

# WIC NEWS

## IN ALABAMA

WINTER 2006 • Vol. 13, No. 1

### 2005 Annual WIC Training Conference Award Winners



*Get Growing  
with*  
**WIC**  
**The Smart Idea  
for Better Health!**  
THE NUTRITION PROGRAM  
FOR WOMEN, INFANTS, AND CHILDREN  
From  
THE ALABAMA DEPARTMENT OF  
PUBLIC HEALTH

- 2005 ANNUAL AWARDS
- NEW TOLL FREE WIC NUMBER
- MOVE IT, LOSE IT, GET HEALTHY





## From Wendy Blackmon, WIC Director Alabama Department of Public Health

Hurricane Katrina long will be remembered as the most catastrophic natural disaster our country has experienced. Alabama WIC Program staff, statewide, responded to the needs of not only our participants affected by the storm's destruction but also to the

needs of WIC participants in Mississippi and Louisiana. Your efforts as individuals and as members of the WIC community are greatly appreciated.

The 18th Annual WIC Training Conference was a success!

Twanna Brown and the rest of the WIC staff, state and local, are to be commended for planning and organizing an informative, innovative, and fun conference. We are pleased that so many of you could attend and would like to ask you to share what you learned with those who were unable to travel to the conference.

We in the State Office hope each of you enjoyed a joyful holiday season.



New WIC toll free number, effective February 1, 2006

**1-888-WIC-HOPE**  
**1-888-942-4673**

**WIC**  
**News**  
**IN ALABAMA**

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**Donald E. Williamson, M.D.,**  
State Health Officer  
**Thomas M. Miller, M.D.,** Director,  
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**Wendy S. Blackmon,** Director,  
Division of WIC, Bureau of Family Health Services

# ❖ WIC Training Conference ❖

## 2005 Annual WIC Training Conference

The Eighteenth Annual WIC Training Conference was an overwhelming success! The conference theme this year, “WIC – Meeting the Challenges of the Future”, summarizes the goal of the WIC program in Alabama—providing WIC approved foods and nutrition education to all eligible women, infants, and children for healthier eating and a happy, healthy future. The conference was held October 26-28, 2005, at Auburn University Montgomery. According to the attendee evaluations, this year's conference was by far the best they have ever attended!

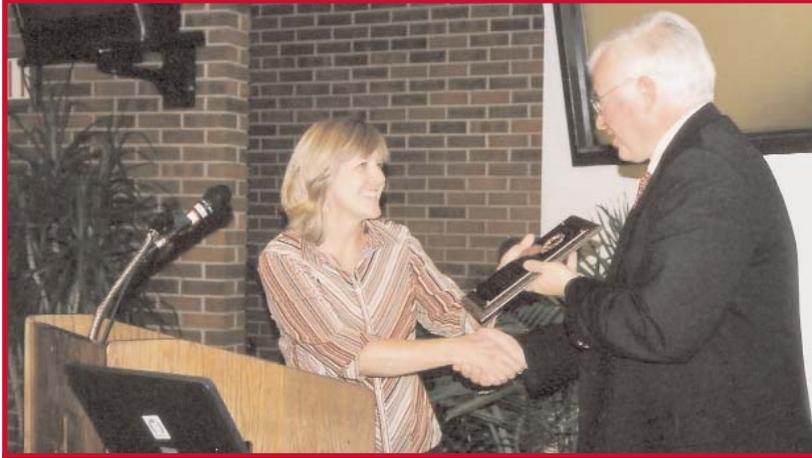
A very important and special part of the Annual WIC Training Conference is the awards presentations: The Diana Segars WIC Clerical Excellence Award, the Public Health Nutrition Associate and Public Health Nutritionist of the Year Awards, the James M.

Richard Excellence Award, the Best Fit WIC Team Award, and this year, A Friend of WIC Award. The State WIC office takes

great pleasure in acknowledging the outstanding efforts of individuals and clinic staff. Thank you for all you do!

This year a special award, A Friend of WIC Award, was presented to Dr. Lawrence L. Robey, LHO of Madison County for his contribution of a Kiosk with a touch-screen nutrition education program to the Madison County WIC program. The Kiosk was envisioned and developed by Dr. Robey. We offer a very special "thank you" to Dr. Robey for going

above and beyond to improve nutrition education at the Madison County Health Department!



❖ Dr. Robey  
“Friend of WIC Award” ❖



## Diana Segars WIC Clerical Excellence Award

The Diana Segars WIC Clerical Excellence Award was established in 1991 in memory of one of our first WIC clerks.

