

**National Maternal Nutrition Intensive Course: Online Viewing**  
**University of Minnesota**  
**School of Public Health**  
**Fall 2010**

*Program Information*

As a continuing education opportunity for Alaska WIC staff, we have enrolled in the group viewing option for the National Maternal Nutrition Intensive Course through the University of Minnesota School of Public Health. This provides an opportunity to view videos of the speakers at the face-to-face conference that was held July 28-30, 2010. Our experience has been that these are high quality speakers and presentations and a great opportunity for professional continuing education. These will be available for you from **August 20, 2010 to October 22, 2010.**

This conference is targeted primarily at Dietitians and Nurses. There are sessions that could be appropriate for CPAs. Local agency coordinators and CPAs should review the list of offerings together to determine what sessions would be most appropriate.

| <b>Session title and Presenter</b>  |
|---|
| <b>IOM Weight Gain Guidelines &amp; Obesity</b><br>Kathleen Rasmussen   |
| <b>Integrating and Evaluating Nutrition Interventions in Colorado's Prenatal Plus Program</b><br>Amanda Bakulski              |
| <b>Maternal Mental Health and Infant Feeding Behaviors and Growth</b><br>Kristen Hurley                                       |
| <b>"Oregon WIC Listens": A Model Program for Implementing Participant Centered Education</b><br>Susan Greathouse              |
| <b>Balancing Concerns About Dietary Sources of Environmental Contaminants During Pregnancy and Lactation</b><br>Julie Daniels |
| <b>Nutrition Management of Gestational Diabetes Mellitus</b><br>Diane Reader  |
| <b>Exercise as a Prevention and Management Strategy for Gestational Diabetes Mellitus</b><br>Melissa Avery                    |
| <b>The Effects of Exercise on Depression During Pregnancy and Postpartum</b><br>Beth Lewis                                    |
| <b>Catch-Up Growth vs. Rapid Early Weight Gain: Definitions and Consequences</b><br>Mary Hediger                              |

### *Continuing Education*

This program has been approved for up to 10.0 CPE hours of Continuing Professional Education by the American Dietetic Association's Commission on Dietetic Registration.

This continuing nursing education activity was approved by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation for up to 10.0 contact hours.

*Instructions- see additional attachments*

- Viewing Instructions

Please keep in mind we have paid for this course for use in the Alaska WIC Program. The username and password should not be shared with others. We are able to offer it this way because we are one group, although we are in different locations. You may view it from any location (home, office, etc.), but it should not be offered to others outside of your WIC program. If others are interested, they certainly can go to the website for registration information.

- Online Viewing Verification form

This form is your statement verifying that you viewed specific sessions. If you are an **RD or RN**, please fax this form to the UAA WIC Training Program at 907-786-1436 no later than November 1, 2010. If you are an RD or RN and would like a certificate of complete you will also need to complete the Program Evaluation and complete the Video Streaming Attendance Certification Form found online and fax it to the UAA WIC CPA Training Program along with you Viewing Verification form no later than November 1, 2010. We will submit these forms along with a final roster to the University of Minnesota for continuing education.

If you are a **WIC CPA** viewing any of the sessions, please provide the form to your supervisor as verification of participation for CPA continuing education.

You may need to consult your IT department if you have any problems viewing the videos. If you have general questions about the program, please contact us at 907-786-1401 or [aywic@uaa.alaska.edu](mailto:aywic@uaa.alaska.edu). We hope you will find this format an effective way to stay updated on current maternal nutrition issues.

Sincerely,

Danielle Rybicki