



Bureau of Nutrition and Health Promotion

Friday Facts

Week ending Issue: February 4, 2011 – Issue #87

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 — 315.41 Breast Pump Purchasing Guidelines

It is the policy of the Iowa WIC Program that all breast pumps and collection kits are to be purchased using WIC food funds.

In your agency's Electronic Expenditure Workbook (EEW), include only the costs of breast pumps and collection kits purchased for WIC participants for that quarter. Copies of invoices or bills for all breast pumps, rental fees, and/or collection kits should be maintained in your agency's file.

Information

Welcome to Dr. Miller-Meeks!

Dr. Mariannette Miller-Meeks, MD, was appointed Director of the Iowa Department of Public Health (IDPH) by Governor Terry Branstad in December 2010. With experience in both academic and practical medicine, as well as leadership roles in numerous medical and service organizations, Dr. Miller-Meeks understands the challenges of promoting and protecting the health of Iowans. Under Dr. Miller-Meeks' leadership, the department will work with the Legislature, public health organizations, health care providers and the community to maintain and advance the health of all Iowans.

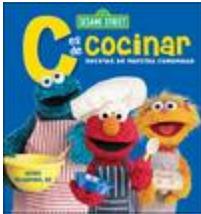
Dr. Miller-Meeks completed her undergraduate degree in nursing at Texas Christian University, master's degree in education from University of Southern California, and her M.D. from The University of Texas Health Science Center before completing her specialization in ophthalmology. She served as the first woman President of the Iowa Medical Society, was the first women on faculty in the Department of Ophthalmology at the University of Iowa, and was a councilor for Iowa to the American Academy of Ophthalmology. Dr. Miller-Meeks is a 24-year veteran of the United States Army, both active and reserve service, and retired after 24 years as a lieutenant colonel.

Dr. Miller-Meeks volunteered at a free medical clinic in Cedar Rapids helping families who have fallen on hard times and is also a CASA volunteer. She and her husband, Curt, have two adult children.

Welcome to Brandy Benedict!

Brandy Benedict accepted the WIC EBT Project Manager position and started working in the state WIC office on January 21, 2011. Brandy has considerable project management experience, including large IT projects and projects with multiple external contractors. She also brings strong organizational skills and experience facilitating work teams to this project. Brandy's background includes undergraduate and graduate degrees in business administration with a major in organization development with her MBA. She is currently working on her doctorate degree in organizational psychology. Her recent work experience includes the Iowa Judicial Branch; Cahaba, G.B.A.; and Wellmark, Inc.

Sesame Street Cookbook in Spanish



Sesame Street C es de Cocinar Recetas de Nuestra Comunidad was ordered for our Spanish participants and is now available at the clearinghouse. There are 24 books per carton and the maximum order allowed at one time is 5 cartons.

Formula Information

Abbott Laboratories is now distributing concentrate in the 32 ounce (1 quart size). This is the same size as the 32 ounce Ready-To-Use. Please talk with any family receiving the 32 ounce Ready –To-Use about the difference in the bottles. The Ready-To-Use bottles are white with the formula label stating that it is not to be mixed with water. The bottles of concentrate are a solid color (Similac Advance blue and Similac Sensitive orange). In addition, there is a flag on the front with the name “concentrate”. The following pictures show the difference:

Ready-To-Use

Concentrate

Ready-To-Use

Concentrate



1-qt
reclosable bottles



1-qt
reclosable bottle



1-qt
reclosable bottles



1-qt
reclosable bottle

Raw Milk

The CDC recently sent information concerning raw milk. See the last page of Friday Facts. The link is: http://www.cdc.gov/media/matte/2011/01_rawmilk.pdf

Resources

Online Pediatric Obesity Prevention Toolkit for Iowa Health Care Providers - Now Available!



NOW AVAILABLE, February 3, 2011

Iowa Department of Public Health & Iowa Health Systems have collaborated to develop www.eatplay521.com, an **online pediatric obesity prevention toolkit** for Iowa Health Care Providers.

Components of the toolkit include:

- free continuing education online module on motivational interviewing and supporting patients in health behavior change
- community resource referral link to “Find a Registered Dietitian in your Area”
- brochures for patients and families centered around creative nutrition and physical activity ideas
- quick links to AAP recommendations on childhood obesity prevention
- “Kids, Teens and Families” link for you to give patients and families that includes tips on nutrition & physical activity, feeding picky eaters and eating healthy on a budget
- quick guide to Iowa provider reimbursement codes for overweight and obesity - coming soon.

The goal of Eat and Play the 5-2-1 Way is to assist providers in addressing childhood overweight and obesity in the real-time clinical setting. Please pass along to all colleagues, family and friends interested in decreasing childhood obesity in our state.

