

N.E.T.M.A.

(NOBODY EVER TELLS ME ANYTHING!!!)

GET HEALTHY, GET MOVING!

By: Veronica Starling, RN/Foot Care Specialist

Keeping You In The Know!!!:

- Betty Lang will be providing Diabetic Management Care at the Yazoo Main site each Thursday beginning April 2009.
- Stacey Parrish is now at the Yazoo Main site on Mondays and Tuesdays for Diabetic Management assistance
- Diabetic class is scheduled for the Canton Main Site on May 16, 2009 from 9:00 a.m. to 11:00 a.m.

A wise person once said, "I've never been healthier since I got sick with diabetes." Diabetes forces you to examine your eating and exercise habits and tunes you into your body's signal and response system. It requires a commitment to regular preventative care and for some is a great motivator for positive health changes like losing excess weight and quitting smoking.

Many people make their resolutions to live healthier lives at New Year, and soon forget. Spring is a great time to renew those resolutions and get active. Losing 10 to 15 pounds can help improve blood glucose, blood pressure, and cholesterol levels.

Exercise is key to lifetime management of Diabetes. This does not mean joining a gym or buying expensive equipment, it simply mean get moving. Walking is an excellent tool for controlling Type II Diabetes and improving health for people with Diabetes.

Many people with Diabetes note that their blood sugar improves when they start a walking program. Now there is research evidence to back up that observation. The research review found that in those with type II Diabetes, exercise helped regulate blood glucose, improved the body's insulin sensitivity, decreased blood lipids while helping burn fat, and decreased 0.6% of A1C levels.

INSIDE THIS ISSUE:

Get Healthy, Get Moving!	1
Keeping You In The Know!!!	1
What's New In W.I.C.?	2-3
ATTENTION!!!: "From The Desk Of The Executive Director"	Center Insert
Special Report: Two-Sided Printing on Network Copiers	Center Insert

SO, LET'S GO WALKING G.A. AND ENCOURAGE OUR PATIENTS TO DO THE SAME!!!





What's New In WIC?

By: Katie Thompson, WIC Nutritionist/Supervisor

WIC FOOD PACKAGE!!!!

In October 2009 the WIC food package will change to better meet the needs of all WIC participants. The changes to the WIC food package are designed to improve the diets and health of pregnant women, new mothers, young children and infants enrolled in the WIC program.

What is Changing?



Fruits and Vegetables

WIC is adding canned and fresh (at selected

sites) fruits and vegetables to the monthly food package. Most American's diets are low in fruits and vegetables and WIC wants to help.

Whole Grains

The new food package will include whole grain bread, or other whole grains like brown rice, soft corn tortillas or whole wheat tortillas. Eating whole grains increases fiber in the diet.

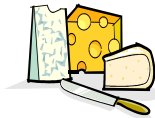


Eggs

In the new food package, eggs will decrease from 3 boxes of liquid eggs (2 1/2 dozen) to 1 box (1 dozen) per month. Even though eggs are a great source of protein, they are also high in cholesterol.

Cheese

WIC women and children now receive 2 pounds of cheese each month. Beginning in October, WIC clients will receive 1 pound of cheese per month. This will help decrease the amount of saturated fat and cholesterol in the WIC food package.



Juice

Adults need only 8 oz. of juice daily, and our children only need about 1/2 cup of juice daily. In October, the changes are as follows:

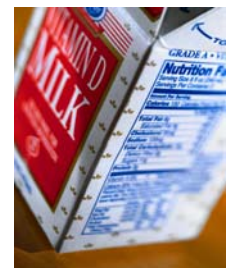


- ⇒ Pregnant & Partially Breastfeeding women will reduce from 6 cans to 3 cans.
- ⇒ Exclusively Breastfeeding mothers will be reduced from 6 cans to 3 cans.
- ⇒ Non-Breastfeeding mothers will be reduced from 4 cans to 2 cans.
- ⇒ Children will be reduced from 6 cans to 2 cans.

Milk

Children need 2 cups of milk daily to meet their calcium needs. The amount of milk issued in the new food package will provide almost exactly that amount. The milk decrease will be as follows:

- ◆ Pregnant and Partially breastfeeding mothers will increase from 16 boxes to 19 boxes.
- ◆ Exclusively Breastfeeding mothers will increase from 16 boxes to 24 boxes.
- ◆ Non-Breastfeeding mothers will reduce from 16 boxes to 13 boxes.
- ◆ Children will reduce from 16 boxes to 13 boxes.



What About Our Babies?

For Infants Who are Not Breastfed

- ♥ Formula amount will increase when infant is 4-5 months old.
- ♥ Formula amount will decrease when infant is 6-11 months old.
- ♥ Will receive infant cereal at 6 months rather than 4 months of age.

- ♥ Will receive baby food fruits and vegetables at 6-11 months of age.
- ♥ No infant juice.

Partially Breastfed Infants

- ♥ Maximum of 1 can of powder formula in 1st month.
- ♥ From the 2nd-11th

- months, can receive 1/2 the amount of formula of infants who are not breastfed.
- ♥ Will receive infant cereal at 6 months rather than 4 months of age.
- ♥ Will receive baby food fruits and vegetables at 6-11 months.
- ♥ No infant juice.

Entirely Breastfed Infants

- ♥ No WIC formula
- ♥ Will receive infant cereal at 6 months
- ♥ Will receive more baby food fruits and vegetables than formula-fed babies at 6 months of age.
- ♥ Will receive baby food meat at 6-11 months of age.

Why Change?

Americans have been encouraged for many years to:

- ♥ Eat more fruits and vegetables
- ♥ Eat more whole grains, and
- ♥ Decrease saturated fat and cholesterol in our diet.

WIC has taken on the challenge of providing healthy foods to our participants to promote a health lifestyle. WIC will provide nutritious foods to help our participants eat healthy and be healthy.



What's so Special about Fruit?

A growing body of evidence shows:

- ◆ Fruits are critical to promoting good health
- ◆ People need to increase the amount of fruit they currently eat every day

Fruits contain:

- ◆ Vitamins needed by the body
- ◆ Minerals needed by the body
- ◆ Fiber to help protect you from different diseases

People who eat fruit regularly as part of a healthful diet had reduced risk of:

- ♥ Stroke
- ♥ Heart disease
- ♥ Certain cancers





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