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

Week ending issue: September 23, 2016– Issue #307

Policy

Policy from the WIC State Program Certification Policy and Procedure Manual – Policy 215.12 Certification Appointment Process

Priority II infants who were pre-certified must complete a certification appointment at the WIC clinic in order to continue receiving benefits.

If the certification appointment is completed within 30 days of the precertification, it is acceptable to import the previous income determination data and use it.

If possible, the certification appointment should occur in the same calendar month as the precertification, to avoid the need for benefit proration.

Example: Precertification was completed on 10/1 with benefits issued for October. The next certification appointment is on 10/26; benefits can be issued for November, December, and/or January based on the Food Benefit Issuance Period recorded in the infant's electronic record.

If the infant does not return for the certification appointment, print a Notice of Termination form and mail it to the parent/guardian. Check the following reason for termination:

- Failed to reapply

Enclose a Notice of Missed Appointment.

Information

I am pleased to announce that Kimberly Stanek has accepted the position as State WIC Director for the Iowa WIC program effective October 7. Kimberly's 14 years of WIC experience at the local agency and state office provide a strong foundation for leading the work of the Iowa WIC program. Please join me in congratulating Kimberly on her new role!!

Jill Lange, MPH, RD, LD

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Opportunity to get Active!

The Healthiest State Walk is October 5th, 2016 and for the second year in a row the Healthiest State Initiative's goal is to have an organized walk in all of Iowa's 99 counties. As a health leader in each of your counties, we want to personally challenge all of you to #StepItUp and organize a local walk.

This year, Iowans will come together and walk for 30 minutes – stepping it up from the previous years' 1k. Thirty minutes of physical activity each day improves physical, social, and emotional health. The Iowa Department of Public Health is excited to partake in the Healthiest State Walk as it represents a commitment to the health of Iowans. We look forward to not only walking together on October 5, but also initiating a cultural shift towards more activity. We want to challenge all of you, as health leaders to organize a walk in your county too.

The good news is there are free tools to help. A variety of resources are available on the Healthiest State Initiative web site including:

- walk promotion toolkits for cities, schools, worksites
- #WhyIWalk pledge cards
- Customizable poster
- Stock Photos
- Walk logo
- Iowa schools contest

The counties listed below do not yet have a walk registered so here is your opportunity to shine!

- Lyon
- Monona
- Pocahontas (has private walk- hoping to get a public walk)
- Wright
- Floyd (has a private walk- hoping to get a public walk)
- Worth
- Benton (has a private walk- hoping to get a public walk)
- Keokuk
- Monroe
- Lucas
- Ringgold
- Taylor
- Adams
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Thank you of the Week

- *I had a new family/couple in this morning that had been on WIC in another state in the past- and they had very positive comments about our clinic and staff! They made several remarks about how friendly and cheerful staff was that helped them- and how our clinic was so different than the other state's WIC office they went to. The mom even said "I dreaded going to WIC appointments there, but everyone is so nice here! You make things simple and easy!" ~Broadlawns WIC Participant*
  **If you have a WIC Shout Out feel free to send us a private message!

- *"Being a breastfeeding mother has been one of the most amazing experiences of my life and I am forever grateful for your generosity. I can only hope that more mothers are able to enjoy this time in their life with the support of programs like yours. I always knew that I wanted to breastfeed, and now I am a bigger advocate than ever. While it may not be for everyone, breastfeeding is right for me and my baby." – **WIC Participant***

  Participant Centered Services: Molly Kellogg CEU Opportunity

Participant Centered Services

- When you call a client back for their appointment and they're loaded down with stuff (e.g. car seat, diaper bag, baby blanket) try asking them if you can help carry their things!

Find Us on Facebook

https://www.facebook.com/IowaWIC

eWIC/Focus Update

- **Reminder about Special Formulas not currently in Focus**

If a client presents with a prescription for a special formula not currently in Focus do you know what to do? Here are your steps to take!

Your first step would be to go to the WIC Works Website at: https://wicworks.fns.usda.gov/wic-formula and check the USDA database to ensure the formula is a WIC approved formula. If you find the product is approved, the next step is to go to the WIC Web portal and fill out the Iowa WIC Formula Application and email or fax it to us. We will then use this application to start our review process to determine if we as a State are going to approve it.

