

Nutrition 2018 Annual Report



The Nutrition Division is comprised of five different programs: WIC, Bringing WIC 2 U, Baby and Me Tobacco Free, Breastfeeding Peer Counselors, and Dietetic Internship. The division has 82 staff who serve all TCHD offices.

WIC: The Special Supplemental Nutrition Program for Women, Infants and Children

WIC helps to prevent nutrition-related illness and improve overall health outcomes through nutrition education, healthy foods and referrals to community resources.

21,927 TCHD WIC's average monthly caseload

\$14,520,769 in food benefits to TCHD WIC clients, money that goes back into the local economy



Bringing WIC 2 U

A grant from the Colorado Health Foundation aims to increase WIC participation and retention in Arapahoe and Douglas Counties.

15% increase in WIC caseload in Douglas County

3 medical providers integrated food insecurity screening and referral processes into their electronic health record

101 WIC appointments completed at 1 co-located and 4 mobile clinic sites in Douglas and Arapahoe Counties

26 WIC 101 classes to medical providers and community organizations

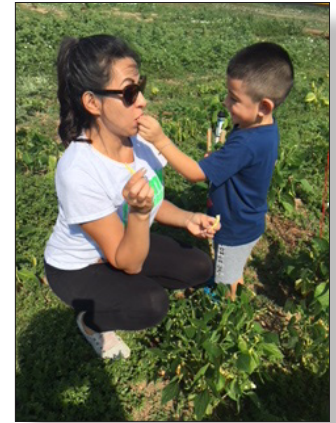


Community Gardens

WIC partners with 27J School District in Brighton, Amazing Grace Community Church in Thornton, and Senior Hub in Northglenn to provide access to free community gardens for WIC clients and community members. Clients work for an hour in exchange for free organic produce. Families receive education on growing a garden and how to use the various vegetables grown in the gardens.

144 garden volunteer hours

6,696 pounds of fresh fruits and vegetables distributed to WIC clients and community food pantries

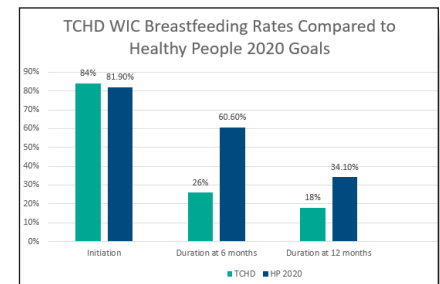


Breastfeeding

TCHD recognizes breastfeeding as an important and effective preventive measure to protect the health of mothers and their infants, including reduction of obesity. TCHD supports breastfeeding in our communities and continued efforts to reach Healthy People 2020 goals through trained staff at WIC clinics, a Breastfeeding Peer Counselor program for peer-to-peer support, a free breast pump loan program and a free Baby Café drop in support group where moms can learn from breastfeeding experts and each other.

1,338 pumps loaned 150 Single User Pumps and 318 hand pumps given

10,678 client contacts with WIC Breastfeeding Counselors.



Baby and Me Tobacco Free

Baby and Me Tobacco Free is a smoking cessation program that helps pregnant women quit smoking and stay quit after the delivery of their baby. Participants receive smoking cessation information at four prenatal education sessions and take a carbon monoxide breath test to verify smoking status. If a woman quits smoking before delivery, she is eligible to take a breath test monthly and receive \$25 worth of diapers each month up to one year as long as she stays quit!

110 women enrolled

\$9,075 in diapers distributed

88.7% of women who enroll in the program quit smoking by the time they deliver



Dietetic Internship

TCHD's accredited dietetic internship provides a comprehensive and integrated ten and a half-month experience with its core concentration area in public health and community nutrition.

1,600 hours completed during 10 ½ month internship

28.0 TCHD intern average score on the Dietetic Registration Exam -

(National average score is 25.41)

100% 1st time pass rate on Dietetic Registration Exam

The TCHD dietetic internship's greatest strength is its diversity. Not only does the internship provide experience in the clinical, foodservice, and community sectors, but it also provides interns with experience in nutrition research, WIC, and long-term care.

