



Week ending issue: April 15, 2016 – Issue # 290

## Policy

### **Policy from the WIC State Operations Policy and Procedure Manual – Policy 430.15 Exclusion of Confidential Participant Information**

The state agency will restrict the use and disclosure of confidential applicant and participant information to persons directly connected to the administration or enforcement of the WIC Program. These persons may include, but are not limited to:

- Personnel from local agencies,
- Persons under contract with the state agency to perform research regarding the WIC program, and
- Persons investigating or prosecuting WIC Program violations under federal, state or local law.

Confidential applicant and participant information is any information, whether it is obtained from the applicant or participant, another source or generated as a result of WIC application, certification or participation, that individually identifies an applicant, participant or family member.

Public reports resulting from program and record reviews will be reviewed to assure exclusion of confidential information.

## Information

### **Participant Centered Services:**

Attainable goals should be set high enough to give the participant a feeling of accomplishment when reached but not so high that they will feel defeated if not. They need to feel encouraged, not discouraged, because of goal-setting.

## Thank you of the Week:

From the AAP's [press release](#) last week, it appears the Nation owes you a Thank you!

"The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) food package was revised in 2009 to include a shift to low-fat milk rather than whole milk, and the addition of more fruits, vegetables and whole grains. This resulted in an improvement in the quality of the diets of low-income children, according to an April 2016 study to be published in Pediatrics. The sweeping changes to the WIC program, the first that had been made in decades, were based on recommendations by the Institute of Medicine, according to the analysis, "Revised WIC Food Package and Children's Diet Quality." In particular, the study showed significant improvement for consumption of green vegetables and beans in these children.

## eWIC Focus Update

### Agencies Currently Using eWIC/Focus

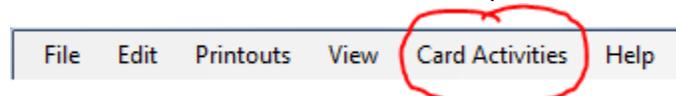
Marion County Public Health  
Broadlawns  
Johnson County Public Health  
Mid-Iowa Community Action  
American Home Finding  
Scott County Health Department  
Community Action of Southeast Iowa  
Hawkeye Area Community Action Program  
Hillcrest Family Services

### Benefit Inquiry vs. Audit Trail

The Benefit Inquiry under Card Activities shows the family's current benefit balance. When using the Benefit Inquiry, the Focus system looks directly in WIC Direct, the eWIC host, for real time data. Any purchases made will not show up in the Audit Trail until the next day.

### Focus Tip:

There is a way to print the Family Food Benefits list **without** issuing or reissuing food benefits! To print a Family Food Benefits list simply open the family whose benefits list you want to print and select Card Activities from the top menu bar.



Then you can select Print Family Food Benefits from the drop down list.

## Find us on Facebook-

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



## Training

### BMI Training for Head Start

**Iowa Head Start Association** is holding a free Body Mass Index Training (BMI) for Head Start, on May 3, 2016 10:00 a.m. – 3:00 p.m. See the training information and registration form at the end of this issue of the Friday Facts.

### Breastfeeding Education for Iowa Communities

North Central Iowa Breastfeeding Coalition is co-sponsoring with North Iowa Area Community College (NIACC) and our NICAOWIC agency the **Breastfeeding Education for Iowa Communities on June 7<sup>th</sup> in Mason City**. As noted in the form, nursing and (CDR approved) dietitian CEUs will be available. See the program information and registration form at the end of this issue of the Friday Facts.

### CEU Opportunity

If you are a Nurse or Dietitian in need of CEU's see the flier at the end of this edition of Friday Facts for the Healthy Lifestyles Conference hosted by the partners of the **Southeast Iowa Regional Coalition for Lifestyle Enhancement**.

#### March:

No NETC this month

#### May:

No NETC this month

#### July:

NETC Webinar (All new staff) – July 14, from 8:30-11:30

NETC Webinar (Health Professional) – July 21, from 8:30-11:30

NETC Webinar (Support Staff) – July 28, from 8:30-11:30

**September:**

NETC Webinar (All new staff) – September 15, from 8:30-11:30

NETC Webinar (Health Professional) – September 22, from 8:30-11:30

NETC Webinar (Support Staff) – September 29, from 8:30-11:30

**November: \*\*\*Please note the dates in November\*\*\***

NETC Webinar (All new staff) – November 10, from 8:30-11:30

NETC Webinar (Health Professional) – November 16, from 8:30-11:30

NETC Webinar (Support Staff) – November 17, from 8:30-11:30

**Dates to Remember-**

- Infant/Child Workshop- August 2, 2016
- WIC Contractor Meeting- August 30, 2016
- Communication and Rapport Workshop- October 26, 2016

Note: Due to state-wide rollout of eWIC the Breastfeeding and Maternal Core Workshops will not be held this year. Instead, CPA/Non CPA Health Professionals hired between March 2015 and March 2016 and any other CPA/Non CPA Health Professional who hasn't yet attended one (or both) of these workshops must complete the designated substitute module(s) found under Core Training Workshops on the Personnel section of the Training page on the WIC Web Portal. Before beginning the module(s) please see the "Preamble to the 2016 Breastfeeding and Prenatal & Postpartum Nutrition Modules" (also located on the web portal) for more information before starting the module(s).

