

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: February 5, 2010 – Issue #49

Policy

From the WIC Services Policy and Procedure Manual — 310.28 Breastfeeding Peer Counselor Guidelines

A breastfeeding peer counselor must currently be a WIC participant or must have been a WIC participant in the past and must have breastfed at least one baby. She must have a telephone number and be willing to make calls from home. Breastfeeding peer counselors must also be available outside the usual clinic operating hours to mothers who are breastfeeding.

Information

Clarification Regarding New Online Course in PILMS

The first online course produced under our WIC Special Project Grant — Hematological Data Collection, Assessment and Critical Thinking Application — is now available for everyone. The local agency personnel who responded to the request to complete the course and provide feedback will be completing a follow-up survey approximately three months after they complete the course.

Please note that this interactive course covers much more than appropriate blood collection technique so it is appropriate for all clinic nurses, dietitians and nutrition educators. The course was recently approved for 2.0 CPEUs for dietitians and .24 nursing CEUs! To receive the CEUs, you must view all content pages in the course, score 80% or higher on the post test, and complete the evaluation. The course takes approximately 2 hours to complete. There is no cost to complete this course.

Training

Maternal Nutrition and Breastfeeding Workshops

These two workshops are scheduled for March 29 and March 30 at DMAAC / Ankeny campus. Please see the attached announcement including agendas, registration information and hotel accommodations. The registration deadline is March 22.

These workshops are intended for recently hired nurses, dietitians and nutrition educators and optimally should be completed within their first year of employment with a local WIC agency. Continuing education units will be provided to nurses and dietitians.

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
<i>Neocate Infant</i>	<i>5 cans - 14 oz powder</i>	<i>04/2010</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>06/2010</i>	<i>Mid-Sioux WIC</i>	<i>Glenda Heyderhoff @ 712-786-3488</i>

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MATERNAL NUTRITION WORKSHOP

March 29, 2010

Pregnant women have many questions about diet and weight gain. This workshop will help dietitians, nurses, and health educators answer these questions and promote sound eating practices.

Agenda

8:30 Registration

9:00 Fetal Growth and Development: Impact of Alcohol, Tobacco and Other Drugs

9:45 Meeting the Nutritional Requirements of Pregnancy

10:30 Break

10:45 Meeting the Nutritional Requirements of Pregnancy (continued)

11:30 Lunch

12:30 Weight Gain during Pregnancy

1:15 Hot Topics: Gestational Diabetes and Maternal Depression

1:45 Oral Health and Pregnancy

2:45 Break

3:00 Nutrition Counseling and Other Food Substances: Non-Nutritive Sweeteners, Fat Replacers, Caffeine, and Herbal Supplements

3:45 Cultural Issues and Practices in Pregnancy

4:15 Adjourn

Speakers

Mary Kay Brinkman, RDH, Dental Consultant, Iowa Dept. of Public Health

Brenda Dobson, MS, RD, LD, WIC Nutrition Services Coordinator, Iowa Dept. of Public Health

Jill Lange, MPH, RD, LD, Nutrition Consultant, Iowa Dept. of Public Health

Stephanie Trusty, RNC, BSN, Maternal Health Consultant, Iowa Dept. of Public Health

Objectives

After attending this workshop, you will be able to:

1. Describe the stages of fetal development and the risks associated with substance use and abuse.
2. Discuss the nutrient requirements of pregnancy.
3. Recommend appropriate weight gain patterns.
4. Identify potential impact of gestational diabetes and maternal depression on pregnancy outcome and maternal health.
5. Discuss appropriate oral health care during pregnancy.
6. Describe the guidelines for counseling pregnant women on the use of other food substances.
7. Discuss the role culture may play in health practices during pregnancy.

Breastfeeding Workshop

March 30, 2010

Health professionals play an important role in supporting breastfeeding. This workshop will provide dietitians, nurses, and health educators with current information about breastfeeding management.

