

***Week ending issue: December 19, 2014 – Issue #237***

### ***Policy***

#### **From the WIC Services Policy and Procedure Manual – 340.10 Equipment Purchasing Guidelines – Selecting Medical Equipment**

Medical equipment purchased by WIC agencies must meet standards established by the Centers for Disease Control and Prevention. This section provides selection criteria for specific equipment.

Scales must be:

- Adjustable back to zero,
- Accurate at both ends of range,
- Able to reproduce weights to within 10 grams,
- Durable and easy to maintain, and
- Pediatric scales must be accurate to within 0.5 ounces and adult scales must be accurate to within 4 ounces.

Stature boards must be:

- Readable to the nearest one-eighth inch,
- Made of functional, durable, and easy-to-clean materials, and
- Made with no sharp edges, exposed screws or unfinished parts.

Note: Wall-mounted devices must be permanently attached to a wall without a baseboard. Measuring rods on physicians' scales are not approved for measuring height.

Length boards must have a rigid headboard and movable footboard and must be:

- Readable to the nearest one-eighth inch,
- Made of functional, durable, and easy-to-clean materials, and
- Made with no sharp edges, exposed screws or unfinished parts.

The HemoCue brand is the only approved hemoglobinometer for use in WIC clinics.

### ***Information***

#### **Deb Mathany Retires after 32 Years**

It is with mixed emotions that we announce the approaching retirement of Deb Mathany after over 32 years on the WIC team. Deb has been a wonderful team leader and player as the WIC program underwent continuous change over the last three decades. Deb could always be counted on for her

program knowledge, folksy charm with families, and her commitment to bettering lives. Deb was far more to us than a WIC Clerk; she was a friend, confidante and mentor.

We can't even begin to count the amount of weight that Deb has lifted and carried over the years, the number of smiles given under stress, or the number of laughs shared in the WIC vehicle (station wagons to vans). Deb has always been loved and admired for her sense of humor, work ethics and love of family. One would be hard-pressed to find a better grandma!

Deb will be sorely missed but we certainly can't begrudge her this well-earned opportunity to plan her own days. We know she will thrive and enjoy her next adventure.

*Written by Peg Dohrer, Assistant Health Services, New Opportunities*

## ***Thank you of the Week***

"Deb at New Opportunities (support staff) has always been so kind when I have interacted with her!" ~ New Opportunities Client

*\* If you have a comment or story about how WIC has had a positive impact for you and your family we'd love to hear it! Please send us a pm and you could be featured in our next "Thank you of the Week" post!*

## ***Participant Centered Services***

Check out this article and the outcomes of using the Principals of Influence in counseling rather than traditional messaging which is framed around fact and logic instead of emotions and values.

### **Innovative Use of Influential Prenatal Counseling May Improve Breastfeeding Initiation Rates Among WIC Participants**

The Chickasaw Nation WIC program is happy to share the link [http://www.authors.elsevier.com/a/1P-4K\\_Y5wxy77a](http://www.authors.elsevier.com/a/1P-4K_Y5wxy77a) to this article published in the Journal of Nutrition Education and Behavior regarding the intervention conducted using the Principals of Influence.

### **Molly Kellogg website recently update- new link needed**

Molly's website was recently converted to a new look and feel, and many of the links no longer are operating. To access the WIC Step by Step program, you can do this in one of two ways.

Click this link: <http://www.mollykellogg.com/products/step-by-step-wic-log-on/> and when prompted enter the password. To obtain the password (should be kept confidential) talk to your agency Participant Centered Champion or your WIC Coordinator.

You can also access the program by going to [Molly's website](#), hover your mouse over Products and then clicking on Step by Step WIC log-on and entering the password (see above for password details).

Once you have entered the password the site will remember your computer the next time you visit. Please continue to review the trainings and practice the skills throughout the new year- think of it as a New Year's Resolution for work!

## ***Save the Date***

### **Obesity/Overweight and Preconception Health Webinar**

Join the National Preconception Health and Health Care Initiative, Association of Maternal and Child Health Programs and the Association of Chronic Disease Directors for a webinar on:

**Obesity/Overweight and Preconception Health**  
**Part 1: Defining the Challenge and Connecting Partners**

**Wednesday, January 14, 2015**  
**1:00-2:30pm EST**

The purpose of this webinar is to focus attention on the impact of obesity on the health of young women and any future children they may wish to have as well as to share ideas and strategies for addressing this public health crisis among MCH and chronic disease partners. For more information see the flyer at the end of this issue of Friday Facts.

## **Maternal Mortality Prevention Project Webinar**

This webinar presentation will highlight Colorado's efforts to identify what works for pregnant or postpartum women who are experiencing severe pregnancy related depression, substance abuse or intimate partner violence.

Hosted by the Region VIII Federal Women and Children's Health Task Force and Substance Abuse and Mental Health Association (SAMHSA)

Date: January 21, 2015

Time: 1:00-2:30 p.m. MT (3:00-4:30 p.m. ET)

To Register:

[https://hrsa.connectsolutions.com/maternal\\_mortality\\_prevention\\_project\\_event/event/registration.html](https://hrsa.connectsolutions.com/maternal_mortality_prevention_project_event/event/registration.html)

Colorado's maternal mortality data and Title V needs assessment efforts have identified gaps in mental and behavioral health systems within the state, specifically with regards to pregnant and postpartum populations. With funding from a recent Every Mother Initiative (EMI) grant from the Association of Maternal and Child Health Programs (AMCHP), Colorado conducted a pilot project to identify what worked for women who experienced severe pregnancy-related depression (PRD), substance use (SA) or intimate partner violence (IPV) but were able to get help. While a review of mortality data can clearly identify what could have been done differently, there is limited available research or standardized practice focusing on what worked well for women who experienced severe PRD, SA or IPV but were able to obtain the support or help needed. Colorado's EMI project set out to obtain this information from three key audiences: women who had been through a severe PRD, SA, or IPV experience during pregnancy or postpartum; providers who work with these women; and loved ones who observed the experiences or were connected to the woman throughout this time in her life. The presentation will explore these findings and include opportunities for future action.