The award is presented annually to the clerk who exemplifies exceptional performance in his/her duties and who furthers the goals of the WIC program just as Diana Segars did. Mary Alice Everett from Washington County Health Department is the recipient of this year's award. Mary Alice is described in her nomination letters as being very conscientious, dependable, and organized in her work. She provides WIC services to patients in a calm, supportive manner treating each person with compassion. Within ten months of returning to the clinic setting from another position, she was presented with many challenges. She successfully relearned the WIC

Program, dealt with a WIC caseload which had increased by 50%, and became the only clerical person for the local health department. We are proud to recognize Mary Alice Everett as the Diana Segars WIC Clerical Excellence Award winner!



❖ Mary Alice Everett  
“Diana Segars Award” ❖

## Public Health Nutrition Associate and Public Health Nutritionist of the Year Award

The Public Health Nutrition Associate and Nutritionist of the Year Awards are given annually to the Nutrition Associate and Nutritionist who are outstanding in their fields. Public Health Nutrition Associate of the Year for 2005 is Sheryl Gilbreath, WIC Coordinator for the Madison County Health Department. Sheryl's nomination letter describes her as having exceptional leadership skills and for making significant contributions toward improving the delivery of WIC services in her county. She inspires her staff to work together through her calm attitude and professional approach and by her own work ethic and standards.

Continued... on page 4

Her excellent management skills are demonstrated in her ability to serve as WIC Coordinator for one of the largest clinics in the state with four outstation sites. She is praised by her Nutrition Area Coordinator (NAC) for establishing a client friendly environment which is evidenced by the many positive comments that the NAC receives from participants. Her Health Officer describes her as one of the most versatile WIC professionals with whom he has worked over the past 25 years. Congratulations to Sheryl for all of her contributions the WIC Program in Madison County!



◆ Sheryl Gilbreath ◆  
 “Nutritionist Associate Award”  
 Back: left to right - Carolyn Battle, State Nutrition Director, Mariam Gaines, R.L.D., Dr. Robey, LHO, Madison County

Karen Campbell, RD, WIC Coordinator for Houston County, is the recipient of the 2005 Public Health Nutritionist of Year Award. Karen has worked in WIC for a total of 23 years and is described as one who demonstrates leadership both in public health nutrition and the field of nutrition in general. She is very active in the local dietetic association serving as secretary/treasurer for the past 12 years. Karen often spends her own money and time for presentations and not only excels at providing nutrition education to her WIC participants but also teaches nutrition education classes at schools, preschools, churches, and even for cashiers at Wal-Mart! Karen was instrumental in starting off-site certification for new moms and babies at the local hospital. This has attributed to the fact that the WIC caseload for the county has more than doubled from 1994 to 2000. Her NAC considers her to be her right hand person whom other WIC Coordinators in the area can call when she is not available. We salute Karen Campbell as the 2005 Public Health Nutritionist of the Year!



◆ Karen Campbell ◆  
 “Nutritionist of the Year”  
 Left to right-Carolyn Battle, State Nutrition Director, Karen Campbell and Miriam Gaines, MACT, RD, LD



◆ Dallas County ◆  
 “James M. Richard Award”  
 From front left: Rachel Todd, RD; Rebecca Stewart, RD; Yvonne Davis, ASA II; Lisa Gayle, ASA II, Back: Denise Pope, Area Nutrition Director

### James M. Richard Excellence Award

The award was established in 1997 by the USDA Southeast Region in memory of and to honor James M. Richard, who served as Alabama’s WIC Program Director from 1981 to 1997. The award is given annually to the WIC clinic that goes above and beyond every day duties to fulfill the goals and ideals of the WIC Program. The Dallas County Health Department, this year’s recipient of the James M. Richard Excellence Award, is most deserving, as the clinic exemplifies all of the criteria for the award. The Nutrition Area Coordinator describes the clinic as having staff who work together as a team. They are praised for their “can do spirit”, their positive and caring attitudes, and a willingness "to do things right". Some of the clinic's successful initiatives include offering daily nutrition education classes, implementing the “open access” appointment system, and certifying moms and babies in the hospital. In addition, the Dallas County WIC Program currently is meeting 81% of the in-need population which is well above the state average of 70%. All of this was accomplished because each member of the staff truly is a team player. Congratulations, Dallas County Health Department!

### Best Fit WIC Team Award

#### Fit WIC Teams All Winners

Baldwin County - Robertsedale and Etowah County WIC clinics tied for the Best Fit WIC Team award presented at the 18th Annual WIC Training Conference on October 27, 2005. State WIC Director Wendy Blackmon presented representatives from both clinics with a Best Fit WIC Team plaque and a check for \$1,000. The money is to go for purchasing nutrition education materials to use with WIC participants. "The money came from MCH funds," Ms. Blackmon said, "and we are very appreciative to Dr. Miller, Assistant State Health Officer for Personal and Community Health, for making it available for our two Best Fit WIC Teams."

*Continued... on page 5*

The Fit WIC Teams are made up of WIC staff and other health department staff.

The purpose of the teams is to lend support to the staff as they strive to reach their personal fitness goals and to provide positive modeling of healthy behaviors to WIC participants.