Inquiries directed to:

Jennifer DeWall RD, CSSD, LD

Iowans Fit for Life, Bureau of Nutrition and Health Promotion

Iowa Department of Public Health

Lucas State Office Building, 4th Floor

321 E. 12th Street

Des Moines, IA 50319-0075

515.242.5813 (phone) 515.281.4913 (fax)

iowansfitforlife@idph.state.ia.us

Reports

Ineligible by Income Report

Did you know the Ineligible by Income Report is available for use in IWIN? This report can be used by local agencies to identify and follow-up with families that might be eligible for services when the income guidelines change. For more information regarding this report, please see policy 330.45.

Dates to Remember

2011

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 |

CDC Website Provides Raw Milk Information

Raw Milk “Real Stories” Featured



Thinkstock

“Back to nature”-- that’s what many Americans are trying to do with the foods that they buy and eat. Many believe that foods with minimal or no processing, like organic and locally-grown foods, are better for their health. However, milk and products made from milk (including certain cheeses, ice cream, and yogurt), when consumed raw, can pose severe health risks. Mary McGonigle-Martin discovered the dangers of raw milk when her young son ended up in a California hospital for several weeks as doctors fought to save his life.

McGonigle-Martin considered herself to be a mom who did her homework. She decided to purchase raw milk for her 7-year-old son after reading an online article which claimed that there were health benefits from drinking raw milk. She was convinced that one brand was safe because it was “tested” by the farmer. “I was lulled into a false sense of security,” McGonigle-Martin said in one of three “*Real stories of the Dangers of Raw Milk*” videos featured in CDC’s recently updated Food Safety and Raw Milk website.

After drinking the raw milk, which was contaminated with E.coli, McGonigle-Martin’s son became very sick. He was diagnosed with hemolytic-uremic syndrome, which can cause kidney failure. Doctors had to fight to save his life. Luckily, with help of dialysis and a ventilator, McGonigle-Martin’s son survived.

For some, getting sick from raw milk can mean many days of diarrhea, stomach cramping, and vomiting. For others, it can mean kidney failure, paralysis, chronic disorders, and even death. While it is possible to get foodborne illnesses from many different foods, raw milk is one of the riskiest of all. Raw milk and raw milk products, which include some cheeses and yogurts made with raw milk, can be contaminated with a variety of germs that can make people sick including Brucella, Campylobacter, Listeria, Salmonella, Shiga toxin-producing E. coli and norovirus, to name a few.

In order to kill these disease-causing germs, minimal processing, called pasteurization, is needed. Pasteurization involves heating the milk briefly (for example heating it to 161 degrees F for about 20 seconds).

Many medical and scientific organizations recommend pasteurization for all milk consumed by humans; these include CDC, the Food and Drug Administration, the American Academy of Pediatrics, the American Veterinary Medical Association, the National Association of State Public Health Veterinarians, and others.

From 1998 through 2008, 86 outbreaks due to consumption of raw milk or raw milk products were reported to CDC. These outbreaks resulted in 1,676 illnesses, 191 hospitalizations, and 2 deaths. Most of these illnesses were caused by Escherichia coli O157, Campylobacter, or Salmonella. It is important to note that a substantial proportion of the raw milk-associated disease burden falls on children; among the 86 raw dairy product outbreaks from 1998 to 2008, 79 percent involved at least one person less than 20 years old.

There are many local, small farms that offer pasteurized organic milk and cheese products.

Reported outbreaks represent the tip of the iceberg. Because not all people who get a foodborne illness seek healthcare, get diagnosed, or get reported to public health officials, the actual number of illnesses associated with raw milk likely is much higher.

Even if a farmer performs laboratory tests for bacteria, negative tests do not guarantee that raw milk is safe to drink. People, like McGonigle-Martin’s son and the families of two other mothers featured in the raw milk videos, have become very sick from drinking raw milk that came from farms. Farms that produce raw milk may regularly test their milk for bacteria and their owners may say that they are sure that their milk is safe. However, no matter what precautions farmers take, they cannot guarantee that their raw milk, or the products made from their raw milk, are free of harmful germs.

There is no way to know if your raw milk is safe. You can’t look at, smell, or taste a bottle of raw milk and tell if it’s safe to drink. Make the best decision for the health of your family. If you want to keep milk in your family’s diet, protect them by not giving them raw milk. Even healthy adults can get sick from drinking raw milk. If you’re thinking about drinking raw milk because you believe it has health benefits, consider other options.

For more information about raw milk, visit <http://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>

To hear McGonigle-Martin’s story and other stories on the dangers of raw milk, visit www.cdc.gov/foodsafety/rawmilk/raw-milk-videos.html