

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: March 19, 2010 – Issue # 53

Policy

From the WIC Services Policy and Procedure Manual — 315.41 Breast Pump Purchasing Guidelines

The only items allowed to be purchased using WIC food funds are:

- Breast pumps (new or reconditioned) to purchase or rent,
- Breast pump collection kits, and
- Shipping and tax to acquire the pumps and collection kits.

Note: All other costs to promote and support breastfeeding must still be charged to WIC NSA breastfeeding grant.

Resources

Stay Healthy for Your Baby: Avoid Alcohol, Tobacco and Other Drugs

A new client education handout about the dangers of alcohol, tobacco and other drugs during pregnancy and breastfeeding is now available from the clearinghouse. This handout is 5½ inches X 8½ inches in size and printed in English on one side and Spanish on the other side.

Clinic staff can use this resource to meet the policy requirement of providing pregnant women and breastfeeding women with written material about the dangers of using tobacco, alcohol and street drugs (Policy 245.65).

A copy of the handout can be found at the end of this newsletter.

Training

Communication & Rapport Building Skills Workshop

This workshop is scheduled for April 29 at DMAAC / Ankeny campus. The registration deadline is April 15. Continuing education units will be provided to nurses and dietitians.

This workshop was presented as regional training events in April and May of 2008. Therefore, the intended audience is nurses, dietitians and nutrition educators who have been hired since then or who were unable to attend one of the 2008 sessions.

The workshop will now be offered on an annual basis as one of the core training nutrition workshops. Recently hired WIC nurses, dietitians and nutrition educators should optimally complete the workshop within their first year of employment.

The agenda and registration information for this workshop can be found at the end of this newsletter.

Nutrition Environment Measurement Survey (NEMS)

If you are interested in attending the NEMS training, [a copy of the flyer can be found at the end of this newsletter](#). There is no cost for the 2-day training but space is limited.

Healthy Lifestyle Conference

The Healthy Lifestyle Conference will be held on April 21, 2010 at the Comfort Suites in Burlington, IA.

A copy of the agenda and registration information for this conference can be found at the end of this newsletter.

Other

Haitian Refugees in the WIC Program

In most instances, applications from refugees from Haiti or any other country should be treated in the same manner as any other individual who applied for WIC services. Residency and Income determination policies apply. Homelessness is an allowable nutrition risk condition.

Registered Dietitian

The WIC Program at Broadlawns Medical Center is seeking a flexible individual for a clinic position serving a diverse population of mothers & young children. Current IA dietetic license required. FT day hours M-F. Spanish skills helpful.

Apply on line at www.broadlawns.org. Only final applicants will be contacted. Post-offer pre-employment physical & drug screen required.

Broadlawns Medical Center, 1801 Hickman Road, Des Moines, Iowa 50314 E.O.E.

For more information, contact:

Cheryl VonBehren, WIC Program Director

cvonbehren@broadlawns.org

515-282-6704

Available Formula

<i>Product</i>	<i>Quantity</i>	<i>Expiration Date</i>	<i>Agency</i>	<i>Contact</i>
<i>Neocate Infant</i>	<i>5 cans - 14 oz powder</i>	<i>4/2010</i>	<i>Siouxland District Health Dept.-WIC</i>	<i>Jeannie or Sneha at 712-279-6636</i>
<i>Enfaport Lipil</i>	<i>48 – 8 oz cans</i>	<i>6/2010</i>	<i>Mid-Sioux WIC</i>	<i>Glenda Heyderhoff at 712-786-3488</i>
<i>Peptamen Jr 1.5 (vanilla)</i>	<i>96 cans – 8.45 oz RTU</i>	<i>12/2010</i>	<i>Broadlawns</i>	<i>Nikki Davenport at 515-282-6710 or ndavenport@broadlawns.org</i>
<i>Elecare Infant</i>	<i>10 cans- 14.1 oz powder</i>	<i>3/2012</i>	<i>Webster Co. Health Dept.</i>	<i>Kathy Josten at 515-573-4107</i>

Stay Healthy for Your Baby:

Avoid Alcohol, Tobacco and Other Drugs

Drinking

- Do not drink any alcohol during pregnancy. When you drink, so does your baby.
- Alcohol may pass through your breast milk. Ask your health care provider for advice about alcohol intake while breastfeeding.
- Alcohol includes beer, wine, hard liquor, mixed drinks, and wine coolers.