According to Gail Mask, State WIC Nutrition Education Coordinator,

"We are more comfortable and effective encouraging healthy lifestyles when we are happy with our own health-related habits. It is important to involve all of the WIC staff in these efforts - from the front-line clerks and aides to the nurses and nutritionists - if we're really going to make a difference for our participants. That's what the Fit WIC Teams are all about."

Although the Fit WIC Teams focus more on healthy behaviors than weight loss, five teams did report total pounds lost. Together these five teams - with a combined 48 members - lost 410.75 pounds!



❖ Baldwin County ❖  
"Best Fit WIC Award"

From left: Lori Nesmith, NA; Sharon Eiland, RD; Mickey Mahan, ASA II; Cindy Adams, ASA II; Wendy Blackmon, WIC Director

That does not take into account the members from the other teams many of whom reported significant weight loss.

All of the Fit WIC Teams were recognized at the WIC Conference with a certificate honoring their achievement for going above and beyond their normal work duties to form a team and to participate in team activities.

"We are thrilled that 12 clinics formed Fit WIC Teams this year" Ms Blackmon said.

"In addition to the health benefits, the teams boost staff morale and promote teamwork."

Certificates were awarded to the following clinics:

- Baldwin County - Robertsdale
- Bullock County
- Crenshaw County
- DeKalb County
- Eastern Health Center - Jefferson County
- Elmore County

- Etowah County
- Marion County
- Pike County
- St. Clair County
- Tallapoosa County
- Winston County



❖ Etowah County ❖  
"Best Fit WIC Award"

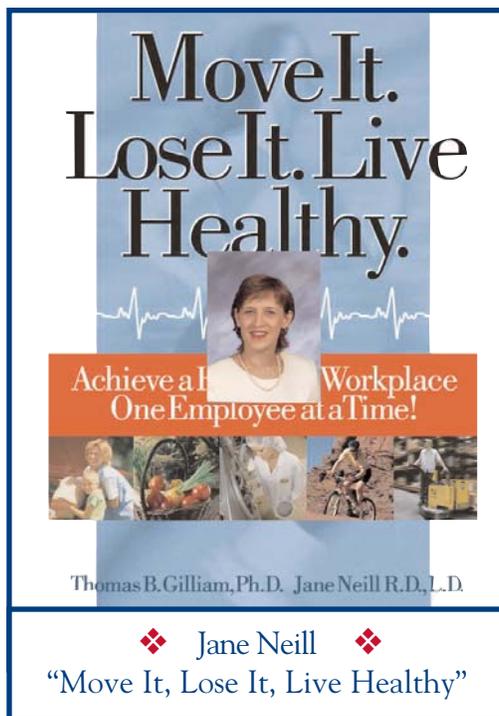
Left to right: Wendy Blackmon, WIC Director; Tracey Stanley and Tresea Williams



## WIC Nutritionist Co-Authors Book

Jane C. Neill, R.D., L.D., the WIC Coordinator for Hale County and Sumter County, has co-authored the book *Move It. Lose It. Live Healthy. Achieve a Healthier Workplace One Employee at a Time!* The book offers a no-nonsense approach to achieving and maintaining a healthy body weight for adults and children. It is the cornerstone of a multifaceted business/industrial wellness program that is helping companies reduce the high costs of obesity in the workplace.

So how did Ms. Neill become involved in writing a book? To make a long story short, her input was requested by co-author Dr. Thomas Gilliam. An exercise physiologist and business owner, Dr. Gilliam performs physical capability testing for companies to ensure that potential employees can physically perform the jobs for which they are being considered. Through the years he has collected data that indicates America's



workforce has become more overweight and thus less fit to do necessary tasks.

Companies have begun to ask Dr. Gilliam, "What can we do about obesity?" The book, *Move It. Lose It. Live Healthy. Achieve a Healthier Workplace One Employee at a Time!*, is the result of this demand.

Incidentally, Dr. Gilliam and Ms. Neill first worked together in the late 1970s on an NIH project at the University of Michigan investigating heart disease risk in young children.

In addition to their new book, Dr. Gilliam and Ms. Neill have developed many other materials to promote wellness in the workplace, including posters, newsletters, and children's books. (After all, children are our future.) You can check out the results of their collaboration at [www.healthybodyweight.com](http://www.healthybodyweight.com).



# State Office News

## ◆ Nutrition Services

Work has begun on computer programming for the automated risk criteria project. This will be a lengthy and intensive project for Computer Systems Center and WIC state staff. Not all risk criteria will be automated but a significant number of the criteria will be able to be automated. This will help to improve clinic efficiency and streamline the determination of risk criteria.

