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From: Wayne, Kathleen A (HSS)
Sent: Friday, July 02, 2010 9:48 AM
To: HSS DPA WIC Coordinators
Cc: Fitzjarrald, Elinor A (HSS); Hoger, Fatima S (HSS); Kent, Dana L (HSS); Carrillo, Rebecca N (HSS); Nisonger, Elaine P (HSS); Rich, Elaine M (HSS); Eriksen, Christina N (HSS); Albrecht, Alice E (HSS); Nault, Patricia A (HSS); Hoskinson, Terence O (HSS); 'Danielle Rybicki'; vanTassel, Robin C (HSS); Bish, Marcey A (HSS)
Subject: WIC Update July 2
Attachments: Lead found in juice drinks and other kid products (2).doc; WIC Quarterly Report 4th qtr April 10.docx; MIECN course syllabus 2010_04.pdf; Anita Michalovskis.doc; Alaska WIC CLC Training Information.pdf

Follow Up Flag: Follow up
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Hi Everyone,
Happy July 4th weekend. Hope you, your staff, and WIC families enjoy a safe and festive holiday. Please note that the state WIC offices will be closed Monday July 5th.

1. **Remembering Anita Michalovskis**—You might remember Anita was a WIC Coordinator at SEARHC several years ago; I'm sorry to let you know that she has recently passed away. Attached is a thoughtful note from Susan Hennon.
2. **Dell MICR Cartridge**es— Please use the following contact information for ordering MICR cartridges. This is updated contact information made available to us recently. We are also giving out your contact information to Axana Vergara, who will contact you to make sure you know how to order supplies. The point of contact for ordering the new printer's replacement toner cartridges is Ms. Axana Vergara, located at the Dell Headquarters office in Round Rock, TX (in the central time zone). Axana's contact info is: Axana Vergara, Software & Peripherals Specialist, office 1 800 357 3355 ext. 741 7107, fax 1 512 283 3313 or axana_vergara@dell.com.
3. **CITIC Position Recruitment**-- Could you please include in your weekly update, that CITC WIC at the Primary Care Center is currently recruiting for a Part Time (approx 20 hrs/week) WIC CPA/Nutrition Specialist. For more information they can contact Holly Snowball at 907.793.3323 or visit CITC's website at www.citci.org
4. **Lactation Counselor Certificate Training Program (CLC)**--The training will be held August 30 through September 3rd at the downtown Anchorage Clarion Suites. Please read the attached summary about the training. Unlike other state sponsor trainings, this training will require attendees to take an exam at the end in order to obtain the Academy of Lactation Policy and Practice's, Lactation Counselor Certification. The certificate is valid for three years and is a good opportunity to obtain up-to-date evidence based foundation in breastfeeding knowledge and skills, and is a useful review prior to taking the International Board Certified Lactation Consultant (IBCLC) exam. In order to receive a travel cost reimbursement, we require attendees to attend the entire training, complete the work assignments, and take the CLC test. Please see the attachment for further details.

Please see the attached summary regarding the CLC training locations and limitations to the number of attendees. We anticipate 1-2 employees per clinic; for example, ASYMCA has 2 clinics so could potentially send 0-4 staff members to the training. Staff can either be from each clinic or only one clinic, it is up to each LA to make that determination. To register for the CLC training, please send **Danielle Rybicki the names of the attendees by July 9th**. (907) 786-4936 and afdr@uaa.alaska.edu. Each employee will be responsible for their own travel arrangements. Parking is free at the Clarion Suites.

5. **Breastpump Order**--Contact Dana Kent regarding whether you received the recent Medela order for your WIC clinic. If you have not received the order in full, please indicate what was missing from the packing list. Please contact Dana no later than July 9th.
6. **Lead in Juice Drinks and other kid products**---FNS has received inquiries about the claim made by the Environmental Law Foundation that more than 85% of the 125 brands of juice that they tested contained enough lead in a single serving to warrant a warning label under California's Safe Drinking Water and Toxic Enforcement Act of 1986, better known as Prop. 65. FNS's Office of Emergency Management and Food Safety contacted the FDA, who returned the query with the information that the amount of lead contained in these products is very small and does not violate the safe levels set at the Federal level; California's Prop 65 pertains to a product's potential to expose consumers to lead levels that would trigger public notification under California State law, but which is far lower than safe levels set at the Federal level. FDA regularly monitors foods, including fruit juice and juice products, to ensure that they do not contain excessive lead levels. Low levels of lead occasionally do occur and are a consequence of the environment in which the food crops were grown. Lead levels in crops have dropped dramatically since leaded gasoline was phased out and lead soldered cans were banned in the 1990's. FDA will be conducting its own testing and assessment of some of the fruit and juice products tested by ELF and will advise the public on their results and recommendations.
7. **AK WIC Directory on AKWIC Website**---Thanks to Christy for helping to get the WIC directory on our website. <http://health.hss.state.ak.us/dpa/programs/nutri/wic/LocalAgencies/LAForms.htm>.
8. **4th Quarter Reports**--Gentle reminder to clinics that the fourth Quarter Report is due July 31 and that the form has been updated to include a few questions on their Local Agency SFY 2010 performance. Please use the attached form.
9. **MIECN Course**--UAA WIC CPA Training is again offering a section of the Maternal, Infant and Early Childhood Nutrition (MIECN) Course is scheduled to start August 2nd, 2010. The course is 8 weeks long and requires 4-6 hours of course work each week. The syllabus is attached if you like more information about the course. Please contact Danielle Rybicki at 907-786-4936 or afdr@uaa.alaska.edu by July 12th if you have someone you would like to enroll. Another section of the MIECN course will not be offered until 1/3/2011.

