

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA 31 – Bell County Public Health District WIC Program

Title of OPMG Project:

ABCs- Activities Balanced with Cooking

Contact Person:

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Project Overview

List target audience and number of participants seen:

Target audience: WIC participants who are overweight or at risk for overweight and their families.

Number of participants: 25-50 per month

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

Group cooking classes and physical activity tips

Overall goal for this project:

To encourage participants to live healthier lifestyles, including physical activity, healthier meal choices, and more meals cooked at home.

Objectives for this project:

1. Participants increase the number of meals cooked at home by 50%.
2. Participants include physical activity in their daily routine at least 3 days per week.

Project description:

List results and objectives met:

The participants take part in one class a month over 3 months. One class includes substituting unhealthy ingredients with healthier ones and modifying family recipes and/or restaurant recipes to make them more nutritious. It includes recipes using WIC foods and compares the cost of those recipes to eating out. The other includes cooking with whole grains, fruits and vegetables. It helps participants

identify whole grains in the grocery store and provides new ideas for recipes involving whole grains as well as fresh produce. The third class is one on physical activity. Participants learn exercises that can be done in the home, with their children and worked into a busy day. We discuss the target areas that they would like to focus on and then demonstrate exercises to reach those zones specifically. They are also given additional ideas to take home with them. This class uses items that they already have at home so that they don't have to spend money on equipment or gym memberships and can do them in the comfort of their homes.

List curricula, kits or other educational materials used:

Local Agency developed lessons: GN-031-01, GN-031-02, GN-031-04, applicable SA-produced handouts (MyPyramid handouts, Food Safety, Food Safety, etc.)

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:

Apple corers, 2 different cookbooks, hacky sacks, Frisbees

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

Tips for Other Agencies

What worked well for this project?

We decided that a 3-month span was too long and we were not retaining participants, so we rolled into new classes every month with new participants. Participants could opt to come to each of the classes, or just one.

What were the challenges?

Participant retention.

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