IOWA WIC Friday Facts
Bureau of Nutrition & Health Promotion
1-800-532-1579

*Week ending issue: July 24, 2015 – Issue # 258*

## *Policy*

### From the WIC Services Policy and Procedure Manual – 360.60 Infectious Disease Control, Hepatitis B and Bloodborne Pathogen Training

OSHA regulations require that employers provide training and education concerning bloodborne pathogens to all their employees who are at risk of occupational exposure. Provide training during work hours at no expense to the employee. Employees must be trained during the first month of employment and at least annually thereafter.

Required topics include:

- Epidemiology of bloodborne diseases,
- Agency's exposure control plan and how to obtain a written copy,
- Work practice controls,
- Proper handling of equipment,
- Hepatitis B vaccine,
- Response to blood-related emergencies,
- Post-exposure evaluation and follow-up,
- Handling exposure, and
- Questions and answers.

Have employees sign a training attendance form and record completion in staff training and education records

## *Information*

### Infant-Child Nutrition Workshop

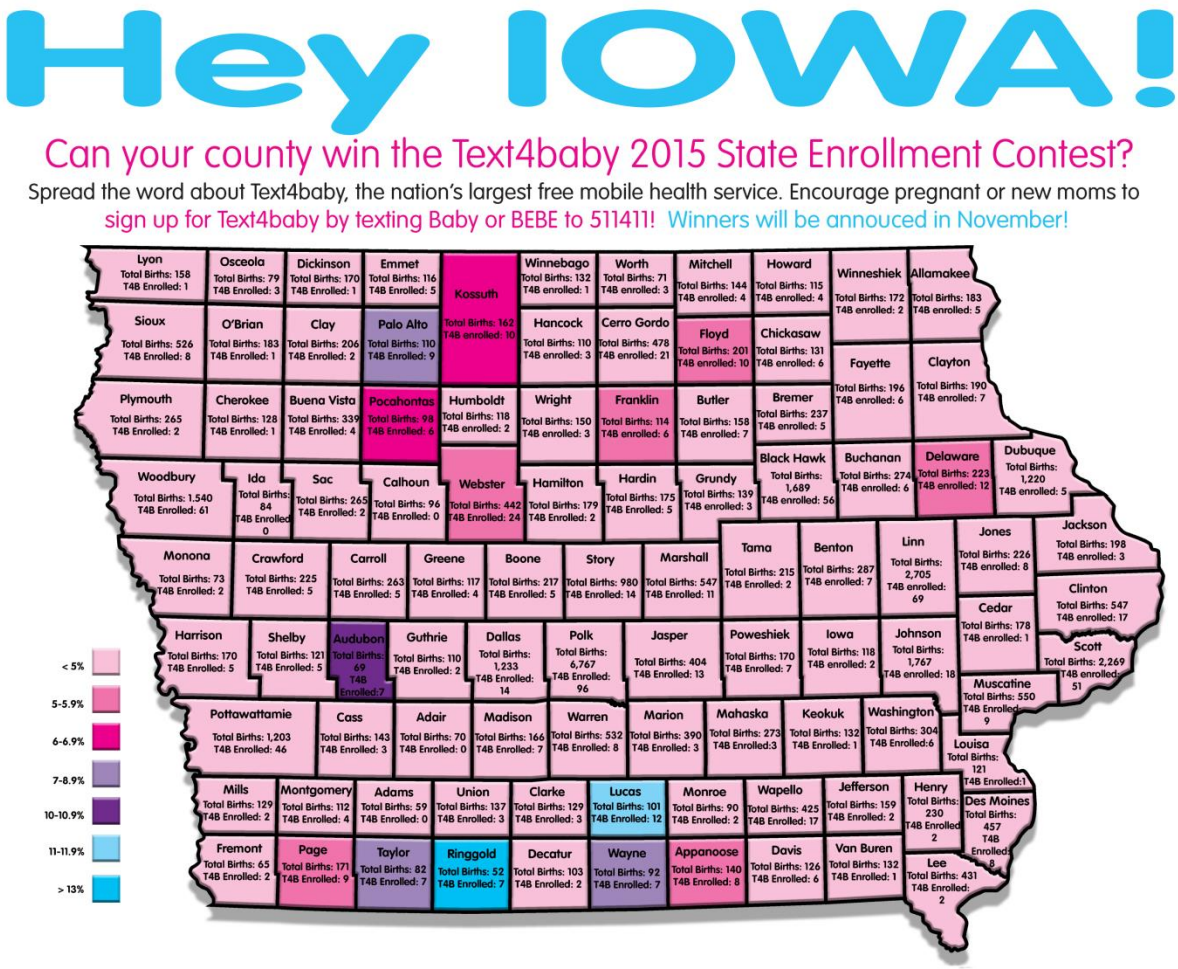
The Infant-Child Nutrition Workshop will be taking place on September 1, 2015. Please see the draft agenda and registration information for the event at the end of the Friday Facts.

