

Nutrition & WIC Update

KANSAS NUTRITION AND WIC SERVICES



Observations from a Coffective Progress Report

Patrice Thomsen, MS, RD, LD

Thanks to all Kansas WIC staff for the efforts that you are making to implement the Coffective Breastfeeding Project and submitting your progress reports. We'd like to use this insightful observation about a strategy in one clinic as a reminder to all.

First strategy: We placed the laminated Coffective material sets in the waiting rooms for clients to view. Clerk is prepared to answer questions and foster discussion.

Progress report: A great deal of progress was made throughout Quarter 1! Setting out the laminated material sheets was the easiest of the three strategies chosen. The toughest part training-wise was making sure that the WIC clerk had the appropriate skill set to accurately address questions that were asked in the front waiting room. (The toughest part of this was making sure that referral to the RN was made when follow up or a more in depth answer was needed.) We also feel that at first clients were not really "noticing" the materials (or maybe a better wording would be that they were "only noticing" the materials). Front office staff did begin to "prompt" some discussion which engages the clients much better than just setting the materials in the lobby.

Comment from State staff: Yes! WIC clerks are crucial to promote and support breastfeeding! Often they don't think they are "important." We appreciate your observation about working with the WIC clerk to have skills related to having the laminated materials in the waiting room. It does take effort and practice to have the comfort level to prompt discussion, plus the skills to actually engage the client and address questions/make referrals. Keep up the good work.



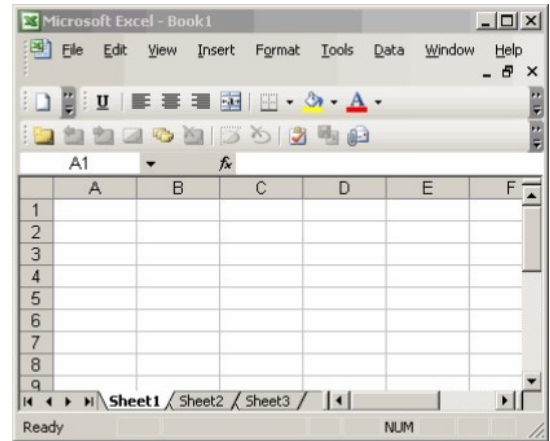
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Fred Pryor Training

Kristi Glessner, RD, LD--Riley County Health Department

On April 25th and 26th I was lucky enough to attend a Fred Pryor training course in Kansas City, KS. Fred Pryor trainings are held all throughout the United States and offer a wide variety of courses for professionals to improve their skills. The training I attended was Microsoft Excel-The Basics and Microsoft Excel-Beyond the Basics. Throughout these two full days of training I gained vast knowledge on this program and found there is so much more to Excel than just simple tables and charts.



I hope to use the skills that I learned in Excel training here in our local office. I can now create spreadsheets easily, quickly and effectively to collect and present data clearly to the rest of our local WIC staff and health department employees. Normally when I have been tasked with making a spreadsheet of some sort it has taken hours to complete just the basics. This not only takes away time from my other WIC responsibilities, it also doesn't always present the information as it should. I now have a good insight on short cuts to decrease the time it takes me to make the spreadsheet. I also learned about many of the different tools that can be used to present the information accurately and in ways that is not only appealing to the viewer but also easily understood.

The skills from Excel training can help our clinic put together visual representations of different statistics so they can be used in meetings to better explain what is going on with a particular part of our clinic. Colleagues will be able to see how we have grown as a clinic as well as see where we are with the goals we have set for ourselves during the year. There will be so much we can do with this training that I know we will be able to use the knowledge that was gained to the best of our ability.

Resources for Nutrition Educators

The Two Bite Club eBook. US Department of Agriculture Food and Nutrition Services, Child Nutrition Programs. Free downloads available at: <https://www.fns.usda.gov/tn/team-nutrition-myplate-ebooks>

This free eBook teaches young children about the MyPlate food groups and includes interactive features to test comprehension and make learning fun. Early or prereaders can select the audio button and have the book read to them. Images of foods are used with a refrigerator to include an interactive step to drag and drop food images into the appropriate food group. A family, including a mother, son and daughter demonstrate how to experience



Resources for Nutrition Educators (Continued)

the Two Bite Club concept of trying 2 bites of a new food.

