



Bureau of Nutrition & Health Promotion  
1-800-532-1579

***Week ending issue: October 23, 2015 – Issue # 269***

### ***Policy***

#### **– From the WIC Services Policy and Procedure Manual – 380.05 Nutrition Education in WIC**

Nutrition education is one of the most effective components of the Iowa WIC program and is provided to participants at no cost. The nutrition education provided is determined by an individual comprehensive nutrition assessment and is combined with the WIC supplemental foods that contain nutrients needed by mothers and children. This combination provides WIC participants with the tools they need to make healthier choices.

Nutrition education within the Iowa WIC Program is designed to:

- Emphasize the relationship between proper nutrition and good health,
- Assist the individual who is at nutritional risk in identifying and achieving positive changes in personal food habits and individual status,
- Provide the individual with consumer skills to use in making the most of available food resources, and
- Promote breastfeeding and help women make informed decisions about infant feeding.

Nutrition education is the process of gaining understanding and skills necessary to promote and protect nutritional well-being through food choices and other health behaviors.

### ***Information-***

#### **Sudden Infant Death Syndrome (SIDS) Awareness Month**

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. Below are links to SIDS resources:

- [A Parent's Guide to Safe Sleep](#)
- <https://www.nichd.nih.gov/sts/materials/Pages/default.aspx>
- <http://safetosleep.nichd.nih.gov>
- <http://www.cdc.gov/sids/index.htm>
- <http://www.healthychildcare.org/SIDS.html>

## Spend Smart Eat Smart Website Updated!

Iowa State Extension has reported the following updates to the Spend Smart Eat Smart website [http://www.extension.iastate.edu/foodsavings/!](http://www.extension.iastate.edu/foodsavings/)

1. We added an instant translator to the website. Now readers can choose to read the website in either English or Spanish. Some exceptions to this are that any words that are part of a graphic will not change. And if they click on the blog articles, it will take them to the blog, which will be in English.
2. We added a section on the top right that says NEW and we list a video, handout, and recipe. Now as we add anything new in these areas we can post them here.
3. We are updating the colors to match the new color palette of SSES. We are still working on a few areas to make the color change. For example the Eat button is green but when you hover over it, the line underneath shows up in orange.
4. We increased the font.
5. We added a recipe section called One Pot and Slow Cooker.
6. The All recipes tab now is just a list of the recipes in each category so that readers can scan all the recipe without clicking to different pages.
7. All of the recipes have been edited so they are in the same format and all labels have been rerun with the current version of Food Processor.
8. New labels have been uploaded for all recipes.
9. We created new pdfs for all recipes in both English and Spanish. The new pdfs have the new colors and updated recipes and labels.
  - a. We are still in the process of getting all of the new Spanish pdfs uploaded and a few English.
10. We added pricing for the recipes that did not have a cost per serving.

## Communication and Rapport Building Workshop

Please see the information for the Communication and Rapport Workshop on October 28<sup>th</sup>, 2015 at the end of this Friday Facts.

### *eWic Focus Update*

Marion County Public Health has completed their Focus/eWIC training this week. Everything went well! Pilot will start for this agency on October 27th.

Please check out the Training section of the WIC WebPortal. There are many Focus/eWIC materials available to view. It would be recommended to start viewing these materials to become more familiar with the changes to come!

### *Find us on Facebook-*



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

## Dates to Remember-

**2015** \*\*\*\*note highlighted dates and topics indicate a change from the usual\*\*\*\*

### New Employee Training Go-To Meeting

- NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
  - NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
  - NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30
- \*\*Please note the dates in November.**

### Core Trainings

- Communication and Rapport: October 28, 2015

## Available Formula-

Product	Quantity	Expiration Date	Agency	Contact
Neocate Infant	20 cans	2: 11/2015 1: 1/2016 16: 2/2016 1: 8/2016	Mid Iowa Community Action	Sierra Stevens 515-232-9020, ext. 105
Powdered Pregestimil	5 cans	11/1/2015	Operation Threshold	Sue Burnett 319-292-1827
Powdered Nutramigen	3 Containers 8 Containers	11/2015 12/2015	Operation Threshold	Sue Burnett 319-292-1827
Powder Nutramigen Toddler with Enflora LGG	7 – 12.6 oz Container 20 - 12.6 oz Container	11/1/2015  2/1/2016	Mid-Sioux Opportunity	Amy Kreber 712-786-3488
RCF Concentrate	26- 13 oz cans	2/1/16	Broadlawns	Rose Logan 515- 282-6717
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
Pediasure 1.5 cal Vanilla	65- 8oz cans	6/1/2016	Broadlawns	Rose Logan
Pediasure 1.5 with Fiber	4 cases	8/2016	Mid-Iowa Community Action	Sierra Stevens 515-232-9020, ext. 105
Calcilo XD	1 can	2/2017	Broadlawns	Kathy Flagg 515-263-5660
Powder Infant EleCare Amino Acid Based Infant Formula with Iron	5 – 14.1 oz cans	3/2017	North Iowa Community Action	Janelle Pansegrau 641-423-5044 x35
Similac PM 60/40	7 cans	5/2017	Webster County	Kathy Josten

