSP — SENIOR NUTRITIONIST AND
ASTRID LARA, IBCLC, CHES — BREASTFEEDING COORDINATOR

This year the City of El Paso celebrated National Nutrition Month® in LOTS of ways for multiple days. The program took the celebration to new heights by incorporating nutrition awareness and concentrating on school readiness for our child participants.

Crazy, Fun, Cutting Activity

It has been well documented that disadvantaged children may fall behind in basic educational skills when starting kindergarten. In order to help our preschoolers, and incorporate nutrition, we had a fun activity. Children cut out pictures of fruits and vegetables (with child safe scissors) and posted them in our center creating decorative “nutrition chains.” By performing this activity, the children benefited by learning about fruits and vegetables, practicing their fine-motor skills with scissors, enhancing social skills, and bonding within families. After completing the activity, children were given a “Nutrition Based Activity Book” which they could take home.



Nutrition Chain Wars

After children finished the “Crazy, Fun, Cutting Activity” we created a game and incentive named “Nutrition Chain Wars” to complement the children’s cutting activity. WIC employees at each of the 13 centers were encouraged to collect as many fruits and vegetables that the children cut out throughout the month and create nutrition chains to decorate the center. The WIC center with the longest chain competed for a tasty treat at their center and entered their names for a \$75 VISA card drawing.

Nutrition Story Time

Another educational activity, “Nutrition Story Time,” focused on school readiness throughout the month of March. We partnered with the El Paso Public Libraries to provide a story time that focused on nutrition topics while our participants waited for services. Librarians visited our centers throughout the month and invited children to participate in story time, exposing children to fruits and vegetables while encouraging reading. This activity occupied the children’s time while improving the overall WIC experience for families.

Nutrition Bingo

Basic educational skills were further emphasized for our preschoolers with our third activity for National Nutrition Month® — “Nutrition Bingo.” WIC staff played “Nutrition Bingo” throughout the month, further exposing WIC children to a variety of fruits and vegetables and improving fine-motor skills. Additionally, this activity enhanced cognitive skills and encouraged bonding within families. The game was built so that every participant was a winner and received a child size My-Plate and nutrition activity book for participating.

Healthy Lunch Email

We continued to incorporate our employees in the National Nutrition Month® celebration by providing a “Healthy Lunch Email” which was a mini-newsletter sent daily throughout March. The email provided an example of a healthy work lunch to encourage healthier eating habits. Staff really enjoyed this and stated they found the ideas very helpful.

(continued on next page)

2015 Local Agency Recap

Our promotion and observance of National Nutrition Month® was incredible and we enjoyed watching how the community responded to our promotion with our various celebration activities.

Facebook and Pinterest

Our agency is taking outreach, nutrition education, and promotion of healthy habits to the next level. Out of 12 departments within the City of El Paso's Department of Public Health, WIC has become the first to inaugurate Facebook and Pinterest websites for the program.



Since January of this year, our program has utilized these venues to promote program activities like WIC Fit Mama, National Nutrition Month®, and Story Time at WIC. Through it, we have also been able to announce food package changes, offer recipe ideas targeted to the population we serve, and extend a healthy nutrition message. As the websites continue to evolve, some of our goals are to help locate potential eligibles by generating interest in the community, share information in a fun and fast way, open up communication with our participants and community, open up an avenue for feedback, and to tell our story to the community.

The website was initiated and is managed by one of our Registered Dietitians, Vanessa St. Pierre.

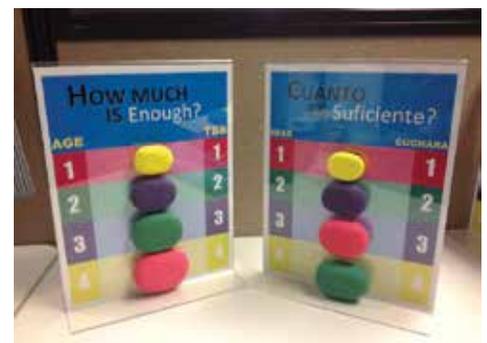
Hospital Initiative

LA 33's hospital's initiative has enhanced WIC breastfeeding support during WIC visits at two local hospitals. Our hospital team has enhanced their breastfeeding support by implementing latch assistance and the issuance of hospital grade breast pumps upon discharge to WIC participants in need. Also as needed, hospital staff refer to hospital Lactation Consultants or Lactation educators for additional breastfeeding assistance. Overall breastfeeding support efforts have formed a great collaboration and improved communication among WIC and hospital staff to include providing timely breastfeeding assistance.

Visual Aids

We also created a variety of new visual aids to help teach our parents about what an appropriate serving size for kids looks like. Adapting our nutrition education to incorporate research that states parents find it easier to understand a tablespoon of food per year of age when it comes to learning about healthy serving sizes, we created several items that show what 1 to 4 tablespoons actually looks like. For instance, we created the following:

- Posters that emphasize three-dimensional portion sizes for each age between 1 and 4.
- A table top poster that helps us reference portion sizes when collecting food recalls during assessments.
- A tub of tablespoons corresponding to MyPlate colors to show growing portion sizes by age while using MyPlate.
- A second poster showing ¼ to ½ serving sizes of foods like bread and tortillas using cut food models.



