

ALLEGANY FRANCISCAN MINISTRIES



Upendo Shabazz-Phillips
VP Palm Beach Region

The Palm Beach Region of Allegany Franciscan Ministries has supported programs assisting underserved and economically poor residents in St. Lucie County for a number of years. They provided seed money for the HANDS clinic, and increased support to local organizations annually.

Since 2010, they awarded nearly \$1.2 million in St. Lucie. These funds support health care, cultural competency, community organizing, outreach, education, advocacy, and non-profit capacity building efforts.

Partners like Allegany merit the recognition and appreciation of the community. They provide invaluable resources with their investment of private funds.

FRIENDS OF ST. LUCIE COUNTY HEALTH, INC.

Friends of St. Lucie County Public Health, Inc. (Friends) promotes, supports, and advances the vision and mission of the Florida Department of Health in St. Lucie since its incorporation in 2003.

Highlights Include:

- Promoted & supported prevention & training
- Recruited faith based groups to facilitate the Stanford Chronic Disease Self-Management Program (CDSMP)
- Provided financial support for local initiatives

HEALTHY START



Case Manager Marie Brown-Pol and Lisa Von Seelan congratulate Healthy Start participant

What is a healthy baby worth? Choices and decisions made during pregnancy and the first three years of life have a lifelong impact.

Healthy Start ensures the best possible start in life for ALL pregnant women and children up to age three living in St. Lucie. A simple Healthy Start Risk Screen is performed at no charge during a woman's first prenatal visit to her obstetrician and at the hospital after delivery. This tool assesses areas where support may be needed.

Healthy Start provides care coordination, case management, nutritional counseling, and pediatric/postpartum home visits. Classes are held in childbirth, parenting, smoking cessation, breastfeeding, infant CPR and car seat safety.

The Healthy Start Office can be reached at (772) 462-3955.



Staff wears Red to promote Heart Health for Women



Medical Reserve Corps
How can you make a difference in your community?

The Medical Reserve Corps (MRC) was officially launched as a national community based movement in July 2002. It was formed in response to A Presidential Call for all Americans to offer volunteer services in their communities. MRC is sponsored by the Office of the Surgeon General, in cooperation with the White House's USA Freedom Corps, the Department of Homeland Security and the National Citizen Corps. Volunteers with both medical and non-medical backgrounds who are willing to donate a little time can make a big difference in their communities.

MRC volunteers can have a profound impact on the health and well-being of communities on the Treasure Coast during times of disaster, especially in the following areas;

Catastrophic Health Incident Response (CHIRP)

Members receive specialized training prior to volunteering to serve. They are granted the protection of Florida State Sovereign Immunity through the Florida Department of Health.

The 35 member team of volunteers in St. Lucie logged over 510 hours of service during 2012. According to state documents, the total value of their services was calculated to be \$18,597.

Volunteers derive immense personal satisfaction from their community service and the networking opportunities the program offers. Participants are very proud to be part of a community-wide emergency response team.

More information is available at the following website: www.slmrc.com

The local contact for this program can be reached via email Sonji_Hawkins@doh.state.fl.us or by calling 772-873-4911 directly.



Region 5 Planner and Statewide Strike Team Member



Medical Reserve Corps teams are trained to handle a simulated mock injury that provides a more realistic look at trauma.

HOLIDAY FESTIVAL



Sonya Gabriel, Healthy Start Supervisor, presents the Volunteer of the Year Award to Anna Romm, recognizing her for her years of dedicated service to the Department at the 11th Annual Volunteer Appreciation Luncheon. This event was totally funded by donations from generous community partners. In 2012, Over 500 volunteers donated 14,437 hours of service valued at 6,752,788 to the Florida Department of Health in St. Lucie.

VOLUNTEER LUNCHEON



Nearly 2,500 people attended the 17th Annual Community Holiday Festival. Over 37 organizations participated in the event providing or distributing gifts, to children 12 and under valued at approximately \$23,000. Deputy Lee Davis with the SLC Sheriff's Department has volunteered as Santa Claus for the past 15 years. The U.S. Marines Corps Staff Sgt. Nate Wells has coordinated the toys since 1995.



Intern Completes Training at FDOH in St. Lucie

PUBLIC HEALTH IS ROI

Volunteers Welcome!



