Iowa WIC Program 1-800-532-1579



Your child has you. And you have WIC

Bureau of Nutrition and Health Promotion

Friday Facts

Week ending Issue: February 11, 2011 - Issue #88

Policy

Several policies in the 315.00 Financial Operations section of the WIC Services Policy and procedure Manual were updated 12/01/10 due to the recent implementation of SharePoint. Please pass this along to your agency fiscal staff.

From the WIC Services Policy and Procedure Manual — 315.52 Vehicle Costs

The Department allows contract agencies to purchase vehicles with grant funds if the following conditions are met:

- 1. The purchasing agency must submit a written proposal to the Department for approval.
- 2. The proposal should contain a financial analysis of each option being considered by the Agency.
- 3. The proposal's annual mileage should be consistent with the agency's WIC Service Delivery Table and Calendar.
- 4. The proposal must show at least 3 quotes from different dealers on the price of selected vehicle/s.
- 5. The proposal must contain; a description of the vehicle, purpose and frequency of use, and an explanation of how the purchase benefits WIC.
- 6. The proposal should address other costs involved with the vehicle like insurance, maintenance, and repairs.

Reports

No FI Pickup Report

Did you know the No FI Pickup Report is available for use in IWIN? This report identifies participants that have not picked up FIs AND are about to be terminated for non-participation. For more information regarding this report, please see policy 330.45.

2010 Dietary Guidelines Released

The USDA Secretary of Agriculture Tom Vilsack and DHHS Secretary Kathleen Sebelius announced January 31st the release of the 2010 Dietary Guidelines for Americans. The guidelines are the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity. To access the report go to: http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm.

Resources

Food, Nutrition, and Health - Monthly Themes and Ideas

The Nebraska Extension Service has recently posted an extensive list of food and health events for each month of the year. Events for February were most recently posted at http://food.unl.edu/web/fnh/february. Included are links to materials related to each of the themes along with Facebook/Twitter links that you can use. This source might provide you with some interesting education ideas for your participants throughout the year.

Training

Maternal Nutrition Workshop – March 28, 2011

Pregnant women have many questions about diet and weight gain. This workshop will help dietitians, nurses, and health educators answer these questions and promote sound eating practices.

Breastfeeding Workshop – March 29, 2011

Health professionals play an important role in supporting breastfeeding. This workshop will provide dietitians, nurses, and health educators with current information about breastfeeding.

For both of these Workshops, please see information at end of Friday Facts.

EBT Update

Some State WIC Programs evaluated both on-line and off-line EBT technologies. On-line EBT utilizes a magnetic stripe card to initiate an online contact between a point of sale system and an EBT host to complete a transaction. Off-line EBT utilizes a smart card with an embedded microchip that contains WIC participants' benefits. A point of sale system equipped with a smart card reader checks the WIC benefits to be purchased against the benefits on the chip, authorizes the transaction and uploads the days' transactions to a host.

Some of the benefits of an EBT system for the WIC Participant include:

Flexibility – participant can purchase items when needed, in part or in total,

Choice – participants can shop at multiple stores to purchase needed items,

Security – a Personal Identification Number (PIN) helps prevent loss or theft of benefits,

Convenience – WIC folder not necessary for verification at the store,

Self-Esteem – reduces stigma of using paper vouchers,

Time Savings – reduces time in the checkout lane,

Enhanced Nutrition Education – increased efficiency yields more time to provide nutrition education, Food Prescription Balance – listing of benefits before and after purchase improves planning.

Dates to Remember

<u>2011</u>

NETC

- April 18 & 19
- July 25 & 26
- October 24 & 25

Advisory Committee Meetings

- March 4
- July 15

• October 7

Core Workshops

- March 28 & 29 Maternal Nutrition and Breastfeeding Workshop
- April 29 Communication & Rapport Building Workshop
- June 23 & 24 Infant and Child Nutrition Workshop

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Vital Jr. (Vanilla)	18 bottles	7/2011	Broadlawns	Nikki Davenport at 515-282-6710
Enfaport Lipil	23 – 8 oz cans (ready-to-feed)	9/1/2011	Johnson County WIC	Chuck Dufano @ 319-356-6042
Neocate One +	4 boxes	1 expires 10/2011; 1 expires 12/2011; and 2 expire 2/2012	Broadlawns	Nikki Davenport at 515-282-6710
Neosure 12.8 ounces	7 cans – 12.8 ounces	1 can expires 1/1/12; 3 cans expire 4/1/12; 3 cans expire 5/1/12	MICA	Meghan Hansen at 515-232-9020

MATERNAL NUTRITION WORKSHOP

March 28, 2011

Pregnant women have many questions about diet and weight gain. This workshop will help dietitians, nurses, and health educators answer these questions and promote sound eating practices.