The State Nutrition staff have started work on revising policies and procedures to implement the revised dietary risk criteria as required by USDA Risk Criteria Revision 8. USDA has revised the required implementation date to October 2007 to coincide with the date that states are required to submit their VENA implementation plan. However, we will try to get this implemented as soon as policies and programming can be completed.

## ◆ WIC Training

WIC Comprehensive and Refresher training classes are being scheduled on a continuous basis. These classes provide classroom, PHALCON, as well as hands-on training in the clinic on WIC policies and procedures. The Nutrition Area Coordinators will be kept abreast of the scheduled dates. If training is needed, contact your Nutrition Area Coordinator.

## ◆ Data Management

The Data Management staff has daily interaction with the ADPH Computer Systems Center to ensure the best possible system is available for clinic use. This includes hardware and software modifications which allow greater flexibility and programming potential with PHALCON. Many times county PHALCON users are never aware of these changes, which are designed to be transparent to the end user with minimal interruption in day to day clinic activities. Primarily, this is the case with upgrading the databases to a newer version of Oracle software. The Computer Systems Center staff performs much work in the background while you are still able to use PHALCON daily. As you know, system wide upgrades like this sometimes require PHALCON to be "down" for several days at a time. This is the case for the late December "down time" for PHALCON. Although it may have been an inconvenience for a few days, the result will be well worth the effort. Having new Oracle software will allow us to go forward with projects such as automating risk codes - that is, having PHALCON select the highest, most appropriate codes, based on information available in the system, and then choose the most appropriate priority. This is just one example of ways we're working to make WIC clinic life better for you!

## ◆ Nutrition Education

New at the warehouse:

- WIC 411 - "Bone Up" on Calcium
- WIC 414 - Iron - You Need It!

Look for the Spanish versions of these handouts to be available soon.

Soft foam Frisbees will be distributed to children ages 1 - 5 during the six month period beginning April, 2006. WIC providers will distribute the Frisbees as they talk with parents about the importance of daily physical activity for all family members. This will be the last promotional item to be distributed as part of the FY 2005 - FY 2006 Nutrition Education Plan. Children are currently receiving the book, The Berenstain Bears and Too Much TV .

National Nutrition Month (NNM) is March 2006. Be on the lookout for NNM promotional materials that will be arriving at WIC clinics in late February.

## ◆ Breastfeeding

The Breastfeeding Peer Counseling Program is underway at three pilot sites – Blount County, directed by Anna Johnson; Mobile County, directed by Angelia Cunningham; The Training Clinic, directed by Michell Grainger, State Lactation Coordinator. Congratulations to Anna and Angelia for attaining International Board Certified Lactation Consultant (IBCLC) certification!

## ◆ Vendor Management

We extend our best wishes to Leisa Maxwell who was employed in Vendor Management for thirteen years. She left WIC on December 9, 2005, to become a full-time mom. We'll miss you, Leisa!



THE NUTRITION PROGRAM  
FOR WOMEN, INFANTS, AND CHILDREN  
*from*  
THE ALABAMA DEPARTMENT OF  
PUBLIC HEALTH

# Area News

## Area 1

All counties in area 1 are working toward increasing caseload and improving services to participants. All counties are exceeding the state average of meeting 70% of the in-need population. Colbert County is serving 82% of in-need, Franklin County is serving 88% of in-need, Lauderdale County is serving 75% of in-need, Marion County is serving 90% of in-need, Walker County is serving 78% of in-need and Winston County is serving 85% of in-need.

## Area 2

Jackson County hosted an annual Health Fair Nov. 11th in connection with a flu clinic and also supported a Breastfeeding Workshop 10/21/05 at Jackson County Hospital. Cullman County hosted a "Back To School" Health Fair in August 2005; Lawrence County hosted a Health Fair at the high school in Moulton November 2005; Madison County participated in an Hispanic Festival October 2005 at Big Spring Park.

Area II has hired three new Nutritionists in the last year. Madison County Kashera Sims, MS, RD who is spearheading implementation of the KIOSK Nutrition Education program for WIC participants in Madison County. Both India Sachitano, MS, RD in Marshall and Morgan County and Kathleen Alred, RD, LD in Limestone and Jackson County are adding to our much needed Hispanic population because they are bilingual. India has begun providing classes in the waiting room of Morgan County Health Department which helps increase the number of SNEs for the clinic.

## Area 3

Tuscaloosa County WIC staff were especially busy with outreach activities during Breastfeeding Awareness Month, August 2005. Display tables with breastfeeding and WIC information were set up at the Alabama Health Network, the Pregnancy Test Center, and at Books-A-Million. In addition, Kim Chism, RD was a guest on a local TV station, WVUA, News at Noon Program. She discussed the benefits of breastfeeding and the role of the WIC Program in breastfeeding support.



