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 17, 2012 – Issue # 131

Policy

From the WIC Program Goals Manual — 140.10 Food Delivery & Data System Plan for FFY2012

The goal for food delivery is to develop and maintain a food delivery model that promotes and protects the integrity of the program and provides needed benefits to program participants.

The food delivery & data system plan includes the following objectives:

- 1. **Electronic Benefit Transfer (EBT) planning.** By September 30, 2012 EBT planning activities conducted by the EBT Planning Coordinator will be completed.
- 2. **2006 WHO International Growth charts.** By October 1, 2012, implement the 2006 World Health Organization (WHO) International Growth Standards for children age birth to <24 months in the IWIN data system.

Iowa has not implemented EBT statewide but are currently in the planning process. The following are completed or anticipated dates of completion:

- EBT advance planning document submitted and approved
- EBT pilot anticipate 2013
- Statewide expansion anticipate 2015

Information

Food Package Changes

There have been very few questions and comments about the recent changes to the food package. Thank you for presenting this as a positive to the families you see.

Question: Does the change affect hot cereals?

Answer: No. Only the cold cereals are now "store brand only." Store brand hot cereals have not been reviewed for nutritional value.

Question: What store brands are allowed? Can participants purchase frosted wheat biscuits? Answer: No. The only varieties available are corn flakes, bran flakes, toasted oats, and crispy rice. There continues to be the option of Corn Chex and Rice Chex for those on a gluten-free diet.

Question: Has the standard food package for children changed?

Answer: Yes. The standard package now includes dried beans. If changed to "store brand peanut butter," the package will verify. This is a chance to have the discussion with the caregiver about what is being used.

Question: Have the stores been notified about the changes?

Answer: All stores have received notice about the changes including the information given participants.

Remember some participants issued checks before February 13, 2012 do not have the new descriptions. By May 15, 2012, everyone will have checks with the same foods listed.

Thank you again for your help with this change.

IWIN Update

The Iowa Department of Administrative Services - Procurement Services has given notice of the intent to award the IWIN Maintenance and Operations contract to Custom Data Processing, Inc. (CDP). There will be a three-month period to transition from Ciber, Inc. to CDP. The transition dates are April 1 - June 30, 2012.

EBT Update

Verizon HotSpot/CradlePoint

Last month some disconnected clinics tested a device called the Verizon HotSpot. The Verizon HotSpot is a wireless portable router that works by connecting to cellular towers and allows Internet access. If Iowa chooses the online EBT technology, clinics would need to be able to connect to the Internet and the HotSpots needed to be tested as a possible vehicle for connecting.

Clinics who had success connecting to the Internet via the Verizon HotSpot had to switch back and forth between the HotSpot for Internet access and the WIC router to print forms and checks. There is another router available called the CradlePoint that would eliminate the need to go back and forth between routers. Clinics will be testing this router throughout the next month.

Training

Maternal Nutrition Workshop - March 29, 2012

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. Please see the agenda and registration information at the end of Friday Facts.

Breastfeeding Workshop - March 30, 2012

Health professionals play an important role in supporting breastfeeding. This workshop will provided dietitians, nurses, and health educators with current information about breastfeeding. If an agency staff member personally attended the Grow and Glow training during July 2011, all requirements have been met and they should not attend this training. Please see the agenda and registration information at the end of Friday Facts.

Dates to Remember

2012

- March 29-30, 2012 Maternal and Breastfeeding Nutrition Core Workshops
- August 21, 2012 WIC Contractor's Meeting
- August 29-30, 2012 Infant and Child Nutrition Core Workshops
- October 26, 2012 2012 Iowa WIC Training
- October 30, 2012 Communication and Rapport Building Core Workshop

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Similac PM 60/40	3 cans		Johnson County Public Health	Chuck Dufano @ 319-356-6042
EleCare Unflavored Formula	30 cans - 14.1 oz Powder 4 cans 1 can 4 cans 2 cans 5 cans 1 can 7 cans 6 cans	11/2012	North Iowa Community Action Organization	Carla Miller @ 641-423-5044 ext.24

MATERNAL NUTRITION WORKSHOP March 29, 2012

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
10:00	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
1:00	Hot Topics: Gestational Diabetes and Maternal Depression
1:45	Break
2:00	Oral Health and Pregnancy
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 Jill Lange, MPH, RD, LD, WIC Nutrition Services Coordinator, Iowa Dept. of Public Health Patricia Hildebrand, MS, 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, 2012

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

Registration
Welcome and Introductions
How WIC Support Breastfeeding
Feelings About Breastfeeding
Break
Communicating with WIC Families
Barriers to Breastfeeding
Encourage Exclusive Breastfeeding
Lunch
Promote Breastfeeding During Pregnancy
Provide Support to New Mothers (Birth to One Month)
Break
Helping Mothers Continue Breastfeeding (One Month to 12 Months)
When Mom and Baby are Separated
Summary and Evaluation

Speakers

Nancy Hefner, RN, IBCLC Lactation Consultant Iowa Health System

Holly Szcodronski, RD, LD, CBE Breastfeeding Promotion Coordinator Iowa Department of Public Health Bureau of Nutrition & Health Promotion

Objectives

Training attendees will be able to identify:

- How breastfeeding benefits infants and mothers.
- Own personal beliefs and attitudes about breastfeeding.
- Rapport building techniques that establish a positive relationship with pregnant and breastfeeding women
- Common myths and misconceptions about breastfeeding.
- Factors that impact milk production and the breastfeeding relationship.
- Breastfeeding anticipatory guidance for pregnant women, especially during the third
- Appropriate breastfeeding messages for mothers and infants during the early postpartum period.
- Common issues that arise when breastfeeding an older infant.
- How a mother can maintain milk production when she is separated from her baby.

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 20.

How to register

You may register by:

- 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 have been reserved at the Quality Inn and Suites in Ankeny for Wednesday and Thursday evenings. The hotel is located off Interstate 35 at Exit 92. Make your reservations before March 20th to receive the negotiated \$55 rate. 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

- 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.
- Professional License numbers are required for CEUs. Please bring this information with you on the day of the event.

General Information, Continued

Interstate 35

Directions from 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).
	Note: 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.

Interstate 80

Directions from 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 Jill.	

REGISTRATION



Maternal Nutrition Workshop Breastfeeding Workshop

March 29 and 30, 2012

Name:	Daytime phone:
Address:	
	Date of Birth:
Agency:	
Both days	owing workshop(s) (please check one):
	(a) NI IDC 002 CDN 26201
March 29 only (Matern	Mai) — NURS 983 CRN 20381
	Geeding) — NURS 984 CRN 26382
March 30 only (Breast)	,

Send this form and payment by March 20 to:

Des Moines Area Community College Registration Building 1 2006 Ankeny Blvd. Ankeny, Iowa 50023





Ankeny Campus

