

# wic MICHIGAN

## WIC NEWS

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Special Supplemental Nutrition Program  
for Women, Infants, and Children

**Sept/Oct 2018**

### **2018 Michigan WIC Coordinator Summit—Bay City**

Registration is now open for the 2018 Michigan WIC Coordinator Summit on October 23<sup>rd</sup> – 24<sup>th</sup>, 2018.

#### Location:

Doubletree Hotel Bay City – Riverfront  
One Wenonah Park Place,  
Bay City, MI 48706.  
989-891-6000



Please visit the MPHI website under WIC Trainings, or click on the link below to register for the Summit. Registration for the Summit will close on **Thursday, October 5, 2018.**

<https://events.mphi.org/wic-coordinator-summit/>

Coordinators are responsible for booking and canceling their own hotel reservations to accommodate overnight rooming needs. You can reserve a room by calling the hotel. You cannot reserve a room online. When calling, please mention “WIC Coordinator Summit” to secure your room in our room block. Check in time is 4:00 p.m. and check out time is 12:00 p.m. (noon).

Reservations must be made by **September 23** to ensure the government rate.

If your local agency will require more than one room, please contact Anissa Damon directly, at [adamon@mphi.org](mailto:adamon@mphi.org).





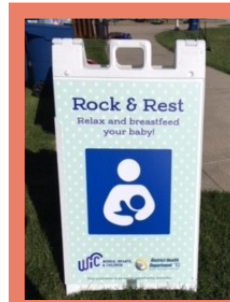
# LOCAL AGENCY HIGHLIGHTS



## LMAS District Health Department

At LMAS District Health Department, we provide baby closets at our Alger and Schoolcraft offices to help families in these communities who are in need of essential baby items. Pregnant women, or moms and dads of children ages 0 – 3, can earn “baby bucks” to spend at the baby closet for items such as: diapers, wipes, bathing supplies, pack ‘n plays, baby gates, safety items, strollers, clothing and more. This “earn as you learn” program provides families baby bucks for learning about nutrition, parenting, child development, safety, and staying up-to-date on immunizations. Baby bucks are earned when attending WIC appointments, breastfeeding classes, prenatal visits, well-child visits for ages 0 – 3, local play groups, Early Head-Start and when participating in MIHP, Healthy Families, or Early On services. Not only has this “earn as you learn” concept provided many benefits to our low-income families, but it has also increased community awareness of our health department programs and has improved collaboration with our local providers. Having these closets located at the local agency allows WIC families the convenience of shopping right after earning their baby bucks and it also helps WIC staff assess WIC eligibility of families visiting the closet who are not currently enrolled on WIC.

LMAS staff works in partnership with Great Start, Early On and Early Head Start to provide and sustain these closets through grant funds, along with the wonderful support of our local community members who provide donated baby items, monetary donations, and diaper drives.



### DHD 10

District Health Department 10 held a Rock and Rest tent in Ludington during a music festival. What a great way to promote breastfeeding!

## Public Health Delta-Menominee

The Delta-Menominee office was proud to promote Breastfeeding Awareness Month in their waiting room.



# LOCAL AGENCY TOUR

## Washtenaw County WIC

Washtenaw WIC has a caseload of 5,000 clients with the highest percentage of clients in the "child category" making up 67% of the total caseload.

One of their major STRENGTHS is building strong community partnerships. This is evidenced by their participation in the State of Michigan's Case Practice Model, MiTeam. Washtenaw does an amazing job celebrating the kids turning 5 that are enrolled in WIC, with WIC Graduation Celebrations. Each kid who is 'graduating' receives a certificate of completion for the WIC Program and takes a graduation picture for the 'Wall of Graduates.'

Check-in happens in the Lobby and clients are then brought back to the weights and measures room for measurements. From there, they are brought to the Nutritionist's room and/or the Peer Counselor's room, depending on their needs. Hemoglobin and Lead screening happens in the Nutritionist's room during the WIC visit.

Washtenaw County has worked really hard at the beautification and layout of their clinic, creating a warm and inviting waiting room that is both educational and relaxing.



