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Special Supplemental Nutrition Program  
for Women, Infants, and Children

**March/April 2018**

### **Michigan WIC News – “One Year Anniversary”**

In November/December of 2016, based on a satisfaction survey of our front line Michigan WIC local agency employees on which you provided valuable feedback/comments, we implemented a WIC Newsletter for all WIC staff.

We are now moving into our second year of the WIC News and “congratulations” on our year one results. Thanks to all of you who provided comments, ideas, feedback, photos, and news/updates. Also, a special **shout-out** to Stacey Laverty who was instrumental in the leadership she provided to make our Michigan WIC Newsletter a reality. And kudos to Hanna Thelen who has been covering for Stacey during her maternity leave. All of you are most appreciated and I thank you.

### **March is National Nutrition Month® – “Go Further with Food”**

The mission of our Michigan WIC Program is to improve the health outcomes and quality of life for eligible women, infants and children (WIC) by providing nutritious foods, nutrition education, breastfeeding promotion and support, and referrals to health and other services.

“**Go Further with Food**” is the theme for National Nutrition Month this year. In your WIC clinics, you can help motivate behavior change for WIC clients. Plus, you can provide helpful information to our WIC families to make fruits and vegetables fun! Celebrate National Nutrition Month® in creative ways to engage your WIC staff and/or WIC clients to best maximize their time by using the new/existing nutrition materials and the new mobile App “Michigan WIC Connect” at [Michigan.gov/WIC](http://Michigan.gov/WIC). The App is now available and fully functioning for you and our Michigan WIC clients. Refer to pages 6-7 of this newsletter for more information and tips regarding National Nutrition Month®.

### **NWA = National WIC Association**

Please take a look at the [NWICA.org](http://NWICA.org) website for helpful resources and national updates regarding WIC. The State of Michigan WIC agency is currently a member of NWA. Any local agency or individual can join NWA if interested by going to their website. Note: Annual dues are a reasonable and allowable expense from your WIC administrative budget.

### **Get involved – WIC is You!**

Find updates from [NWICA.org](http://NWICA.org) on the congressional WIC budget process, plus information on the Annual NWA Training & Education Conference in Chicago this year (April 22-25, 2018) and other WIC resources. NWA is our voice to educate and inform those decision makers who will work with USDA to support WIC efforts at local and state levels. Get involved, as we need to let others hear our voice in support of WIC.

Thank you for all you do for WIC!

Stan Bien  
Michigan WIC Director



# **STATE UPDATES– E-NOTICE RECAP**

## **#2017-168: NWA Webinars in the New Year**

See E-Notice for 2018 webinar opportunities from the NWA. Note there is a link within each description to access webinar registration.

## **#2017-169: New WIC Authorized Formulas Effective December 15, 2017**

Michigan WIC added the following two products as authorized formulas on December 15, 2017.

- Neocate Syneo Infant
- Peptamen Junior HP

The Michigan WIC Authorized Formulas list has been revised, as well as IFF and IBP Maximum Tables (see attachment within E-Notice) to reflect these two products. Slight changes to MI-WIC Policy 7.03 were also needed to either complement this activity or update language in the existing policy, and the updated policy has been posted to the Michigan WIC website.

7.03 Food Package for Qualifying Conditions

- p. 1 Updated Table references to match tables in MI-WIC Policy 7.04 Maximum Food Packages
- p. 6 Changed WIC eligible medical foods to WIC eligible nutritionals

P. 7 Added Neocate Syneo Infant to 16. A. v.

## **#2017-171: Retirement Announcement for Regina Poole & Revised WIC Consultant Assignments**

As originally announced at the WIC Coordinator Summit in October, Regina Poole’s retirement was effective January 1, 2018. See E-Notice for the revised WIC Consultant Assignments listing, effective that same date.

## **#2017-173: FY2017-18 Training Registration**

Registration for the remaining FY 2017-18 standard trainings is now open on the MPHI website <https://events.mphi.org/>. As a reminder, an overview of these trainings can be found per the Michigan WIC website at the following link.

[http://www.michigan.gov/documents/mdhhs/WIC\\_Trainings\\_FY\\_18\\_by\\_category\\_7.26.17\\_580747\\_7.pdf](http://www.michigan.gov/documents/mdhhs/WIC_Trainings_FY_18_by_category_7.26.17_580747_7.pdf)

While training locations have been identified, details such as training site, in some cases, are still being finalized.

Thanks to MPHI in working to open registrations quickly, enabling you to promote/support staff training while ensuring clinic coverage.

