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Special Supplemental Nutrition Program
for Women, Infants, and Children

July/August 2018

It's a New Day in WIC!

Michigan WIC Director Update -

Please join me in welcoming our new Michigan WIC Director, Ms. Christina Herring. Christina has a long background in the private sector as a finance manager and has been a leader in human services organizations (most recently foster care). Christina's skills as an innovative, seasoned, and proactive leader will serve Michigan WIC well as we navigate through a new funding formula, increasing WIC enrollment and retention, making our work more client centered, and creating new opportunities to educate and reach Michigan's families in need. I am excited to have the wealth of experience and the relationships that Christina has from her work in both the private sector and with foster care organizations. Her fresh view will create new and exciting opportunities for Michigan WIC.



Christina will be spending quite a bit of time this summer getting to know the WIC program and will be visiting local agencies. She will look forward to meeting all of the Coordinators at the fall WIC Coordinator Summit. In the meantime, she can be reached by calling 517-335-8951.

Lynette Biery, PA-C, MSc



★ LOCAL AGENCY HIGHLIGHTS ★



St. Clair County:

Promoting Stick With WIC Until Age 5 with their bulletin board.



Saginaw County:

To celebrate National Nutrition Month 2018, the WIC Nutritionists sponsored a food drive, asking for donations from employees of Saginaw County Dept. of Public Health. As the photo shows, it was a great success. They hope to expand next year to include other county departments!

CCS Webinar Series

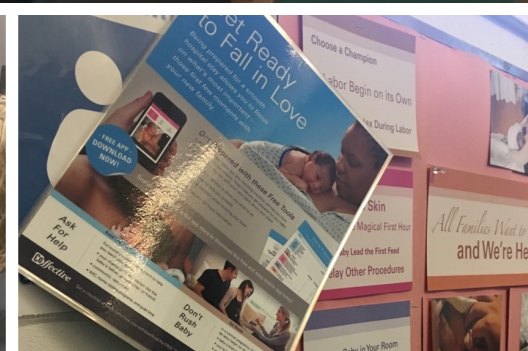
Registration is now available for the Client Centered Services Webinar Series!

In our continued commitment to support staff development and the ongoing implementation of client-centered services (CCS), we have partnered with Altarum to again offer a webinar series for local staff focusing on important CCS-related topics.

Each webinar targets specific staff roles, though most would apply on a general level to all roles. Webinars will last one hour. Continuing education credits are offered for those able to watch the live webinar **only**. For those unable to watch the live webinar, these will be archived on the Michigan WIC CCS website at https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_19205-448628--,00.html.

Below is the list of the dates and times offered. Please note, the same webinar topic will be offered at two different times on the date listed. For more detailed descriptions of each webinar, and to register, go to <http://www.eiseverywhere.com/miwic>.

Date	Times	Topic	Targeted Groups
August 7	9:00am or 3:00pm	Leadership in the Era of Stellar Client Centered Services	WIC Leadership (Coordinators,
September 20	9:00am or 3:00pm	Continuity of Care: Why it Takes a Team	All Staff
October 2	9:00am or 3:00pm	Conducting a Client Centered Assessment	CPAs, RDs, Peer Counselors
October 16	9:00am or 3:00pm	Excellence in Service	Clerks, techs, support staff
November 1	9:00am or 3:00pm	Creating High-Risk Care Plans	RDs
November 15	9:00am or 3:00pm	Client Centered Services in the Era of Stellar Leadership	WIC Leadership (Coordinators,



WE WANT TO LEARN FROM YOU

Michigan WIC is working together with Coffective and the Michigan Breastfeeding Network to expand and better define the work we have been doing together over the last few years. Throughout the next several weeks, Coffective WIC Coach, Tina Cardarelli, will be “visiting” with WIC programs in-person and by phone. She will be gathering information about your successes and barriers to educating clients, using the Coffective materials, building hospital relationships, and increasing caseload.

These coaching conversations provide an opportunity to learn how we can better support you, while brainstorming ideas and strategies for “quick wins” customized to help you grow your efforts and reach your goals. WIC is excited about the highly personalized approach of working with the Coffective coaches, and believe it is an ideal opportunity to take our work to the next level!

If you have not yet spoken to Tina, please email her at tina@coffective.com to set up a time to share your lessons learned and success stories.

HELP YOUR HOSPITAL CONNECT WITH US

Our new initiative also includes offering hospitals a series of three calls with Coffective coaches to help improve breastfeeding quality improvement and relationships with your WIC agencies. Ensure your hospital doesn't miss out by providing your local hospital contact to Coffective Hospital Coach, Janice Hatler, at janice@coffective.com.



August is Breastfeeding



Breastfeeding Workgroup attendees, June 20, 2018.
Celebrating Kathy Daly-Koziel's 17 years with the State
WIC Program.