Smoking

- Do not smoke cigarettes, cigars and pipes, or use smokeless or spit tobacco. When you smoke, so does your baby.
- Quitting now is best, but quitting at any time will help you and your baby.



- Stay away from secondhand smoke (the tobacco smoke in the air).

Secondhand smoke can lead to your baby being born too soon. Children exposed to secondhand smoke are at greater risk for colds, pneumonia, ear infections, asthma, and death from SIDS.

- Make a “no smoking” rule inside your home and car.

Drugs

- Take only the medicines prescribed or recommended by your health care provider.
- Do not use street (illegal) drugs such as marijuana, cocaine/crack, heroin, meth, and LSD. Doing drugs will hurt your baby.
- Limit your use of cleaning fluids, aerosol (spray) cans, paint, paint thinners, and glues. Sniffing, inhaling or drinking these products can harm you and your baby.



Ask your family and friends to support your decision not to use tobacco, alcohol or other drugs.

If you need more help, call the Healthy Families Line at 800-369-2229. Your baby will love you for it.



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Manténgase sana por su bebé:

Evite el alcohol, el tabaco y otras drogas

La bebida

- No beba nada de alcohol durante el embarazo. Cuando usted bebe, su bebé lo hace también.
- El alcohol puede pasar a través de la leche materna. Pida consejo a su proveedor médico sobre el consumo de alcohol cuando está dando pecho.
- El alcohol incluye la cerveza, el vino, las bebidas alcohólicas, las bebidas combinadas, y las bebidas refrescantes de vino mezcladas con jugo y agua mineral (wine coolers).

El Fumado

- No fume cigarros, puros ni pipas, o use tabaco sin humo o escupa el tabaco. Cuando usted fuma, también lo hace su bebé.
- Dejar de fumar ahora es lo mejor, aunque dejar de fumar en cualquier momento le ayudará a usted y a su bebé.



- Manténgase alejada del tabaquismo pasivo (el humo del tabaco en el aire). El tabaquismo

pasivo podría causar que su bebé nazca prematuramente. Los niños que están expuestos al tabaquismo pasivo corren un riesgo mayor de padecer de catarros, pulmonía, infecciones del oído, asma, y de morir de Síndrome Infantil de Muerte Súbita (SIDS).

- Establezca la regla de "no fumar" dentro de su casa y dentro de su auto.

Las Drogas

- Tome solamente las medicinas recetadas o recomendadas por su proveedor médico.
- No use drogas ilícitas como la marihuana, la cocaína, crack, la heroína, la metanfetamina, y LSD (ácido). El consumo de drogas le causará daño a su bebé.
- Limite el uso de líquidos de limpieza, latas de aerosol (spray), pintura, disolventes de pintura, y pegamentos. Aspirar, inhalar o beber estos productos puede ser dañino para usted y para su bebé.



Pídale a su familia y amigos que la apoyen en su decisión de no consumir alcohol, tabaco u otras drogas. Si necesita más ayuda, llame a la línea directa de Healthy Families (Familias Sanas) al 800-369-2229. Su bebé la amará por hacer esto.



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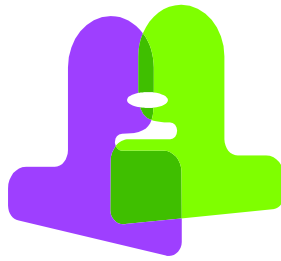
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Communication & Rapport Building Skills Workshop

April 29, 2010

A quality WIC nutrition assessment contains elements of both art and science to collect, evaluate and interpret the information provided by clients. Effective communication and rapport building skills foster a sense of trust and help build a relationship between clients and WIC staff. When clients are engaged in the assessment through dialogue and feedback, quality information is collected for the assessment that contributes to individualized services addressing specific client needs and interests. This interactive workshop for WIC nurses and dietitians will strengthen communication and rapport building skills.