Reference:

How much is enough? Tablespoon per year of age approach meets nutrient needs for children. Ramsay SA1, Branen LJ, Johnson SL. *Appetite*. 2012 Feb;58(1):163-7. doi: 10.1016/j.appet.2011.09.028. Epub 2011 Oct 7.

TexasWIC.org

CONTRIBUTED BY ERICA HARRIS, MS, RD, LD — NUTRITION EDUCATION CONSULTANT

In 2015 the website www.TexasWIC.org, Texas WIC's public portal for engaging WIC clients and partners, received a major facelift with a fresh look and revamped content.

Highlights of the revision include:

- Updated web classes for clients including two new web classes — A Guide for New Dads and Thinking About You and a Healthy Pregnancy too.
- 40 revised recipes with search capability.
- New feature enabling parents of children ages 1 to 5 to sign up to receive monthly email newsletters on child health and nutrition.
- Updated information about WIC services and eligibility, including “Find a Clinic” and “Find a Store” pages.
- Updated information about shopping for WIC foods, including downloadable shopping guides.
- Updated pages on pregnancy, breastfeeding, infant and child nutrition, and women’s health, including downloadable brochures on these topics.
- Updated section for health partners including breastfeeding resources, medical request forms, WIC formulary, and the ability to register online for on-site DSHS breastfeeding trainings.
- New section for WIC vendors including the ability for vendors to register online for on-site vendor trainings.



Check out the site — we hope it will continually evolve to meet the needs of our clients, partners, and vendors.



Texas WIC Training

CONTRIBUTED BY MANDY SEAY, RD, LD, CDE — NUTRITION EDUCATION CONSULTANT

This summer we launched the new Texas WIC Training System, a learning management system (LMS), for all of our Texas local agencies.

We’ve been enjoying the opportunity to provide different types of trainings to our local agency staff. With a new catalog of trainings, icons, color bars, fun features, and much more — the new system not only offers a more engaging and visually appealing way to take trainings, but also a more convenient way to view and track them.

Over the months since our launch we have added more trainings and we will continue to build more. Be sure to check back often.

We’re always happy to hear from local agencies about what kind of trainings they would like to see developed in the future. Please feel free to contact us with questions, feedback, and/or suggestions.

If you are new to the system, or just want to learn more, check out our training page at www.dshs.state.tx.us/wichd/.

WIC Outreach Campaign

CONTRIBUTED BY ANGELA GIL, RD, LD —
NUTRITION EDUCATION CONSULTANT

This year, Texas WIC launched a comprehensive outreach media campaign to build awareness for all services and benefits, a first of its kind since 2006. The primary goal of the campaign was to increase participation rates and raise awareness of the program through creating engaging materials and a targeted media placement of TV ads, radio ads, outdoor billboards, bus ads, and interactive advertisements. The campaign materials supported Texas' re-branding efforts and included the tagline, "WIC helps you make amazing kids." The materials drove interested individuals to the new TexasWIC.org website where potential participants could easily find out how to qualify for WIC. Campaign highlights include:

- Photo booth standee and a bilingual spinning wheel game created for local agencies to use for their outreach events.
- Retention brochure that focuses on the benefits of staying on WIC until 5 years old.
- Participation in 18 outreach events throughout the state over the summer.
- Media webinar and toolkit for local agency staff.
- Online outreach and marketing toolkit.
- First birthday packages for one-year-olds, including fun educational reinforcements.
- 122 WIC billboards placed statewide.
- 196 bus panels placed statewide.
- Television and radio advertisements that played in over 18 markets.
- Digital advertisements that drove over 156,000 potential participants to TexasWIC.org.



TXIN

CONTRIBUTED BY KAYLENE THOMPSON, RD, LD —
TRAINING STRATEGIST / TXIN PROJECT SUPPORT

Exciting things have been happening on the TXIN front since the vendor contracts were signed in Spring 2015.

Two vendors, Solutran and Vexcel, are working together to create the new TXIN system. The project team worked hard through a series of Joint Application Design (JAD) sessions with the vendors throughout the summer. The JAD sessions included subject matter experts from the state and local agencies. Four Local Agency WIC Directors as well as two Local Agency staff participated throughout the sessions to represent the diverse needs of the clinic staff that will be using the new system.

Four regional partner WIC programs have joined Texas in this effort — Louisiana, New Mexico, Pueblo of Isleta, and Cherokee Nation. The regional name, WIC Mosaic, was announced in summer 2015. Like a mosaic, each partner WIC organization brings their own unique facets, experience, and strengths to the collaboration.

The vendors began design and development of the system in late summer and will continue with an iterative process through early 2016. We are excited about the development of the future system that will allow you to continue providing impeccable service to WIC participants each day. Keep an eye on *TXIN Times* for the latest and greatest about TXIN and the project progress.