❖  
"Big Al"  
From left:  
Daphne Pate,  
RN; "Big  
AL" and  
Renee Cole,  
RD  
❖

Renee Cole, RD, Nutrition Area Coordinator, and Daphne Pate, RN of Healthy Child Care participated in an employee health fair at the University of Alabama. The health fair attracted more than 1500 people. Even Big Al, the University of Alabama mascot, was there and posed for a picture with Renee and Daphne.

## Area 4

On August 19, 2005, Western Health Center in Jefferson County celebrated National Breastfeeding Awareness month by having a reception for current and former breastfeeding women and prenatal women. The reception took place in the lounge of the clinic and was attended by mothers who were nursing, prenats who were considering breastfeeding and even some grandmothers who wanted to be supportive of their daughters. Also in attendance was the WIC staff from Western Health Center, Dr. Mary Blankson, IBCLC and Dr. Maria Meyers both

pediatricians from the health center, Doris Elmore, RD, Nutrition Area Coordinator, and Patty Landry, RN, IBCLC from the lactation center at the Children's Health Systems.



❖ Area 4 ❖  
Cake & party celebrating  
Breastfeeding Awareness Month  
Left to right: Felecia Sanders, Medical Clerk;  
Jeanne Baker, BS, RD, LD; Jackie Giles,  
Medical Clerk; and Anita Floyd, RD, LD

The participants were treated to refreshments provided by Western Health Center and given gift bags containing information on breastfeeding, parenting, and women's health.

The items in the gift bag were donated by Western Health Center, State WIC Program, MedImmune Pharmaceuticals,



❖ Area 4 ❖  
Far right: Jeanne Baker, BS, RD, LD and  
display board showing gifts of breastfeeding

Alabama Public Television, and the Children's Health System.

It was very rewarding to see the participants sharing with each other and asking questions about their individual breastfeeding experiences. A display board was set up with the "Many Gifts of Breastfeeding", a

photo of the "Thanks Mom" billboard that the State placed around the city, quotes on the rewards of breastfeeding from mothers and a photo of the breastfeeding room that has been set up at Western Health Center by the pediatricians.

Continued... page 8

Another display area highlighted physical activity for children. Dr. Blankson, Dr. Meyers, and Ms. Landry spent a few minutes speaking to the participants about the importance of giving their babies mother's milk, not only for the infant, but also for the mothers. Health promotions from Jefferson County Department of Health sent a representative to photograph the event and Fox 6 news came out and filmed the event and interviewed a young mother who has started breastfeeding with the encouragement of her pediatrician,



❖ Area 4 ❖  
Mothers who are breastfeeding & prenats considering breastfeeding

Dr. Blankson. The event was such a success, that the group plans to repeat the collaborative effort next year!

**Area 5**

We in Area 5 are proud of Etowah County's Fit WIC Team for being named co-winner of the Best Fit WIC Team Award! It is great recognition for all of their hard work in achieving healthier lifestyles.

Blount County WIC Program is one of three pilot sites around the state for the Breastfeeding Peer Counseling Program. Anna Johnson, RD, IBCLC is working diligently to make this a model program!



❖ Area 5 ❖  
Blount County Breastfeeding Peer Group  
Top: Vanessa Clark, Holly Rush (alt.), Anna Johnson (Lactation Consultant), Jannet Valencia Bottom: Elizabeth Rios, Denise Dempster (alt.), Sarah Lauderdale and Danya Walls

**Area 6**

Calhoun County and Area 6 served as preceptors for two Oakwood College dietetic interns this fall. Julie Crow appeared with Cindy Templeton and Debby Mathews, County Extension

coordinator, on a local television program to discuss "The Five P's for Raising a Veggie Loving Child." (Promotion, Persistence, Personalize, Plant and Produce Story Books found at <http://nutritionforkids.com>) Shaun Strickland is developing a lesson plan and a power point presentation for SNE classes on limiting television time and increasing physical activity.

Jenny Adams, RD in Cleburne County represented the WIC program at a "Back to School" health fair at the Pleasant Grove School. Physical activity was the focus of this exhibit using the Power Panther program. Children were given Power Panther stickers and tattoos.

A picture of Tallapoosa County's physical activity bulletin board is attached. This was designed by Candy Harkins, Nutrition Assistant. Candy did all of the artwork for this display.

A breastfeeding coalition has been formed in Talladega County



❖ Area 6 ❖  
Tallapoosa County's physical activity bulletin board designed by Candy Harkins

which includes a local OB-GYN, perinatal coordinator, labor and delivery nurses, Cooperative Extension and WIC. A grant was written (and approved) to the local board of health to request funding for additional electric breast pumps and provide educational opportunities on breastfeeding topics to the local medical community.

**Area 7**

On Friday November.4 ,2005 the Choctaw County Health Dept. participated in a community health fair. The fair featured many community and area organizations. Brochures and information from this year's Nutrition Education Plan, "Get Fit With WIC", were distributed to the public.