Upcoming Breastfeeding Webinars

July Topic:
Improving Breastfeeding Rates &
Addressing Equity
July 17, 1:00-2:00pm

August Topic:
Breastfeeding and Women's Health
August 21st, 1:00-2:00pm

Access/register through MIBFN
website or at the link provided:
<https://register.gotowebinar.com/register/6240577700437716993>

Local Agency Success Story

Submitted by: DHD 4, Jessica Donakowski, Peer

For the last five months I have been working with a client on pumping and storing her milk. This mother has been exclusively breastfeeding her infant. She is expected to be incarcerated for four weeks. She has many challenges ahead of her with maintaining a milk supply. She and I are hoping that she will be provided the time and place to pump while in jail.

Once Michigan Breastfeeding Network (MIBFN) released their Incarceration template I acted fast. I discussed with my Breastfeeding Coordinator the challenges this mom was facing. We worked together to have our Medical Director sign the letter for her. This client has submitted the letter on behalf of her case to the court. Without the MIBFN barrier toolkit, this process of getting my client to pump while incarcerated would be very difficult. This mother and I worked out how much and how often she should be pumping to provide enough milk for her child when away. The mother has successfully stored seven hundred ounces of breast milk! She now has enough milk for her baby for 22 days. Between now and the time she will be incarcerated, she will be working towards pumping another 280 ounces!

This client is a dedicated breastfeeding mother who has worked very hard on pumping and storing her milk. With the help of the MIBFN, she may now have the opportunity to pump while in jail. Mother's face barriers everyday with breastfeeding in public, pumping and working, separation during parenting time, along with incarceration. MIBFN has made it possible for breastfeeding advocates such as myself to be heard while providing laws and toolkits to back up our position. It is amazing to see how powerful breastfeeding advocacy is both at the local and state level.

Awareness Month

Breastfeeding: Foundation of Life

Message from Heidi Maki, IBCLC

In a world filled with inequality, crises and poverty, breastfeeding is the foundation of lifelong good health for babies and mothers. With no additional burden on household income, breastfeeding is a low-cost way of feeding babies and contributes to poverty reduction. Breastfeeding prevents hunger and malnutrition in all of its forms, and ensures food security for babies, even in times of crisis. The theme for Breastfeeding Awareness Month 2018 (BFAM) is “Breastfeeding: Foundation of Life.” It celebrates breastfeeding as the *normal* way to feed all babies. It also highlights the importance of support in helping to ensure breastfeeding success.

Keep an eye out for this year’s supplies to support your agency in promoting Breastfeeding Awareness Month. Supplies include a vinyl banner, which can be hung in local agencies, carried in parades, hung on Rock ‘n’ Rest tents, and/or used by coalitions. Also included is a bulletin board display featuring instructions for moms in creating their own breastfeeding “tree of life,” theme-related nail files, a Governor’s Proclamation, and a press release. If you have questions or concerns regarding supplies, contact Heidi Maki at heidimaki@charter.net.



Save the Date!

BREASTFEEDING AWARENESS WALK

August 8, 2018

Where: Capitol Lawn, Lansing, MI

When: 11:30am-1:00pm

More information to come!



2017 Breastfeeding Awareness Walk

STATE UPDATES— E-NOTICE RECAP

#2018-55: Enrolling Pregnant Women into the WIC Program

In accordance with policy 2.10 Proof of Pregnancy and Policy 2.17 Certification Periods, a woman's claim or self-declaration of pregnancy may be used as proof of pregnancy. In the event that a client has not presented required proof of pregnancy at the time of certification, the client can be assigned a Short Certification. See E-Notice for more details.

#2018-56: WIC Division Policy Program Area Leads (PALs) Reference for Coordinators

Attached to the E-Notice you will find a WIC Division Policy PAL Reference tool. Local Agency staff should direct general questions to their Local Agency Consultant or Consultant DuJour Helpline. See E-Notice for guidance on directing calls to the State WIC office.

#2018-57: WIC Connect Mobile App Update and Resources

Attached to the E-Notice you will find resources to help navigate the WIC Connect Mobile App. See E-Notice for more information.

#2018-58: PRWG Meeting Minutes and NWA WIC Branding Campaign Update

National WIC Association's Natalie Mulloy is stepping in for Hannah Schultz in her departure. See E-Notice for information on NWA WIC Branding Campaign, and free available resources, such as brochures and Print Ads. Attached to the E-Notice are Promotion and Retention Work Group, March 23rd meeting minutes.

#2018-60: Enfamil and Gentlease Ready to Feed (RTF) Product Availability Changing

Effective July 2018, Mead Johnson Nutrition is launching a new line of products, branded "NeuroPro." Enfamil Infant RTF 8oz-6 packs and Enfamil Gentlease RTF 8oz-6 pack will be reformulated to the new Enfamil NeuroPro brand. Contract/Class I NeuroPro products will not be Michigan WIC Authorized. To replace Enfamil Infant 8oz RTF, they will be re-launching Enfamil Infant 32oz RTF. There will no longer be a RTF option for Gentlease. See E-Notice for more information.

