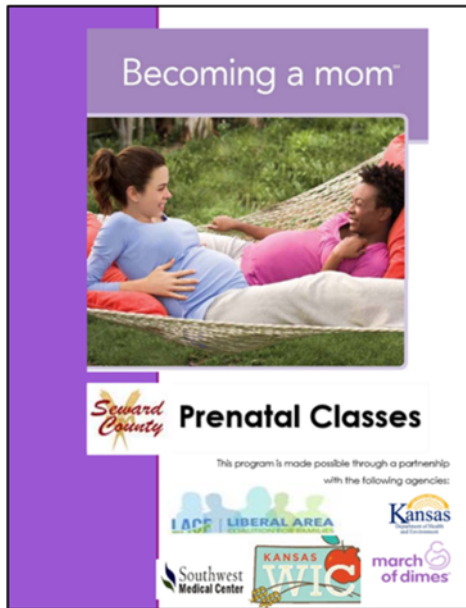


# Nutrition & WIC Update

KANSAS NUTRITION AND WIC SERVICES



## Seward County Staff Teaches BAM Breastfeeding Classes

Becoming a Mom (BAM) classes are starting in Seward County and Seward County staff have stepped up to help teach the breastfeeding nutrition class and give information about WIC at the classes. BAM classes are open to anyone in the community free of charge.

Thank you, Seward County staff, for serving as breastfeeding experts in your community and providing outreach to help increase participation!

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## “Client Goal” Tip from Barton County

“I will often urge clients to write their goal on the front page of the Eat Grow Live Healthy series of hand-outs (new one every 6 months). There is a section for name, measurements and Notes and Next Steps/Goals. After setting what they want to work on, I make available a pen, and suggest they could write it down, and hang it on the fridge, as we will discuss how they are doing at the next appointment. The Eat Grow Live Healthy handouts have so much outstanding information, that I hope this helps personalize it and keep it handy for them.”





## How to Reduce 30-Day Temps

Lisa Medrow, RDN, LD

Due to the way eWIC prorates food packages to line up with the family's First Use Dates (FUDs), it's best to avoid 30-day temps, if possible. What are some ways you can help clients remember and bring everything that is needed for their certification appointments? We've put together a few ideas and examples below.

### Personal Reminders

In some clinics, it might work well to personally call clients the day before the appointment to remind them of everything they need to bring. Slow down the conversation on the phone to clarify with the client what exactly they should bring for their appointment, rather than just saying, "income, address, and ID." Or, if your county has Facebook, you might be able to use Facebook to instant message (NOT post publicly) the client with the list of what to bring.

### Mailed Reminders

Mail an example sheet of what people should bring for proofs along with an appointment reminder.

### At the Appointment—Encourage Clients to Gather All Proofs

If the client arrives at the clinic and forgot to bring something, what could you do to help them and avoid putting them on a 30-day temp? Could you allow them to run home quickly to get it? Maybe it's in the car and they could go out and grab it? Could they call a family member and ask them to take a picture of the proof and text it to them (all but ID—ID needs to be seen in person, not electronically)?

### Example: Anderson Co. Uses Personalized Email (and soon to add "Text") Reminders to Reduce 30-Day Temps

Sarah Hulcy at SEK Anderson WIC clinic has recently started sending out personalized email reminders. The idea came to her in middle of the night! Earlier that day she had received a text for her son's Doctor appointment that told her the things she needed to bring and she started thinking, "Hey, we could do something like this, too! I'm going to try it!" At the Anderson county office, they are currently using a program to schedule appointments and it allows you to modify individual email and text reminder messages that are sent out the day before the appointment. (Note: this system does not interface with KWIC and is completely separate from WIC. WIC clients will still get the generic WIC appointment reminder text from KWIC.) Sarah decided she would try to put her WIC clients in as having an appointment in their county's existing program and see what happens. She put in her cert and re-cert appointments and typed up the message in a Word document that she could save for later and easily cut and paste into the system to modify the message. Her message is something like, "Just wanted to remind you of your appointment tomorrow 2/9 at 10am. Please remember that Jonah needs to be with you and to



### How to Reduce 30 Day Temps (Continued)

bring your proof of income, residency, ID for you and your child and your diet questionnaire with you to your appointment. If you have any questions, please give us a call at xxx-xxxx.” One of the first times she did this she had two calls in the same day from clients thanking her because they didn’t know they needed to bring such items. Anderson County has been doing this for about a month, and Sarah thinks this new procedure has really helped reduce the number of 30-day temps the clinic has. She admits it took a little work to put everyone in their Health Department’s system for scheduling appointments for the first time (but once they are in the system it will go faster for future appointments). They have not had **ANY** 30-day temps since they started eWIC and these reminders were sent. They also have several clients call the afternoon before or the morning of and check on details about the appointment since receiving the message. Next, Anderson county will start sending text messages in addition to the email message, and the other two SEK agencies (Allen and Woodson counties) will be using the system for the email and text reminders as well.