Agenda

8:30	Registration
9:00	Fetal Growth and Development: Impact of Alcohol, Tobacco and Other Drugs
9:45	Meeting the Nutritional Requirements of Pregnancy
10:30	Break
10:45	Meeting the Nutritional Requirements of Pregnancy (continued)
11:30	Lunch
12:30	Weight Gain During Pregnancy
1:15	Hot Topics: Gestational Diabetes and Maternal Depression
1:45	Break
2:45	Oral Health and Pregnancy
3:00	Nutrition Counseling and Other Food Substances: Non-Nutritive Sweeteners,
	Fat Replacers, Caffeine, and Herbal Supplements
3:45	Cultural Issues and Practices in Pregnancy
4:15	Adiourn

Speakers

Heather Miller, RDH, Dental Consultant, Iowa Dept. of Public Health Jill Lange, MPH, RD, LD, WIC Nutrition Services Coordinator, Iowa Dept. of Public Health Patricia Hildebrand, MS, RD, LD Nutrition Consultant, Iowa Dept. of Public Health Stephanie Trusty, RNC, BSN, Maternal Health Consultant, Iowa Dept. of Public Health

Objectives

After attending this workshop, you will be able to:

- 1. Describe the stages of fetal development and the risks associated with substance use and abuse.
- 2. Discuss the nutrient requirements of pregnancy.
- 3. Recommend appropriate weight gain patterns.
- 4. Identify potential impact of gestational diabetes and maternal depression on pregnancy outcome and maternal health.
- 5. Discuss appropriate oral health care during pregnancy.
- 6. Describe the guidelines for counseling pregnant women on the use of other food substances.
- 7. Discuss the role culture may play in health practices during pregnancy.

Breastfeeding Workshop

March 29, 2011

Health professionals play an important role in supporting breastfeeding. This workshop will provide dietitians, nurses, and health educators with current information about breastfeeding.

8:00	Registration
8:30	Welcome and Introductions
8:45	Essential Elements of a Positive Breastfeeding Experience
10:00	Break
10:15	Essential Elements continued
10:45	Breastfeeding Management Concerns
11:45	Lunch
12:45	Maternal Health Recommendations
1:30	Maintaining Breastfeeding in Special Need Situations
2:15	Break
2:30	Maintaining Breastfeeding During Work/School
3:00	The State of Breastfeeding in Iowa and the U.S.
3:45	Summary and Evaluation

Speakers

Nancy Hefner, RN, IBCLC Lactation Consultant Iowa Health System Holly Szcodronski, RD, LD, CBE
Breastfeeding Promotion Coordinator
lowa Department of Public Health
Bureau of Nutrition & Health Promotion

Objectives

After attending this workshop, you will be able to:

- 1. Describe the essential elements of a positive breastfeeding experience.
- 2. Discuss management of breastfeeding concerns (engorgement, plugged ducts, mastitis, etc.).
- State recommendations for optimal maternal health during lactation (diet, fluids, medications, herbs, tobacco and contraception).
- 4. Describe strategies for maintaining breastfeeding in special needs situations (premature babies, neurologically impaired babies, multiple births, etc.).
- 5. Describe strategies for maintaining breastfeeding during mother-baby separation due to work or school.
- 6. Discuss breastfeeding promotion initiatives in Iowa and the U.S.

H:/Breastfeeding Workshop/Geninfo/Agenda

General Information

Registration fee

The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. On Monday lunch will be provided by Palmer's Deli. On Tuesday, lunch will be prepared and served by students in the culinary arts program in the Bistro located in the Conference Center (the same building as the workshops).

Deadline

Space is limited so pre-registration is required by March 22.

How to register

You may register by:

- Mail using the enclosed registration form, or by
- Telephone by calling (515) 964-6800.

Location

Both workshops will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in the Conference Center (also referred to as Building 7).

Parking

Parking is available at no charge. Use Lot E for easy access to the Conference Center. A map of the campus is enclosed for your reference.

Lodging

A block of non-smoking rooms has been reserved at the Quality Inn and Suites in Ankeny for Sunday and Monday evenings. The hotel is located off Interstate 35 at Exit 92. Make your reservations before February 27 to receive the negotiated rates. To make your reservation, call (515) 964-8202. Please state that your room reservation is for the WIC Workshop at DMACC so that you receive the negotiated rate.

CEUs

- Continuing education units have been requested for registered nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to registered and licensed dietitians to document activities for their professional development portfolios.
- Professional License numbers are required for CEUs. Please bring this information with you on the day of the event.

General Information, Continued

Interstate 35

Directions from Follow these directions if you will be traveling to Ankeny on Interstate 35.

Step	Action
1	Exit the interstate at Exit 90 and turn west onto Oralabor Road
	(also known as Highway 160).
	Note: This exit is marked for the community college.
2	Move to the right lane and continue on Oralabor Road to the
	intersection with Highway 69.
3	Turn north (right) onto Highway 69 and move to the left lane.
4	Continue on Highway 69 to the first stoplight and turn west into
	the campus.
5	Watch for signs to the Conference Center.

Interstate 80

Directions from Follow these directions if you will be traveling to Ankeny from Interstate 80.

Step	Action
1	Exit the interstate at Exit 136 and turn north onto Highway 69.
2	Move to the left lane and continue north on Highway 69 approximately three miles. At the intersection with Highway 160, you can see the campus across the intersection and to the left.
3	Continue north through the intersection. Turn west (left) at the next stoplight to enter the campus.
4	Watch for signs to the Conference Center.

Meeting sponsors

These workshops are sponsored by the Iowa WIC Program, Iowa Department of Public Health.

Questions

Use the table below to determine who to call with questions.

IF you have questions about	THEN call
registration	(515) 964-6353.
the agenda	1 (800) 532-1579 and ask for Jill.

REGISTRATION



Maternal Nutrition Workshop Breastfeeding Workshop

March 28 and 29, 2011

Name:	Daytime phone:
Address:	
Agency:	
Agency:	
	ng workshop(s) (please check one):
I am registering for the follow	
I am registering for the follow	ng workshop(s) (please check one):
I am registering for the follow	

Moines Area Community College.

Send this form and payment by March 22 to:

Des Moines Area Community College Registration Building 1 2006 Ankeny Blvd. Ankeny, Iowa 50021





Ankeny Campus

