

Title of Project: Nutrition and Breastfeeding Advisory Committee

Agency Name: Ohio Department of Health

State: Ohio

Key Word Descriptors: Nutrition Services Workgroup

Description of Project:

In April 1992, Ohio WIC established the Nutrition Advisory Committee to draw from the experience, insight, and specialized training of local WIC health professionals in an ongoing effort to improve nutrition services in Ohio WIC. In June 1998, the committee was expanded to address Breastfeeding issues and was renamed Nutrition and Breastfeeding Advisory Committee. The committee is currently comprised of 15 local WIC health professionals and all State WIC nutrition consultants. Meetings are held quarterly and members work on developing or field testing materials between meetings. Activities of the committee have included developing and field testing a variety of policies, procedures, and/or materials for improving nutrition education and certification. A focus on reviewing and utilizing current research and nutrition standards has enabled the committee to keep Ohio nutrition practices current. In the past five years, the committee has developed a number of nutrition education modules that can be used in a variety of settings and incorporated into a number of different nutrition education modes. Some examples of topics that have been addressed are: *Fruits and Vegetables Eat 5 A-Day; Iron and Vitamin C; Coping with a Picky Eater; Is Your Child Healthy and Fit?; Snack Attack; Leaning Towards Low-Fat; Clean Hands Mean Healthy Kids; and Bye Bye Bottle.*

Results of Project: Local Health Professionals benefit from being involved in decisions that affect how they must provide WIC services. State and local staff benefit from working together. Ohio WIC benefits from improved quality of nutrition services.

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