
ISSUE: Health Issues

PROGRAM NAME: East Texas This Week

DATE: Oct 11, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The Mother-Infant health program is discussed. The Texas Department of State Health Services (DSHS) aims to improve the health of women of childbearing age, adolescents, children, infants, and children with special health care needs. This program seeks to support the development of family-centered, community-based, coordinated systems of care. How to join in the program and receive its benefits. Part one of three.

ISSUE: Social Issues

PROGRAM NAME: East Texas This Week

DATE: Oct 18, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The D.R.E.A.M. program is discussed. D.R.E.A.M. stands for Delivering Resources and Empowering All Mothers and it's mission is to connect and implement a program for pregnant and postpartum mothers in Smith County that will reduce preterm births. The program is for new and expecting moms to have better access to local health resources. How to take part in the program. Part one of two.

ISSUE: Education Issues

PROGRAM NAME: East Texas This Week

DATE: Oct 25, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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With the holiday season approaching, Food Safety is discussed. What are the proper temperatures for cooking popular holiday foods like Turkey and Ham. What about dressing? Is it safe to stuff in the bird. How can foods safely be transported to family gatherings?

ISSUE: Family Issues

PROGRAM NAME: East Texas This Week

DATE: Nov 1, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The Peer Dad program is discussed. Peer dads are fathers of breastfed infants participating in the WIC Program. They are recruited, trained, and hired to give breastfeeding and parenting information to other WIC fathers. How to take part in the program. Part two of two.

ISSUE: Health Issues

PROGRAM NAME: East Texas This Week

DATE: Nov 8, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The Mother-Infant health program is discussed. The Texas Department of State Health Services (DSHS) aims to improve the health of women of childbearing age, adolescents, children, infants, and children with special health care needs. This program seeks to support the development of family-centered, community-based, coordinated systems of care. How to join in the program and receive its benefits. Part two of three.

ISSUE: Education Issues

PROGRAM NAME: East Texas This Week

DATE: Nov 15, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Gestational diabetes is explained. Gestational diabetes is a type of diabetes that can develop during pregnancy in women who don't already have diabetes. Every year, 2% to 10% of pregnancies in the United States are affected by gestational diabetes. What potential harm can gestational diabetes cause the baby and can it be prevented?

ISSUE: Education Issues

PROGRAM NAME: East Texas This Week

DATE: Nov 29, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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With cold weather approaching, a basic check list is provided to be prepared for upcoming cold weather. What do have on hand in the event of a power outage and how to prevent those pipes from freezing. The three P's are discussed, "Pipes, plants and pets."

ISSUE: Health Issues

PROGRAM NAME: East Texas This Week

DATE: Dec 6, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Influenza Immunizations awareness week is discussed. Flu shots are given live on the air to members of the staff. What about taking a flu and covid shot together? What is the news RSV shot?

ISSUE: Health Issues

PROGRAM NAME: East Texas This Week

DATE: Dec 13, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The Mother-Infant health program is discussed. The Texas Department of State Health Services (DSHS) aims to improve the health of women of childbearing age, adolescents, children, infants, and children with special health care needs. This program seeks to support the development of family-centered, community-based, coordinated systems of care. How to join in the program and receive its benefits. Part three of three.

ISSUE: Social Issues

PROGRAM NAME: East Texas This Week

DATE: Dec 20, 2023 **TIME:** 12:00 noon **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The D.R.E.A.M. program is discussed. D.R.E.A.M. stands for Delivering Resources and Empowering All Mothers and it's mission is to connect and implement a program for pregnant and postpartum mothers in Smith County that will reduce preterm births. The program is for new and expecting moms to have better access to local health resources. How to take part in the program. Part two of two.