Adding a formula will require at least a couple of days since we must gather nutrition, price, and vendor information before we can make a decision. If we decide to approve it, we have to add it to our Train environment first to test it and then submit it to be added to the production environment. Call ahead as much as you can so the State Office can get a head start on the process.

- **Please remember to only make food package changes for the participant needing the change**.

Do not make new food packages for family members who do not need any changes or the food package will be affected by proration if it is a prorated time of the month.

The reissue to the original function (reissuance box on the Food Benefit panel) can be used for infants who have had a formula change or if there has been a breastfeeding status change for the infant and additional formula is needed. An example of when this might be used is if you have a participant who received a 2/3 prorated food package for formula (6 cans of Similac Advance). They bought and used 4 cans. They now come back in a 1/3 proration time frame with a formula change for Similac Sensitive. The amount of formula that is issued during the 1/3 time frame is 3 cans. No formula will be available to reissue because they used 4 cans. The system will see this as that they already used 3 cans and should not receive any more. This is a situation where the original radio button can be used which would allow the participant to receive 2 cans of the new formula (the amount they originally had left to spend). Only a few lead staff have the capability to use this function in Focus.

- **If a participant reports that they are having a problem using their eWIC card**, please find out as much information as possible on what kind of problems they are encountering. Often times the issue may be simple such as the card is locked and most often a new eWIC card does not need to be issued. If you have questions, you can contact the State office as staff has access to WIC Direct and can tell if a card is locked.

- **If you are on the Comments/Alerts panel and you want what you are adding to display as a pop-up (Alert) you have to check the box to do so, otherwise it is just a Comment and will only be seen if staff go to the Comments/Alerts panel.**

Dates to Remember/Conferences/Webinars/Training etc.

Steps to Counseling Excellence:
a program for practicing nutrition professionals

Motivational interviewing forms the foundation of this practical program. The focus here is on the basic counseling skills that are essential for quality health behavior counseling.

The program is all **on-line and available immediately** upon purchase. It can be used by a group together or by individuals in their own time. It is designed for dietitians currently in practice and all examples are from nutrition counseling settings. Dietitians considering beginning outpatient counseling and health professionals providing other types of health counseling or coaching will benefit

as well.

This program provides up to **12 Continuing Education Credits** for Registered Dietitians.

More details here, including:

- Discounts for those who have attended the Counseling Intensive workshop or purchased webinars in the past
- Group discounts

September:

- NETC Webinar (All New Staff) – September 15, 8:30-11:30 a.m.
- NETC Webinar (Health Professional) – September 22, 8:30-11:30 a.m.
- NETC Webinar (Support Staff) – September 29, 8:30-11:30 a.m.

- **Webinar/Training Opportunity- Zika Virus – September 29, 2016**

  Upcoming Webinar

  A webinar about Zika Information for Local Agencies will be available on Thursday, September 29, 2016 from 3:00-4:00 PM EDT. Click here to sign up and register.

  Dr. Jennifer Nelson works as a Medical Epidemiologist in the Nutrition Branch at the Centers for Disease Control and Prevention (CDC) and will be discussing Zika and its impacts on WIC families. Her work on the Infant Feeding Team focuses on improving national breastfeeding rates and breastfeeding-related maternity care practices. She received her M.D. from Morehouse School of Medicine and completed her Pediatrics residency at Emory University affiliated hospitals. In addition, she has a Master's in Public Health in Epidemiology from Emory University. Prior to medical school, she worked as an epidemiologist at CDC in the Foodborne and Diarrheal Diseases Branch on national surveillance of foodborne diseases and antimicrobial-resistant enteric diseases.

  For a sneak preview, you can take a look at these print resources and infographics.

October:

- Communication and Rapport Workshop – October 26th

November:

- **Breastfeeding Conference Available in the Des Moines Area 'Lactation Challenges'**

The conference will be held- Friday, November 4 from 8:15-5:00 at Grace Community Church, 877 NE 64th St. Pleasant Hill/Des Moines.

See the attached flyer at the end of this issue of Friday Facts

- NETC Webinar (All New Staff) – November 10, 8:30-11:30 a.m.
- NETC Webinar (Health Professional) – November 16, 8:30-11:30 a.m.
- NETC Webinar (Support Staff) – November 17, 8:30-11:30 a.m.