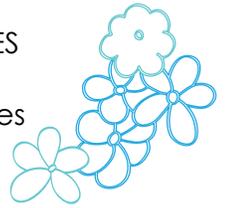
Top right photo: Two local agency staff, from left to right: Xavier Garcia and Mar y sol Miller. Above right: Four local WIC directors, from left to right: Donna Sundstrom, Linda Fillinger, Margaret Payton, and Bertha Amaya.

Left: Outreach billboard.

Pregnancy after a

Treatment with Progesterone Shots (17P)

by Haley Gardiner, MPH, CHES
Director of Program Services
Austin Division, March of Dimes



November is Prematurity Awareness Month and during this time the March of Dimes and their partners work to raise awareness of prematurity and reduce the risk of premature birth.

Premature birth is birth that happens too early, before 37 weeks of pregnancy. Premature babies may need to stay in the hospital longer or may have more health problems than babies born full term. Full term means a baby is born between 39 and 40 weeks.

If a woman has had a premature baby in the past, she is more likely to have one in subsequent pregnancies. However, progesterone shots may help prevent premature birth for some women.

What is Progesterone?

Progesterone is a hormone. Hormones are chemicals made by the body.

Progesterone plays a key role during pregnancy. In early pregnancy, it helps the uterus (womb) grow and keeps it from having contractions. In later pregnancy, progesterone helps the breasts get ready to make breastmilk. It also helps a pregnant woman's lungs work harder to give oxygen to the growing baby.

Premature Birth:

What are Progesterone Shots?

Progesterone shots are a kind of progesterone called 17 alpha-hydroxyprogesterone caproate (also called 17P). The shots may help to prevent premature birth if both of these describe a pregnant woman:

- A woman has had a spontaneous premature birth when she was pregnant with just one baby. Spontaneous means labor began on its own, without drugs or other methods. Or the sac around the baby broke early, causing labor.
- A woman is pregnant with just one baby.

If both of these describe a pregnant woman you are working with, she should talk to her provider about progesterone shots. She can begin receiving shots between 16 and 24 weeks of pregnancy, and get a shot each week until 37 weeks.

The shots are available in two ways:

- As a brand-named drug called Makena.
- Prepared (also called compounded) at special pharmacies. A woman can get this shot only if she has certain health conditions, like an allergy to something in Makena.

Insurance companies and state Medicaid programs may help pay for the shots.

Even if a woman receives progesterone shots, they don't always work to prevent premature birth. They don't reduce the risk of giving birth early if a woman is pregnant with more than one child or her previous premature birth was not spontaneous.

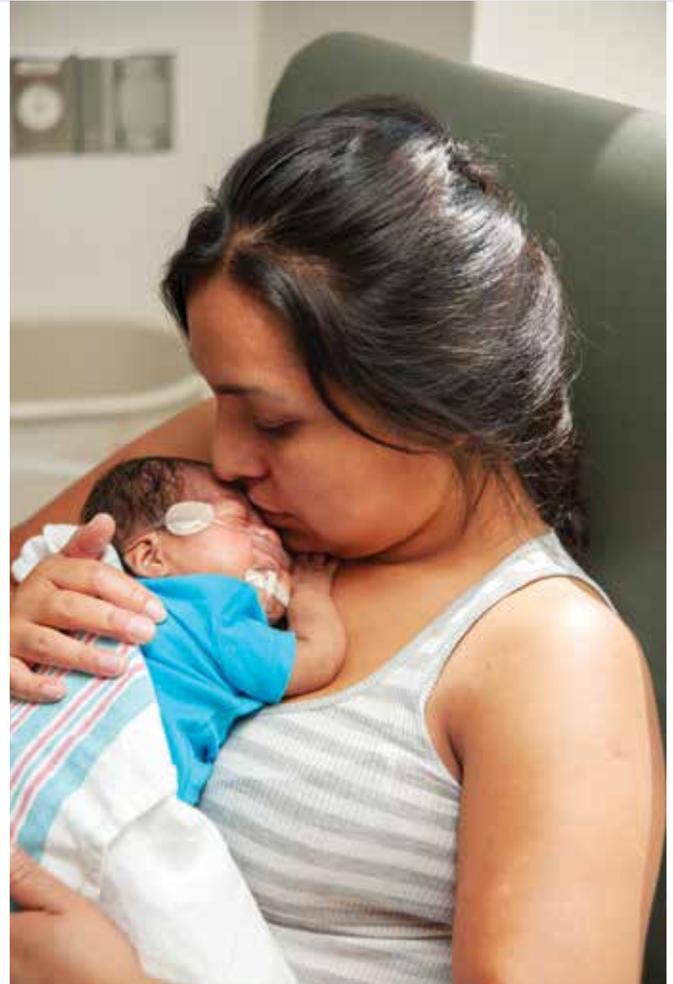
Are There Side Effects to the Shots?

A woman may experience some discomfort at the injection site. Research on babies of women who took the shots shows no increase in birth defects or developmental problems in the first 4 years of life. More studies are being done to follow up on mothers and babies.

For More Information:

If you have questions regarding 17P, please contact your local March of Dimes office.

If your clients have questions regarding 17P, please encourage them to talk to their provider.





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Publication No. 06-10664

Texas WIC News is also available on the Texas WIC website!
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