Larry Lee
County Health Officer

As your County Health Officer, I invite you to celebrate National Public Health Month with us. The theme for 2013 is Return on Investment (ROI).

The return on investment that public health brings to St. Lucie is a source of pride. Public health reaches people wherever they live, work, and play. This year's theme underscores the important role that public health plays in our economy. While return on investment is sometimes difficult to measure, we know that public health programs deliver a huge return on investment. In the long term, it generates more successful health outcomes with lower health care costs for years to come. Also, healthy children are more ready to learn and a healthy workforce is more productive.

We are happy to share the good news that our county is getting healthier. The Robert Wood Johnson Foundation 2013 County Health Rankings reported that St. Lucie's overall health among Florida's 67 counties has improved from 30th in 2011 to 22nd in 2012. We made strides in decreasing the premature (preventable) death rate in St. Lucie. We decreased the rates of teen births, sexually transmitted diseases, HIV/AIDS infection, and initiation of tobacco use. The entire report can be accessed at <http://www.healthrankings.gov>

It often takes years to see a return on investment from public health services. A recent study examined the relationship between public health expenditures and preventable deaths over a 13 year period. The author found that mortality rates fell as much as 6.9% for each 10% increase in spending. A similar study was published on the return on investment of tobacco prevention programs. The evaluators found that over a 10 year period, state tobacco prevention programs that include a media and school based campaign, a quit line, and policy enforcement (similar to St. Lucie's tobacco prevention program) were associated with the prevention of almost 36,000 hospitalizations, saving about \$105 billion in medical costs. That is a return of \$5 for every \$1 dollar spent.

Another example of this is the Women Infants and Children Nutrition Program (WIC). The services provided by this program not only impact the rate of infant mortality, but also affect the rate of chronic diseases, such as cancer, diabetes, heart disease, and even dental caries!

Over the years, the Florida Department of Health in St Lucie has proactively reached out to many community partners to address local health issues. The Department collaborated with community partners in the development, design, and implementation of programs that ensure safe and healthy home environments; provide safe environments for children at school; create a healthy workplace; and empower a healthy community.

Our county is challenged by socio-economic factors, including children living in poverty and high unemployment. We know that income and education levels have a strong influence on a community's health. Our community is working on initiatives that address some of the root causes of poverty and is creating a culture that supports children's ability to succeed. We believe that these efforts will also result in improved health. Our health department and community can take great pride in the continuous improvements we have made over the years, in spite of our challenges.

Please join us in making **St. Lucie County healthier.**

66
Years of Service
1947-2013

PUBLIC HEALTH IS ROI

Your Return On Investment Saves Lives, Saves Money



The State Surgeon General of the Florida Department of Health Dr. John H. Armstrong, M.D. meets with St. Lucie staff Dawn Jones, Clint Sperber, Virginia Lindell, Arlease Hall, Surgeon General Dr. John H. Armstrong, M.D., Dr. James Denis, M.D., Wendy Myers, Larry Lee, and Mally Chruski.



Florida Department of Health in St. Lucie

A Medicaid Provider
(772) 462-3800

LOCATIONS:

714 Avenue C
Fort Pierce, FL 34950

3855 South U.S. Hwy. 1
Fort Pierce, FL 34982

5150 N.W. Milner Drive
Port St. Lucie, FL 34983

531 N.W. Lake Whitney Place
Port St. Lucie, FL 34982

MISSION:

To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

VISION:

To be the **Healthiest State** in the Nation



www.stluciecountyhealth.com

HANDS



Dr. Michael Gervasi, CEO FCHC and Larry Lee, CHO celebrate expansion of HANDS Clinic.

In 2010, the Health Access Network opened its' doors to the public. The clinic served 2600 medical patients in less than two years of operation. The Adult Dental Clinic has over 630 clients. The Pediatric Dental Program provided over 10,000 screenings to children in preschool through second grade.

HANDS leveraged the original \$425,999 in funds from Allegany Franciscan Ministries to construct a clinic and provide services to the medically uninsured and underinsured in St. Lucie. That original investment ballooned into a staggering \$15,019,451 in donated funds and services since its' inception.

FAMILY PLANNING

The Department of Health (DOH) is responsible by legislative mandate to provide Florida citizens of childbearing age comprehensive medical knowledge, assistance, and services relating to the planning of families, birth control, and maternal health care. Family planning plays a key role in the prevention of unintended pregnancy.

