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Welcome to the Nutrition & Chronic Disease Prevention (NCDP) Division!

Harris County Public Health (HCPH) launched this new division in September 2014.

Harris County residents have benefited from the HCPH Special Supplemental Nutrition Program for Women, Infants and Children (WIC) since 1980. HCPH manages this federally-funded, state-regulated WIC program in the unincorporated areas of Harris County to protect the health of low-income women, infants and children up to age 5 who are at nutritional risk. Daily, this public health program provides eligible families with nutrition education, access to nutritious foods, breastfeeding support as well as healthcare referrals for infants, children and women who are pregnant or delivered a baby within the previous 6 months.

HCPH firmly believes that health does not occur only in a medical clinic, but also occurs where we live, learn, work, worship and play. As a result, the Chronic Disease Prevention Unit was established and will address the various arenas of life when working to improve the health of Harris County residents. We will be certain to use the lessons learned from and the best practices of programs that have had a positive impact in communities similar to Harris County. Working closely with our community partners, we will fight to lower the rate of chronic disease, the leading causes of illnesses in Harris County (i.e. obesity, diabetes and heart disease, etc.). While our focus is to prevent chronic disease, our aim will also include helping Harris County residents to control as well as improve some of the disease conditions. Recognizing the important role of mental and behavioral health in relation to the health of the “whole” person, we will also develop programs with these important considerations in mind. Efforts to improve the health of Harris County are fostered through these NCDP departments and projects:

- Nutrition and WIC Services (NWS)
- Chronic Disease Prevention Unit (CDPU)
- Health Education and Related Programs
- Healthy Living Matters (HLM) - Co-Project Director

These are exciting times at Harris County Public Health! I invite you to continue to follow us on this site and, more importantly, to join us in our efforts to create healthier families, a healthier community, a healthier Harris County!

For more information about our programs and/or services, please call (713) 439-6082.