8:00 Registration
8:30 Welcome and Introductions
8:45 Essential Elements of a Positive Breastfeeding Experience
10:00 Break
10:15 Essential Elements continued
10:45 Breastfeeding Management Concerns
11:45 Lunch
12:45 Maternal Health Recommendations
1:30 Maintaining Breastfeeding in Special Need Situations
2:15 Break
2:30 Maintaining Breastfeeding during Work/School
3:00 The State of Breastfeeding in Iowa and the U.S.
3:45 Summary and Evaluation

Speakers

Nancy Hefner, RN, IBCLC Holly Szcodronski, RD, LD, CBE
Lactation Consultant Breastfeeding Promotion Coordinator
Iowa Health System Iowa Department of Public Health
Bureau of Nutrition & Health Promotion

objectives

After attending this workshop, you will be able to:

1. Describe the essential elements of a positive breastfeeding experience.
2. Discuss management of breastfeeding concerns (engorgement, plugged ducts, mastitis, etc.).
3. State recommendations for optimal maternal health during lactation (diet, fluids, medications, herbs, tobacco and contraception).
4. Describe strategies for maintaining breastfeeding in special needs situations (premature babies, neurologically impaired babies, multiple births, etc.).
5. Describe strategies for maintaining breastfeeding during mother-baby separation due to work or school.
6. Discuss breastfeeding promotion initiatives in Iowa and the U.S.

General Information

Registration fee	The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. Lunch will be prepared and served by students in the culinary arts program in the Bistro located in the Conference Center (the same building as the workshops).
Deadline	Space is limited so pre-registration is required by March 22.
How to register	You may register by: <ul style="list-style-type: none">• Mail using the enclosed registration form, or by• Telephone by calling (515) 964-6800
Location	Both workshops will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in the Conference Center (also referred to as Building 7).
Parking	Parking is available at no charge. Use Lot E for easy access to the Conference Center. A map of the campus is enclosed for your reference.
Lodging	A block of non-smoking rooms has been reserved at the Quality Inn and Suites (previously known as Heartland Inn) in Ankeny for Sunday and Monday evenings. 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 February 28 to receive these rates. To make your reservation, call (515) 964-8202. Please state that your room reservation is for the WIC training at DMACC so that you receive the negotiated rate.
CEUs	<ul style="list-style-type: none">• Continuing education units have been requested for registered nurses through Nursing Provider Number 22.• Certificates of attendance will be provided to registered and licensed dietitians to document activities for their professional development portfolios.

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General Information, Continued

Directions from Interstate 35 - Follow these directions if you will be traveling to Ankeny on Interstate 35.

Step	Action
1	Exit the interstate at Exit 90 and turn west onto Oralabor Road (also known as Highway 160). <u>Note:</u> This exit is marked for the community college.
2	Move to the right lane and continue on Oralabor Road to the intersection with Highway 69.
3	Turn north (right) onto Highway 69 and move to the left lane.
4	Continue on Highway 69 to the first stoplight and turn west into the campus.
5	Watch for signs to the Conference Center.

Directions from Interstate 80 - Follow these directions if you will be traveling to Ankeny from Interstate 80.

Step	Action
1	Exit the interstate at Exit 136 and turn north onto Highway 69.
2	Move to the left lane and continue north on Highway 69 approximately three miles. At the intersection with Highway 160, you can see the campus across the intersection and to the left.
3	Continue north through the intersection. Turn west (left) at the next stoplight to enter the campus.
4	Watch for signs to the Conference Center.

Meeting sponsors - These workshops are sponsored by the Iowa WIC Program, Iowa Department of Public Health.

Questions - Use the table below to determine who to call with questions.

IF you have questions about...	THEN call...
registration	(515) 964-6353.
the agenda	1 (800) 532-1579 and ask for Brenda.

REGISTRATION

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## Maternal Nutrition Workshop Breastfeeding Workshop

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March 29 and 30, 2010

Name: _____ Daytime phone: _____

Address: _____ Social Security #: _____

Agency: _____

I am registering for the following workshop(s) (*please check one*):

Both days

March 29 only (Maternal) — NURS 983 CRN 25909-200

March 30 only (Breastfeeding) — NURS 984 CRN 25910-200

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

Send this form and payment by March 22 to:

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