Counseling and family planning options are offered to females and males of child bearing age in St. Lucie County on a fee per service basis. An unintended pregnancy is expensive regardless of the outcome. It carries potential for economic and medical concerns at all stages of life.

Allowing women the freedom to plan their families makes good dollars and sense! It is sound economic policy and is important in order to ensure healthy mothers and babies.

SCHOOL READINESS

What is School Readiness? The School Readiness Act Chapter 411.01 of the Florida Statutes recognizes that school readiness programs increase children's chances of achieving future educational success and becoming productive members of society. It is the intent of the legislature that the program is:

- Developmentally appropriate
- Research-based
- Provides Preventive measures for at risk children
- Family education available
- Parent involvement as their child's first teacher

Eligibility is determined by employment and income verification and/or through partner agency authorizations. Staff reviews records and performs vision and hearing screenings for children ages 0 to 5 at over 100 Early Learning Coalition child care centers in St. Lucie County.



School Readiness Team conducts hearing test

EPIDEMIOLOGY (EPI)

This program performs multiple job tasks and functions such as data collection, surveillance, analysis, and outbreak investigation. In 2012, staff reported the following activities:

- Investigated over 1,000 cases of reportable diseases
- Assessed 30 disease clusters, or outbreaks (including a large countywide outbreak of shigellosis)
- Received over 650 animal bite reports
- Investigated 37 food borne illness complaints with Environmental Health
- Completed hepatitis risk assessment screening, testing and vaccinations for approximately 79 clients
- Treated 10 clients for rabies exposure
- Provided infectious disease information and/or prevention education to numerous community partners

EPI staff participated in the Bureau of Epidemiology's Enhanced Surveillance Project for Hepatitis C among Young Adults IN 2012. The strike team also volunteered as a responder in a joint EPI-FBI task force training in preparation for the Republican National Convention.

The Division updates its' communications network regularly. More information is available in the monthly newsletter, EPISODES. Past issues can be found on the website: http://doh.state.fl.us/chdStLucie/epi/archive_news.htm

TUBERCULOSIS (TB)

The TB division provided 1,933 direct client services in 2012. They also investigated 12 active cases of TB, including 3 cases transferred from out of state. This is part of our core public health mission to contain infectious diseases. Multiple high risk investigations were completed.

The department also identified, treated and provided case management services, to 73 individuals with latent (inactive) tuberculosis infection (LTBI). This infection is acquired when a person has extended contact with an active case of Tuberculosis. Treatment of LTBI is important because it prevents a latent infection from developing into an active infection later in life.

TB is a bacterium that infects the lungs (and/or other parts of the body) and is spread through the air; patients present with symptoms like prolonged cough, night sweats, weight loss, or coughing up blood.

For more information, contact the clinic at (772) 462-3800.

IMMUNIZATIONS

Immunizations are one of the major weapons available to combat the spread of infectious disease. They are also one of the most cost effective public health interventions known to man! Vaccination plays a key role in protecting our children, schools, and the public.

Vaccine programs protect the most vulnerable in our society against the threat of childhood diseases like measles, mumps, and diphtheria, among others. Vaccinations protect against tetanus resulting from injuries, new strains of the influenza virus, as well as when traveling to other parts of the world.

According to the Coalition for Health Funding, "for infants who receive the series of 7 recommended vaccines given routinely as part of their childhood schedule, society saves \$9.9 million dollars in direct health care costs; 33,000 lives are saved; and 14 million cases of disease are prevented."

In 2012, the Department provided 13, 221 services to the community. All vaccines given county-wide are documented in the Florida SHOTS computer registry.

TEEN ZONE



Teen Zone is a clinic for males and females age 13-19. It aims to reduce teen pregnancy and STD transmission through education and reproductive health services. The program provides pregnancy testing, health education, STD/HIV testing, STD treatment, case management, and contraceptives at no cost to the client.

The clinic operates on the 1st and 3rd Tuesday of every month from 2pm to 6pm at the Florida Department of Health in St. Lucie. It is located at 5150 NW Milner Drive (off Midway Road) in Port St. Lucie. For more information, visit their website at www.TeenZoneSLC.org

ORAL HEALTH

Dental disease is the most widespread preventable childhood disease in St. Lucie. It causes sleep deprivation, inability to concentrate, school absences, and lower test scores. Missing teeth or dental pain can limit food choices, leading to poor nutrition and speech difficulties. This lowers a child's self esteem. Left untreated, infection can spread to the blood or the brain and result in death.