NEEDS for Tots. Looking for resources or lessons to teach parents about the Division of Responsibility? Then check out these lessons and materials. Originally developed for child care providers and parents, these lessons, videos and books teach about the division of responsibility, family mealtimes, eating the rainbow and more. Review the materials at: <https://www.needscenter.org/resources1/needs-for-tots-b-2/>

Online Learning Hub for Public Health Nutritionists, from ASPHN

The Association of State Public Health Nutritionists has launched 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.

When Can We Issue 2% Milk?

Lisa Medrow, RDN, LD, WIC Training Coordinator

Did you know that you can issue 2% milk for children 2-5 and pregnant women? Woah, don't get too excited. It is only in **rare** situations that you can issue 2% milk!

2% Milk & Children 2-5 Years Old

In policy [FCI: 02.02.00](#) Food Packages for Children, you can see that 2% milk can be issued to children 2-5 years old as it states, "CPA determines need for if underweight."

Q: Does that mean that all underweight children 2-5 years old should get 2% milk?

A: No! There are many other ways to increase calories for children, many of them containing less saturated fat. Additionally, we want children to get used to drinking skim or 1% milk because that is the milk they will get when they start Head Start and School.

Q: Can we issue 2% milk if the child is not underweight?

A: No. Please call the SA if there is a **real** need.

Q: Can we issue 2% milk to children who will not drink skim/1% milk?

A: No. (Unless as described above.)

2% Milk and Pregnant Women

In policy [FCI: 02.03.01](#) Food Packages for Pregnant Women, you can see that 2% milk can be issued to pregnant women as it states, "CPA determines need due to maternal weight loss during pregnancy."





When Can We Issue 2% Milk (Continued)

Q: Does that mean that all pregnant women who experience weight loss during pregnancy can be issued 2% milk?

A: No. There are many other ways to increase calories for pregnant women, many of them containing less saturated fat. Additionally, we want pregnant women to continue drinking and enjoying skim/1% milk throughout the rest of their life for good health and to set a good example for their children.

Q: Can we issue 2% milk if the woman has not lost weight during pregnancy?

A: No. Please call the SA if there is a **real** need.

Q: Can we issue 2% milk to women who will not drink skim/1% milk?

A: No. (Unless as described above.)

Certified Lactation Counselor training in Junction City in April 2018

Earlisha Killen, Breastfeeding Peer Counselor, Riley County Health Department

This training will help me to assess a mother's individual situations and then use the evidence-based research I learned to counsel. I thought I knew the basics of breastfeeding, however after this training I realized that my previous perceptions about breastfeeding were indeed wrong. I learned so much in a short amount of time. One thing I was able to take away from this training was how to properly access an infant's latch. Learning the different angles to properly access and evaluate mom and infant, how the jaw moves when infant is properly transferring milk and how infants need to be able to touch mom (not use the cute mittens so they don't scratch their face) to effectively and efficiently nurse. Even though I have nursed 3 children and have counseled many mothers, this training has inspired me to continue my education to further assist moms, but it has also increased my knowledge base and counseling skills in ways I did not know were possible.

Outreach Resource Guide

(Used with permission from the Texas WIC Program)



Outreach is critical to the long-term success of any nonprofit or for-profit organization. Whether it's traditional advertising or word of mouth, potential clients have to know where you are, what you offer, and how they benefit from your services. Establishing yourself in the community can play an important role in carrying WIC's message and benefits to potential clients.



Outreach Resource Guide (Continued)

The following are organizations that are potential resources or partners for outreach. It is recommended to have a contact for each of these types of organizations and to touch base with them quarterly to explore opportunities for outreach.

Type of Service	Contact	Email/Phone
Family Nursing Partnership		
Early Childhood Intervention		
Daycare		
Medicaid Health Care Providers		
Ob/Gyn, pediatrics, family practice, etc.		
Hospitals		
Diaper Bank		
Breastfeeding Coalition		
Ministerial or Faith Alliance		
Food Bank		
Medicaid offices		
Foster agencies		
Pregnancy centers		
Libraries		
Chamber of Commerce		
Media Outlets		
Domestic Violence shelters		
Refugee Assistance groups		
Low-income housing programs		
Thrift stores		
Legal Aid groups		
Public Transportation		
Colleges		
Parks & Recreation		
Free services		
Free tax preparation		
Safety seat checks		
Other		

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