**Available Formula-**

Product	Quantity	Expiration Date	Agency	Contact
Vivonex T.E.N.	60- 2.84 oz. packets	11/2016	State WIC Office	Nicole Newman 515-281-4545
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
Enfaport	17 – 6 packs of 6 oz. containers	4/1/16	HACAP	Angela Munson 319-366-7632
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community	Sierra Steven 515-232-9020, ext. 105

Product	Quantity	Expiration Date	Agency	Contact
			Action	
Keto Cal 3:1, 11 ounce unflavored powder	25 containers	8 containers <u>Expire: 9/4/2016;</u> 2 containers <u>Expire: 6/1/2016;</u> 14 containers <u>Expire: 5/10/2016;</u> 1 container <u>Expires: 4-16-2016.</u>	HACAP	Angela Munson 319-366-7632

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

# Healthy Lifestyles Conference

**Wednesday, April 27, 2016**  
**Comfort Suites**  
**Burlington, Iowa**  
**8:00am - 4:30pm**

**Featured Speakers:**

**Ellyn Satter Institute**

**Sue Claraahan, RD, LD, CEDRD**

Registration: \$75 postmarked by April 22

CEUs available for Nurses and Dietitians

For more information or to download  
a brochure please call: (319)753-0193  
or visit [www.leecountyhd.org](http://www.leecountyhd.org), "Special  
Events" section



Find us on Facebook under:  
Healthy Lifestyles Conference



The Healthy Lifestyles Conference is sponsored by  
the partners of the Southeast Iowa Regional  
Coalition for Lifestyle Enhancement.

## Iowa Head Start Association

# Body Mass Index Training



**Date** May 3, 2016

**Time** 10:00 a.m. - 3:00 p.m.

**Details** Children who are not of a healthy weight are at risk for a variety of health problems, making early identification of weight status important. Obtaining height and weight and measuring body mass index (BMI) is the most practical method available for assessing children's growth and risk of weight-related health problems. BMI measurements are conducted for surveillance and screening purposes which enables you to identify students at risk, encourage discussions with families, and promote healthy behaviors in the school environment.

The purpose of the Conducting and Using BMI in Head Start Training is to provide Head Start Staff with the necessary information and tools to:

- Conduct standardized height and weight measurements
- Understand BMI calculations
- Use criteria for referral
- Use effective techniques, such as motivational interviewing, to communicate with parents and guardians
- Integrate Color Me Healthy curriculum into your daily routine

**Audience** Health Coordinators and Nutrition Specialists

**Speakers**

Catherine J. Lillehoj, Ph.D. Research Analyst Division of Health Promotion and Chronic Disease Prevention Iowa Department of Public Health	Erin Olson, MPH Community Health Consultant Bureau of Nutrition and Health Promotion Iowa Department of Public Health
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**Cost** Free

**Location** Holiday Inn Hotel & Suites NW, 4800 Merle Hay Rd, Des Moines, IA 50322

**Registration** Registration deadline is April 26th. Email [karen@iowaaeyc.org](mailto:karen@iowaaeyc.org) or register [online](#).



# BREASTFEEDING EDUCATION

## *For Iowa Communities*



Developed by the Iowa Breastfeeding Coalition

Sponsored by NCIBC, NICAIO, and NIACC

*The purpose of this training is to enhance your knowledge  
And equip you in providing support to breastfeeding families.*



**DATE:** Tuesday, June 7, 2016

**TIME:** 9:00 a.m. – 3:00 p.m. (registration begins at 8:30 a.m.)

**PLACE:** North Iowa Area Community College, Muse-Norris Conference Center  
500 College Drive  
Mason City, IA 50401

### Objectives:

- Review strategies that address barriers to breastfeeding
- Identify common myths about breastfeeding
- Identify factors that impact milk production
- Explain importance of position and latch in attaining breastfeeding success
- Explain how to maintain milk production during separation
- Identify breastfeeding concerns (engorgement, plugged ducts, sore nipples, and low milk production) and strategies to resolve them
- Review proper use of breastfeeding aids such as nipple shields, breast pumps, and supplementers

### Intended Audience

Individuals that work with breastfeeding families including hospital staff, physician office staff, nurse practitioners, midwives, nurses, dietitians, public health staff, WIC staff, peer counselors, childbirth educators, nurse educators, doulas, family support workers, La Leche League, and other interested community supporters.

### Presenters

**Beth Buchholtz, RN, IBCLC** is an IBCLC in private practice and runs Naturally Nourished Services. Beth also works as a lactation consultant at Iowa Specialty Hospital in Clarion, Iowa.

