



Memorandum

#15-027

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: March 11, 2015

SUBJECT: New CCNE Diabetes Nutrition Lesson Available!

The new Client-Centered Nutrition Education (CCNE) lesson, NR-000-54, *CCNE: Preventing and Managing Diabetes with Food* (also known as Diabetes and Food in Texas WIN), is available now in the *Nutrition Risk* category on the WIC Lesson Plans website at <http://www.dshs.state.tx.us/wichd/nut/nrlessons.shtm>.

This CCNE lesson uses group discussion to focus on food groups, how they play a role in diabetes, and how to balance them for optimal nutrition and blood sugar control.

If you would like to add this new lesson to your current Nutrition Education Class Schedule, please make the change(s) to your online Nutrition Education Plan or contact your State Nutrition Education Liaison for additional information.

Once you are comfortable teaching a new lesson, please complete the Staff New Lesson Evaluation Survey online at <http://www.surveymonkey.com/s/CSBZ28K>. Please also have thirty clients per Local Agency complete the Client New Lesson Evaluation Survey (Scantron form) during the evaluation period indicated on the lesson plans. Once the evaluation period ends or when your agency has collected thirty surveys, no more surveys are needed. Your evaluations are very important for the State Agency to continuously improve our lessons.

If you have any questions or require additional information, please contact Mandy Seay at 512-341-4516 or mandy.seay@dshs.state.tx.us.