## “Breastfeeding and the Workplace: Success Takes a Team” Webinar

Please see the attached flyer at the end of this Friday Facts for information about an upcoming webinar on August 6, 2015 presented by the New York State WIC Program and the University at Albany School of Public Health. Viewers attending this webinar will gain a better understanding of the challenges that mothers and employers face and will learn strategies for providing meaningful support while complying with federal and state labor laws. Viewers will also learn what resources are available and where to find them.

## Text4baby State Enrollment Contest

Let’s help Iowa win the @Text4baby State Enrollment Contest! Help us get the word out to as many moms in your county as possible. All they have to do is text BABY (or BEBE) to 511411 to sign up for the FREE service! Visit [www.text4baby.org](http://www.text4baby.org) for more information.



## *Thank you of the Week*

"WIC has helped me to have a healthier mind and body. The office and staff have been so kind and expressed sincere interest in me and my child. I never felt negatively judged for having a low income like at some other social services offices, or rushed through the door like at doctor appointments. My breastfeeding peer counselor and my nutritionist have been ready with patient ears, helpful advice and encouragement every step of the way. WIC checks have provided an opportunity to have access to foods I would never have realized I needed without them. While I was pregnant, I drank milk by the glassful consistently for really the first time and now serve it to my child as well. In addition, WIC checks and farmers market checks afforded me a chance to learn how to make foods like yogurt, bean dip and lots of new vegetable-based dishes. WIC has been a pleasant introduction into a whole healthier life for me and my child." ~WIC Participant

## *Participant Centered Services*

People live up to what they write down! Encourage clients to not only tell you a goal they would like to work on but have the write it down as well!

## *eWIC/Focus Update*

### Terminated Breastfeeding Status

If the breastfeeding tab in IWIN does not have a "Terminated" Breastfeeding status listed, the infant or child will continue to be listed as breastfeeding in sections of Focus. Please be sure to terminate breastfeeding status when appropriate.

## *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) – September 10, from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – September 17, from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) - September 24, from 8:30- 11:30

- 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

- WIC Contractor In Person Meeting: August 25, 2015
- Infant/Child Nutrition: September 1, 2015
- Communication and Rapport: October 28, 2015

## *Available Formula*

| Product | Quantity | Expiration Date | Agency | Contact |
|---|---|---|---|---|
| Pediasure Peptide 1.0 | 16 containers | 7/2015 | NICAO | Janelle Pansegrau 641-423-5044 x35 |
| Powdered Nutricia Neocate Infant DHA/ARA Amino Acid Based Infant Formula w/iron | 5 cans | 8/2015 | North Iowa Community Action | Carla Miller 641-432-5044 x24 |
| Nutren Jr. w/Fiber (Vanilla) | 78 (3 cases + 6 individual containers) | 9/2015 | Marion County Public Health | Jessica Johnson 641-828-2238 x225 |
| Enfaport | 14 - 8 oz cans | 9/1/15 | Broadlawns | Rose Logan 515-282-6717 |
| Powdered Pregestimil | 5 cans | 11/1/2015 | Operation Threshold | Sue Burnett 319-292-1827 |
| Powdered Nutramigen | 3 Containers<br>8 Containers | 11/2015<br>12/2015 | Operation Threshold | Sue Burnett 319-292-1827 |
| Powder Nutramigen Toddler with Enflora LGG | 7 – 12.6 oz Container<br>20 - 12.6 oz Container | 11/1/2015<br>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 |
| 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 |

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, 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.

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

# General Information

**Registration fee**

The registration fee for the workshop is $40.00. This fee covers lunch, breaks and print materials.

**Deadline**

Space is limited so pre-registration is required by August 26, 2015.

**How to register**

You may register by
- Mail using the enclosed registration form or
- Telephone by calling (515) 964-6800 or 1-800-342-0033 or

Online at
https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=search&coursetype=EVNT&searchInitLetter=

**Location**

The workshop will be held at the Ankeny campus of the Des Moines Area Community College. The workshop will be in the FFA Enrichment Center in Room 213.

**Parking**

Parking is available at no charge. A map of the campus is enclosed. Please notice the change in location. (See campus map.)

**CEUs**

- Continuing education units have been requested for registered nurses through CRN #18408.
- Certificates of attendance will be provided to dietitians.
- In order to receive a certificate attendance for files, CEUs must be requested.