Agenda

- 8:30 Registration
- 9:00 Setting the Stage for Quality Nutrition Assessments
- 9:15 Strengthening Your Questioning Skills with OARS
- 10:15 Stretch Break
- 10:30 Using Stages of Change in Nutrition Assessment
- 11:30 Lunch
- 12:30 Guiding Clients Toward Lifestyle Change: Motivational Interviewing
- 1:45 Putting the Pieces Together: Case Study
- 2:15 Stretch Break
- 2:30 Overcoming Barriers to Effective Communication
- 3:30 Using Effective Nonverbal Communication Techniques
- 4:00 Summary & CEUs

Speakers

Brenda Dobson, MS, RD, LD, WIC Nutrition Services Coordinator
Kimberly Stanek, RD, LD, Community Health Consultant

— Both speakers are employed by the Iowa Department of Public Health —
This workshop is sponsored by the Iowa WIC Program.

Objectives

- Define rapport building and describe its use in nutrition assessment.
- Describe how to use the OARS approach in nutrition assessment.
- Identify a participant's stage of change and suggest appropriate counseling strategies.
- Identify barriers to communication and develop strategies to overcome them.
- Demonstrate non-verbal communication techniques that result in positive communication.
- Suggest at least one way to use the assessment ruler in nutrition assessment and counseling.

Location

The workshop will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in the Conference Center — Building 7 in the Maple and Oak Rooms. Parking is available at no charge. A map of the campus and directions to the campus are attached to this agenda.

Registration

The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. You may register by:

- Mail using the enclosed registration form or
- Telephone by calling (515) 964-6800 or 1-800-342-0033.

Space is limited to 45 participants. Pre-registration is required by April 15.

This event would only be cancelled due to natural or political catastrophes with notice provided to all registrants via phone and email.

Continuing Education

- 0.62 CEUs have been approved for nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to dietitians.

To receive a certificate of attendance, nurses and dietitians must attend the session in full.

Breastfed Infants Welcome

Mothers may bring quiet breastfeeding babies less than 6 months of age to the workshops. Due to the professional nature of the sessions, mothers are expected to care for their babies outside the meeting room when needed. Mothers are strongly encouraged to bring a support person along to provide baby care outside the meeting room.

Overnight Accommodations

A block of non-smoking rooms has been reserved at the Quality Inn and Suites (previously known as Heartland Inn) in Ankeny for Wednesday evening. The hotel is located off Interstate 35 at Exit 92. The room rate for a single is \$50 plus tax; the rate for a double is \$60 plus tax. Make your reservations before March 28 to receive these rates. To make your reservation, call (515) 964-8202. Please state that your reservation is for the WIC training so you receive the negotiated rate.

Questions?

If you have questions about registration, please call (515) 964-6353. For questions about the agenda, please call (800) 532-1579 and ask for Brenda.

REGISTRATION



Communication & Rapport Building Skills Workshop AHNE 993 CRN 25946

April 29, 2010



Name: _____

Address: _____

Agency: _____

Daytime phone: _____

Social Security #: _____

Email address: _____

The registration fee is \$40 for this workshop. Please make checks payable to Des Moines Area Community College.

