

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: September 17, 2010 – Issue # 71

## Policy

### From the WIC Services Policy and Procedure Manual — 330.10 Local WIC Agency Data System Guidelines

Theft or damage of data system equipment should be reported to the state office e immediately.

## Information

### FY2010 Participation for Numbers Drop in Iowa

| Year-to-Date NSA Costs | October | November | December | January | February | March   |
|------------------------|---------|----------|----------|---------|----------|---------|
| 2009 Participation     | 74,847  | 74,434   | 74,024   | 75,015  | 74,823   | 75,635  |
| 2010 Participation     | 77,041  | 76,111   | 76,779   | 75,388  | 73,591   | 74,190  |
| Change %               | 102.93% | 102.25%  | 103.72%  | 100.50% | 98.35%   | 98.09%  |
| Change #               | 2,194   | 1,677    | 2,755    | 373     | -1,232   | -1,445  |
| Year-to-Date NSA Costs | April   | May      | June     | July    | August   | Total   |
| 2009 Participation     | 75,992  | 75,509   | 76,506   | 77,349  | 77,716   | 831,850 |
| 2010 Participation     | 73,848  | 73,438   | 74,119   | 73,770  | 74,191   | 822,466 |
| Change %               | 97.18%  | 97.26%   | 96.88%   | 95.37%  | 95.46%   | 98.87%  |
| Change #               | -2,144  | -2,071   | -2,387   | -3,579  | -3,525   | -9,384  |

Above is a comparison of monthly participation in Iowa by month. Iowa’s WIC Participation has decreased in FY2010 by 1.1%. Typically in years past, Iowa’s participation increases between 2.0% and 2.5% each year.

According to Zoe Neuberger at the NWA, nationally, WIC participation is up 1.9%. In other words, we are trending at about 3 % less than the average national WIC participation growth rate.

## Risk Criteria Updates in IWIN TRAIN

The risk criteria updates have been placed into IWIN TRAIN for your review. These updates reflect the information that was discussed during the conference calls held August 23, 27 and 30, 2010 and include:

- Updated anthropometric risks
  - High maternal weight gain
  - Overweight women
  - Underweight women
- New and revised medical risks
  - Gastrointestinal disorders
  - History of preeclampsia
  - Hypertension/prehypertension
  - Prediabetes
- New and revised dietary risks
  - Inadequate iron intake
  - Inadequate iron supplementation
  - Inadequate Vitamin D intake
  - Inadequate sanitation resources or practices

Please take the time to review some of the changes to the health questionnaires, diet questionnaires and risk changes. The changes will then be placed into IWIN beginning September 24, 2010 and will be live in IWIN on September 27, 2010.

Please remember that every agency will need to complete an UPLOAD only on Friday September 24<sup>th</sup> by 4:00 pm and a DOWNLOAD only on Monday September 27<sup>th</sup>.

Now that these federally required changes have been completed, we are able to begin to tackle some of the problems you have dealt with on a daily basis. First on our list to correct are the issues involved with provisional certifications.

If you have any questions or concerns, please contact your nutrition consultant.

## *Resources*

### **On-line Course on Salt/Sodium Reduction**

Check out this new resource from IDPH Heart Disease and Stroke Prevention Program! It's an on-line, short course designed to increase awareness and knowledge regarding the impact of salt/sodium intake and its relationship to high blood pressure and cardiovascular diseases. While it was specifically designed for healthcare providers, many people will find the information useful. The length of the course is estimated to be one hour.

The course can be found at the following website: <http://hcproviders.learnpublichealth.com>. The attached document on the last page will provide more details about the course. A certificate of completion is available.

Before you sign up, please send the following information to Terry Meek at IDPH.

1. Name
2. Credential
3. Address

4. If you practice at a clinic - where do you practice
5. Email address

You do NOT have to be working in a clinical setting. Anyone is welcome to take the course. If you have any questions, call Terry at 515-281-6016 or email her at [Tmeek@idph.state.ia.us](mailto:Tmeek@idph.state.ia.us)

## ***Food Products***

### **New Foods Effective October 1<sup>st</sup>**

Effective October 1<sup>st</sup> participants will be able to receive tofu, soy beverage and whole wheat tortillas in their food packages. These changes have already been made in IWIN TRAIN for reviewing and testing purposes. The FI descriptions for the foods will be the following:

- Package(s) 12-16 oz. House Foods Tofu
- Half gallon (64 oz) 8<sup>th</sup> Continent Soymilk Original
- Package(s) 10-16 oz. Soft Corn or Soft Whole Wheat Tortillas

The previous FI description for soft corn tortillas will be deactivated. Due to this, any food packages containing tortillas will become unverified requiring you to create a new food package.

To refresh your memory on the quantities of tofu and soy beverage allowed and the medical documentation requirements, please review section 235 of your policy manual.

The food changes will be placed into IWIN on September 30<sup>th</sup> when we are all enjoying ourselves at the 2010 WIC Training.

Please remember that it is essential for all agencies to complete a DOWNLOAD only following the addition of these foods. This must be done either on the morning of Friday October 1<sup>st</sup> or Monday October 4<sup>th</sup> depending on your clinic scheduled. If the DOWNLOAD only is not completed, then you will not have access to these new foods for participants.

