TO: Parent and Sub-Agencies

FROM: Dave Thomason
Nutrition & WIC Services Director

DATE: December 30, 2019

RE: Kansas Local Agency National WIC Association Membership Dues
State Agency Nutritionist Vacancies
Budgets for FFY2020
WIC Advisory Committee – Call for Agenda Items and Member Changes
WIC Advisory Committee – Selection of LA Representative to National WIC Association.
BFPC 1st quarter Quarterly Reports due January 20, 2020
2020 Nutrition Services Plan SA Lesson on Basic Cooking
Seatbelt Recommendations for Pregnant Women
Training: Additional Educational Opportunities

Kansas Local Agency National WIC Association Membership Dues

As in the past, the Kansas State Agency is paying the local agency membership dues for the National WIC Association (NWA). All parent, stand-alone and designated coalition agencies have organizational accounts with NWA.

In order to receive e-mail and other member benefits from the NWA each individual staff member must create an individual account and have that account linked with the organizational account of the Local Agency under which dues were paid. Staff members of sub-agencies and agencies within coalitions are NWA members by virtue of their “Parent” Agency or the Agency in the coalition with the paid membership.

If you do not wish to create individual accounts for all employees, you may designate one or more individuals with an account to receive e-mails and then have those individuals forward e-mail messages to all appropriate staff.
If you wish to and are not receiving e-mail from the NWA, please follow the instructions attached to this memo to create and link your individual account.

Once you have created an individual account, call NWA at (202) 232-5492 and say, “I need to be linked to my organization.” NWA must link you in order for you to receive member benefits. If you are not sure if you have an individual or organizational account call NWA at (202) 232-5492 and they can check for you.

NOTE: Sub-agencies link their staff members individual accounts to their Parent Agency’s organizational account. Sub-agencies do not have organizational accounts of their own. Please be careful. If a sub agency does inadvertently create an organizational account, that sub-agency will be charged NWA dues of $50.00.

NOTE: For purposes of paying dues for the three existing regional coalitions (NEK, SEK, and SCK), the state agency designated Atchison of NEK, Allen of SEK and Kiowa of SCK as surrogate “Parent” Agencies with an organizational account Individual staff members in local agencies within these coalitions should notify NWA to link their individual account information to either Atchison, Allen or Kiowa County’s organizational account.

**ACTION REQUIRED:** If necessary, go to the NWA web site www.nwica.org and click on “Login” at the top right of the page to verify your individual account information. Create individual accounts as desired and verify your subscription choice to receive e-mails, etc. (See below for detailed instructions titled: Steps on How to Create an NWA Account Profile)

**State Agency Nutritionist Vacancies**

The state agency seeks candidates for two nutritionist openings at the State WIC office. Both positions require that candidates be Registered Dietitians at time of hire. **As soon as we are through the process and the positions are posted for advertisement, we will send a mass email with the links to view the position description and details for applying.** Even before the positions are posted, we encourage any interested individuals to learn more about the positions to contact Patrice Thomsen at 785-296-1189 or patrice.thomsen@ks.gov.

- We have an opening for a Nutritionist to serve as a local agency lead contact, conduct management evaluations and **manage the Breastfeeding Peer Counselor component** of WIC. (This position does **not** require an IBCLC credential.)

- Our second opening is for a Nutritionist to serve as a local agency lead contact, conduct management evaluations, provide leadership to the state breastfeeding plan of work while **serving as state WIC Breastfeeding Coordinator**. (This position does **not** require an IBCLC credential.)

Even though the information lists a closing date, the recruiting will remain open if not filled. **ACTION REQUIRED:** Apply yourself or spread the word! Questions? Contact Patrice Thomsen at 785-296-1189 or patrice.thomsen@ks.gov.
Budgets for FFY2020

If there are changes to your budget for FFY2020, please wait until mid-year revisions due in March 2020 to submit a revision.

**ACTION REQUIRED:** Let those that complete the budget know that they may need to submit a mid-year revision in March 2020.

WIC Advisory Committee – Call for Agenda Items and Member Changes

The next WAC conference call is Tuesday, January 28, 2020, 9:00 – 11:00 AM  **Please submit agenda items to your WAC representative or Patrice Thomsen by January 21, 2020.** You can find your representative name and contact information on the [WIC Advisory Committee](https://www.wicassociations.org/wac/ks/) page of the Kansas WIC website. As a reminder, questions about policy implementation should be directed to your agency’s assigned state staff member. The facilitator for the January call is Ladonna Reinert - Lincoln County. January is the change-over meeting in which we invite the outgoing and incoming Representatives for the Northeast, Southeast, and Northwest WAC regions, in addition to the other members. Alternates are also invited, but may choose not to attend, unless notified that your Representative will not be attending.