## **#2018-04: Three New Meal Planning Lessons now on wichealth.org!**

Clients now have access to 3 new Meal Planning lessons on wichealth.org. The lesson titles are as follows:

- Recipes Made Easy
- Using Substitutions in Healthy Meals
- Saving Time with No Cook Recipes

These lessons are presented as part of series, similar to the Mothers in Motion lessons on wichealth.org. A client will login to wichealth.org as usual, and choose from the “Meal Planning” category.

There is an Introduction (10 minutes) that the client must watch prior to starting any of the Meal Planning lessons. The client will **not** receive NE “credit” for completing the Introduction. Once the Intro is completed, the client has access to complete any of the 3 lessons.

We have updated the Lesson Descriptions document we have on our Michigan WIC website with these newly added lessons:

[http://www.michigan.gov/documents/mdhhs/FINAL\\_Wichealth.org\\_lessons2\\_571414\\_7.pdf](http://www.michigan.gov/documents/mdhhs/FINAL_Wichealth.org_lessons2_571414_7.pdf)

Please email [help@wichealth.org](mailto:help@wichealth.org) to get an agency/clinic account, if you would like to view the lessons and don’t already have an account.

## **#2018-05: 2018 Voter Registration Deadlines**

The table within the E-Notice serves to notify WIC local agency staff of the upcoming 2018 State and local elections dates, and the dates for daily submission of Voter Registration Forms. Contact Cheryl Bernard with any questions.

\*If a client desires to register to vote after the Close of Registration Date, instruct the client to take the completed Voter Registration Form to the appropriate City, Township or County Clerk’s Office.

## **#2018-08: MI-WIC Release Schedule for 2018**

MI-WIC Release	WIC staff stop using MI-WIC by 5:00 p.m. on this Wednesday evening	Release available in WIC clinic on this Thursday – clinic staff encouraged to schedule light
Release 7.8	February 14th, 2018	February 15th, 2018
Release 7.9	June 20th, 2018	June 21st, 2018
Release 8.0	October 17th, 2018	October 18th, 2018

Please adjust your clinic schedules for Releases 7.9 and 8.0, noting that on the Wednesday of each of the releases the staff must stop using MI-WIC by **5:00 p.m.**, and that you are still encouraged to schedule light on the Thursday after the release in case any unforeseen issues arise.

# **STATE UPDATES— E-NOTICE RECAP**

## **#2018-11 WIC Division Staff Announcements—Nutrition Section**

Please refer to E-Notice for new WIC Division position appointments within the Nutrition Section for Julie Lothamer, Kevin Sarb, and Nancy Erickson.

## **#2018-12: EPPC Administrative Log-in URL change**

The old URL to EPPIC's Administrative Terminal log-in page (<https://www.ebt.acs-inc.com/miebtmanage/siteLogon.eppic>) is no longer re-directing users to the current URL. Please update your bookmarks & shortcuts to use the current URL for EPPIC AT log-in:

<https://www.connectebt.com/miebtmanage/ebtwic.eppic>

If you have difficulty accessing the EPPIC website, please contact EBT customer service at 1-888-678-8914 or Anthony Spagnuolo at [spagnuoloa@michigan.gov](mailto:spagnuoloa@michigan.gov).

## **#2018-15: New Manually Assigned Risk (MAR) Tool**

We have completed the redesign of the former Client Assessment Reference (CAR) Tool. Thank you to the many local agency staff who helped by offering feedback and suggestions to improve the design and effectiveness of the new 'Manually Assigned Risk (MAR) Tool.' We hope you find the new MAR Tool to be easier to use, and more relevant.

\*\*\*Refer to E-Notice for MAR Tool attachment and additional information.\*\*\*

## **#2018-16: Referral Category Added: Autism Resources**

A new Individual Referral Category has been added to the MI-WIC referral screen entitled, "Autism Resources." Please see E-Notice for a screen shot. As a result, you will now be able to record referrals for this referral category in MI-WIC.

## **#2018-17: Michigan WIC Connect Mobile Application**

We are excited to announce the launch of Michigan WIC Connect; a mobile application for potential and current WIC Clients. Michigan WIC Connect is available for free in the App Store and Google Play today. Michigan WIC Connect offers existing WIC clients exciting new features, including:

- Accessing your WIC shopping list
- Tracking your WIC benefits on your smart phone
- Finding WIC foods using the UPC scan feature
- Getting map and directions to WIC-approved stores and WIC clinics using your location
- Updating your contact information with WIC
- Getting appointment reminders with your phone

\*\*\*Refer to E-Notice for additional information and attachments, i.e., user guide, posters, and client summary.\*\*\*

## **#2018-19: Release Notes for MI-WIC Release 7.8**

See E-Notice for attachment on Release Notes for MI-WIC Release 7.8. Share with your clinic staff so that they are aware of these system changes and fixes that impact local agencies.