Nice to Know:

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JUNE 22, 2010

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Academy of Breastfeeding Medicine

For Immediate Release

Contact: Karla Shepard Rubinger, Executive Director, Academy of Breastfeeding Medicine, (914) 740-2100, ext. 2153, abm@bfmed.org

Changes to Guidelines for Contraceptive Use Could Compromise a Woman's Ability to Breastfeed

New Rochelle, NY, June 24, 2010 - New birth control guidelines released by the U.S. Centers for Disease Control and Prevention (CDC) could undermine mothers who want to breastfeed by sanctioning the use of progesterone injections, progestin-only pills, as well as combined (progestin-estrogen) oral contraceptives within the first month after giving birth.

"The new guidelines ignore basic facts about how breastfeeding works," says Dr. Gerald Calnen, President of the Academy of Breastfeeding Medicine (ABM). "Mothers start making milk due to the natural fall in progesterone after birth. An injection of artificial progesterone could completely derail this process."

The CDC report, "U.S. Medical Eligibility Criteria for Contraceptive Use, 2010," released in the May 28 issue of *Morbidity & Mortality Weekly Report (MMWR)*, contains important changes in what constitutes acceptable contraceptive use by breastfeeding women. The criteria advise that by 1 month postpartum the benefits of progesterone contraception (in the form of progestin-only pills, depot medroxyprogesterone acetate (DPMA) injection, or implants), as well as the use of combined (progestin-estrogen) oral contraceptives outweigh the risk of reducing breastfeeding rates. **Previously, progesterone birth control was not recommended for nursing mothers until at least 6 weeks after giving birth, and combined hormonal methods were not recommended before 6 months.**

Based on clinical experience, breastfeeding support providers report a negative impact on breastfeeding when contraceptive methods are introduced too early. One preliminary study demonstrated dramatically lower breastfeeding rates at 6 months among mothers who underwent early insertion of progesterone-containing IUDs, compared with breastfeeding rates of mothers who underwent insertion at 6-8 weeks postpartum.

"The data are limited," says Calnen, "but for now, the state of the science suggests that early progesterone exposure undermines breastfeeding."

pregnancies. However, the most commonly used early contraceptive method, a DPMA injection, prevents pregnancy for only 12 weeks at a time. "There is no evidence that immediate postpartum injections delay the next pregnancy beyond the first 3 months," says Calnen.

Dr. Miriam Labbok, Director of the Carolina Global Breastfeeding Institute and an expert on the interface between breastfeeding and fertility, notes, "The mother should have the final decision on her birth control method, with full information. Unfortunately, these methods are often given to women with little counseling. Women deserve to know that there is a potential risk."

ABM wrote to CDC Director Thomas Frieden in January urging reconsideration of the guidelines. In his reply, Dr. Frieden described the new recommendations as "the best interpretation of the existing evidence."

Calnen is less confident. "Physicians and mothers should proceed with caution," he says. "There are plenty of birth control methods that are proven to be safe for breastfeeding. Early progesterone is not one of them."

The [Academy of Breastfeeding Medicine](#) is a global organization of physicians dedicated to the promotion, protection and support of breastfeeding and human lactation through education, research, and advocacy. An independent, self-sustaining, international physician organization and the only organization of its kind, ABM 's mission is to unite members of various medical specialties through physician education, expansion of knowledge in breastfeeding science and human lactation, facilitation of optimal breastfeeding practices, and encouragement of the exchange of information among organizations. It promotes the development and dissemination of clinical practice guidelines. The Academy has prepared clinical protocols for the care of breastfeeding mothers and infants that are available on the Agency for Healthcare Research and Quality's (AHRQ) National Guideline Clearinghouse website.

Breastfeeding Medicine is the official journal of the *Academy of Breastfeeding Medicine*. It is an authoritative, peer-reviewed, multidisciplinary journal published bi-monthly. The Journal publishes original scientific papers, reviews, and case studies on a broad spectrum of topics in lactation medicine. It presents evidence-based research advances and explores the immediate and long-term outcomes of breastfeeding, including the epidemiologic, physiologic, and psychological benefits of breastfeeding.

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