

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: January 8, 2010 – Issue # 46

Policy

From the WIC Services Policy and Procedure Manual — 310.16 Breastfeeding Coordinator Guidelines

The breastfeeding coordinator must be a:

- *Licensed dietitian,*
- *Registered Nurse,*
- *Nutrition Educator, or*
- *Health educator.*

Resources

Resources about Gluten-Free Diets

*One of the sessions at the annual Iowa Dietetic Association focused on celiac disease and the gluten-free diet. The speaker, Pam Cureton, RD, LDN with the Center for Celiac Research, shared several valuable resources during the session. Each WIC office will soon be receiving a copy of the book, *Gluten-Free Diet: A Comprehensive Resource Guide* by Shelly Case, a Canadian dietitian and leading expert on celiac disease.*

Ms. Cureton also shared tips for evaluation tools and web-based resources. She discouraged reliance on the following resources, tools and advocacy groups:

- *Books based on the broad belief that “wheat is evil” to all*
- *Advocacy groups that do not have a dietitian on staff*
- *Groups that based their recommendations on member anecdotal reports instead of science*
- *Outdated materials (produced before the 2006 Food Allergen labeling and Consumer Protection Act [FALCPA] that requires companies to identify in “plain English” the eight most prevalent food allergens including wheat)*

Ms. Cureton also recommended several websites. These websites provide helpful information for WIC nurses and dietitians counseling clients with celiac disease and for clients.

- *Center for Celiac Research, University of Maryland School of Medicine:
www.celiaccenter.org*
- *American Dietetic Association Medical Nutrition Practice Group, Dietitians in Gluten Intolerance Diseases: www.mnpgdpg.org*

- National Institute of Health, Celiac Disease Awareness Campaign: www.celiac.nih.gov
- American Celiac Disease Alliance: www.americanceliac.org
- Shelly Case's website: www.glutenfreediet.ca
- Gluten Free Dietitian: www.glutenfreedietitian.com
- Gluten Intolerance Group: www.gluten.net

Fresh Baby Resources

Looking for education materials for parents about homemade baby foods or survival tips for the toddler years? You may be interested in the books, So Easy Baby Food Basics by Cheryl Tallman and So Easy Toddler Food by Joan Ahlers and Cheryl Tallman. Each 8 inch by 8 inch book contains 35-50 pages of helpful information and colorful photographs and graphics. Both titles are available in English and Spanish for a unit price of \$2.00. Published and distributed by Fresh Baby, you can learn more about these books by visiting www.freshbaby.com. You may also be able to request a single copy of each title to review before making a purchase decision.

Other

Iowa's WIC participation in December was 75,275 which was an increase of 1.27% from the same time period last year.

Iowa WIC – Monthly Participation Counts for FY 2010

YTD Total		(Over) /	YTD % of State		Local Agency		Assign.	Monthly Actual Levels		
Assign.	Actual	Under	Assign.	Actual	Nbr.	Name	Level	Oct	Nov	Dec
115,776	31,663	84,113	13.23%	14.07%	31	Broadlawns Community Opp	9,648	10,558	10,561	10,544
24,108	6,042	18,066	2.75%	2.68%	33	HACAP	2,009	1,999	2,049	1,994
52,488	13,291	39,197	6.00%	5.91%	34	Hillcrest	4,374	4,347	4,467	4,477
51,756	12,914	38,842	5.91%	5.74%	35	Scott County	4,313	4,307	4,314	4,293
54,060	14,523	39,537	6.18%	6.45%	36	MATURA	4,505	4,789	4,841	4,893
24,156	5,615	18,541	2.76%	2.49%	37	Mid-Iowa	2,013	1,872	1,864	1,879
78,564	20,087	58,477	8.98%	8.92%	38	Mid-Sioux	6,547	6,741	6,747	6,599
24,132	5,794	18,338	2.76%	2.57%	39	North Iowa VNA	2,011	1,919	1,864	2,011
35,340	9,237	26,103	4.04%	4.10%	41	Dubuque Op	2,945	2,995	3,099	3,143
20,772	5,157	15,615	2.37%	2.29%	42	Threshold	1,731	1,721	1,708	1,728
67,056	16,957	50,099	7.66%	7.53%	43	Southeast American Home	5,588	5,612	5,622	5,723
52,368	12,621	39,747	5.98%	5.61%	45	Upper DM	4,364	4,126	4,219	4,276
35,448	9,006	26,442	4.05%	4.00%	46	West Central	2,954	2,931	3,061	3,014
31,860	8,495	23,365	3.64%	3.77%	47	Siouxland Webster County	2,655	2,805	2,879	2,811
36,672	9,146	27,526	4.19%	4.06%	48	Johnson	3,056	3,051	3,103	2,992
48,072	13,019	35,053	5.49%	5.78%	49		4,006	4,263	4,397	4,359
29,508	7,470	22,038	3.37%	3.32%	50		2,459	2,452	2,573	2,445
			3.57%	3.43%	51			2,565		

31,284	7,727	23,557				County	2,607		2,566	2,596
35,496	9,566	25,930	4.06%	4.25%	52	Pott County	2,958	3,155	3,199	3,212
26,220	6,747	19,473	3.00%	3.00%	53	Marion County	2,185	2,214	2,247	2,286
875,136	225,077	650,059	100.00%	100.00%		Total	72,928	74,422	75,380	75,275