## **#2018-21: New Approved Policy 4.09 Specialty Feeding Equipment**

The policy and exhibits, 4.09 Specialty Feeding Equipment, have been approved by USDA and are posted with an effective date of January 5, 2018 on the Michigan Department of Health and Human Services WIC Division website at: [www.michigan.gov/wic](http://www.michigan.gov/wic) under the WIC Providers link.

\*\*\*Refer to E-Notice for Policy attachments and additional information.\*\*\*

## **#2018-23: Issuing Benefits During Infant Age Transitions—Six and Twelve Months**

As you are aware, when a new family is added in MI-WIC and is issued benefits, a Benefit Start Date (BSD) is established for that family. This BSD is the same day every month and continues throughout participation in WIC. Depending on where the BSD falls in relation to the infant's birthdate, the timing can create challenges for food package assignments in transitional months (i.e. six and twelve months). It has come to our attention that food packages are occasionally altered to better correlate with the infant's actual age. An example of this would be modifying an infant package to provide them with a C1 package after their first birthday, but prior to their BSD that coincides with that twelfth month. Although we realize this is being done with good intention on behalf of the client, it puts Michigan WIC out of compliance with federal WIC regulations.

Following the MI-WIC release scheduled for the evening of February 14, 2018, the MI-WIC system will no longer allow this work-around. Please be aware of this as you provide guidance surrounding this transition to caregivers. Attached to the E-Notice you will find staff guidance and talking points to assist you with addressing infant feeding transitions with caregivers. While we cannot change the federal requirement, we welcome any feedback or suggestions to improve upon the guidance document. To provide feedback or suggestions, please contact Kevin Sarb at [sarbk@michigan.gov](mailto:sarbk@michigan.gov) or at 517-241-4404.

\*\*\*See E-Notice for additional information and attachment\*\*\*



# LOCAL AGENCY HIGHLIGHTS



## Community Action Agency:

The CAA WIC Team painted rocks at our November WIC staff meeting. They painted the rocks with inspirational messages to put out front in our rock bed for CAA clients to take. Below is some feedback from staff.

- ~ Julia Toman, WIC Breastfeeding Peer Counselor- "I loved it! I think we should buy adult coloring books and color next time. Haha, it's relaxing!" (pictured right)
- ~ Jill Rummler-Lenz, RDN, IBCLC- "It was a nice way to have a meeting!"
- ~ Andrea Casanova - "I had lots of fun painting rocks. It was therapeutic!!"
- ~ Emily Cecil, RDN-WIC Nutritionist- "Being encouraged to paint WIC rocks during our November 2017 Staff Meeting was very relaxing and a good team building activity." (pictured left)



## St. Clair County:

(Right) Happy New Year! St. Clair County created a fun, educational, breastfeeding bulletin board for the new year. They were proud of their creative skills allowing clients a fresh way to learn about breastfeeding support!



(Left) St. Clair County WIC CPAs celebrating Cupid's Day!

## Washtenaw:

The Washtenaw County Health Dept. has found their new initiative to be very successful. They have received an overwhelming amount of positive responses for graduation pictures.

Children have always been the largest category of WIC participants. They are eligible for WIC services until age five. However, the dropout rate in WIC participation before age five is also very high. In order to enhance the client experience and thereby increase WIC participation, Washtenaw County WIC started a "WIC Graduation Celebration." This celebration takes place during the last WIC visit before the child turns five. The child receives a certificate, wears the graduation hat, and gets a picture taken. The picture is then posted on the 'Wall of Honor' in the lobby.

Washtenaw started this initiative in January of 2016 and has honored about 100 graduates to date. They have received great responses from parents, such as they feel empowered and accomplished by the term "graduation," even before the child starts pre-school.

Now families aspire for their child's graduation picture to go on the 'Wall of Honor,' leading to an increase in our child participation rates for ages 4-5 years from 468 in January 2017 to 561 in January 2018.



# MIBFN—Breastfeeding Roadblock Toolkits

The Michigan Breastfeeding Network (MIBFN) has created a series of toolkits to help breastfeeding mothers overcome some common breastfeeding roadblocks that can interfere with breastfeeding duration. There are currently 4 toolkits available, with 9 toolkits total.

