

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA #11-Galveston County WIC

Title of OPMG Project:

Obesity Workshop: Know Your Facts....Weigh Your Options

Contact Person:

Krystle Griffin

Contact E-mail:

kgriffin@gchd.org

Project Overview

List target audience and number of participants seen:

- WIC Families

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

- Group classes

Overall goal for this project:

The goal for this workshop is to raise WIC parents' awareness of obesity that will influence healthy behaviors for themselves and their families.

Objectives for this project:

By the end of the workshop WIC parents will be able to:

- Identify their current BMI
- Identify risks for being overweight or obese
- Will list how to help their families live a healthy lifestyle
- Will list the type of foods needed to maintain a healthy lifestyle

Project description:

This was a one day, 2 hour workshop that rotated within the clinics of LA #11. There were two sections to this work shop that presented education on Body Mass Index, health risk for underweight, overweight, and obese individuals. In addition to, healthy eating tips and portion sizes.

This workshop was not a part of class time and allowed clients to volunteer to participate. Marketing for these workshop included flyers & posters within the clinics and VIP mailers to clients who were issued risk codes for obesity or RD referrals.

List results and objectives met:

Prior to education our assessment indicated:

- Audience lacked knowledge of BMI
- Lacked knowledge of personal BMI #
- Was well informed of Health Risk
- Engaged in unhealthy eating behaviors

	Correct Answers	Incorrect Answers
Pre-Test	8 (29%)	20 (71%)
Post-Test	24 (86%)	4 (14%)

At the conclusion of the workshop, clients were asked list two dietary changes they will engage in to help their family maintain a healthy lifestyle and the list included:

Nutritional Changes	Physical Changes
<ul style="list-style-type: none"> • Reframe from supersizing x2 • Drink more water • Consume less sugar • Engage in smaller portions 	<ul style="list-style-type: none"> • Engage in walking x3 • Engage in stretching x2

Based on the Post-Test results and behavioral change survey we feel that we met all of our objectives.

List curricula, kits or other educational materials used:

We used our “Know your Facts, weigh your Options” lesson that was created by our Health Educator and Nutritionist. (Lesson will be attached)

The lesson included the following materials:

- Family Health Tree
- Dining out survival guide
- Childhood obesity literature
- Fast Food intake survey
- Portion Size tips

List other resources used, if applicable:

N/A

List collaborating agencies or individuals, if applicable:

N/A

List the type of incentives that were given:

Clients were given a booklet that contained all of the workshop material, WIC pen and WIC notepad. Clients were also issued out raffle tickets to win a WIC prize that consisted of a WIC lunch kit that stored healthy pocket minder cards, food storage container, a pedometer, and measuring spoons. Other raffle prizes included: a small food scale, WIC mugs, ABC Sesame Street Cookbook.

Children who attended received a coloring book with crayons inside of a WIC drawstring bag.

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

Most of the materials we used were either:

- Original documents put together
- From the CDC.gov website
- WIC literature

Tips for Other Agencies

What worked well for this project?

Allowing the clients to sign up for the workshop help to alleviate negative attitudes towards this method and timeframe of education; clients were very interested throughout the entire workshop, they didn't feel forced and we believe they truly appreciated what WIC had offered. At the conclusion of the workshop, the clients were asking for more WIC workshops and programs similar.

What were the challenges?

Challenges that were present included lack of attendance; we had over 40 clients to sign up to attend the workshops and only 7 attended. We mailed confirmation cards as well as made reminder calls, but clients either forgot, did not answer the phone, had other plans, or their phone was disconnected.

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

The changes I would make would probably make would be to advertise no more than 3-4 weeks prior to the workshop. We feel that if you advertise too early, the clients that signed up during the first couple of weeks of advertising would more than likely change their mind on attending or forget that they had signed up.

We would also probably host two sessions at the same time one for English and the other for Spanish speakers.