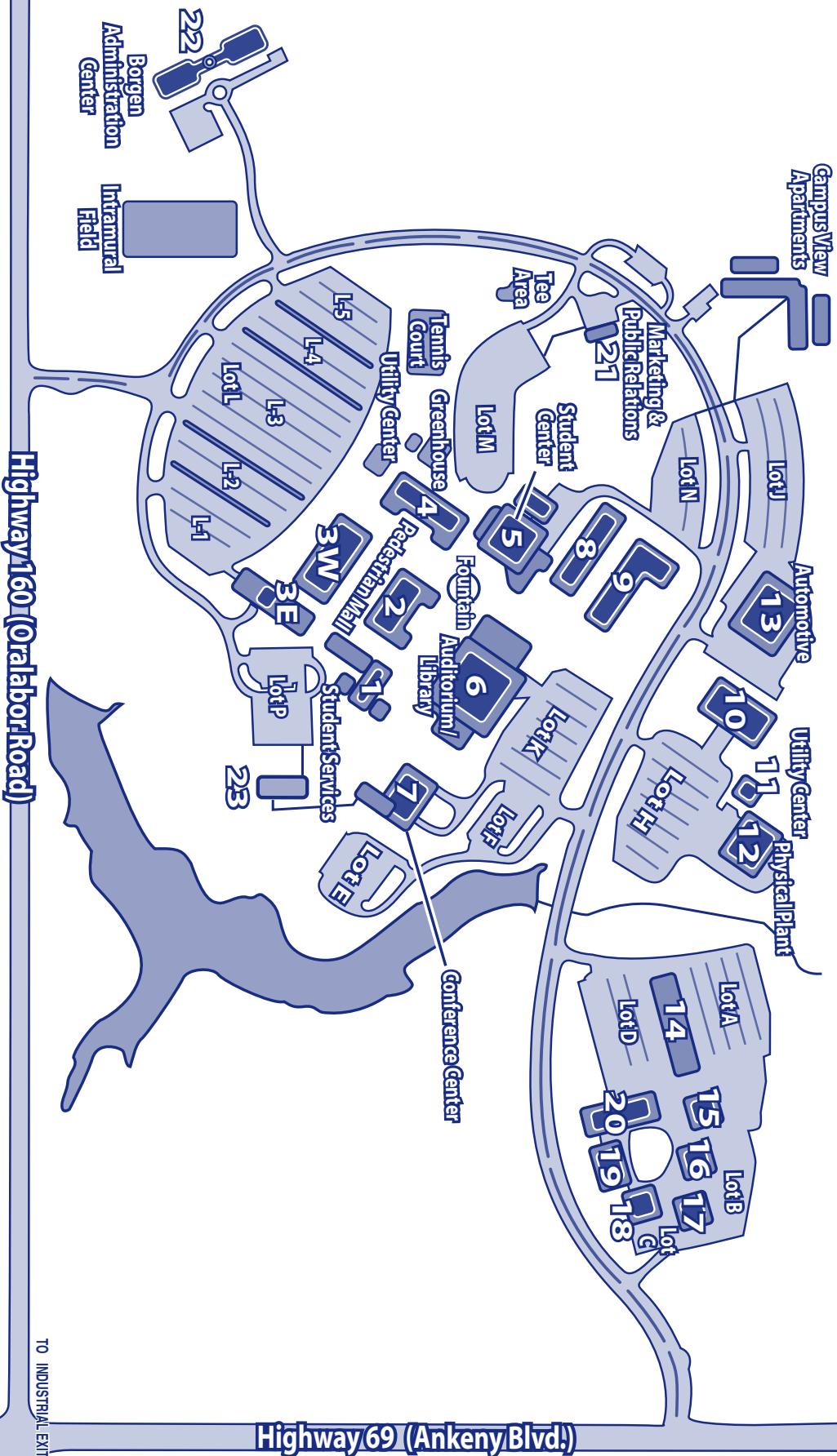
Send this form and payment by April 15 to:

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



DMACC
DES MOINES AREA
COMMUNITY COLLEGE

Ankeny Campus



TO INDUSTRIAL EXIT 90 →



Nutrition Environment Measurement Survey (NEMS) is a proven set of tools that can be used to evaluate how a community influences personal nutrition behaviors. The grocery store, convenience store, and restaurant assessment tools were developed with funding from the Robert Wood Johnson Foundation through Emory University in Atlanta Georgia.

