

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

58-01 Angelina County and Cities Health District WIC

Title of OPMG Project:

The Biggest Winner

Contact Person:

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Project Overview

List target audience and number of participants seen:

The first 2 months we targeted those who were overweight or at risk of overweight. These criteria were determined by Foxfire reports. We only had 18 to attend over 2 months and 6 classes. After seeing the low attendance, we had it approved to make the cooking class one of the regular classes required by WIC to attend in order to receive benefits. We saw a definite increase in attendance of 65 over 3 months with 3 classes each month.

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

- Healthy cooking demonstration
- Physical trainer demonstration
- Group involvement in physical training

Overall goal for this project:

Goal: to help reduce obesity by providing healthy and quick recipes using more fruits and vegetables that can be duplicated at home and that involve children in some simple steps and to reduce obesity by physical activity.

Objectives for this project:

Participants took a short questionnaire after each class to see how well information was absorbed. Questions were taken from topics covered during the class.

Project description:

The Biggest Winner is a class that involved a cooking demonstration and physical activity demonstration. Classes are held 3 times a month and clients are scheduled into these Child/General classes. WIC benefits are issued after attending these classes. The physical activity demonstration is done at the beginning of class. The first two months we had a physical trainer present that showed some easy exercise techniques for about 15 minutes. The recipe is passed out and discussed for clients to be prepared for cooking demonstration. After cooking demonstration, clients tasted the recipe and were asked to discuss thoughts on food and what other foods could be added to have a meal involving all food groups.

List results and objectives met:

All recipes were a success and all clients answered questionnaires correctly. Most clients got involved in discussion during class and talked about ways they would use the recipe at home.

List curricula, kits or other educational materials used:

- Fruits and vegetables brochures
- Instructions for the exercise bands.

List other resources used, if applicable:

- Microwave
- Electric skillet
- Kitchen utensils

List collaborating agencies or individuals, if applicable:

Angelina County and Cities Health District Administration

List the type of incentives that were given:

- Dora the Explorer children cookbooks
- Sesame Street cookbooks
- Resistance bands for exercise
- Measuring cups and spoons
- Wii console with dancing game(donated by ACCHD)

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

Wiley gave us a low price for the cookbooks, \$8.48 and they are tremendous. Angela Franklin email: afrankli@wiley.com or 317-572-3482

Tips for Other Agencies

What worked well for this project?

Making it one of the general classes raised attendance and post-class questionnaires showed clients learned what was intended to be taken from the class. Cooking demonstrations were well liked and

were very quickly and efficiently prepared. In order to raise attendance we offered some of the classes in Spanish to serve our Spanish-speaking clients.

What were the challenges?

The biggest challenge was getting clients to participate and when they did come, to talk and open up during class.

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

We would like to do a physical activity if we are able to apply for the grant again.