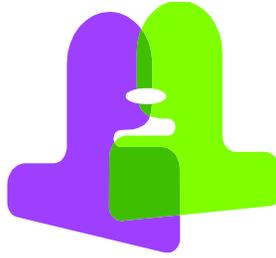
<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
				515-573-4107
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer



## **Communication & Rapport Building Skills Workshop October 28, 2015**

A quality WIC nutrition assessment contains elements of both art and science to collect, evaluate and interpret the information provided by participants. Effective communication and rapport building skills foster a sense of trust and help build a relationship between participants and WIC staff. When participant-centered assessment and education techniques are used to encourage dialogue and feedback, quality information is collected for the assessment that contributes to individualized services addressing specific needs and interests. This interactive workshop for WIC nurses and dietitians will strengthen communication and rapport building skills.

### **Agenda**

- 8:15 Registration
- 8:30 Setting the Stage for Quality Nutrition Assessments- Nikki
- 8:45 Using Stages of Change in Nutrition Assessment-Kimberly
- 9:30 Stretch Break
- 9:45 OARS and 3-Step Counseling- Nicole
- 10:30 Motivational Interviewing-Nikki
- 11:15 Emotion-Based Counseling-Kimberly
- 11:30 Rolling with Resistance and Jumping over Barriers- Kimberly
- 12:00 Lunch
- 1:00 Putting it All Together with PCE-Holly
- 1:30 Western Region WIC PCE Video- “WIC Recertification Appointment” and “Providing Feedback”- Nikki
- 2:00 Putting Everything to Work-Activities-Kimberly (break included)
- 3:30 CEU's and Adjourn

### **Speakers**

Nikki Davenport RD, LD, Nutrition Services Coordinator, IDPH  
Nicole Newman, RD,LD, Community Health Consultant, IDPH  
Kimberly Stanek, RD, LD, Community Health Consultant, IDPH

This workshop is sponsored by the Iowa Department of Public Health (IDPH), WIC Program.

## Objectives

- Define rapport building and describe its use in nutrition assessment.
- Describe how to use the various approaches in nutrition assessment and education.
- Identify a participant's stage of change and suggest appropriate counseling strategies.
- Identify barriers to communication and develop strategies to overcome them.
- Demonstrate non-verbal communication techniques that result in positive communication.
- Suggest at least one way to use the assessment ruler in nutrition assessment and counseling.

## Location

The workshop will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in Building 24- rooms 201 and 203. Parking is available at no charge. A map of the campus and directions to the campus are attached to this agenda.

## Registration

The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. You may register by:

- Mail using the enclosed registration form or
- Telephone by calling (515) 964-6800 or 1-800-342-0033 or
- Register online at <https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=search&coursetype=EVNT&searchInitLetter>

Space is limited to 45 participants. Pre-registration is required by October 21.

This event would only be cancelled due to natural or political catastrophes with notice provided to all registrants via phone and email.

## Continuing Education

- 0.62 CEUs have been approved for nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to dietitians.

To receive a certificate of attendance, nurses and dietitians must attend the session in full.

## Breastfed Infants Welcome

Mothers may bring quiet breastfeeding babies less than 6 months of age to the workshops. Due to the professional nature of the sessions, mothers are expected to care for their babies outside the meeting room when needed. Mothers are strongly encouraged to bring a support person along to provide baby care outside the meeting room.

## Questions?

If you have questions about registration, please call (515) 256-4908. For questions about the agenda, please call (800) 532-1579 and ask for Nikki.

## REGISTRATION

### Communication & Rapport Building Skills Workshop AHNE 993 CRN 18372

October 28, 2015

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Agency: \_\_\_\_\_

How did you hear about this workshop?

Required for new WIC employee     Received information from MCH Agency

Daytime phone: \_\_\_\_\_

Social Security #: \_\_\_\_\_

Email address: \_\_\_\_\_

**Please check the box below if you would like a vegetarian meal. The meal may contain dairy products.**

\_\_\_\_\_ I would like a vegetarian meal

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

**Temperature in this room may be variable, please bring a sweater. There is a drinking fountain and vending machines in the building. Please notice the change in location. This workshop is in Building 24 Room 201.**

**Register online at**

<https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=search&coursetype=E VNT&searchInitLetter> or **Send this form and payment by October 21, 2015 to:**

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

# ANKENY CAMPUS