On September 27, 2005, Rebecca Stewart, RD spoke to over 300 people at the Dallas County Obesity/Overweight Summit at the Selma Convention Center.

Dallas County WIC Program was the recipient of the 2005 James M. Richard Excellent Award at the annual WIC Conference!

The twoWIC-approved grocery stores in Greensboro, Fuller and Piggly Wiggly, distributed WIC 157 handouts (which describes WIC services and income guidelines) to their customers during the weekend just prior to Labor Day (Sept., 2005).

*Continued...page 9*



❖ Rebecca Stewart, RD and Dallas County and display board at Obesity/Overweight Summit ❖

These were stamped with the Hale County Health Department address and phone number. On Sept. 9, Jane Neill RD, participated in a Health Fair at the Hale County Hospital Clinic. Food models, nutrition and WIC handouts, and food labels were on display. Participants had lots of nutrition questions for Jane. The Hale County Health Department staff provided money and some needed supplies to the University of West Alabama Katrina shelter in Livingston.

Virginia Matthews and Sarah Ralston, senior nutrition students from the University of Alabama are doing their community rotation with Jane Neill in Hale and Sumter County Health Departments in the WIC department from Nov.8-Dec. 9.

The Lowndes County Health Department is pleased to welcome Rosie Cunningham, RN to our staff. She began work on August 8th and attended her first WIC Conference in October 26-28, 2005.

A community wide health fair was held August 20, 2005 in Linden. Tina Parker, WIC Coordinator for Marengo County displayed WIC information.

November 17, 2005, Tina Parker had a WIC display at the New Era Cap Company Health Fair in Demopolis.



❖ Tina Parker, NA at Marengo and display board at Marengo County Health Fair ❖

On September 28, 2005, Denise Pope, RD, Nutrition Area Coordinator, spoke to the parent's group at the Berean Head Start in Marion (Perry County) about childhood Obesity. The same program was presented by Denise Pope, RD on October 5, 2005, to the parent's group at the Berean Head Start center in Uniontown.

On August 27, 2005 Jane Neill, RD provided a presentation entitled, "Top 5 List for Establishing Healthy Eating Habits in Children" to the regional foster parent conference sponsored by Sumter County DHR. There were around 25 people present. The group was interested in WIC services and asked many questions about how to get more involved with WIC. The staff at Sumter County Health Department, Deann Fleming, Ophelia Bush, Alexion Chaney, Doris Nix, Stacy Hill and Lucy Gallman, help man the shelter for Katrina evacuees for around one month. The community was generous in providing the shelter with needed items such as clothes, food, toys and books. Churches, restaurants and individuals were all supportive in providing services.

The Wilcox County WIC staff created two bulletin boards for



**Area 7**

Wilcox County nurses and the breastfeeding and obesity prevention bulletin boards.

From left: Linda Mendenhall, Clinic Aide; Kristy Wilkinson, Nurse Coordinator, Jeane Lambert, Staff Nurse; Julie Till, Staff Nurse; Pat Steedham, Staff Nurse and Debra Oakley, Staff Nurse

their hallway promoting Breastfeeding and Obesity Prevention. They also developed two bulletin boards for clinic exam rooms aimed at physical activity for prenatals and "playing with your Child".

Deborah Tucker, ASA II, was nominated from Area 7 for the Diana Segars WIC Clerical Excellence Award.

**Area 8**

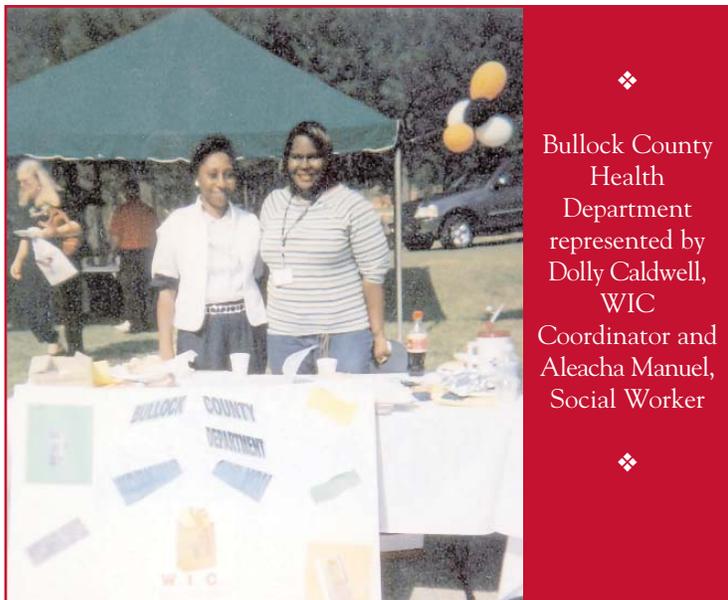
The Autauga County Health Department has been busy promoting WIC! Posters were placed in grocery stores; WIC materials were distributed at health fairs; and other health professionals were asked to let their clients know about WIC services at the new CRS WIC clinic. Alias Champion, RD and Kathy Ricks, RD participated in the Health Lifestyles Health Fair 2005 Member Appreciation Day and Annual Meeting in August.