## **WIC 40<sup>th</sup> Anniversary Trivia**

### **WIC 40<sup>th</sup> Anniversary Trivia Week #25, last week of trivia**

#### **Week #24 questions with answers in Bold**

- Can clients buy cheese shaped like stars, Christmas trees or cows? **Yes as long as the cheese is WIC approved in the amount allowed.**
- If a client buys a WIC approved food item that "comes with" a free non WIC items, are they entitled to the free item? For example, if the store ad says if you buy one dozen large eggs you get a free bag of French fries; can the WIC client receive the French fries? **Yes participants are allowed to get the free item as long as the item they are "purchasing" is WIC approved.**
- Can a US state have more than one state WIC agency? **Yes if the state also has Indian Tribal Organizations (ITO's) receiving WIC funds. For example North Dakota has 3 WIC agencies (one state and 2 ITOs). The WIC program has 90 state agencies, of which there**

are 50 states, 34 ITO's, District of Colombia, Puerto Rico and four territories (American Samoa, Guam, Northern Mariana Island, and US Virgin Islands).

Week #25 questions.

- Can cash value vouchers be used to purchase fruit baskets?
- WIC uses many acronyms when talking to clients and among staff, can you name the following:
  - UPC
  - IWIN
  - OARS
  - VOC
  - FMNP
  - MIECHV
- Who wrote the recommendations that USDA based the newest WIC food package on?

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<https://www.facebook.com/IowaWIC>

### *Dates to Remember*

**2015** \*\*\*\*note highlighted dates and topics indicate a change from the usual\*\*\*\*

#### New Employee Training Go-To Meeting

- NETC Go-To- Meeting (All New Staff) – January 15, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – January 21, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - January 22, from 8:30- 11:30
- **\*\*Please note the dates in January.**
- NETC Go-To- Meeting (All New Staff) – March 12, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – March 19, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - March 26, from 8:30- 11:30
  
- NETC Go-To- Meeting (All New Staff) – May 14, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – May 21, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) - May 28, from 8:30- 11:30
- **\*\*\*\* Please note changes in order of trainings for May**
  
- NETC Go-To- Meeting (All New Staff) – July 9, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – July 16, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - July 23, from 8:30- 11:30
  
- NETC Go-To- Meeting (All New Staff) – September 10, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – September 17, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - September 24, from 8:30- 11:30

- NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
  - NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
  - NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30
- \*\*Please note the dates in November.**

### **Core Trainings**

- WIC Contractor Webinar: January 29, 2015
- Maternal Nutrition: March 24, 2015
- Breastfeeding Nutrition: March 25, 2015
- WIC Contractor In Person Meeting: August 25, 2015
- Infant/Child Nutrition: September 1, 2015
- Communication and Rapport: October 28, 2015

### ***Available Formula***

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
Vanilla Pediasure 1.5 Calorie w/Fier	3 cases (24 cans/case)	2/2015	MICA	Sierra Meyer 515-232-9020 x105
Powdered Nutricia Neocate Infant DHA/ARA Amino Acid Based Infant Formula w/iron	5 cans	8/2015	North Iowa Community Action	Carla Miller 641-432-5044 X24
Similac PM 60/40 Calcilo XD	1 can 1 can	1/2016 2/2017	Broadlawns	Kathy Flagg 515-263-5660

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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# Obesity/Overweight and Preconception Health Part 1: Defining the Challenge and Connecting Partners

Wednesday, January 14, 2015  
1:00-2:30pm EST

**Purpose:** To focus attention on the impact of obesity on the health of young women and any future children they may wish to have as well as to share ideas and strategies for addressing this public health crisis among MCH and chronic disease partners.

**Audience:** Public health leaders, program managers, agency directors, health care providers, nutritionists, chronic disease and maternal and child health professionals

**Learning Objectives:** Participants will be able to: a) Describe the prevalence, population and trends in obesity and related chronic conditions in the U.S. among women of childbearing age, b) Discuss the clinical impact of overweight and obesity on women's health, pregnancy and infant health, c) Describe the MCH perspective and opportunities for addressing overweight and obesity, and d) Discuss new approaches to chronic disease prevention and management.

## Speakers:

- **Shin Kim**, MPH, CDC Division of Reproductive Health, NCCDPHP
- **Anne Dunlop**, MD, MPH, Emory University, School of Nursing
- **Sarah Verbiest**, DrPH, MSW, MPH, National Preconception Health & Health Care Initiative
- **Jeanne Alongi**, DrPH, MPH, National Association of Chronic Disease Directors

**Please Join Us!** There is no cost for participation. The webinar will be recorded and posted at [www.beforeandbeyond.org](http://www.beforeandbeyond.org) after the event.

**To join the webinar click [here](#) to register  
or go to <https://cc.callinfo.com/r/188441j90l1cz&eom>**

**Questions?** Contact Sarah Verbiest at 919-843-7865 or [sarahv@med.unc.edu](mailto:sarahv@med.unc.edu). Trouble registering? Contact Megan Phillippi at [mphillippi@amchp.org](mailto:mphillippi@amchp.org).

Learn more about the National Preconception Health and Health Care Initiative, including our new toolkit for clinicians, at [www.beforeandbeyond.org](http://www.beforeandbeyond.org). Sign up for our newsletter at [pchcnews@gmail.com](mailto:pchcnews@gmail.com) or text PCHHC to 22828.

