From: Wayne, Kathleen A (HSS)
Sent: Friday, May 16, 2014 2:32 PM
To: HSS DPA WIC Coordinators
Cc: HSS DPA WIC Juneau; HSS DPA WIC Anchorage; Olejasz, Aimee M (HSS); Rybicki, Danielle (HSS Sponsored)
Subject: May 16 WIC Update

Hi Everyone,

Congratulations to Sarah Stempek, RCPC WIC Coordinator, on the birth of her daughter, Ella. Ella was born at 12:07pm on Saturday May 3rd weighing in at 5lbs 15oz. Mom and baby are both doing well.

1. Welcome Amber---Amber Colvin is the new WIC Coordinator at YKHC. " I received my Bachelor's degree in Dietetics from the University of Central Arkansas and my Master's degree from the University of Arkansas for Medical Sciences. I completed the dietetic internship in 2003 and became a Registered Dietitian at this time. Since the completion of my dietetic internship I have been passionate about the WIC program. I began working for the department of health as a WIC nutritionist in 2006 and have worked in the program ever since this time. I am married and have 3 children ages 14, 11,

and 6. We are excited to be here in Bethel, AK. I am so glad to have the opportunity to work as the WIC Coordinator here in Bethel, AK. Thanks so much! Amber Colvin (907)-543-6438"

2. **Drug and harmful substance use**: We recently had a request for a one page handout on the dangers of marijuana. Here's a handout that's in use in California. It would be a good option for discussing the harms of substance use with pregnant women. Also attached is a one page summary in English and Spanish.
http://mendochildren.org/projects/documents/mch/FinalMMBrochure.pdf
Please contact Jennifer Johnson at 465-8104 with questions or concerns.

3. Motivational Interviewing Works---article talks about implementing motivational interviewing and how physicians and dietitians worked to move from asking to reflecting, from counterpunching to rolling with resistance, and from informing and advising to eliciting autonomous change talk. Reminder that if the technique is used properly, patients/parents should be talking more than half the time. http://www.familypracticenews.com/news/child-adolescent-medicine/single-article/motivational-interviewing-nets-weight-loss-in-heavy-kids/4322409af602f391cd13f28652acfea7.html?tx_ttnews[sViewPointer]=1

4.

SPIRIT Information:

→ Good news! We have officially implemented our first food rule change ($8FVV). Thank you all for your patience and understanding as we worked through the issues that came with this change. We gained many lessons from this experience and have a much better idea of how we need to address food rule changes in the future.

SPIRIT Tips and Reminders:

→ For Pending Proof of Income: SPIRIT will limit a participant's checks to one month's worth only if the checkbox, "Pending Proof of Income," is marked on the Income Calculator screen.
There is a "No Proof Form" choice on the drop down found on the Add Income Item screen, but it will not trigger the one month restriction for benefit issuance.

→ Please remember that it is VERY IMPORTANT to "Clear On-Site List" after running batch.
After you Put Mail or MOV Participants On-Site, the process should be completed before the end of the day. That includes printing the checks from SPIRIT, downloading the Address List and the Signature Document from the SPIRIT Utilities site, and clearing the On-Site list. This is because the household members are separated during this part of the batch process and the data can be compromised.

SPIRIT Help Desk Info:

→ Send all questions, issues and errors to the WIC SPIRIT Helpdesk at wicpsirithelpdesk@alaska.gov or phone them at 907-334-4900.

5. FMNP Coming Your Way---The Vendor group provided pre-printed Farmers' Market Nutrition Program (FMNP) coupons to all Local Agencies in areas where there are farmers' markets. Approximately 60 farmers and farmstands have been authorized, as well as eight farmers' markets. We are awaiting complete application packets from seven additional markets and several farmers. Farmers and markets must have complete applications by June 15, 2014 to be authorized to accept WIC FMNP coupons and Fruit and Vegetable Vouchers (FVVs), as well as Senior FMNP coupons during the June 1 – October 31 2014 season.

6. Child FMNP Voucher Change--The Program has begun implementation of the child's FVV increase from $6.00 to $8.00. All authorized vendors were notified by mail of the change, and that there will be $6.00 and $8.00 FVVs in circulation until the $6.00 vouchers are phased out.

7. **YoBaby Peach/Pear Yogurt Recalled for Coliform Contamination**

(JUNEAU, AK) – Stonyfield has issued an expanded recall for its YoBaby Peach/Pear Yogurt in four-ounce, 6-pack cups because it may be contaminated with the bacteria Klebsiella pneumoniae. This recall is an expansion of an April 25, 2014 recall that did not affect Alaska.

Klebsiella pneumoniae are bacteria often found in the intestinal tract of healthy people who have no symptoms of disease. However, the bacteria have been associated with some foodborne illness cases. Symptoms include watery diarrhea, nausea, vomiting, cramps, pain, fever, and chills.

The affected product can be identified by the date, June 05 2014, stamped on the front of the four-ounce cups and on the side of the cardboard case packaging.

Product	**Packaging**	**UPC**	**Date**
YoBaby Peach/Pear Yogurt	6-pack, four-ounce cups	052159701161	Jun 05 2014

Alaska DEC has confirmed these products were available in Alaska. To date, no illnesses or reactions have been reported in Alaska or elsewhere.