- Jury Duty (Available)
- Child Custody (Available)
- Workplace (Available)
- Breastfeed: Anytime, Anywhere (Available)
- Incarceration
- Environmental Disasters
- Baby Friendly
- Coalition Building
- Child Care

Toolkits can be found on the MIBFN network website at <http://www.mibreastfeeding.org/roadblock-toolkits>

# IBCLC Recognition!

Congratulations to our WIC staff who have recently passed their IBCLC Exam! Thank you for striving to increase breastfeeding support in Michigan WIC!

**Bay County**  
Kristina Doyle

**Macomb County**  
Stacey Fauser

**Benzie-Leelanau**  
Jenny Shafer  
Autumn Jurek

**Marquette**  
Linda Marshall

**Berrien County**  
Ruth Zech  
Cierra Pfothenauer

**St. Clair County**  
Rebecca Campau

**Washtenaw County**  
Lindsay Garinger

**CAA—Lenawee**  
Jill Rummier-Lenz  
Tamara Gilbert

**Wayne County**  
Denisha Lundy  
Diane Ewell

**District Health Department 2**  
Ashley Selman

**Livingston County**  
Amy Pendell



## WIC POLICY CORNER

**Submitted by: Amy Thompson,  
WIC Policy Coordinator**



A lot things are happening in the WIC Policy world and I wanted to provide everyone with a brief update just in case you haven't heard the latest!

### Recently Implemented Policies

- 7.03 Food Package for Qualifying Conditions
  - 4.09 Specialty Feeding equipment
  - 2.13 A & B Nutrition Risk Determination
  - 2.02, 2.03, 2.04, 2.06, 2.12 Income policies
- \*\*You should have received an e-notice regarding each of these policies.

There are also several policies in the process of being revised. As soon as we receive approval, an e-notice will be sent.

### Q & A!

*Question:* Is a person who has Medicaid spend down automatically adjunctively eligible for the WIC program?

*Answer:* No, Medicaid spend down is not counted as having Medicaid, therefore, they must show proof of income to determine their eligibility for the WIC Program. Reference MI-WIC Policy 2.06, Adjunct Income Eligibility.

If you have any policy related questions, please feel free to contact me at any time!

**Phone: 517-335-0031**  
**Email: [thompsona13@michigan.gov](mailto:thompsona13@michigan.gov)**

# March is National

## Nutrition 101

### Get Heart Healthy for Heart Health Month!

By Morgan Muech, B.S.,  
GVSU Clinical Dietetics Intern

Did you know that heart disease is the leading cause of death for both men and women in the United States? In fact, it is responsible for 25% of total deaths according to the Centers for Disease Control (CDC). With February being Heart Health Month, this article aims to provide you with healthy lifestyle modifications that you can do to prevent, treat, or reverse heart disease.

**Be knowledgeable of risk factors.** While a family history will increase your risk, heart disease is largely preventable. Understanding other risk factors associated with heart disease and taking control of them is very important in prevention. A lipid panel and physical exam can help understand other risk factors of heart disease. High bad cholesterol, low good cholesterol, high triglycerides, and high blood pressure can be better understood through discussion with your doctor during your next check-up.

**Swap bad fats out for good ones.** While some fats may be good for you, not all of them are. Saturated and trans fat have been shown to increase bad cholesterol and promote artery clogging effects. These fats come from fast food, processed food, red meat, and butter. No more than 5 to 6% of total calories should come from these fats. Instead, try eating more monounsaturated fats which help reduce bad cholesterol. Avocados, olive oil, nuts, and fish are good sources of monounsaturated fats and are encouraged at every meal.

**Watch your sodium and added sugars.** Reducing salt and added sugar can help decrease your risk of heart disease. The American Heart Association recommends 2,300 mg or less of sodium per day and no more than 6 teaspoons of added sugars per day for women and 9 teaspoons for men. This seems simple, however salt and added sugars sneak into many processed foods since they help preserve foods to increase shelf life. Try decreasing the amount of frozen, packaged, and canned foods you eat and increase your intake of fresh foods like fruits and vegetables, and whole grains.

**Consistent exercise.** Research strongly supports that consistent physical activity reduces the risk of heart disease, and also does so much more for you—it enhances your mental and physical well-being and promotes maintenance of a healthy body weight. Cardiovascular exercises are any exercises that increase the heart rate, such as walking, jogging, biking, and swimming. These types of physical activities help strengthen the heart muscle, reduce the workload on the heart, and reduce cholesterol, high blood pressure, obesity, and diabetes. Physical activity should be done 3 to 5 days a week for thirty minutes or more a day, with at least ten minutes each time to see these benefits.