WIC Staff



Waiting Room



Anthro Area



Breastfeeding Room



Nutritionist Office



Wall of Graduates

## Loving Support Award

Congratulations to **District Health Department #2** and **St. Clair County!**

They are Michigan recipients of the 2018 WIC Loving Support Award of Excellence, recognizing their commendable efforts to support and promote breastfeeding.



U.S. DEPARTMENT OF AGRICULTURE

**WIC  
BREASTFEEDING  
SUPPORT**

LEARN TOGETHER. GROW TOGETHER.

FNS is excited to announce the launch of a new breastfeeding campaign, *WIC Breastfeeding Support - Learn Together. Grow Together.* The research based social marketing campaign encourages moms who participate in WIC to breastfeed their babies and provides them with support and expertise to help them succeed. The new campaign will educate new moms on the many benefits of breastfeeding and connect them with helpful resources and support.

The campaign is designed for implementation at the state and local levels of WIC. It includes a revamped website with resources for expectant and current mothers. Whether the user is learning about breastfeeding, beginning to breastfeed, overcoming common challenges, or thriving, the site has the information WIC moms need to make breastfeeding work for their family.

State and local WIC agencies will have access to downloadable resources and materials, by visiting [WICBreastfeeding.fns.usda.gov](http://WICBreastfeeding.fns.usda.gov). Resources to share with participants and partners, including posters, educational materials, videos and resources tailored for moms, dads, grandparents and the support network of infant caregivers.

More information on how Michigan will be implementing these tools will be coming in the next few months. Be on the lookout!

## 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!

Saginaw county  
Susan Olguin

# September is FAMILY



Family Meals Month is a great opportunity for you to help your clients learn that they can do one simple thing to raise healthier, safer, more successful children...cook and enjoy more meals at home as a family!

**Sounds too good to be true? Check it out:**

## Healthier



- People who eat the most home-cooked meals eat healthier and consume about 130 fewer calories daily, on average, compared to people who cook less or not at all.
- Adults and children who eat at home more regularly are less likely to suffer from obesity.

## More Successful



- Children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness, and respect.
- Teens who eat dinner with their parents regularly develop better relationships with them, and do better in school.

## Safer



- Teens who eat dinner with their parents regularly are at lower risk of using drugs, drinking or smoking.
- With each additional family meal shared each week, adolescents are less likely to show symptoms of depression, less likely to use or abuse drugs, and less likely to engage in delinquent acts.

## The State of Family Meals

MEAL	Possible Family Meals (Days/week)	Meals Eaten	With Family	At Home	Prepared at Home	Family Meals as % of Possible
BREAKFAST	7.0	5.5	2.8	2.4	2.3	33%
LUNCH	7.0	5.8	2.3	1.8	1.6	23%
DINNER	7.0	6.2	4.7	3.9	3.5	50%

Many families are missing family meals and missing out on benefits to their health.

**Help clients commit to eating one more home cooked family meal every week!**

- Use WIC foods to help clients see how they can use their benefits to make more family meals.
- Focus on under redeemed WIC foods to help clients benefit from the nutrition they have been missing.



56% Redemption



54% Redemption



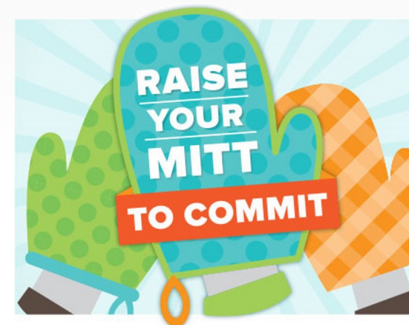
52% Redemption



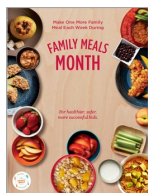
51% Redemption

# MEALS MONTH!

The Family Meals Month Campaign provides a way for public/private partners to rally around a simple message to create tools and activities that promote healthy families. Use the resources, activities, and ideas below to help clients overcome barriers and have fun serving and enjoying more family meals!



## Resources



Posters with space for weekly recipes were made available to all local agencies



Cooking Hack tear pads for yogurt, cereal, canned fish, or beans were made available to all local agencies



Meal planning sheet with grocery list pre-populated with WIC foods

- Healthybeginnings.com
- Click Educators
- Click Beyond the Bowl



Download conversation starters for a variety of themes and age levels to get families to connect at meal time.