*Continued... page 10*

Breastfeeding promotion was the focus of the WIC exhibit. In addition, WIC outreach pamphlets and dental care items were distributed.

Cheryle DeBarlaben, HAS and Kathy Ricks, RD had fun at the Wee Bee Daycare Center where they played games with the 3 and 4 year olds as they promoted the importance of physical activity. About 75 children participated in the activities. Go, Glow, Grow books and "Just Move It" pamphlets, WIC crayons and several beach balls were given to the teachers for use with the children.

Ms. Aleacha Manual, Social Worker and Ms. Dolly Caldwell, WIC Coordinator for the Bullock County WIC Program represented the county health department at the Southern Springs Health and Rehabilitation Community Health Fair in Union Springs in October 2005. Pamphlets promoting WIC and all of the other public health programs were provided. Performances by the Bullock County High School band helped make the health fair enjoyable for everyone!



❖  
 Bullock County Health Department represented by Dolly Caldwell, WIC Coordinator and Aleacha Manual, Social Worker  
 ❖



❖ Area 8 ❖  
 Bullock County Health Department at Southern Springs Health and Rehab Community Health Fair

Alexis Thompson, RD represented the Lee County Health Department at a health fair held at the Vita Nuevo Church in Auburn. A variety of nutrition and WIC materials were available. In addition, attendees enjoyed food prepared by the church members. Parents expressed appreciation for having the information brought to them.

The Macon County Health Department participated in a health fair sponsored by the Macon County Head Start Program and the Alabama Cooperatives Extension System held in Tuskegee in May 2005. Health department representatives, Floy Crowley,



❖ Area 8 ❖  
 Macon County Health fair on the Tuskegee City Square  
 From left to right: Dolly Caldwell, WIC Coordinator; Floy Crowley ASA III and Sanquetta Foster, ASA II

Sanquetta Foster, and Dolly Caldwell provided literature and pamphlets from all of the public health programs. Good attendance by the public and the involvement of other agencies and organizations helped make the health fair a success!

Alisa Champion, RD, Nutrition Area Coordinator, attended the Hispanic Health fair to promote WIC services in Montgomery County. The target audience was Hispanic women, infants, and children; approximately 200 people attended. Various brochures promoting nutrition and healthy lifestyles were distributed, and interpreters were very helpful in translating the information. Music, food and prizes helped make the event fun for all involved!

**Area 9**

The Baldwin County Health Department worked in numerous shelters during Hurricane Katrina assisting the needs of the county residents and also the evacuees from Mississippi and Louisiana. Our bilingual worker, San Juanita Belanger, known to her coworkers as "Jane", was so valuable since there were numerous Hispanic families staying at the shelters. Jane joined our health department staff this past year and has become a true asset for our WIC families and for our communities. In addition to working the shelters, the Baldwin County Health Department staff provided evening and Saturday clinic hours to help the evacuees. The local Baldwin Rural Area Transportation System shuttled evacuees from the shelters to the health department and many other clients came in through referrals from agencies such as the Red Cross.

*Continued... page 11*

Two nutritionists were available at each night clinic as well as social workers, clerks, nurses, and volunteer doctors and pharmacists to provide medical care, immunizations, family planning, and WIC services. During Breastfeeding Awareness Month, WIC providers gave the clients the breastfeeding promotional items, picture frames and bibs, provided by the State WIC office. In addition, the nutritionists created a bulletin board in the front lobby with pictures of clients who have breastfed. Each picture has a caption explaining why the mothers decided to breastfeed. The bulletin board has been a great asset promoted breastfeeding at our clinic!



Area 9

❖ Baldwin County's bulletin board ❖

Butler County continues to promote the 5 A Day Fruit and Vegetable campaign as well as daily physical activity with providing coloring sheets and stickers to the WIC children.

Since Clarke County is close to the State of Mississippi, the health department has been busy helping evacuees obtain WIC services. The clinic has enrolled 27 new WIC participants from Mississippi and/or Louisiana. An old military housing project in Thomasville was converted to a long term shelter for the evacuees. Social workers from the health department visited the shelter and distributed information about WIC and other health department services to the families living in the 27 remodeled homes.

The Conecuh County Health Department lobby was so colorful with the fruit and vegetable balloons during the month of September in celebration of Five-a Day! The Nutrition Education incentive items, beach balls and Berenstain books, are a big hit with our WIC parents and children!

During the month of August, a display of the "The Gifts of Breastfeeding" was available for viewing at the Covington County Health Department. Baby bibs and picture frames were given to the breastfeeding moms and infants.

