

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA-32, BVCAA-WIC

Title of OPMG Project:

“Healthy Living”

Contact Person:

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Project Overview

List target audience and number of participants seen:

Target audience-

WIC staff and WIC clients

Number of participants-

WIC clients- 120+

Staff-30+

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

Cooking Classes for clients

Physical Activity and Gardening for Staff

Overall goal for this project:

Make a positive impact on the health of WIC clients and staff through interventions that promote healthy eating and increased physical activity. Interventions include cooking demonstrations for WIC clients with a focus on increasing consumption of fruits, vegetables, whole grains and reducing consumption of high fat foods. The intervention for WIC staff includes gardening and physical activity challenges.

Objectives for this project:

OBJECTIVES for the (Milk) cooking class-

1. Increase the percentage of participants who drink low fat milk (1% or skim).
 2. Increase the percentage of participants who drink the recommended amount of milk- 2 cups for children and 3 cups for adult women
 3. Increase the percentage of participants who are aware of the benefits of low fat milk
 4. Increase the percentage of participants who are willing to feed their children (2 years or older) low fat milk.
 5. Increase the percentage of participants who are willing to feed their children (2 years or older) the recommended amounts of milk (2 cups/day)
- In the Fruits and vegetables class

OBJECTIVES for the (Fruits and Vegetables) cooking class -

1. Increase the percentage of participants who are willing to eat more fruit /day
2. Increase the percentage of participants who are willing to eat more vegetables/day
3. Increase the percentage of participants who will drink not more than 6oz of juice/day

OBJECTIVES for the (Whole grains) cooking class -

1. Increase the percentage of participants who can identify whole grains
2. Increase the percentage of participants who know the benefits of whole grains

Objectives for the Staff program--Increase the percentage of staff involved in the program and their activity level.

These objectives are based on the following Healthy People 2020 objectives-

- Increase the contribution of fruits, vegetables and whole grains to the diets of the population aged 2 years and older.(NWS 14, 15 and 16)
- Reduce consumption of fat in the population aged 2 years and older. (NWS 17,18)

Staff-

Increase the proportion of employed adults who will participate in employer-based exercise programs. (PA-12)

Project description:

Activity 1 (WIC clients): Cooking demonstrations

At the main WIC clinic (Bryan) and four outer clinics (Navasota, Hearne, Centerville and North Bryan), cooking classes are offered to WIC clients twice a month, in English and Spanish. The cooking classes provide participants tips about reading food labels, nutrition facts, shopping for low fat foods and cooking healthy with fruits, vegetables, low fat milk and whole grains. Group discussions, hands-on activities and taste testing are important components of these classes.

As a part of the newly introduced monthly Nutrition Fairs at LA-32, the Healthy Living program provides taste samples to participants encouraging them to try out new and varied foods, along with nutrition education tips on healthy snacks.

Activity 2(WIC staff): 15 minute breaks

WIC staff is allowed to take two 15 minute breaks during their work hours. During those breaks they can increase their daily physical activity either by:

- Walking around the clinic and logging their pedometer steps/minutes into the *Healthy Living* Log book
- Exercising using the exercise DVDs from the *Healthy Living* Library
- Exercising using *Wii Fit*
- Tending to the WIC vegetable Garden

Activity 3 (WIC staff): Gardening

The WIC vegetable garden is planted once in spring and once in fall. Vegetable plants such as tomatoes, zucchini, peppers, cucumber, squash, and

broccoli along with herbs such as basil, cilantro, and rosemary are grown in our vegetable garden. The staff is responsible for the up keep of the vegetable garden including watering, fertilizing, weeding and basic tending of the garden throughout the year. The produce from the vegetable garden is either used for the cooking classes or WIC staff is allowed to take it home for their families.

List results and objectives met:

Below is a list of *Healthy Living* class objectives and results met -

Milk class-

1. Increase the percentage of participants who drink low fat milk (1% or skim)
Results- Participants Following Recommended Practices i.e. drink low fat milk (1% or skim) - 9% before class and 70% after class (willingness and intent). N= 23
2. Increase the percentage of participants who drink the recommended amount of milk- 2 cups for children and 3 cups for adult women
Results-Participants Following Recommended Practices i.e. drink the recommended amount of milk- 3 cups for adult women- 13 % before class and 17 % after class(willingness and intent). N= 23
3. Increase the percentage of participants who are aware of the benefits of low fat milk
Results-Percentage of participants with knowledge of the benefits of low fat milk- 38 % before class and 63 % after class N=23
4. Increase the percentage of participants who are willing to feed their children (2 years or older) low fat milk.
Results-Percentage of participants who are willing to feed their children (2 years or older) low fat milk - 4 % before class and 67 % after class. N= 23
5. Increase the percentage of participants who are willing to feed their children (2 years or older) the recommended amounts of milk (2 cups/day)
Results-Percentage of participants who are willing to feed their children (2 years or older) the recommended amounts of milk (2 cups/day)- 14 % before class and 43 % after class N=23

Fruits and vegetables class

1. Increase the percentage of participants who are willing to eat more fruit /day

Results-Percentage of participants eating at least 1 cup per day -30% before class 95% after class (willingness and intent) N= 43

2. Increase the percentage of participants who are willing to eat more vegetables/day

Results-Percentage of participants eating at least 1 cup per day -7% before class 95% after class(willingness and intent) N=43

3. Increase the percentage of participants drinking not more than 6oz of juice/day

Results-51% before class 95% after class (willingness and intent) N=43

Whole grains class -

1. Increase the percentage of participants who can identify whole grains

Results- Percentage of participants who can identify whole grains- 38 % before class and 63 % after class. N=34

2. Increase the percentage of participants who know the benefits of whole grains

Results- Percentage of participants with knowledge of the benefits of whole grains- 38 % before class and 63 % after class. N=51

Staff programs –Our monthly challenges include:

- minutes walked
- pedometer steps
- weight loss challenges

The program had approximately 25% increase in participation by the end of the year. Monthly reports of minutes exercised were collected and the top 3 winners were given incentives.

List curricula, kits or other educational materials used:

<http://www.choosemyplate.gov/>

Cooking class lesson plans.

List other resources used, if applicable:

List collaborating agencies or individuals, if applicable:

Volunteers from Texas A&M University- Nutrition department

List the type of incentives that were given:

- Recipe books-
 - Let's Cook with Fruits and vegetables

- Let's Cook (www.wicworks.ca.gov)
 - Shopping lists
 - Water bottles
 - Measuring cups
 - Gloves/oven mitts

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

Tips for Other Agencies

What worked well for this project?

There are many factors that make this project work well. They include:

1. Careful pre planning and organization
2. Enthusiasm of the staff involved in teaching the classes
3. Attractive Incentives (including recipe books such as “Lets cook with Fruits and vegetables” and “Lets Cook ” and Shopping lists).

What were the challenges?

- The time and effort needed to design and develop the class materials(especially, development and redesigning of surveys to get meaningful results)
- Staff time needed to prepare for classes especially on under staffed days
- Client retention was not an issue this year as we had modified the format for it to be a one-time class instead of a part of a series of classes

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

We are redesigning/refining our surveys to more accurately reflect our objectives and to produce quantifiable results. In addition, we are developing CCNE lesson plans for the Milk, Whole Grains and Fruits and Vegetable cooking classes. These lesson plans should provide detailed instructions on how to teach the class, making it easy for anyone teaching these classes.