## Activities

- Spartan Nash has invited WIC staff and paraprofessionals with food safety certifications to do Family Meals Month food demonstrations in-store. Spartan Nash will pay for all the food and use a recipe that includes at least three WIC ingredients.
- Wichealth.org will have Family Meals Month icons highlighting lessons about meal preparation and 15 new recipes that use Michigan's under redeemed foods.

## Ideas

- Family Meal Month Themed Bulletin Board with Weekly Recipe
- Fun challenges focused on "one more meal"
  - Screen Free Challenge – challenge families to put away phones and turn off TVs at meal time
  - New Recipe Challenge – challenge families to try one new recipe a week
  - WIC Cooking Hack Challenge – challenge families to make a meal from a WIC food they usually under redeem



1. WOLFSON, J. AND BLEICH, S. (2014). IS COOKING AT HOME ASSOCIATED WITH BETTER DIET QUALITY OR WEIGHT-LOSS INTENTION? PUBLIC HEALTH NUTRITION, PUBLISHED ONLINE 17 NOVEMBER 2014.  
2. INCORPORATING AWAY-FROM-HOME FOOD INTO A HEALTHY EATING PLAN, CENTER FOR DISEASE CONTROL AND PREVENTION, DEC 2008.  
3. DE BACKER, CHARLOTTE, JS, "OUR" FOOD VERSUS "MY" FOOD. INVESTIGATING THE RELATION BETWEEN CHILDHOOD SHARED FOOD PRACTICES AND ADULT PROSOCIAL BEHAVIOR IN BELGIUM, APPETITE, 2014.  
4. THE IMPORTANCE OF FAMILY DINNERS VIII, A CASACOLUMBIA™ WHITE PAPER (NATIONAL CENTER ON ADDICTION AND SUBSTANCE ABUSE AT COLUMBIA UNIVERSITY). SEP 2012.  
5. THE IMPORTANCE OF FAMILY DINNERS VIII, A CASACOLUMBIA™ WHITE PAPER (NATIONAL CENTER ON ADDICTION AND SUBSTANCE ABUSE AT COLUMBIA UNIVERSITY). SEP 2012.  
6. MEIER, A. & MUSICK, K. VARIATION IN ASSOCIATIONS BETWEEN FAMILY DINNERS AND ADOLESCENT WELL-BEING, JOURNAL OF MARRIAGE AND FAMILY, 2014; HAMMONDS, A.J. & FIESE, B.A. IS FREQUENCY OF SHARED MEALS RELATED TO THE NUTRITIONAL HEALTH OF CHILDREN AND ADOLESCENTS. PEDIATRICS 2011.

# STATE UPDATES— E-NOTICE RECAP

## **#2018-95: Breastfeeding Rate and Duration Report**

You will find the electronic version of the Breastfeeding Rate and Duration Report run on June 13th, 2018, attached to the E-Notice. A copy of the report was placed on the WIC website for your reference. The report provides the breastfeeding duration and rate for all agencies.

## **#2018-97: Additional Information Regarding Mead Johnson RTF Product Changes—Action Required**

You were notified through E-Notice #2018-60 of upcoming changes in Mead Johnson RTF Products. Please be aware we have been notified that these product changes have started to appear in stores. A Formula Usage Report (found under Reports/Participation) will determine clients that may be impacted by these changes. Appropriate changes to client packages containing Enfamil Infant and Gentlease RTF will need to be made. Refer to E-Notice #2018-60 for more information.

## **#2018-103: Enfamil Infant 32 oz Ready to Feed (RTF) Returns to Formulary**

This is an update to E-Notice #2018-97: Additional Information Regarding Mead Johnson RTF Product Changes – Action Required. Enfamil Infant 32 oz Ready to Feed (RTF) was added back to the Michigan WIC Authorized Formulas list effective June 15, 2018 to accommodate impending changes to Mead Johnson RTF formulas. The MI WIC Authorized Formulas list has been updated on the Michigan WIC website. Formula Maximum Tables have also been updated and are attached to the E-Notice.

