



**Week ending issue: March 18, 2016 – Issue # 287**

## **Policy**

### **Policy from the WIC State Operations Policy and Procedure Manual – Policy 420.05 Friday facts**

The Friday Facts is a weekly newsletter issued by the state WIC office. The Friday Facts contains information relevant to all WIC agencies, including new or revised policies, general information, and items requiring immediate action.

Establish a system to share information in the Friday Facts with all local agency staff that are affected. Possible methods include:

- Staff meetings or in-services,
- Routing or forwarding issues of Friday Facts to staff,
- Emailing the link to all WIC staff, and
- Sharing issues with WIC providers not in the agency (such as MCH or PHN).

## **Information**

### **Job Openings:**

#### **Two RD positions available**

HACAP Clinical Dietitian

1 Full Time Position

1 Part Time Position

Under the supervision of the Alliance WIC Coordinator, conducts all aspects of the nutrition education component and process of assessing for nutritional risks associated with the WIC, Child Health & Maternal Health programs, in full compliance with federal, state and local regulation to provide nutrition services to target community.

Qualifications: A dietitian licensed by the Iowa Board of Dietetic Examiners.

HACAP offers an excellent benefit package to include medical and dental, generous paid time off, participation in the Iowa Public Employee Retirement System (IPERS) and/or 403b retirement plan.

Send cover letter & resume to: HACAP Human Resources PO Box 490 Hiawatha, IA 52233 E-mail: [hr@hacap.org](mailto:hr@hacap.org)

### Participant Centered Services:

#### Tips for Developing Goals

Specific goals give a clear picture of what the outcome should be. Start by asking what change the participant wants to see and why it is important. That answer will help you identify the core of the goal. A general goal would be, “eat more fruits and vegetables.” A more specific goal would be, “eat 3-5 fruit/veggies daily, one with each meal/snack.” Specifying the number of servings and times per day makes it clear and simple.

### Thank you of the Week:

EWIC is amazing makes shopping so much less of a hassle and not so many stares or grunts from the customers behind who are waiting in line!

### eWIC Focus Update

#### Agencies Currently Using eWIC

Marion County Public Health

Broadlawns

Johnson County Public Health

Mid-Iowa Community Action

American Home Finding

#### eWIC Transactions

When participants using their eWIC benefits are checking out at the grocery store, they will receive a prompt on whether they want to authorize the eWIC card to be used. They should select yes when they receive this prompt. Selecting no tells the system not to use the eWIC card and the foods they want to purchase through WIC will not come out of their eWIC account. The prompt is more generic in some stores than other.

### Find us on Facebook-

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



### **CEU Opportunity**

Information for the 2016 National Maternal Nutrition Intensive Course has been provided. If you are interested in this CEU opportunity please see the Pdf at the end of this edition of 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.

### **“Save the Date” for an upcoming breastfeeding training in Mason City**

Breastfeeding Education for Iowa Communities Training

The program flyer for this training will be included in a future issue of the Friday Facts when it becomes available.

Sponsored by North Central Iowa Breastfeeding Coalition

Tuesday, June 7, 2016

8:30-3:00; lunch on your own

North Iowa Area Community College, Mason City, IA

Dietetic CEUs will be available

Nursing CEUs available for additional \$12

Fee: \$35 per person

### **Educational Opportunity (CEU)**

The Nutrition Services Branch in collaboration with UNC – Chapel Hill is pleased to announce that Module 1: Nutrition Assessment of the Pediatric Nutrition Course (PNC) will be offered again in 2016. This is an online, faculty guided, self-paced course of about 25 hours to be completed between January 19, 2016 and March 28, 2016. The goal of this course is to provide nutritionists with the knowledge and skills needed to improve the nutritional health of the pediatric population. Module 1 is designed to improve knowledge and skills specifically in the area of nutrition assessment. It is ideal for new employees in public health nutrition, nutritionists who are new to pediatrics and those who want to broaden their pediatric knowledge base.

Module 1 Nutrition Assessment consists of the following six topics:

- Unit 1: Anthropometrics
- Unit 2: Biochemical
- Unit 3: Clinical
- Unit 4: Food and Nutrition History
- Unit 5: Eco Social Factors
- Unit 6: Psychosocial Factors

This course has been approved by the Commission on Dietetic Registration – Academy of Nutrition and Dietetics for 19 CPEUs - Level 1 for Registered Dietitians (RDs), Registered

Dietitian Nutritionists (RDNs), Nutrition and Dietetics Technicians, Registered (NDTRs) and Dietetic Technicians, Registered (DTRs). For all others, 2.0 Continuing Education Units will be awarded from the Friday Center for Continuing Education at the University of North Carolina at Chapel Hill.

Fees: The course fee is \$50 for public health nutrition personnel in North Carolina Local Health Agencies and pediatric nutritionists in Children’s Developmental Services Agencies (CDSAs). The course fee is \$100 for all other applicants, including those who reside outside of the State of North Carolina. Enrollment is limited, and participants will be taken on a first-come, first-serve basis.

An orientation webinar is scheduled for Tuesday, January 12, 2016 from 11 am – 12 pm with fully enrolled students to provide an overview and demonstration of the online course. This live orientation webinar will be recorded for those who are unable to attend.

<b>March:</b> No NETC this month
<b>May:</b> No NETC this month
<b>July:</b> 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
<b>September:</b> 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
<b>November:</b> ***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
Enfaport	17 – 6 packs of 6 oz. containers	4/1/16	HACAP	Angela Munson 319-366-7632
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
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
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105

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.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (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 Clarahan, 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.



UNIVERSITY OF MINNESOTA  
Driven to Discover<sup>SM</sup>

## 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.

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### 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

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### 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.

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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](#).**

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

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