

TEXAS CoIN

Innovative Nutrition Workstream

GOAL:

To provide technical assistance to maternal and child health (MCH) providers in the Texas Department of State Health Services (DSHS) so that nutrition messages and principles are programmatically incorporated.



The Texas Children's Healthy Weight CoIN team sought to create a well-curated toolkit for their MCH regional staff and the community members they serve. The nutritional information within the toolkit addresses the span of the life course (infants to adolescents), including children with special healthcare needs. Its goal is to strengthen nutrition across all phases of growth and development by increasing the knowledge, presentation skills, cultural responsiveness, and evidence-based practices of the MCH regional staff.

PARTICIPANTS & PARTNERS

- DSHS Child & Adolescent Health Branch
- DSHS MCH Regional Staff
- DSHS Obesity Prevention Program
- Texas Parent to Parent
- Texas Youth Action Network

TITLE V PROGRAM CONNECTION

- This project was lead and operated by the Title V staff
- This project was connected to the Title V priority related to nutrition and the State Performance Measure related to obesity prevention

METHODOLOGY

- Identified the need to equip regional MCH staff with a well-curated toolkit since they are the ones who implement the programs at the local level
- Incorporated child, adolescent, and CSHCN staff into the CoIN team in a comprehensive and collaborative manner
- Tapped into their partners' areas of expertise to leverage their knowledge and gain feedback and insight from the populations they serve
- Committed the team to a life course approach in order to strengthen nutrition across all phases of growth and development
- Used state data set from the Texas School Physical Activity & Nutrition (SPAN) survey to identify nutritional gaps and food insecurity
- Identified the specific sections of the toolkit to include a childhood nutrition presentation for parents; a presentation manual; supplemental materials; national and state evidence-based materials and data on child health trends and behaviors related to obesity

ACCOMPLISHMENTS

- Completed environmental scan and gained invaluable perspective by interviewing parents, youth, and families of children with special healthcare needs
- Conducted literature reviews of nutritional needs across the life span, common deficiencies across the nation, and system change strategies to break down structural siloes
- Increased their state teams' capacity through their participation on the CoIN
- Ensured nutrition was addressed in Title V Needs Assessment
- Identified health equity and inclusion as an ongoing need within various projects
- Toolkit is being completed for MCH regional staff across Texas



“Nutrition is a right, not a privilege.”



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