If you have questions or concerns, please contact your nutrition consultant.

## ***Dates to Remember***

### **2010**

- September 30 - WIC Training 2010
- October 15 - Advisory Committee Meetings
- October 25, 26 - NETC
- November 11 - Limited Coverage

### **2011**

- 5<sup>th</sup> Monday clinics  
We do not anticipate any major changes to IWIN in 2011. Due to this, you can schedule clinics on the 5<sup>th</sup> Monday of the month, if needed.

**Available Formula**

| <b>Product</b>               | <b>Quantity</b>                       | <b>Expiration Date</b> | <b>Agency</b>               | <b>Contact</b>                  |
|------------------------------|---------------------------------------|------------------------|-----------------------------|---------------------------------|
| Similac human milk fortifier | 18 boxes                              | 9/2010                 | Operation Threshold         | Nancy Anderson at 319-233-1851  |
| Nutramigen                   | 5 containers<br>2 containers          | 10/2010<br>12/2010     | Siouxland                   | Katrina Harwood at 712-279-6119 |
| Similac human milk fortifier | 2 boxes                               | 10/2010                | Operation Threshold         | Nancy Anderson at 319-233-1851  |
| Similac human milk fortifier | 6 boxes                               | 2/2011                 | Operation Threshold         | Nancy Anderson at 319-233-1851  |
| Portagen                     | 3 cans<br>powder                      | 9/2010                 | HACAP                       | Kim Ott at 319-739-0106         |
| Elecare Infant               | 10 cans-14.1<br>oz powder             | 3/2012                 | Webster Co.<br>Health Dept. | Kathy Josten at 515-573-4107    |
| Enfaport Lipil               | 23 – 8 oz<br>cans (ready-<br>to-feed) | 9/1/2011               | Johnson County<br>WIC       | Chuck Dufano @ 319-356-6042     |

# “Salt/Sodium Reduction: Opportunities for Change” course has been released!



<http://hcproviders.learnpublichealth.com>

## **Goal**

This course is designed to provide healthcare providers with the knowledge and critical steps to optimize patient education and ultimately health outcomes. The goals of the course are to:

- Increase awareness and knowledge regarding the impact of salt/sodium intake and its relationship high blood pressure and cardiovascular diseases
- Increase ability to conduct patient education on ways to reduce salt/sodium intake
- Identify efforts in the United States and globally to reduce salt/sodium consumption

## **Intended Audience**

The intended audience for this course is healthcare providers that contract with the Iowa Department of Public Health WISEWOMAN/Care for Yourself program to provide cardiovascular screening and treatment to eligible women, ages 40-64.

The training course would also prove beneficial for any healthcare providers considering the implementation of patient education regarding salt/sodium reduction into their practice or those wanting general information regarding salt/sodium policy change.

## **Length**

The length of time for participants to take this course is estimated to be one hour.

## **Course Content**

There are four sections in this course:

Overview

Section 1: Salt and Sodium - Sources and Recommendations

Section 2: Public Health Imperative

Section 3: Campaigns and Actions  
Section 4: How Can You Use this Knowledge?

### **CEU/CME**

This course has been awarded for 1.0 contact hour (0.12 CEUs) by Iowa Board of Nursing Provider #94, Department of Human Services.

This program also has been approved for AMA PRA Category 1 Credit™ (CME).

**Currently, free CEU and CME are restricted to:** a WW/CFY program coordinator or interventionist, or a healthcare provider at a Community Health Center, a Rural Health Clinic or any other medical practice that contracts with the Iowa Department of Public Health to provide cardiovascular screening for WISEWOMAN/Care for Yourself participants. The eligible healthcare provider MUST register with Terry Meek prior to taking the course [tmeek@idph.state.ia.us](mailto:tmeek@idph.state.ia.us) .

### **Acknowledgement**

The following organizations collaborated on the development of this course: Iowa Department of Public Health, Bureau of Chronic Disease Prevention and Management, Heart Disease and Stroke Prevention (HDSP) Program and WISEWOMAN/Care for Yourself (WW/CFY) Programs; the University of Iowa College of Public Health, Institute for Public Health Practice (IPHP).

Funding for the project was made available under Cooperative Agreement 5U50DP000734-02 from the Centers for Disease Control and Prevention, Division of Heart Disease and Stroke Prevention with the Iowa Department of Public Health, Bureau of Chronic Disease Prevention and Management, Heart Disease and Stroke Prevention Program in 2010.



**Please copy this link to your email browser to preview and enroll to the course:**  
[http://hcproviders.learnpublichealth.com/KView/CustomCodeBehind/Customization/DPH\\_PreviewPage.aspx?strItemType=CntLink&Id=BAE18A088ECC4972ACA842095424293B](http://hcproviders.learnpublichealth.com/KView/CustomCodeBehind/Customization/DPH_PreviewPage.aspx?strItemType=CntLink&Id=BAE18A088ECC4972ACA842095424293B)

or Ctrl click on this link to go directly to the healthcare provider web portal:  
<http://hcproviders.learnpublichealth.com>