In 2007, a group of volunteer nurses, dentists, and Indian River State College instructors formed the Oral Health Coalition to address these issues. The group conducted an assessment by screening 843 first graders. The results showed a staggering 60% of those screened had tooth decay or more serious oral health problems.

The coalition presented the problem to community leaders, and were able to secure funding and purchased dental chairs and equipment. A dental hygienist was hired in 2011 to begin oral health screens, provide education to students and parents, and assist with referrals for further treatments. **During the 2011-12 school year, 4209 students received dental services. Currently, only 31% of those children needed referrals.**

INJURY PREVENTION



For every drowning prevented, \$21,000 in resources and productivity costs are saved

A number of statewide initiatives exist to improve the health and safety of residents. Despite the lack of funding for Injury Prevention in St. Lucie, health education staff leverages available resources by partnering with other organizations. The ROI on safety measures can be gauged by comparing them to the costs of injuries. According to the Centers for Disease Control (CDC), properly installed child safety seats can mean the difference between life and death. A simple \$52 dollar child safety seat reduces the risk of death from crashes by 71% for infants and 54% for children (1-4). It also prevents \$2200 in medical spending; the Return on Investment is \$42 to \$1. The average \$12 bicycle helmet for a child age 3 to 14 prevents \$580 in medical spending; The ROI is \$48 to \$1.

Injury prevention is not just for children. Falls prevention for high risk seniors costs about \$1400 per person; the ROI is \$12,000. A smoke alarm costs less than \$50 and yields an average savings of \$780. "Preventable injuries remain a leading cause of death and disability for all Americans." For more information, visit the Campaign for Public Health Foundation's website at : www.cphfoundation.org/documents/combinedinjurypreventionfactsheet.pdf.

TRAVEL SHOTS



Nurse Taffy Mark with FDH in St. Lucie gives required travel shots to Jamie Barlow for an upcoming trip to Thailand.



Dental Hygienist screened children at C.A. Moore Elementary School



Florida Department of Health St. Lucie County 2012 SERVICES REPORT

PROGRAMS	DELIVERED SERVICES
IMMUNIZATIONS – STATE PROVIDED VACCINES	13,221
LABORATORY - PERSONAL HEALTH SERVICES	2,571
COMPREHENSIVE CHILD HEALTH SERVICES	15,439
SEXUALLY TRANSMITTED DISEASE SERVICES	9,362
HIV/AIDS SERVICES	43,753
HEPATITIS	218
CHRONIC DISEASE PREVENTIVE SERVICES	145
FAMILY PLANNING	17,807
IMPROVED PREGNANCY OUTCOME	7,200
TB CONTROL SERVICES	4,760
SCHOOL HEALTH SERVICES	718
COMPREHENSIVE ADULT HEALTH SERVICES	39,302
DENTAL HEALTH	71,819
GRAND TOTAL	226,315

AWARDS



David Crowe, Planning Consultant at the Florida Department of Health in St. Lucie, received the 2012 Intelligence Liaison Officer (ILO) of the Year Award from the Central Florida Intelligence Exchange.



Donna Harris, Health Education Consultant, received the Sylvie Award from the St. Lucie County Healthy Start Coalition for her leadership in Maternal Child Health. Donna has worked in the field of teen pregnancy prevention for 15 years.



Trude Tuohi-Kersey, RN, better known as the "Hug Me" Nurse, was recognized by Healthy Start with the "Baby's Best Friend" Award for her dedication to her clients and commitment to saving the lives of babies.

SCHOOL HEALTH

The School Health Program promotes the best possible health outcomes in the 40,697 students attending 40 St. Lucie County schools. Program support comes from the Board of County Commissioners and a grant from the Children's Services Council.

Services provided include prevention, early intervention, health record reviews, case management, assessments, and treatment/referral for acute or chronic medical problems. In 2012, the team logged 2,482 school visits and performed nearly 200,000 services.

School nurses also closely monitor disease outbreaks in our schools. These may include cases of measles, mumps, or scarlet fever; flu outbreaks; enteric diseases like giardia and dysentery; and viral or mosquito borne illnesses.