**Infants attending**

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. It may be easiest to bring a support person along to provide baby care outside the meeting room.

*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).<br>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 (or right) onto Highway 69 and move to the left lane. |
| 4 | Continue on Highway 69 to the first stoplights 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 and
- Bureau of Food and Nutrition and Transportation, Iowa Department of Education.

**Questions**

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

| IF you have questions about... | THEN call... |
|---|---|
| registration | (515) 964-6800. |
| the agenda | 1 (800) 532-1579 and ask for Nikki or Kimberly |

## Infant-Child Nutrition Workshop-FFA Building Ankeny DMACC-Room 213

### Tuesday, September 01, 2015

This workshop will help dietitians, nurses, health educators, and answer parent's questions about food intake, growth, and oral health for infants and children.

### Agenda

| | |
|---|---|
| 8:30am to 9:00am | Registration |
| 9:00am to 10:00am | Feeding Your Infant and Child |
| 10:00am to 11:00am | Milk Feedings for Infants |
| 11:00am to 11:15am | Break |
| 11:15am to 12:15pm | Oral Health Recommendations Infancy through Childhood |
| 12:15pm to 1:15pm | Lunch |
| 1:15pm to 2:30pm | Working with Families with Special Health Care Needs |
| 2:30pm to 2:45pm | Break |
| 2:45pm to 3:45pm | Underweight Infants and Children |
| 3:45pm to 4:45pm | Overweight Infants and Children |
| 4:45pm | Adjourn |

### Speakers

Mary Kay Brinkman, RDH, BS Dental Consultant, Iowa Department of Public Health
Nikki Davenport, RD, LD, WIC Nutrition Services Coordinator, Iowa Department of Public Health
Kimberly Stanek, RD, LD, Nutrition Consultant, Iowa Department of Public Health
Jody Kealey, RD, LD, Nutrition Services Program Coordinator, Child Health Specialty Clinics

## Objectives

After attending this workshop, you will be able to:

1. Describe current recommendations for feeding infants and children.
2. Describe stages of growth and nutrition needs for infants and young children.
3. Describe how stage of development relates to the introduction of solid foods.
4. List recommended practices for infant and child oral hygiene.
5. Discuss feeding and nutrition concerns for children with special health care needs.
6. Identify overweight and underweight children and suggest feeding guidelines.
7. Describe how stage of development relates to the introduction of solid foods.

DRAFT

# REGISTRATION

**Infant & Child Nutrition Workshop**

September 1, 2015

Name:_____ Daytime phone: _____
Address:_____ Social Security #:_____
_____
_____
Agency:_____