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Keto cal. 3:1, 11 oz. Unflavored Powder	8 containers	9-4-16	HACAP	Angela Munson 319-366-7632
Pediasure 1.0	1 case	11-16-16	HACAP	Angela Munson 319-366-
Ketocal 4.1 (vanilla)	1 case	9-9-16	HACAP	Angela Munson 319-366-
Tolerex formula	7 boxes w/ 6 pkts each plus 2	2/17	HACAP	Angela Munson 319-366-7632
RTU Neosure	26 containers	9-1-17	Upper Des Moines Opportunity	Tammy Chapman, RD, LD 712-859-3885, Ext.
RCF Concentrate	11 cans	5/2017	Webster County WIC	Kathy Josten, LD, CBE 515-573-4107
Therapeutic Pediasure 1.5 cal. per ml 350 calorie	68 - 8oz cans		North Iowa Community Action	Carla Miller, LBSW (641)423-5044 ext. 24
Enfaport	4 cartons of 6—6 fl oz bottles		NICA	Janelle Pansegrau, 641-423-5044
Alfamino Infant 14.1 oz powder	3 containers	5/28/17	Pottawattamie County WIC	Kristine Wood, MS, RDN, LD 712-328-5886

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,(AD- 3027) found online at: 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

This institution is an equal opportunity provider.

Basking Babies' 2016 Conference

"Lactation Challenges"

Important strategies for moms facing lactation challenges: moms who exclusively pump including information on different pumps and flanges; a session on increasing milk supply; a surgical approach to breast cancer in the lactating woman.

November 4, 2016: 8:15 a.m. - 5:00 p.m.

Grace Community Church 877 NE 64th St. Pleasant Hill/Des Moines

To register visit: http://bit.ly/21euDQv
Or contact Angela at lactationlady@live.com | 515-210-1868
Facebook hashtag: **#BBNov4Conference**
https://www.facebook.com/AngelaBaskingBabies/

Continuing Education

Nurses will be awarded .76 CEUs Iowa Board of Nursing Provider #17, **Dieticians:** 6 contact hours. **IBCLC:** 6.16 L-Cerps. Certificate of completion will be given to all attendees. Full attendance is required; no partial credit will be given

Cost:

Early bird registration fee (before October 10th) is $80 per person, which includes lunch and snacks.

Speaker Information:

Dee Kassing has been an IBCLC in private practice for more than 20 years. She has worked part-time at a Level III Neonatal Intensive Care Unit (NICU) and on a hospital postpartum floor. Dee has also been a La Leche League Leader for 30 years and currently serves as an Assistant Area Professional Liaison Leader in Illinois LLL. She is a member of ILCA and USLCA and serves as the Secretary of her local USLCA Chapter. Dee also serves as the Secretary of the Edwardsville (Illinois) Region Breastfeeding Task Force. She loves the "detective work" that accompanies puzzling breastfeeding problems. Her specialty is sucking and latch-on problems. Her 2002 article, "Bottle-feeding as a Tool to Reinforce Breastfeeding," was voted the Most Useful Article of the Year by readers of JOURNAL OF HUMAN LACTATION. Dee presents Peer Counselor training sessions for WIC Departments. She is a frequent presenter at Area La Leche League Conferences, and has presented at the ILCA Conference, LLL International Conference, Lactation Consultant in Private Practice Workshop and various state and local conferences.

Tiffany Torstenson, D.O. will be sharing "Surgical Approach to Breast Cancer in the Lactating Woman" Dr. Torstenson graduated from the Des Moines University College of Osteopathic Medicine in 2007 and finished her general surgery residency at Mercy Medical Center in 2012. She went on to a breast surgical oncology fellowship at Mayo Clinic in Rochester, Minn., which she completed in 2013. She returned to Des Moines to join the team at the Katzmann Breast Center. Dr. Torstenson is actively involved in numerous clinical trials and is a huge advocate of these for her patients. She has multiple publications and speaking appearances. She is skilled in ultrasonography and her focuses are on oncoplastic breast surgery and nipple sparing mastectomy. She is actively involved in the surgical education of the residents in the general surgery program at Mercy Medical Center.