#2018-64: Breastfeeding Connections Newsletter

See E-Notice for most recent issue of the Breastfeeding Connections Newsletter. Efforts are being made to get the newsletter back on a quarterly schedule.

#2018-67: Breastfeeding Workgroup Minutes

Attached to the E-Notice you will find minutes from the Breastfeeding Workgroup (BFWG) February meeting. In addition you will find information for the upcoming BFWG meeting on June 20, 2018.

#2018-69: Destruction of WIC Records

This E-Notice serves as an annual reminder regarding the destruction of WIC records per MI-WIC Policy 1.06. Your agency is authorized to destroy all WIC records dated prior October 1, 2014. See E-Notice for USDA WIC regulations in regards to destroying documents.

#2018-72: WIC Division FY19 Caseload FAQ Guidance for Coordinators

Attached to the E-Notice you will find three reference tools for guidance to questions that have arisen with the upcoming adjustments to WIC agency base caseload for FY2019. See E-Notice #2018-80 for subsequent updates.

#2018-73: NWA Update on WIC and Public Charge

In late March, the Department of Homeland Security (DHS) sent its draft public charge rule to the White House Office of Management and Budget (OMB). Under this proposed rule, an immigrant's use of WIC and/or other benefit programs would affect that immigrant's ability to obtain a visa, green card, or legal permanent residency. Once OMB has published the proposal, there will be a comment period (likely 60 days), after which DHS will review comments and issue a final rule. As a reminder, until the rule is finalized, the public charge test remains unaltered and WIC clinics should reassure immigrant families that WIC policy hasn't changed. See E-Notice for more information.

#2018-74: The Role of Formula in WIC—New York Times Article

The NWA shared with us a New York Times Article highlighting the infant formula black market, and mentions the WIC Program. As a result of the article, the NWA created a few FAQs for inquiries your agencies may receive. See E-Notice for more information.

#2018-75: Feeding My Baby Study: Second Year Report Released!

Update from a National Study: Feeding My Baby. Michigan local and state agencies participated in this study. See E-Notice for key findings and additional information.

#2018-79: New Juice and Yogurt Nutrition Facts Labels

The FDA has extended the compliance date for manufacturers complying with the newly revised Nutrition Facts Label to Jan. 1, 2020 or Jan. 1, 2021 based on the annual sales of the Manufacturer. See E-Notice for label changes and more detailed information.

#2018-80: WIC Caseload and Funding Formula

Additional time is needed to discuss how we fund local agencies. The final version of funding formula will be complete in approximately 6 months. At this time, the State WIC office will maintain caseload and funding levels as we progress into FY19.

#2018-84: Summer EBT for Children Announcement

WIC has been awarded the SEBTC 2018 grant for \$9,983,459. New for 2018, we have added all of the Upper Peninsula and included some coned soup to the food package. We will offer \$30 per student per month to about 170,000 students. See E-Notice for more details.

#2018-88: New Income Guidelines Effective June 13, 2018

The Income Guidelines Policy 2.05 was approved and made effective June 13, 2018. The "Income Guidelines" card (DCH-0322) has been updated and is currently in the printing process. The WIC Income Calculation Reference Sheet has also been updated and can be found on the WIC website. See E-Notice for more information.

#2018-92: Release 7.9 Release Notes

Attached to the E-Notice you will find Release Notes for MI-WIC Release 7.9. Release 7.9 took place June 21st, 2018.

#2018-93: Notification Updates/Changes

Notification content updates/changes were implemented into Release 7.9. Please review the Release 7.9 webcast (June 7, 2018) for changes. See E-

Nutrition 101

Adverse Childhood Experiences and Obesity

By Abigail Bothwell & Sarah Eddy
GVSU Clinical Dietetics Interns

Adverse childhood experiences (ACEs) are stressful or traumatic events, including sexual and physical abuse and neglect, that occur in children 18 years of age or younger. ACEs have been linked to several poor health outcomes, such as obesity, diabetes, depression, and cardiovascular disease.¹ It has been suggested that as the number of ACEs someone has experienced increases, their risk for poor health outcomes also increases. Several studies have been done showing a link between ACEs and obesity for children, adolescents, and/or adults who have experienced traumatic events.^{2,3,4,5} Obesity, especially in regard to ACEs, is an important area to study as it increases the risk of developing comorbidities such as hypertension, dyslipidemia, insulin resistance, and stroke.