To learn more details about the NEMS tools visit <http://www.med.upenn.edu/nems/>. In 2008 the Iowa-South Dakota Wellmark Foundation funded a grant to create an additional tool to be used with vending machines (NEMS-V) in communities. As part of the grant, regional trainings **using all of the NEMS tools** are being held in Iowa. These workshops are available to communities on a first-come first-serve basis. The two-day workshops will include field experiences to practice using the tools. Trained surveyors will be with each group to oversee the learning experience. The workshop is free and will include a continental breakfast and lunch each day as well as training materials. If you have questions regarding the trainings feel free to contact:

Susan B, Klein
515-240-0368 (cell)
Susan.klein50@gmail.com

Carol Voss
515-242-5566 (office)
cvoss@idph.state.ia.us

DATES	CITY	LOCATION
April 8 - 9	Cherokee	Cherokee County Extension Office
April 15 - 16	Iowa City	Montgomery Hall – Johnson County Fairgrounds
April 22 - 23	Mason City	Cerro Gordo County Extension Office
April 26 - 27	Atlantic	Atlantic Area Chamber of Commerce
April 29 - 30	Altoona	Polk County Extension Office

Community grants will be available upon completion of the 2-day workshops.

Registrations taken by: Amy Marek, (515) 957- 5763, amarek@iastate.edu

Healthy Lifestyles Conference

April 21, 2010

Comfort Suites, Burlington, Iowa

Featured Speakers:

Chef Cyndie Story, PhD, RD
Zonya Foco, RD, CHFI, CSP
Mark Towers, BS, MS



Presented by Southeast Iowa Regional Coalition for Lifestyle Enhancement

Christine O'Brien
Emily Carrick
Patty Steiner

(319) 753-0193
(319) 372-5225 or 1-800-458-6672
(319) 754-7556 or 1-800-914-1914

Speakers

Chef Cyndie Story, PhD, RD has a PhD in Food and Lodging Management obtained through Iowa State University's Child Nutrition Leadership Academy. She is a Registered Dietitian and culinarian working primarily in school foodservice since 1989. Chef Cyndie has presented numerous hands on and demonstration style food production and food safety classes throughout the U.S. Her specialties include quantity food preparation, recipe development, food safety, work simplification, fresh produce fabrication, nutrition, and merchandizing techniques that encourage customers to make healthier choices. Chef Cyndie knows the importance of exceptional food quality, presentation, and safety.



Zonya Foco, RD, CHFI, CSP, America's Nutrition Leader, is on a mission to win the war on obesity, type-2 diabetes and heart disease. A master of inspiration, motivation and visual humor; Zonya reaches millions of people each year with a common-sense approach to healthy eating through her TV show, "Zonya's Health Bites," best-selling cookbook, *Lickety-Split Meals for Health Conscious People on the Go!*, co-authored health novel, *Water with Lemon*, and national speaking calendar.

In January 2008 Zonya joined Bob Greene on a national tour as a guest nutritionist and presenter for "Oprah & Bob's Best Life Challenge," providing entertaining and educational cooking presentations. As a nationally recognized expert on nutrition and wellness, Zonya has partnered with Health Alliance Plan (HAP) of Michigan to develop and present HAP's award-winning Weight Wise program, launched in 2004. Zonya has earned the prestigious Certified Speaking Professional (CSP) designation and her boundless energy inspires audiences across North America to stop dieting and start living the healthy life they deserve.

Zonya received her bachelor's degree from Eastern Michigan University and then worked for eight years as a clinical nutritionist for the Michigan Heart and Vascular Institute at St. Joseph Mercy Hospital in Ann Arbor.

Mark Towers, BS, MS is the founder of Speak Out Seminars. He has been educating people in change management workshops throughout the United States, Europe, South Africa, Mexico and Canada for eighteen years. His educational, motivational and entertaining programs have provided people with the tools to truly transform their lives.

Mark has earned two degrees from the University of Iowa. He received his bachelor's degree in Secondary Education in 1972 and his master's degree in Counseling Psychology in 1977. After spending several years in the education field he became a professional speaker for audiences such as ABC-TV, Hallmark Card, AT&T, Merrill Lynch, GTE and many government agencies.



