

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA 61 Jasper Newton County Public Health District

Title of OPMG Project:

THYME: Totally HealthY ME

Contact Person:

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Project Overview

List target audience and number of participants seen:

WIC Staff, 15 staff started, 14 staff completed the program

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

Monthly programs were incorporated into WIC staff meetings and included –

1. meal planning & fad diets
2. exercise
3. grocery store scavenger hunt and shopping smart
4. gardening
5. eating out
6. summer heat and water
7. supplements, sweeteners, and snacks
8. time management and stress

Overall goal for this project:

Improve health of WIC staff with weight loss.

Objectives for this project:

- 75% of WIC staff will participate in THYME program.
- 75% of those participating will have a 5% reduction in BMI.

Project description:

THYME focused on employee wellness. The program was introduced in November with a start date of 1/1/12. Schedule of program as follows:

2011	November	Introduction of Program to staff – recruit participants
2012		
	January 4th	Initial weigh-in, program on meal planning, health eating vs. fad diets
	January 31st	Container gardening – Strawberry Barrel
	February	Exercise
	March	Grocery store scavenger hunt, and shopping smart
	April	Container gardening – herbs
	May	Eating out – local healthy options; mid-program evaluation
	June	Summer heat and hydration
	July	Supplements, sweeteners, and snacks
	August	Time management and stress
	September	Final weigh-in, taking it to the next level...beyond OPMG

Food demonstrations were provided in January and February.

List results and objectives met:

- 100% of WIC staff participated.
- 57% of staff met the objective of a 5% reduction in BMI.
- Staff want to continue this beyond the OPMG.

List curricula, kits or other educational materials used:

- “Pocket Pal” handouts from Positive Promotions
- My Plate bulletin board kit from Learning Zone Express
- Materials were developed by RD

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:

- Calorie King calorie books and food journals
- pedometer
- Dyna Band
- insulated cup

- lunch bag
- Each work site was provided with a cook book and an exercise ball to use at the WIC site.

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

Positive Promotions, Calorie King, Learning Zone Express

Tips for Other Agencies

What worked well for this project?

It worked great that all the WIC employees participated in the program. Having the meetings during the monthly staff meeting was great too.

What were the challenges?

The greatest challenge was getting the staff to try new foods.

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

N/A