

## 2012 WIC Obesity Prevention Mini Grant Project Summary

### Local Agency Number and Name:

Driscoll Children's Hospital WIC Program #5

### Title of OPMG Project:

Cook in Color

### Contact Person:

Rosa Carrillo

### Contact E-mail:

Rosa.carrillo@dchstx.org

## Project Overview

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

The target audience was WIC families. We saw a total of 71 families during our classes.

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

Activities included group classes, cooking demonstration and tasting, and gardening.

### Overall goal for this project:

The overall goal of the project is to increase the number of fruits and vegetables and decrease the amount of sugar sweetened beverages or fruit juice consumed by WIC families.

### Objectives for this project:

- By the end of the project  $\geq 50\%$  of parents attending at least one Obesity Prevention class will report they consumed  $\geq 3$  servings of fruits or vegetables the previous day.
- By the end of the project  $\geq 50\%$  of parents attending Healthy Drinks and Snacks food demonstration class will report their child consumed  $\leq 1$  juice or sugar-sweetened drink or beverage the previous day.
- By the end of the project  $\geq 50\%$  of parents attending at least one Obesity Prevention class will report they consumed at least one additional fruit or vegetable than they consumed on their pre-test.

**Project description:**

Clients are administered a pre-test gathering information regarding fruit and vegetable or beverage/snack consumption for the previous day. The nutritionist then presents information on benefits of fruit and vegetable consumption or healthy beverage and snack consumption. A food demonstration is then provided and clients are encouraged to sample the prepared item.

An optional activity is preparation of a container garden planting vegetable plants or seeds.

The post-test with the attached completed pre-test is filed in the client's record for completion at the next family member's sub or mid-cert.

Completed surveys are returned to the OPMG coordinator for later compilation of results.

**List results and objectives met:**

- 59% of clients reported they consumed  $\geq 3$  fruits or vegetables the previous day on the post-test.
- 74% of clients reported their child had consumed  $\leq 1$  juice or sugar-sweetened beverage the previous day on the post-test.
- 54% of clients reported they consumed  $\geq 1$  additional fruit or beverage on the post-test than they had on the pre-test.

**List curricula, kits or other educational materials used:**

ADA Eat Right Series handouts including – 20 Ways to Enjoy Fruits and Vegetables, 25 Healthy Snacks for Kids, Everyday Eating for a Healthier You, and locally developed handouts with recipes, and growth and care of individual seeds and plants provided in class.

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

None

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

None

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

Container, soil, vegetable plants, vegetable seeds, children's books featuring gardening and vegetables or watering cans, or pot holders.

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

### **Tips for Other Agencies**

**What worked well for this project?**

Clients genuinely expressed interest and enjoyment in the information provided in the class. Most of the clients were eager to try the recipe at home. Parents were sometimes surprised to see their children enjoying the food item prepared. I received many comments from clients stating they used the information and recipes provided in class to provide healthier food to their families.

**What were the challenges?**

The classes were very time-consuming to prepare for and many times very few clients would show up for the class.

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

We will continue with the food demonstrations and switch over completely to vegetable plants. Very few clients reported success with the seeds.