



Memorandum

14-037

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: March 25, 2014

SUBJECT: April 2014 National Health Observances

April is a busy month for National Health Observances. WIC celebrates these important activities by tailoring trainings, lessons, and materials to create awareness and support for them. For more information about each of these observances, please visit their websites listed below.

National Minority Health & Health Disparities Month

Office of Minority Health Resource Center

www.minorityhealth.hhs.gov

National Public Health Week (April 1-7)

American Public Health Association

www.nphw.org

World Health Day (April 7)

World Health Organization

www.who.org or www.paho.org

The following are specific trainings, classes, and materials that support other April health observances:

National Alcohol Awareness Month

- Classes/lessons to offer participants: *Fact or Myth – FASD NR-000-17*
- Web lessons for participants: *Healthy Eating, Healthy Pregnancy*
- Materials for participants: *Drinking and Your Pregnancy 13-06-13276*
- Training for staff – Century Link: *Fetal Alcohol Spectrum Disorder*

Stress Awareness Month

Classes/lessons to offer participants:

- *Fit Families: Effortless Exercise GD-000-06*
- *A More Comfortable Pregnancy MN-000-15*
- *CCNE: Pregnancy – Giving Your Baby the Best Start MN-000-54*
- *CCNE: Get Your Groove On Mama! PN-000-08*
- *CCNE: What Can I Do Besides Eat? PN-000-11*
- *Be Active, Feel Great SP-000-36*

Web lessons for participants:

- Active Play and Your Child
- Healthy Eating, Healthy Pregnancy

Materials for participants:

- *Keeping Their Spirits Up Helps 13-06-13781*
- *Top 10 Ways to Grow Happy Kids 13-06-13782*
- *Your Guide to Pregnancy 13-06-14098*
- *Breastfeeding Fact Sheet 13-162*

Training for staff – Century Link:

- *VENA Counseling 101 – VENA Basics*
- *VENA Counseling 102 – Counseling Skills*
- *VENA Counseling 103 – Motivating for Behavior Change*
- *When the Client Leaves Your Clinic: How to Enable Healthy Behaviors in Unhealthy Nutrition Environments*

If you have any questions or need additional information, please contact Mandy Seay, RD, LD, CDE, Nutrition Education Consultant, at (512) 341-4516 or mandy.seay@dshs.state.tx.us.