You should continue to issue Enfamil Infant and Gentlease 8 oz RTF packages until you become aware that these are no longer available in your area. At that time you should refer to the table within the E-Notice.

## **#2018-106: NE Updates and Work Group Recap**

CCS Webinars are available August—November. Webinar information, dates, times offered and targeted roles are listed in the E-Notice. To register, go to <http://www.eiseverywhere.com/miwic>.

There are two new lessons on [wichealth.org](http://wichealth.org), *Help Your Baby Sleep Safe and Sound* and *Finding Recipes that Work*.

As a reminder, the Nutrition Education and Outreach Resource List (formerly the Annotated list) is available on our website. The list contains all nutrition education and outreach resources available in E-Forms and other highly recommended materials. See E-Notice for additional information and nutrition education updates.

## **#2018-107: Referral Category Changes/Updates**

State WIC has implemented changes to the title of three existing breastfeeding referrals and added one additional breastfeeding referral. This will help with consistency as now all breastfeeding resources are grouped together and also ensuring the appropriate referrals are documented.

In addition, a new referral category has been added, titled *Health & Wellness Education*. This referral category allows agencies to enter local resources in the area of health, wellness and physical activity. See E-Notice for a summary of the changes and new referrals.

## **#2018-108: Notification Fixes**

We are aware of the issues reported with the new notifications and/or new appointment types. We are actively working to resolve these issues or put temporary fixes in place until the next release (Oct 2018). Below is a list of reported issues. See E-Notice for a summary and plan to resolve these issues.

- On-demand Notifications: Blast Notifications
- Walk-in Education (EDUW)
- Appointment Reminder
- Duplicate Calls

We realize that these issues can be frustrating and appreciate all of the feedback to help resolve/fix these issues.

## **#2018-112: 2018/2019 WIC Training and Events Calendar**

Training dates and locations for FY 2018-19 State live trainings are now available on the MPH website: <https://events.mphi.org/wic-training-opportunities/>. While training locations have been identified, training sites are being finalized. The 2018/2019 Training and Events by Category and the Calendar are posted on the WIC website.

Please see Policy 1.07, Local Agency Staffing and Training, for training requirements for new and current staff.

## **#2018-119: Role Review Process and Webcast**

The role review process for staff began August 8, 2018, per WIC Policy 10.03. The Role Review due date is September 10, 2018. The August 9th webcast was archived for your review. Please note the roles of several staff will expire 9/30/18 unless extended. See E-Notice for additional information, as well as instructions for reviewing roles and the new Stop Light Role Management Tool.

## **#2018-121: Updated TTY Number**

The telephone number currently printed on the back of all Michigan Bridge Cards for individuals that are hearing or speech impaired is no longer correct. Individuals that are hearing or speech impaired can now dial 7-1-1 from their TTY (text telephone or teletypewriter) enabled device to get connected to the Michigan Relay Service. For regular (non-TTY enabled) telephones, families can continue to call the EBT Customer Service Help Desk at 1-888-678-8914.

## **#2018-123: HemoCue Contract Extension and New Equipment Transition**

The WIC Division contract with HemoCue has been extended an additional 5 years and will now expire on November 1, 2023. Within this contract extension, the WIC Division will purchase replacement Hb 301 analyzers for all existing local agency inventory of Hb 201+ analyzers as part of a coordinated, statewide upgrade. See E-Notice for additional information.

# Nutrition 101

## Nutrition and Brain Health

By: Sarah Eddy, GVSU Clinical Dietetics Intern



We all know that eating right is a way to maintain physical health, but did you know that proper nutrition can support healthy brain function too? Research has shown a diet rich in fish, whole grains, fruits, green leafy vegetables, olives, and nuts helps maintain brain health and may reduce the risk of cognitive decline and developing disorders such as Alzheimer's Disease.<sup>1,2</sup> Small changes in diet can make a big difference in overall health and well-being. Here are some suggestions for how you can eat to help keep your brain healthy!