After a review of the current literature, it appears several studies have published data to confirm there is some positive correlation between ACEs and obesity in adulthood.^{2,3,4,5} Female adolescents and women who experienced trauma in their childhood were more likely to be obese and practice unhealthy weight control behaviors than women who have not experienced these traumas.^{2,4,5} While most studies observed some association, no study identified specific causes of obesity in individuals who experienced ACEs.

One potential and interesting idea for causation comes from a study that found a higher prevalence of depression-like symptoms in women who suffered verbal abuse in their childhood.² This study suggests those who have experienced recurring depression symptoms were more likely to consume a higher caloric diet and be physically inactive—behaviors that directly contribute to obesity.² In addition to depression, individuals may also be affected by circadian rhythm dysfunction.² These disruptions are caused by early or startled awakening (nightmares, night terrors, etc.) during what should be a time of normal sleep. This dysfunction may be associated with obesity in adulthood due to the spike in cortisol levels which have been shown to remain abnormally elevated throughout the day.² Elevated cortisol levels may be associated with an increase in visceral adiposity and contribute to obesity.²

With the exception of one study, the majority of the research studied the impact of ACEs on obesity risk in the female population.^{2,4,5} However, one study focused on young men; authors found an association between experiencing sexual abuse as a child and an increased risk of being obese as a young adult.³ The authors did not find a similar association in young women; the female participants had a higher prevalence of restrictive eating habits when they experienced sexual abuse as a child.³ Researchers believed this could be the result of society's pressures on young women to be thin.³

To conclude, literature that has been published within the last five years suggests an association between ACEs and obesity.^{2,4,5} However, additional research must be done with both males and females who have ACEs to find a more definitive correlation between ACEs and obesity.

Reference List:

1. CDC. Violence prevention. *Centers for Disease Control and Prevention*. https://www.cdc.gov/violenceprevention/acestudy/about_ace.html. Published April 1, 2016. Accessed April 10, 2018.
2. Remigio-Baker RA, Hayes DK, Reyes-Salvail F. The relationship of adverse childhood events to smoking, overweight, obesity, and binge drinking among women in Hawaii. *Matern Child Health J*. 2017;21(2):315-325. doi:10.1007/s10995-016-2116-8
3. Fuemmeler BF, Dedert E, McClernon FJ, Beckham JC. Adverse childhood events are associated with obesity and disordered eating: Results from a U.S. population-based survey of young adults. *J Trauma Stress*. 2009;22(4):329-333. doi:10.1002/jts.20421.
4. Isohookana R, Marttunen M, Hakko H, Riiipinen P, Riala K. The impact of adverse childhood experiences on obesity and unhealthy weight control behaviors among adolescents. *Compr Psychiatry*. 2016;71:17-24. doi:10.1016/j.comppsy.2016.08.002.
5. Rehkopf DH, Headen I, Hubbard A. Adverse childhood experiences and later life adult obesity and smoking in the United States. *Ann Epidemiol*. 2016;26(7):488-492. doi:10.1016/j.annepidem.2016.06.003.

WIC POLICY CORNER

Submitted by: Amy Thompson, WIC Policy Coordinator

There has been a lot happening in the world of WIC Policy!

Have you had the opportunity to listen to the recent Policy Webcast?

If not, I would encourage you to take some time and listen to the new updates. The Policy Update webcast was hosted on May 31, 2018. You can find our archived webcast on the MPHI training website <https://events.mphi.org/webcasts-online-learning/>.

Recently approved policies include:

- 1.04 Fair Hearing
- 1.07 Staffing and Training
- 2.13 Michigan Risks
- 6.04 Lead Services

Any questions or concerns in regard to policy may be directed to me at thompsona13@michigan.gov.



Michigan Department of Health and
Human Services, WIC Division
Lewis Cass Building
320 S. Walnut St.
Lansing, MI 48913

Questions/Comments
E-mail: thelenh1@michigan.gov



PLEASE
PLACE
STAMP
HERE

UPCOMING EVENTS/TRAININGS/WORKGROUPS

July

20: Promotion and Retention Workgroup—
Washtenaw County

24-25: CPA Training—Detroit

26: Advanced CPA—Kalamazoo

August

9: Advanced CPA—Marquette

14-15: CPA Training—Muskegon

22-23: Clerical Training—Port Huron

September

11-12: Breastfeeding Basics—Gaylord

13: Nutrition Ed Workgroup—Okemos

18: BF Advanced Clinical Skills—
Lansing

18: Lab Training—Ann Arbor

19: Anthro Training—Ann Arbor

27: Statewide Peer Update—Bay City

**Visit MPHI's website at events.mphi.org to sign up
for trainings!**

WE NEED YOU!

YOU are the driving force behind WIC News and we need stories from your Local Agencies. Please submit any Local Agency stories, teamwork/team building ideas, great Client Centered Services skills you've acquired, and anything else you think should be shared to Hanna Thelen, thelenh1@michigan.gov.

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