### Share what your county is doing

Due to the 30-day temps and new proration with eWIC, the SA urges clinics to do whatever they can to try to reduce the number of 30-day temps—for everyone’s best interest. Hopefully each local agency can take some of these suggestions and put them into action. **We would love to hear what your county is doing!** Please email what you do to limit 30-day temps to [LisaMedrow@ks.gov](mailto:LisaMedrow@ks.gov).

## Have you thought about doing an online RN-to-BSN program?

Lisa Medrow, Training Coordinator

If you are an RN with an associate’s degree or diploma and have been considering obtaining your bachelor’s degree, Washburn University offers an online RN-to-BSN program that you could complete in 18 months as a part-time student. Start dates are available at various times, but Washburn is currently offering a \$1,500 scholarship to RNs who would like to start the program in May. Learn more: <http://washburn.edu/academics/college-schools/nursing/undergrad/rn-bsn/index.html>.

## Does SNAP Cover the Cost of a Meal in Your County?



This [U.S. map](#) from the Urban Institute compares the maximum SNAP benefit per meal with the cost of a low-income meal in 2015. Hover over a county to see the average cost of a low-income meal and the gap between that cost and the SNAP benefit, which is the same for all counties in the 48 contiguous states and Washington, DC. The report finds that SNAP does not cover the cost of a low-income meal in 99 percent of US continental counties and DC. Nationally, the maximum SNAP benefit falls short of meeting monthly low-income meal costs by \$46.50 per person. Among the 10 percent of counties with the highest average meal costs, the monthly shortfall is \$82.04 per person.

## Appetite and Satiety in Weight Management

Julie Ornelas, RDN, LD, State Nutrition Education Specialist

I recently attended the Kansas and Missouri Joint Academy of Nutrition and Dietetics Conference. One of the sessions was about hunger, satiety and dietary habits as obesity contributors, presented by Heather J. Leidy, PhD. She shared many research articles, which I can share if you are interested, [julie.ornelas@ks.gov](mailto:julie.ornelas@ks.gov).

There are many influences that can contribute to obesity. She identified breakfast skipping, snacking, portion sizes, food stimuli in the environment, mindless eating, fast food and absence of home-prepared meals as contributors.

So what can we do to help avoid some of these influences? She did not say this, but in my opinion, the number one thing you will need to do first is tune into your body and identify true hunger vs. mindless eating. We eat for many reasons other than hunger, maybe from boredom, “the food was there”, stress, etc. Make it a goal to stop every time you think you should eat and ask yourself, “am I really hungry?” If you can do that, then you will be in control and the recommendations that Dr. Leidy made will also help.

The majority of the research she presented centered on breakfast and the amount and type of protein at breakfast, snacking and sleep. One study showed that those who skipped breakfast ate on average, 225 more calories in a day, than those who had a normal protein breakfast. By American standards, a normal protein breakfast contains about 13 gm protein. And those who ate a high protein breakfast (about 35 gm protein), ate 325 calories less than those who had a normal protein breakfast.





## Appetite and Satiety in Weight Management (Continued)

Evening snacking is one of the toughest times of the day to resist high fat/sugar foods. One study showed that those who ate a high protein breakfast ate 200 calories less on high fat/sugar foods during evening snacking. WHAT? Eating a high protein breakfast can reduce my evening snacking? Yes, according to research.

A high protein breakfast can also effect sleep. In a study of 20 – 32 year olds, they reported better sleep quality and were able to fall asleep faster when they had a high protein breakfast that morning. Another important point, based on two research articles is that it would be better if the protein at breakfast is not from a beverage or shake, even if it is a high protein shake. The protein should be from solid food sources, like eggs, lean meat and dairy such as yogurt or cheese.

An example of a high protein breakfast that she shared included: 2 oz lean meat, 2 servings eggs and 1.5 servings of dairy (in a solid form). She told us that one of the most popular high protein breakfasts with their study participants was a breakfast burrito.

Starting to see a pattern? Her take away messages were:

- A diet rich in protein, about 30 gm per meal, 3 meals a day, seems to be an optimal strategy to improve body weight management through increased appetite control and satiety, while reducing food cravings.
- Eat breakfast, and ideally, consume a high protein breakfast.
- Based on the common American protein distribution between meals, the amount of protein we eat at dinner, may need to be changed. For the average American, this would mean decreasing the amount of protein at the evening meal, in order to balance out protein to 30 gm per three meals.

## Online Learning Hub for Public Health Nutritionists, from ASPHN

The Association of State Public Health Nutritionists has launched [publichealthnutrition.org](http://publichealthnutrition.org), an online nexus with resources and programs for public health nutritionists. The information within the site is organized by the nutritionists' broad categories of practice: Nutrition, Advocacy, Communication, Research, PSE, and Leadership. The six categories are sub-categorized by indicators, which are accompanied by clear definitions of what they encompass and offer links to resources developed by government agencies, educational institutions, professional organizations and others.

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