Despite a higher than recommended nurse to student ratio of 1:4522, school health nurses in St. Lucie met all their goals. The state average ratio is 1:2286 students. CDC recommends 1:750 children. Nurses are very concerned about the growing caseload of diabetes in our schools.

The school health team collaborates with IRSC, the HANDS pediatric dental program and volunteer dentists to implement the annual "Give Kids a Smile" project in St. Lucie. More than \$ 20,000 in free dental services was provided to 48 children over a two day period in 2012.

DIABETES COALITION

According to CDC, someone new is diagnosed with diabetes every 17 seconds. Diabetes is responsible for more deaths every year than breast cancer and AIDS combined. It has a devastating financial and emotional impact on our society.

Florida ranks in the top ten states with the highest diabetes rates. St. Lucie exceeds the state in adults diagnosed with diabetes by 60%. It is one of the top seven leading causes of death in the county. The disease is now projected to affect one in every three adults in the US by 2050. Diabetes is increasingly diagnosed in younger adults and children

Awareness, advocacy, and education on risk reduction play key roles in addressing this disturbing trend. CDC indicates that a national program which includes lifestyle interventions aimed at those at highest risk for diabetes could yield a potential cost savings of \$91 billion over 10 years. It also increases life spans, improves productivity, and enhances quality of life for those affected.



MANAGING YOUR HEALTH

Chronic diseases like diabetes and heart disease can lead to serious problems if left untreated. Good self-management will help you stay healthy longer with fewer complications. The Florida Department of



SUCCESS STORY
Because of the growing obesity epidemic and rates of Type II Diabetes in children in St. Lucie County, health education staff partnered with LINKS, Inc. the Diabetes Coalition, and 21st Century Schools to develop and coordinate an after school education program for students at CA Moore Elementary School. Students participating were empowered to make healthy lifestyle choices relating to nutrition, daily exercise and snacks.

Health in St. Lucie's "Managing Your Health" program is designed to educate people on ways to prevent, manage, and cope with a chronic disease.

The program is grant funded and offers a variety of workshops to community groups. In 2012, 600 people attended a Diabetes Overview, 225 people completed a 6-week Chronic Disease Self-Management course (CDSMP), and Registered Dietitians at the HANDS Clinic completed 800 visits with clients coping with a chronic disease.

In partnership with Mustard Seed Ministries, 14 churches have been recruited to participate in a program to distribute health information to their members, host Diabetes and CDSMP classes, and participate in the St. Lucie County Health Access Network.

TOBACCO

The grant funded Tobacco Free Partnership of St. Lucie County and Students Working Against Tobacco (SWAT) are working to reduce initiation of tobacco use by youth and reduce the chronic disease rate due to tobacco use in our community.

The program promotes and supports workplace cessation efforts and tobacco free worksites. They also establish employee wellness programs to reduce insurance costs. Other activities include collaboration with multi-unit housing to promote smoke free environments; providing educational material and resources on second-hand smoke to the community; and conducting surveillance on tobacco product sales and advertising

A 2009 report published by Prevention for a Healthier America states that an Investment of \$10 per person, per year, in proven community-based programs that help people increase their physical activity, eat better, and avoid smoking and other tobacco use could save the country more than \$16 billion annually within five years. This is a return of \$5.60 for every \$1 invested.

The community is invited to attend Tobacco Free Partnership meetings, held the third Thursday of the month at 3 PM. The office is located at 5150 NW Milner Drive in Port St. Lucie. For more information about cessation services or other tobacco prevention programs, contact the Tobacco Prevention Program at 772-785-6135.

SEXUALLY TRANSMITTED DISEASE (STD)

Florida's economy depends on a healthy and productive workforce. The STD Program makes a substantial contribution to the economic health, welfare and quality of life in St. Lucie.

In 2012, Disease Intervention Specialists provided 9,362 services and insured or verified treatment for 1,527 clients.

Lost productivity calculates the economic costs associated with prevention and treatment. It has an adverse economic impact on a community. According to data published for Area 15, which includes St. Lucie, Martin, Indian River, and Okeechobee counties, the STD departments collectively saved taxpayers \$2,167,084.

HIV/AIDS

The HIV infection rate in St. Lucie decreased by 54% in the past 8 years. The greatest reduction in new cases was 65% among the Black population. Black people dying from the infection also declined 62% during the same time frame.