Mark Towers' research has been very extensive. Change is today's only constant. In order to cope with the current environment of "permanent white water," one must be able to continuously reinvent. Mark applies his intelligence, experience, humor and wisdom to nudge you in a new direction.

Conference Agenda

Wednesday, April 21, 2010



- | | |
|--------------------|---|
| 8:00 – 8:45 a.m. | Registration |
| 8:45 – 8:55 a.m. | Welcome and Introductions |
| 8:55 – 9:05 | IDPH Obesity Trends in Iowa |
| 9:05 – 10:30 a.m. | Power of One Good Habit
<i>Zonya Foco, RD, CHFI, CSP</i> |
| 10:30 – 10:45 a.m. | Beverage Break |
| 10:45 – 12:15 p.m. | State of the Plate
<i>Chef Cyndie, PhD, RD</i> |
| 12:15 – 1:00 p.m. | Lunch (Provided) |
| 1:00 – 1:45 p.m. | Breakout Sessions:
Too Fickle to be Fit? <i>Zonya Foco</i>
Little Changes Can Make Big Differences:
<i>Mark Towers</i>
Feeling Stressed? <i>Celeste Fry</i> |
| 2:00 - 2:45 p.m. | Breakout Sessions
Tricks of the Trade! <i>Chef Cyndie</i>
Ready, Set, Step: <i>Celeste Fry</i>
Workplace Wellness: <i>Dept of Public Health</i> |
| 3:00 – 4:15 p.m. | How to Stay Inspired, Energized and Win!
<i>Mark Towers, BS, MS</i> |
| 4:15 p.m. | Wrap Up, CEUs and Evaluations |





Conference Goals

- ❖ Inform and update conference participants about current health issues regarding obesity.
- ❖ Increase public awareness of overweight issues that affect our health and lifestyles.
- ❖ Engage participants in learning about effective strategies for providing obesity prevention education

Conference Location

Comfort Suites
1780 Stonegate Center Drive
Highway 61 South, Burlington, Iowa

You may book accommodations at this hotel by calling them directly at 319-753-1300 or through their website at www.comfortsuites.com. Parking is free.



Funding:

This conference is funded in part by Great River Medical Center, Lee County Health Department and Community Action of Southeast Iowa.

Partners/Sponsors



General Information

Conference Registration:

Registration includes lunch, beverage breaks and conference materials.

Registration fee: \$70 if postmarked by April 16, 2010
After April 16TH, Registration is \$90
Student Registration rate is \$25

Cancellation Policy: Cancellations must be received in writing by April 16, 2010 and are subject to a \$15 service fee. After April 16, 2010, substitutions will be accepted but no refunds will be given.

Please make your check out to: SIRCLE Conference

Send your registration fees to:

SIRCLE Conference
Community Action of Southeast Iowa
Attention: Christine O'Brien
2850 Mt. Pleasant Street - Suite 108
Burlington, Iowa 52601
FAX: 319-753-0687

CEUs available for the following:

Nurses: .6 CEUs hours pending approval through Southeastern Community College: Provider Number 24.

Dietitians and other disciplines: A Certificate of Attendance will be available for those needing CEU documentation.



Healthy Lifestyles Conference

Registration

Please use the form below to register for the Healthy Lifestyles Conference,
to be held in Burlington, Iowa on April 21, 2010.

Name: _____

Title: _____ RN License Number: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____ FAX: _____

E-Mail Address: _____

Please note any Special Needs (Dietary, Disability, Breast Feeding Room, etc.): _____

Conference Fees:

Early Bird Registration: Fee \$70 – (postmarked by April 16, 2010)

Registration: Fee \$90 After April 16, 2010

Student Registration: Fee \$25

☐

Check Enclosed (*Make check payable to SIRCLE Conference*)

Amount \$ _____

Check # _____

PO # _____

Send Check to:

SIRCLE Conference

Community Action of Southeast Iowa

Attention: Christine O'Brien

2850 Mt Pleasant Street - STE 108

Burlington IA 52601

FAX: 319-753-0687

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