Current agenda items include the regular updates from the Director, KWIC, and NWA representative. As of now, this item is also on the agenda:

- **FCI 02.05.00 Formula Returned by Clients.** This was a major change last year. We’d like to get feedback on how things are going. What messages are clinics successfully using to get clients to buy less formula with their first benefits to reduce the likelihood of having to return formula, potential revisions to the tracking log.

**ACTION REQUIRED:** Submit agenda items by January 21, 2020 to your WAC representative or Patrice Thomsen. Contact Patrice Thomsen with questions at [patrice.thomsen@ks.gov](mailto:patrice.thomsen@ks.gov) or 785-296-1189.

WIC Advisory Committee – Selection of LA Representative to National WIC Association

Congratulations to Trish Hight, RD, WIC Coordinator in Miami County. The WIC Advisory Committee selected her as the next National WIC Association Local Agency representative for Kansas. Trish has worked in WIC since she graduated years ago, when they were just expanding WIC to more counties in Kansas. In the past, Trish worked in Shawnee County. She has been with the Miami County WIC Program since 1990. In her application, Trish commented, “I have always said WIC is one of the best programs for Nutrition of all time. I love that WIC is a rare preventative nutrition health program employing dietitians and nurses and others to partner with the public, promoting healthier families. My greatest accomplishment is when someone walks out of my office and feels good about their life and the accomplishments they are making with
their children and that they have more strength continue on with these tasks with the help of WIC. I love how proactive the state and National WIC Association are for the future and I see great strides being made every year to improve our services. I would enjoy helping them to continue these efforts.”

**ACTION REQUIRED:** Watch for future information from Trish about NWA.

**BFPC 1st quarter Quarterly Reports due January 20, 2020**

This is a reminder to please submit the 1st quarter BFPC Quarterly report by January 20, 2020.

**ACTION REQUIRED:** Submit the report to Ashley Waldo at Ashley.waldo@ks.gov.

**2020 Nutrition Services Plan SA lesson on Basic Cooking**

This is a repeat of a mass email sent to local agencies on 12/17/19.

The 2020 NSP had a lesson listed on the Nutrition Education Offerings page that would be provided by the state agency. The packet of materials for this lesson, *Basic Cooking*, has been mailed to all Local Agencies. The packets are in green folders and include materials for an interactive display or notebook.

LAs can choose to order the SA provided handouts for the lesson from the SA (a form is in the packet), or request the pdf files and print them. For LAs that request copies of the handouts, they will be mailed out as soon as they are available.

There is also information about ordering Sprout, a magazine from the ChopChop Family. Please read the information about this in the cover letter. A form is included in the packet to order these directly from the ChopChop company. **The magazines are not ordered through the SA and the SA will not have copies of this magazine in stock.** The magazines are only to be given to low risk clients completing this lesson, so please only order the number needed.

This lesson will also be posted on the Nutrition Education materials page of the [www.kansaswic.org](http://www.kansaswic.org) website, under Lesson Plans, in the next few weeks.

**ACTION REQUIRED:** Alert staff to watch for the Basic Cooking lesson plan packet that was mailed 12/16/19. Any LA may use this lesson for low risk nutrition education. LAs that included this lesson in their 2020 Nutrition Services plan Nutrition Education offerings, should use this lesson during 2020. Questions may be sent to Julie Ornelas, RDN, LD at julie.ornelas@ks.gov or 785-296-0094.

**Seatbelt Recommendations for Pregnant Women**
The Maternal Mortality Review Committee (MMRC) has identified a pattern of maternal deaths caused by motor vehicle accidents where the mother was not wearing a seat belt. In response, the MMRC developed their first action alert. Additionally, in partnership with Safe Kids Kansas’ Passenger Safety Committee they identified a flyer that can also be provided to pregnant women reminding them of the importance of wearing seat belts and how to properly wear one during pregnancy. See both flyers at the end of this memo and, for your convenience, they are provided as separate documents below this memo on the Kansas WIC website.

**ACTION REQUIRED:** Share information with staff. Educate pregnant women by posting and/or distributing Seatbelt Recommendations for Pregnant Women flyer as applicable.