**Sonni Martzahn, RN, IBCLC** works in the Birth Center of the Floyd County Medical Center in Charles City, Iowa, as a nurse and lactation consultant.

### Schedule

8:30 a.m.-9:00 a.m.	Registration	11:30 a.m. – 12:30 p.m.	Lunch on your own
9:00 a.m. – 9:15 a.m.	Welcome	12:30 p.m. – 1:30 p.m.	Education Session
9:15 a.m. – 10:15 a.m.	Education Session	1:30 p.m. – 1:45 p.m.	Break
	10:15 a.m. – 10:30 a.m.		1:45 p.m. – 2:45 p.m.
	Education Session		
10:30 a.m. – 11:30 a.m.	Education Session	2:45 p.m. – 3:00 p.m.	
	Questions/Evaluation		

**Accreditation** - Professional Continuing Education Credits are available.

0.48 CEUs for Registered Nurses and Licensed Practical Nurses. NIACC is Iowa Board of Nursing Provider #3.

4.0 CEUs for Registered/Licensed Dietitians (through NICAIO)

All other participants will receive a CE certificate reflecting 4.0 hours of education

TO RECEIVE CONTINUING EDUCATION CREDIT, YOU MUST BE PRESENT FOR THE ENTIRE PROGRAM.

**BREASTFEEDING EDUCATION**  
*For Iowa Communities*  
(cont.)

**Registration**

Name

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Address

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City

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State \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone

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Email

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Employer

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**Credits** (Please check all that apply)

\_\_\_\_ Licensed Nurses (RN or LPN) – 103281 - \$47

\_\_\_\_ Other Professionals (including Registered/Licensed Dietitians) and Attendees – 103280 - \$35

Professionals, please provide the following information:

Profession: \_\_\_\_\_ License #: \_\_\_\_\_

**To Register:**

Call North Iowa Area Community College (NIACC), Continuing Education Department at **888-466-4222 ext. 4358** or **641-422-4358**.

Fax: 641-422-4112 or return this form by mail with payment to:

North Iowa Community College  
Continuing Education Department  
500 College Drive  
Mason City, IA 50401

Pre-payment is required for all attendees. Make checks payable to **North Iowa Area Community College**.

**PRE-REGISTRATION IS REQUIRED BEFORE MAY 15, 2016.**

**Location**

Please note that the conference is taking place at the NIACC – Muse-Norris Conference Center, located at 500 College Drive in Mason City, IA.

**Refund Policy**

Participants who notify NIACC Continuing Education – 641-422-4358 – to drop a Continuing Education class 48 hours before the class start date will receive a 100% refund. If after hours, you must leave a message. No refund will be issued for failing to attend class. In the event that the college cancels a class, 100% tuition will be refunded.

*North Iowa Area Community College is committed to the policy that all persons shall have access to its programs, facilities, and employment without discrimination based upon race, religion, colors, creed, sex (including pregnancy), sexual orientation, gender identity, national origin, marital status, age, disability (physical or mental), veteran status, or genetic information.*



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**2016 NATIONAL MATERNAL  
NUTRITION INTENSIVE COURSE**  
July 27-29, 2016  
Minneapolis, Minnesota  
[www.sph.umn.edu/ce/mnic](http://www.sph.umn.edu/ce/mnic)

This continuing education program focuses on the improvement of maternal and infant health through the delivery of risk-appropriate, high-quality, nutrition services. It is designed for dietitians, nutritionists, certified nurse midwives, registered nurses and nurse practitioners, physicians and public health professionals who serve preconception, pregnant, postpartum and breastfeeding women. Visit the program [web site](#) to learn more and to register.

## Conference Topics

This year's conference topics include:

- Opioid and Marijuana Use During Pregnancy and Lactation
- Support for Families of Infants with Neonatal Abstinence Syndrome
- Effects of Depression on Nutrition and Weight in Pregnancy
- Nutrition as an Integral Part of Preconception and Interconception Care for Women
- Influencing Eating Behaviors of Parents and Children: Marketing & Labeling Policies and Behavioral Economic Strategies
- Microbiome and Obesity
- Taste Preferences and Feeding Behaviors of Parents & Young Children
- Child and Adult Care Food Program (CACFP) Guidelines
- Talking about Nutrition and Weight Before and Between Pregnancies

## Distance Learning Opportunities

Distance education options are available for certain sessions. Up to 12 CEUs are available for distance viewers. The distance education program will be available from September 1 through November 30, 2016.

Additional information about the program, along with registration materials, can be found on the [web site](#) .

**We're transitioning the National Maternal Nutrition Intensive Course mailing list to a new service. To opt in to our new list [sign up here](#).**

**The National Maternal Nutrition Intensive Course is supported in part by:**

Food and Nutrition Services, U.S. Department of Agriculture, under Grant Agreement No. WIC-UNIV.MN-16. Financial support of this course provided by the Food and Nutrition service cannot be interpreted as an endorsement of the views presented by the course speakers.

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