Overall, it is important to make your health a priority. No matter your family history, you can help prevent heart disease with these tips. It's time to take charge of your health!

Sources:

Picture: [https://commons.wikimedia.org/wiki/File:Pvmp\\_plan\\_\(Premium\\_Vegetarian\\_Meal\\_Plan\).jpg](https://commons.wikimedia.org/wiki/File:Pvmp_plan_(Premium_Vegetarian_Meal_Plan).jpg)

American Heart Association. [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations\\_UCM\\_305855\\_Article.jsp#.WnxUUpM-cig](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#.WnxUUpM-cig).

Schaeffer J. *Today's Dietitian*. 2013. <http://www.todaysdietitian.com/newarchives/021313p20.shtml>.

The Heart Foundation. <https://www.theheartfoundation.org/heart-disease-facts/reducing-your-risk/>.



## Nutrition Education Success Story

By: Molly Carmack, Wayne WIC Office

Recently, I was having a conversation with a pregnant mom who discussed concern about her low hemoglobin and ice cravings. While her hemoglobin was on the low end of normal, I felt she had a long list of other, much bigger concerns (high maternal weight gain of 25 pounds at 20 weeks, pre-pregnancy BMI of 30, and dental issues limiting her food options). When asked if she had questions about prenatal nutrition or appropriate weight gain, her focus remained on hemoglobin, and not being able to chew on ice. While my first instinct was to list several nutrition needs other than her hemoglobin, we instead discussed iron-rich foods that were soft in texture, and I was able to provide a dental referral. By listening to the client's motivation for behavior change and focusing on her nutrition concerns, we kept the conversation positive and encouraging ~ and the client left with the information she wanted and needed to make some changes that are important to her!

# Nutrition Month!

## Note From Tara

Your State Agency Nutrition Education Lead

**March is National Nutrition Month®**, and we hope your local agency or clinic will find some fun way to celebrate. The Academy of Nutrition and Dietetics theme this year is **Go Further with Food**. In addition to thinking about how we as nutrition professionals can help our clients to 'go further' to make their meals healthier to provide more energy that lasts longer, this year's theme also speaks to the broader issues of food loss and waste. Considering the very real issue of food insecurity for some of our WIC clients, the issue of food loss and waste is so very important. In addition to great opportunities for sharing lessons on equity and equality, I do my best to address this issue at home by allowing my own kids to choose the amount of food they eat. This leads to less food waste (much to our dog and chicken's dismay ☺), and more leftovers to use in school lunches or for a quick meal later in the week.

If you have a little extra time, check out the Mothers in Motion lessons on Useful Tips for Grocery Shopping or the new Meal Planning lesson series on [wichealth.org](http://wichealth.org) ~ and tell your clients to check it out too! There are some great tips in there to learn and share ~ and maybe one of these tips will help make the difference in being able to *Go Further with Food*.



Nutrition Education Advisory Team (NEAT),  
and GVSU Interns. February 7, 2018

## Healthy Recipe

### Sweet Potato & Black Bean Chili

Calories: 323 Serving Size: 2 cups Yields 4 servings

Prep Time: 25 min Total Time: 40 min

#### Ingredients:

- 1 tablespoon + 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle chile
- 1/4 teaspoon salt
- 2 1/2 cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- 1/2 cup chopped fresh cilantro

#### Directions:

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes
2. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly for 30 seconds
3. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10-12 minutes.
4. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes.
5. Remove from heat, stir in cilantro and enjoy!



*Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.*

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Questions/Comments  
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PLEASE  
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## UPCOMING EVENTS/TRAININGS/WORKGROUPS

### March

7-8: Clerical Training - Mt Pleasant  
8: Nutrition Education Workgroup  
13-14: Breastfeeding Basics - Detroit  
15: Safe Sleep Webcast  
20: Anthro & Lab Training - Detroit  
20: Breastfeeding Coordinator Training - Okemos  
21: Anthro & Lab Training - Detroit  
21: Milk Expression, Okemos  
23: Promotion and Retention Workgroup - Bay County  
28: Advanced CPA Training - Bay City

### April

12: Advanced CPA Training - Detroit  
12: Webcast—TBD  
16-20: CLS Training - Lansing  
24-25: CPA Training - Gaylord  
26: Webcast—TBD

### May

3: Record Review - Kalamazoo  
15-16: WIC Conference - Traverse City  
17: Anthro Training - Traverse City  
17: Lab Training - Traverse City

**Visit MPHI's website at  
[events.mphi.org](https://events.mphi.org) to sign up for  
trainings!**

**This institution is an equal opportunity provider.**