**Training: Additional Educational Opportunities**

- Live webinar hosted by the Kansas WIC Program: **Local Agency Strategies to Increase Caseload**  
  Thursday, January 9, 2020 3:30-4:30pm CST  
  [Register Now]

- Live webinar hosted by the Kansas WIC Program courtesy of the Kansas Breastfeeding Coalition: **Returning to Work: Helping Mothers Navigate Workplace Barriers**  
  Tuesday, January 21, 2020 12:00pm-1:00pm CST  
  [Register Now]

- Kansas WIC is now hosting educational webinars for staff on a regular basis. Please see the [webinar webpage](#) for webinars you can view, plus related resources.

- **Kansas Breastfeeding Coalition** hosts free webinars. Please see the flyer provided at the end of this memo for dates/times/registration.


- **IRIS training webinar**- These webinars, held twice monthly, are about 30 minutes long and provide a detailed overview of IRIS functions and features. IRIS is a computer-based referral tool. You can view the training calendar and register for a webinar [here](#). You can also explore our [website](#) which includes two video overviews.


- National WIC Association: **NWA 2020 Nutrition Education & Breastfeeding Promotion Conference & Exhibits will be held at the Hyatt Regency Orlando in**
Orlando, FL September 9-11, 2020. Click for information. Cutoff for the hotel rate is August 18, 2020, but in the past, rooms have sold out well in advance.

- **Other Trainings**
  - 1-day breastfeeding courses by IABLE and the Kansas Breastfeeding Coalition: Please visit this website for updates on locations, dates and registration.
  - **Medications in Lactation** free webinar recording offered by Kansas Breastfeeding Coalition (KBC). See information, resources and slides here.
  - **Become a HemoCue Certified User**-HemoCue offers free 30-minute training: https://www.hemocue.us/en-us/hemocue-university
  - Free **Breastfeeding Works** recorded webinars-view here.
  - **CDC-USBC Bi-Monthly Coalitions Webinars.** These webinars are held every two months (in even numbered months) on the second Tuesday of the month from 1-2 p.m. CST. Topic/speaker details are posted 1-2 weeks before each session, and presentation materials from all past sessions are archived. You only register for the series once, then you will receive auto-reminders of each session.
  - **Great Lakes Breastfeeding Webinars.** Free webinars, held on the 3rd Tuesday of the month from 1-2pm ET. Register and watch past webinars here.
  - **WIC Works** has a variety of informative training webinars and resources on the Training webpage.

**ACTION REQUIRED:** Share information with appropriate WIC staff about these continuing education opportunities. WIC staff is encouraged to attend additional nutrition and breastfeeding trainings and conferences. Consider sending appropriate WIC staff to trainings and conferences according to your local agency training needs and as the local agency budget allows. The SA encourages WIC staff, if appropriate, to also obtain funding through - **ADM 11.02.00 Financial Support for Local Agency On-Going Training**

If you have any questions regarding this memo, please contact the state staff member assigned to your agency.

**Items included below and/or provided as separate documents:**

Steps on How to Create an NWA Account Profile  
If You’re Pregnant: Seat Belt Recommendations for Drivers and Passengers  
MMR Action Alert-Seat Belts  
Kansas Breastfeeding Coalition Education Events
Steps on how to create an NWA account profile

1. Go to our website www.nwica.org
2. Click on “Log in” top right of webpage

3. A white box will pop-up, at the bottom it says “Don’t have an account? Clink “Create one”
4. You will then be prompted to fill in your personal information and click create account at the bottom of the page.

**New Individual Account**

Select your current agency from a list of existing NWA members. If your agency is not listed, leave this field blank but enter it in the Organization field below.

First name

Last name

Email

Email again

Your password must be at least 8 characters long.

Password

Password again

Organization (optional)

Job Title

Job Function

None

Badge Name

A variation of your first name, such as Hank for Henry. This defaults to your first name if you don't provide a value.

Office Phone

Mobile Phone (optional)

Fax (optional)

Twitter (optional)

Facebook (optional)

LinkedIn (optional)
5. Once you are done, call NWA at (202) 232-5492 and say, “I need to be linked to my organization.” **We must link you in order for you to receive member benefits which include our e-newsletters and discounted conference rates.**

6. If you are not sure if you have a profile:
   a. You can call us (202) 232-5492 and we can check for you.
What your profile ("Dashboard Account") will look like:

Events: Shows upcoming events and a “register” button to register for conferences.

Purchases: Shows your receipts and invoices. You can print receipts and pay your invoices here. Yellow circle indicates an unpaid invoice.

Subscriptions: Manage your NWA e-publication subscriptions (subscribe to Monday Morning Report, etc. here).