Phyllis Redmon, NA of the Escambia County Health Department gave a presentation on the 5 A Day Fruit and Vegetable campaign for an audience of 40 parents and children. The kids enjoyed seeing the Big Bird poster!

Jody Lee, DTR, provider, at the Poarch Band of the Creek Indians WIC clinic spoke to the tribal head start teachers in October 2005. Information about healthy weights for children, snacking, and the importance of water intake physical activity was presented. In August 2005, the clinic celebrated Breastfeeding Awareness Month by designing a bulletin board and distributing breastfeeding information and promotional items to prenatal and postpartum



Area 9

❖ Escambia County Poarch Creek Indians breastfeeding month bulletin board. ❖

women. The participants especially enjoyed receiving the picture frames, plaques, and baby bibs.

Monroe County continues to serve evacuees from Hurricane Katrina and Hurricane Rita. In an effort to provide linkage to resources within the county, Edna Cunningham, Nutrition Associate, made WIC information bags for evacuees who were staying in the shelters and the community. These bags provided information about WIC, Immunization, Dental Health, All Kids, and Medicaid plus information about the importance of physical activity for helping with stress. A total of 118 bags were distributed. The outreach efforts helped make the evacuees more aware of community resources available through the Monroe County Health Department. The clinic did receive a call from one of the shelters in town for a "special" formula. The "special formula" was actually Lactaid-milk. Since the local grocery stores were without electricity and the lactose-free milk was not available, one of the clinic's nurses, who uses Lactaid milk, took the family-in-need the milk from her home. That is an example of true public health spirit! Monroe County promoted Breastfeeding Awareness Month and 5 A Day Month in the clinic with the use of colorful bulletin boards and brochures for moms and children.

Washington County clinic staff is very proud of WIC clerk, Mary Alice Everett, ASA II, for winning the prestigious 2005 Diana Segars' Clerical Excellence Award!

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**Area 10**

Area 10 is very proud of Karen Campbell, RD who was chosen 2005 Public Health Nutritionist of the Year!

On October 5, Barbour County staff and Area staff members participated in an Information Meeting at the State Park in Eufaula to inform evacuees of services that are provided at the Barbour County Health Department. Some of the evacuees had already transferred their WIC eligibility; however, other potential transfers were identified and several new WIC participants were given assistance.

Mary Fairfield, WIC Coordinator for the Coffee County Health Department participated in a Health Fair at Elba presenting information on WIC, 5-A-Day and physical activity.

On November 7, 2005, staff from Pike County Health Department and Area Staff held a clinic at Swindle's Trailer Park in Troy for evacuees. WIC certifications, immunizations and family planning services were provided on site. On November 12, 2005, Pam Newman, NA presented WIC bags with information and income guidelines to those attending the Ozark Troy District Planning Meeting for AME Church. On November 18 and 19 she attended a statewide meeting of AME Church Lay Organization and gave WIC bags with income information, general WIC information and pamphlets on physical activity.

In celebration of Breastfeeding Awareness Month, Houston County WIC staff were responsible for bulletin boards on the "many gifts of breastfeeding" were displayed at Flowers Hospital and Southeast Alabama Medical Center in Dothan. Karen Campbell, RD spoke with the evacuees at the Hurricane Katrina Shelter at the Church of the Nazarene informing them of WIC services available at the health department.

During the month of August, showers for breastfeeding moms and prenats were held at the following health departments: Pike, Crenshaw, Coffee and Barbour. Moms were educated on the benefits of breastfeeding, given gifts and treated to nutritious snacks.

**Area 11**

November 1, 2005 Area 11 opened a new clinic, Semmes Clinic, in the rural western portion of the county, 45 minutes from downtown Mobile. Approximately 11% of the rural population of the county lives in the Semmes/ Wilmer communities which cover and area of 150 square miles with a population of 20,000. This population is predominately Hispanic; the clinic staff look forward to serving the Hispanic community. Thanks to Carla Jones, LPN and Angelia Hall, Office Assistant for working so hard recruiting participants! Carla Jones, LPN in an area grocery store recruiting eligible participants for the new clinic.

Angelia Hall, Office Assistant and participant inside of the new WIC facility! Carla Jones, LPN with potential participant

The Bayou La Batre clinic has been working hard helping participants in the Hurricane devastated area. The staff not only issued vouchers but handed out insect repellent and dunks for the participants in this area. The staff passed out flyers in local shelters listing services available through the Health Department. Also, the staff referred participants to Mobile Community Action for additional assistance.



Area 11  
❖ Mobile county Office assistant Angelia Hall ❖  
inside new facility with participant.



Area 11  
❖ Mobile county outreach done by Carla Jones ❖  
in grocery store



Area 11  
❖ Mobile County Health outreach with Carla Jones, LPN and potential participant ❖