This success is attributed to prevention measures that reduced barriers to early diagnosis and increase access to quality care and treatment. Community mobilization initiatives were also used to produce these outcomes. The core strategy included three key messages, "Get Educated!", "Get Tested!", "Get Treated!"

St. Lucie County increased HIV testing by nearly 50% since 2006. The HIV/AIDS Coordinator indicated that "By identifying new positives early in their infection and linking them into our system of services, people will live longer. Early detection is the key. Our community can celebrate its progress in turning the tide against this disease."

In 2012, the HIV/AIDS Area program office, which includes St. Lucie, Martin, Indian River and Okeechobee counties, was selected to be lead agency for the Ryan White Part B Program. The program funding includes \$2,299,241 million for consortia and 501 Housing Opportunities for People With AIDS (HOPWA). For information on services available, call 772-462-3819.



VACCINE & GENE THERAPY INSTITUTE (VGTI)

The Florida Department of Health in St. Lucie is on the cutting edge of current medical research. The Laboratory Program formed a partnership with the new Vaccine & Gene Therapy Institute (VGTI) and principal investigators, Raffick- Pierre Sekaly, PhD, Moti Ramgopal, M.D., and Gerald Piereone, M.D., in May 2012.

The Department is participating in an ongoing study titled "Therapeutic and Natural Control on HIV Infection". The research involves up to 120 participants who have documented infection. It evaluates factors that affect the body's response to the virus.

The Florida Department of Health in St. Lucie is honored to collaborate with VGTI. The study may allow investigators to understand why HIV progresses more slowly in some people than in others. The results will potentially save millions of lives and contribute to the advancement of scientific knowledge.

ENVIRONMENTAL HEALTH (EH)

"Nasty, brutish and short!" That's what life was like before public health. Poor sanitation, unregulated food processing, lack of mosquito control, and other poor health conditions led to unnecessary illnesses and deaths. Public health prevention efforts save lives and lower costs of treatment in medical offices, clinics, and hospitals across Florida. Tourists feel secure in knowing that the food is safe, the drinking water is unpolluted, and the beaches and air are clean.

EH manages 20 different public health programs under state, county, and other contractual authority. These include such diverse responsibilities as beach water sampling, group care facilities, SUPER ACT/well surveillance, septic tanks, rabies, public pools, and bio-medical waste. In 2012, staff performed 9,068 direct services. Another 7,800 hours were spent providing public assistance.

The Annual Comprehensive Environmental Health Score is used to gauge the Division's performance on a statewide level. We are proud that St. Lucie ranks 9th among 67 counties, with an overall score of 96.71%.

Biweekly beach water sampling is currently conducted at Jetty Park, Pepper Park, Frederick Douglas Park, Memorial Park, and Walton Rocks Beach.

Future plans include the addition of JC Park and South Beach Causeway. Their addition will help to assure an ongoing overall surface water quality for the community, so residents and visitors can safely swim and play on the beaches in St. Lucie County.

WELL SURVEILLANCE PROGRAM

FACT: One gallon of gasoline pollutes a million gallons of water! This little known fact prompted the Florida Legislature to create the state's Underground Environmental Response Act. It addresses leakages from underground storage tanks that could be a threat to the public's drinking water.

The law provided the Florida Department of Health with the authority to provide field and laboratory services, conduct toxicological risk assessments, and investigate complaints of drinking water contamination.

Environmental Health monitors public and private wells located in proximity to areas where known or potential ground water contamination exists. Annual inspection is conducted as part of an ongoing well permitting process. Program data is maintained on all publicly owned potable wells investigated. This data is available to the public online at the following website: www.doh.state.fl.us/environment/water/petroleum/saindex.html.

WOMEN, INFANT AND CHILDREN (WIC)

WIC Program breastfeeding rates continue to climb. Data received in February 2013 shows that 77.5% of infants in St. Lucie were initially breastfed.

In 2012, the WIC Program served 13,854 women, infants and children. WIC partnered with 37 organizations providing nutrition & breastfeeding information at community events, reaching an additional 146,000 people.

In August 2012, WIC celebrated World Breastfeeding Week with events and hot topics including "Exclusive Breastfeeding when Returning to Work/School", "Starting Breastfeeding in the Hospital", "Feeding your Infant during a Disaster" and "Baby Wearing" with sling wrapping demos.

The Peer Counselors promoted the Mother to Mother Support Groups held monthly at each WIC office. Two large gift baskets were among prizes given away.

