

Week ending issue: February 14, 2014 – Issue #202

Policy

From the WIC Certification Policy and Procedure Manual – 235.05 Children and Women Receiving WIC Formula

This food package is called Food Package III in the federal regulations. It is provided to children and women with qualifying conditions that require WIC formula (infant formula, exempt infant formula and WIC-eligible medical foods) because the use of conventional foods is precluded, restricted or inadequate to address their special nutritional needs.

This food package is not authorized for the following groups of participants:

- Women and children who have a food intolerance to lactose or milk protein that can be successfully managed with one of the other WIC food packages; or
- Any participant solely for the purpose of enhancing nutrient intake or managing body weight without an underlying medical condition.

Information

New Similac Advance labels

We have been notified the new Similac Advance labels will be hitting the store shelves as early as March 2014. Below are pictures of the new labels we have received from Abbott as to what they will look like. At this time they have not provided us with tear pads or any other materials to share with clients.



Maternal Nutrition Workshop & Breastfeeding Workshop

Please see the information for the Maternal Nutrition & Breastfeeding Workshops on March 25 & 26, 2014 at the end of this Friday Facts.

Other

Highlight Your Agency!

We are looking for stories and comments from WIC participants to share how WIC has had a positive impact on their family. If you have a participant who pays your agency a compliment or shares their story on how WIC has helped them in their time of need and would be willing to share we would love to post it on our Facebook page. We won't use names, just their comment/story and where they live! Please send any stories/comments to Nikki.davenport@idph.iowa.gov or clients can message us through our Iowa WIC Facebook page. Thanks for your help!

Dates to Remember

2014

- 2014 Iowa WIC Training – October 9

New Employee Training Go-to-Meeting

- NETC Go-To-Meeting (All new staff) – March 13, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – March 20 , from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – March 27, from 8:30-11:30

- NETC Go-To-Meeting (All new staff) – May 8, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – May 15, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – May 22, from 8:30-11:30
- ***** Please note changes in order of trainings for May**

- NETC Go-To-Meeting (All new staff) – July 10, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – July 17, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – July 24, from 8:30-11:30

- NETC Go-To-Meeting (All new staff) – September 11, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – September 18 , from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – September 25, from 8:30-11:30
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- NETC Go-To-Meeting (All new staff) – November 6, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – November 13, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – November 20, from 8:30-11:30

Core Trainings

- Maternal: March 25, 2014
- Breastfeeding: March 26, 2014
- Infant/Child: August 28, 2014
- Communication and Rapport: October 29, 2014

Contractor's Meetings

- August 26 - 10:00 a.m. - 3:00 p.m.

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Similac Go and Grow	5 cans	5/2014	Edgerton Women's Health Center	Deb Dodson 563-359-6635
Peptamen Junior	6 cases/24 - 8.45 - oz	6/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Pregestimil	1 can (16 oz) Powder 10 cans (16 oz) Powder	7/2014 9/2014	Upper Des Moines Opportunity	Tammy Chapman 712-859-3885 Ext. 110
Duocal	1 can – 14 oz	4/2016	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3417
Elecare Jr Vanilla Powder	4 can 1 can	9/2014 10/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr Unflavored Powder	1 case/6 cans each	1/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr Unflavored Powder	2 cases/6 cans each	2/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Elecare Jr Unflavored Powder	2 cases/6 cans each	5/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Duocal Powder	2 cans 1 can	8/2015 6/2015	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488

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 or a local caterer. Lunch is located in the Conference Center (the same building as the workshops).

Deadline Space is limited so pre-registration is required by March 14, 2014.

How to register You may register by:

- Mail using the enclosed registration form, or by
- Telephone by calling (515) 256-4908.

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 Lodging is available in the Ankeny and Des Moines area. Call the hotel directly to negotiate a rate.

CEUs

- Each workshop has been approved for 6 contact hours.
- 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.

Continued on next page

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) 256-4908.
the agenda	1 (800) 532-1579 and ask for Pat.

Maternal Nutrition Workshop

Tuesday, March 25, 2014

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

8:15am to 8:45am	Registration
8:45am to 10:00am	Fetal Growth and Development: Impact of Alcohol, Tobacco and Other Drugs
10:00 am to 10:30 am	Meeting the Nutritional Requirements of Pregnancy
10:30am to 10:45am	Break
10:45am to 11:30am	Meeting the Nutritional Requirements of Pregnancy (continued)
11:30am to 12:30pm	Lunch
12:30pm to 1:00pm	Weight Gain During Pregnancy
1:00pm to 1:45pm	Hot Topics: Gestational Diabetes and Maternal Depression
1:45pm to 2:00pm	Break
2:00pm to 3:00pm	Oral Health and Pregnancy
3:00pm to 3:45pm	Nutrition Counseling and Other Food Substances: Non-Nutritive Sweeteners, Fat Replacers, Caffeine and Herbal Supplements
3:45pm to 4:15pm	Cultural Issues and Practices in Pregnancy
4:15pm	Adjourn

Speakers

Mary Kay Brinkman, RDH, Dental Consultant, Iowa Department of Public Health
Patricia Hildebrand, MS, RD, LD, WIC Nutrition Services Coordinator, Iowa Department of Public Health
Nikki Davenport, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Denise Wheeler, RN, ARNP, Certified Nurse Midwife, Certified Childbirth Education Specialist, IDPH

Objectives

After attending the 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 26, 2014

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

- 8:00 Registration
- 8:30 Welcome and Introductions
- 8:45 How WIC Support Breastfeeding
- 9:15 Communicating with WIC Families
- 10:00 Break
- 10:15 Barriers to Breastfeeding
- 10:45 Encourage Exclusive Breastfeeding
- 11:15 Promote Breastfeeding During Pregnancy
- 11:45 Lunch
- 12:45 Provide Support to New Mothers (Birth to One Month)
- 1:30 Helping Mothers Continue Breastfeeding (One Month to 12 Months)
- 2:15 Break
- 2:30 When Mom and Baby are Separated
- 3:15 Solutions for Breastfeeding Problems
- 3:45 Summary and Evaluation

Speakers

Jane Stockton, RN, CLC Breastfeeding Peer Counselor Program Manager Iowa Department of Public Health Bureau of Nutrition & Health Promotion	Holly Szcodronski, RD, LD, CBE Breastfeeding Promotion Coordinator Iowa Department of Public Health Bureau of Nutrition & Health Promotion
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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 trimesters.
- 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.

REGISTRATION

Maternal Nutrition Workshop Breastfeeding Workshop

March 25 and 26, 2014

Name: _____ Daytime phone: _____
Address: _____ Social Security #: _____
_____ Date of Birth: _____
_____ Agency: _____

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

- Both days
 March 25 only (Maternal) — NURS 983 CRN 28489-200 (6 contact hours)
 March 26 only (Breastfeeding) — NURS 984 CRN 28488-200 (6 contact hours)

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 14, 2014 to:

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



DMACC

DES MOINES AREA
COMMUNITY COLLEGE

Ankeny Campus