**Limit Red Meat:** Foods with high saturated fat content are associated with the development of degenerative diseases, including heart disease and Alzheimer's Disease. Saturated fats are usually solid at room temperature (butter, for example) and are considered to be less healthy than unsaturated fats (found in olive oil, walnuts, and fish). Foods with saturated fat include red meat, butter, and some dairy products.<sup>1</sup>

**Fish:** Fish provides a great source of omega-3; omega-3 is a beneficial anti-inflammatory fatty acid your body cannot produce on its own. Eating five ounces of omega-3-rich fish (such as salmon, cod, haddock, tuna or halibut) twice per week is recommended. If you don't like fish, that's okay too! Foods such as flaxseeds, walnuts, and fortified products (including some eggs, breads, and pastas) also contain omega-3s. Fish oil supplements that are rich in DHA (an omega-3 fatty acid that is important in the growth and structural development of the brain) is another alternative for individuals who don't like to eat fish.<sup>1</sup>

**Fruits and Vegetables:** Vegetables such as broccoli, spinach, kale, and other leafy greens are rich in many brain-friendly nutrients, including ALA (another omega-3 fatty acid). Fruits like blueberries, raspberries and blackberries are full of antioxidants, and eating these foods in combination with one another reduces inflammation within the hippocampus region of the brain (which is responsible for memory formation). Antioxidants may also help to reduce the gradual decline in brain function as the brain ages and combat various forms of dementia.<sup>1,2</sup>

**Dark Chocolate:** Dark chocolate contains compounds called flavonoids; these serve as potent antioxidants within the body. They can potentially improve blood flow to the brain and reduce inflammation within tissues. Research suggests unsweetened cocoa powder provides the greatest benefit, followed by dark chocolate.<sup>1</sup>

**Spices of Life:** Adding herbs, spices, and other seasonings to food not only adds flavor, but helps your brain too! Examples of brain-boosting seasonings include turmeric, cinnamon and ginger, which are full of antioxidants that may decrease the chances of harmful inflammation in the brain and around the body.<sup>1</sup>

**Coffee or Tea:** Coffee has been shown to improve memory and potentially decrease the risk of developing dementia. Recommendations suggest up to three cups of black coffee per day may have a protective effect against cognitive decline. Green and black teas contain antioxidants and have the greatest effect when given plenty of time to steep before being consumed.<sup>1</sup>

**Whole Grains:** Several varieties of whole grains (such as oats, barley, and quinoa) contain many of the B vitamins that help to reduce inflammation of the brain. These vitamins may potentially play a role in preserving memory.<sup>1</sup>

**Eggs in Moderation:** The protein and several vitamins (including D, E, and various B vitamins) in eggs may work to improve memory.<sup>1</sup>

### Current Literature

Researchers from Rush University Medical Center and Harvard School of Public Health developed the "MIND" diet (Mediterranean-DASH Intervention for Neurodegenerative Delay). This is a combination of two dietary plans; the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) plans.



The MIND diet emphasizes fruits, vegetables, whole grains, legumes, nuts, fish, and small amounts of meat, milk, and dairy products. This diet advises against consuming large amounts of red meat, sweets, and sugar-containing beverages.<sup>2</sup> One study found that the MIND diet lowered the risk of Alzheimer's Disease up to 53% in participants who closely adhered to the diet, and by about 35% in those who followed it moderately well. More research is needed in order to confirm these results, but this diet seems to be a promising strategy to reduce cognitive decline, especially in the older population.<sup>2</sup>

### References

- 1) <https://healthybrains.org/pillar-nutrition/>
- 2) <https://www.eatrightpro.org/news-center/nutrition-trends/health-promotion/the-mind-diet>

Photos courtesy of Pexels.com and Pixabay

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Questions/Comments  
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PLEASE  
PLACE  
STAMP  
HERE

## UPCOMING EVENTS/TRAININGS/WORKGROUPS

### 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  
19: Vendor Conference—Lansing  
27: Statewide Peer Update—Bay City

### October

9-10: Breastfeeding Basics—Lansing  
17-18: Clerical Training—Jackson  
17: Breastfeeding Workgroup—Mason  
22: Record Review—Bay City  
23-24: Coordinator Summit—Bay City

### November

7-8: CPA Training—Kalamazoo  
16: Promotion and Retention  
Workgroup—Branch-Hillsdale  
27: Lab Training—Port Huron  
28: Anthro Training—Port Huron

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

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