Log-In & Log-Out here
I’M PREGNANT. SHOULD I WEAR A SEAT BELT?

**YES**—doctors recommend it. Buckling up through all stages of your pregnancy is the **single most effective** action you can take to protect yourself and your unborn child in a crash.

**NEVER** drive or ride in a car without buckling up first!

WHAT’S THE RIGHT WAY TO WEAR MY SEAT BELT?

**RIGHT**

1. **SHOULDER BELT**
   - away from your neck (but not off your shoulder)
   - across your chest (between your breasts)
   - be sure to remove any slack from your seat belt

2. **LAP BELT**
   - secured below your belly so that it fits snugly across your hips and pelvic bone

**WRONG**

1. **SHOULDER BELT**
   - **NEVER** place under your arm or behind your back

2. **LAP BELT**
   - **NEVER** place over or on top of your belly

SHOULD I ADJUST MY SEAT?

**YES**

1. **ADJUST SEAT**
   - comfortable, upright position
   - keep as much distance as possible between your belly and the steering wheel*
   - comfortably reach the steering wheel and pedals**

**NOT**

1. To minimize the gap between your shoulder and the seat belt, avoid reclining your seat more than necessary.

2. Avoid letting your belly touch the steering wheel.

* If you need additional room, consider adjusting the steering wheel or having someone else drive, if possible.
** If you’re a passenger, move your seat back as far as possible.
You still need to wear your seat belt properly.

Air bags are designed to work with seat belts, not replace them.

Without a seat belt, you could crash into the vehicle interior, other passengers, or be ejected from the vehicle.

NO. Doctors recommend that pregnant women wear seat belts and leave air bags turned on.

Seat belts and air bags work together to provide the best protection for you and your unborn child.

Seek immediate medical attention, even if you think you are not injured, regardless of whether you were the driver or a passenger.
Kansas Maternal Mortality Review Findings

* Approximately 25% of maternal deaths were the result of a motor vehicle accident in 2016-2017.
* Frequently, the women were not wearing seat belts and were ejected from the vehicle.
* Deaths occurred during pregnancy and the postpartum period.

What the State is Doing

⇒ Partnering with Safe Kids Kansas to create a campaign to remind moms, dads and kids about the importance of using seat belts

⇒ Creating resources for maternal and child health providers and partners to share with their patients on the importance of seat belt safety

⇒ Encouraging all those who interact with pregnant or postpartum women to discuss the importance of seat belt safety

What Providers Can Do

⇒ Talk with your patients about seat belt use during pregnancy

⇒ Dispel myths around seat belts, airbags and pregnancy

⇒ Provide resources to patients to help them understand how to properly wear a seat belt around their growing belly

⇒ Remind pregnant and postpartum moms that their safety is just as important as the safety of their baby

For More Information Contact:

Supported by the Kansas Department of Health and Environment
## Upcoming FREE Webinars

(No CE credits offered unless otherwise indicated.)

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<tr>
<td><strong>DEC. 3 2019</strong></td>
<td><strong>Tethered Oral Tissues &amp; Infant Oral Assessment</strong> 12:00 – 1:00 p.m., Speaker: Marsha Walker, RN, IBCLC</td>
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<td><strong>JAN. 21 2020</strong></td>
<td><strong>Returning to Work</strong> 12:00 – 1:00 p.m., Speaker: Brenda Bandy, IBCLC</td>
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<td><strong>FEB. 4 2020</strong></td>
<td><strong>Medications and Lactation</strong> 12:00 – 1:00 p.m., Speaker: Sonder Crane, MD, IBCLC</td>
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<td><strong>MAR. 10 2020</strong></td>
<td><strong>Marijuana and Breastfeeding</strong> 8:30 – 9:30 a.m., Speaker: Laurel Wilson, IBCLC, BSc, CCCE, CLC, CLD, CLE</td>
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<td><strong>APR. 7 2020</strong></td>
<td><strong>Poor Weight Gain</strong> 12:00 – 1:00 p.m., Speaker: Kathy Leeper, MD, IBCLC</td>
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<td><strong>JUNE 9 2020</strong></td>
<td><strong>Insurance Payment for Lactation Services in the Physician Office</strong> 12:00 – 1:00 p.m., Speaker: Susanne Madden, MBA, CCE</td>
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### Registration coming soon

*Hosted by Kansas WIC

**In-Person Education** (CE Credits Available. All courses are 8:30 a.m- 5 p.m.)

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### More In-Person Dates

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