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

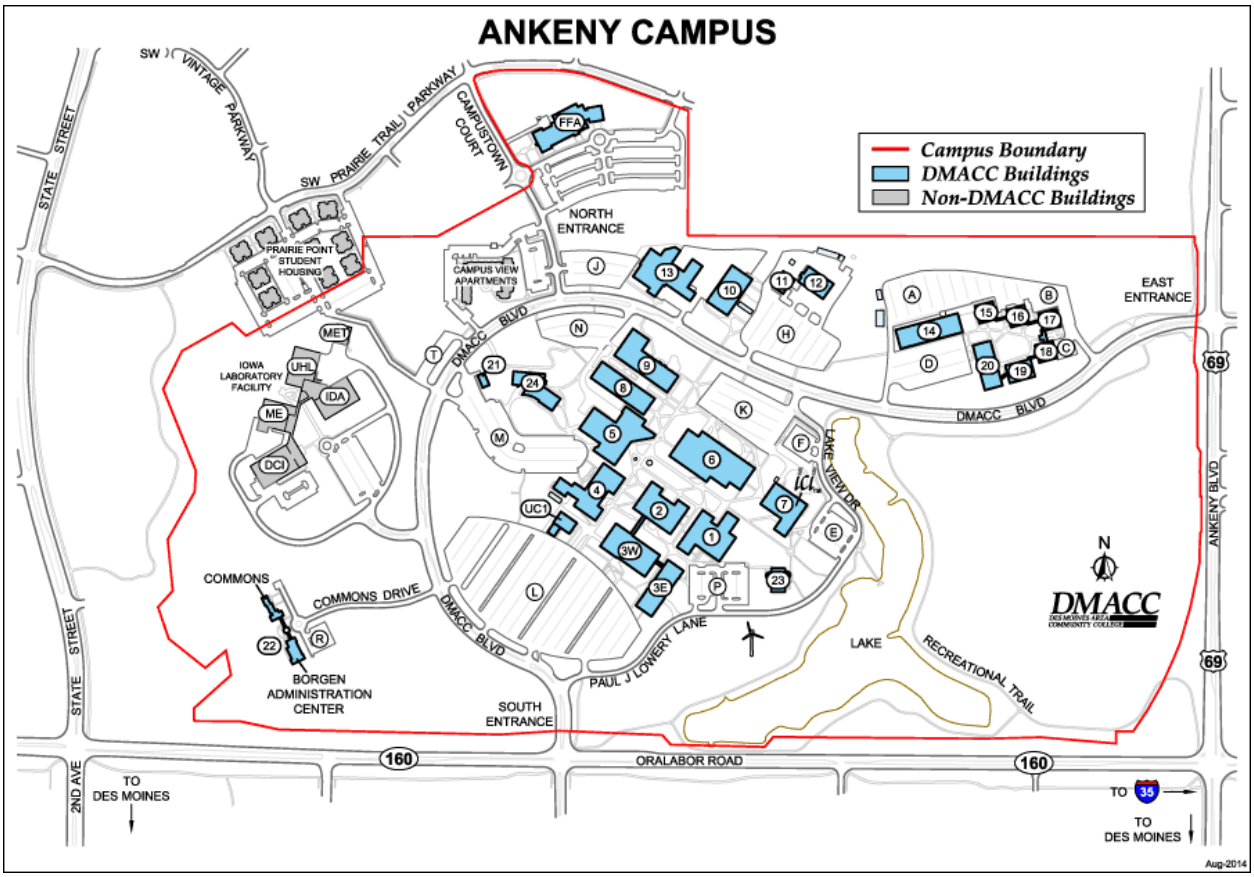
_____ I would like a vegetarian meal

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

**Temperature in this room may be variable, please bring a sweater. Please notice the change in location. This workshop is on the north end of campus in the FFA Enrichment Center in room 213.**

**Register online at**
https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=search&coursetype=EVNT&searchInitLetter= **or Send this form and payment by August 26, 2015 to:**

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


ANKENY CAMPUS
Campus Boundary
DMACC Buildings
Non-DMACC Buildings
SW VINTAGE PARKWAY
SW PRAIRIE TRAIL PARKWAY
CAMPUSTOWN COURT
STATE STREET
NORTH ENTRANCE
EAST ENTRANCE
SOUTH ENTRANCE
PRAIRIE POINT STUDENT HOUSING
CAMPUS VIEW APARTMENTS
IOWA LABORATORY FACILITY
DMACC BLVD
LAKE VIEW DR
PAUL J LOWERY LANE
LAKE
RECREATIONAL TRAIL
COMMONS
COMMONS DRIVE
BORGEN ADMINISTRATION CENTER
ORALABOR ROAD
ANKENY BLVD
2ND AVE
TO DES MOINES
TO 35
N
DMACC
DES MOINES AREA COMMUNITY COLLEGE
Aug-2014

SCHOOL OF PUBLIC HEALTH
UNIVERSITY AT ALBANY State University of New York

CPHCE
Center for Public Health Continuing Education

*Breastfeeding Grand Rounds 2015*

# Breastfeeding and the Workplace: Success Takes a Team

**Thursday, August 6, 2015, 8:30am - 10:30am EDT**


**Cathy Carothers, BLA, IBCLC, FILCA**
Co-Director, Every Mother, Inc.

**Ruth Lawrence, MD**
Professor of Pediatrics, Obstetrics, and Gynecology,
University of Rochester School of Medicine and Dentistry


Federal and state laws require employers to support breastfeeding women in the workplace. Research shows that employers want to support employees who are breastfeeding, yet are often unsure of the basic requirements for supporting breastfeeding mothers. Evidence shows that women are more likely to continue breastfeeding when their employer has supportive policies and practices in place. In addition to employers, breastfeeding mothers need support from family members, child care and health care providers.

The 2015 Breastfeeding Grand Rounds will feature nationally recognized speakers, Cathy Carothers, co-director of Every Mother, Inc. and Dr. Ruth Lawrence, Professor of Pediatrics, Obstetrics, and Gynecology, University of Rochester School of Medicine and Dentistry. The speakers will discuss the importance of supporting breastfeeding mothers and the challenges mothers and employers face in doing so. New York State and federal laws and regulations will be reviewed. Strategies and creative solutions to comply with state and federal regulations will be featured. Speakers will share available resources and discuss the impact that child care and health care provider support has on breastfeeding success for working mothers.

Viewers will also learn about the breastfeeding friendly designation program for child care centers in New York State and hear directly from employers, mothers and child care providers.

## Registration

**To register for this FREE webcast, log on to:**

**www.albany.edu/sph/cphce/bfgr15.shtml**