Consumers are advised to return the recalled product to the store of purchase. Consumers with questions should contact Stonyfield Consumer Relations at 800-PRO-COWS or email at crelations@Stonyfield.com.

For more information on this recall, visit: http://www.fda.gov/Safety/Recalls/ucm396959.htm.

For more information on recalls affecting Alaskans, visit DEC's website: http://dec.alaska.gov/eh/fss/recallsalerts.html.

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Nice to know:

1. USDA has made it possible for anyone, anywhere to learn about honey bee activity. For more information, please visit the blog: http://blogs.usda.gov/2014/05/15/see-honeybees-at-work-usda-launches-beewatch/
2. Oreos vs cocaine http://www.conncoll.edu/news/news-archive/2013/student-faculty-research-suggests-oreos-can-be-compared-to-drugs-of-abuse-in-lab-rats.htm#.U3WDT1crczQ

3. **Text for baby**: The 2014 Text4baby State Enrollment Contest, which launched on May 11th. The Contest will see which state can enroll the most Text4baby users between now and November 1st.
   Women who sign up for Text4baby by texting BABY (BEBE for Spanish) to 511411 receive three personalized text messages per week timed to their due date or baby's birthday, supporting moms during pregnancy and until baby's first birthday. The messages cover a broad range of topics, including nutrition, the benefits of full-term delivery, breastfeeding, developmental milestones and oral health. Text4baby also includes interactive appointment and immunization reminders, educational videos and mobile web pages, links to health-related services, and urgent health alerts.
   Learn more about Text4baby

4. **Gestational diabetes**: Here's a link to information on gestational diabetes and preventing diabetes later in moms who've had gestational diabetes. http://ndep.nih.gov/am-i-at-risk/gdm/index.aspx?redirect=true. See attached gestational diabetes handout. Please call Jennifer Johnson at 465-8104 for questions.

5. WIC 40th anniversary videos:
   http://vimeo.com/album/2843566/video/92938679
   http://vimeo.com/album/2843504/video/92863990

6. Great links for Mom's on breastfeeding in the workplace.

- Kellymom.com: "Your Rights As a Breastfeeding Employee"
- *Breastfeeding Medicine* (ABM blog): "Help Your Clients Understand Their Rights in the Workplace"
- *Giving Birth With Confidence* (Lamaze blog): "Understanding Your Breastfeeding Rights in the Workplace"
- *Science & Sensibility* (Lamaze blog): "'Break Time for Nursing Mothers' - Its the Law!"
- *Lactation Matters* (ILCA blog): "Help Your U.S. Clients Understand Their Rights in the Workplace"
- *Our Milky Way* (HCP blog): "Help Your Clients Understand Their Rights in the Workplace"

7. Black Mothers' Breastfeeding Association blog: "Help Your Mothers Understand Their Rights in the Workplace

The Facts

- Marijuana crosses the placenta, and can be found in the newborn's body for up to a month after a single use.
- Smoking marijuana causes less oxygen and food to get to the baby. This factor alone affects your baby's growth and brain development.
- Children of mothers who smoke marijuana are more likely to have social, learning and behavior problems beginning at birth and continuing throughout their lives.

For more information on the effects of marijuana on a baby, visit:

marchofdimes.com

No Amount of Marijuana is Safe to Use During Pregnancy or Breastfeeding

"But it's natural and organic"

"But it helps with my nausea"

Just because marijuana is a natural herb, doesn't make it safe for your baby. Ask your doctor for medication and other tips to help with nausea. Your doctor can refer you to a specialist who can help you quit using. You will be taking another step to having a healthy baby.

For help in quitting smoking marijuana, call Alcohol & Other Drugs Program (AODP):

707.472.2637

Sponsored by the Partnership for Healthy Babies of Mendocino County & FIRST 5 Mendocino

Things Your Baby Hopes You Know About Marijuana

Newborn Babies

Whose Mothers Smoked Marijuana During Pregnancy...

Are more likely to:

- Be born too early
- Have problems sleeping due to withdrawals from the marijuana in their systems

Preschool Children

Whose Mothers Smoked Marijuana During Pregnancy...

Are more likely to:

- Have poor memory
- Struggle with speech
- Have difficulty making decisions
- Have a hard time calming themselves down

Older Children

Whose Mothers Smoked Marijuana During Pregnancy...

Are more likely to:

- Be easily distracted in class
- Be hyperactive
- Have problems following directions with multiple steps
- Struggle to remember what things look like
- Have trouble copying basic patterns

And so are more likely to:

- Get into trouble at school
- Have difficulty learning
- Eventually have problems getting and keeping a job

Did You Have Gestational Diabetes When You Were Pregnant?

What You Need to Know.

Some women get diabetes when they are pregnant. Doctors call this gestational (jes-TAY-shun-al) diabetes. Most of the time, it goes away after your baby is born. Even if the diabetes goes away, you still have a greater chance of getting diabetes later in life. Your child may also have a greater chance of being obese and getting type 2 diabetes later in life. Use this tip sheet to learn what you can do for yourself and your child.

Action steps for you

Get tested for diabetes:

- Get tested for diabetes 6 to 12 weeks after your baby is born. If the test is normal, get tested every 3 years. If the test results show that your blood sugar (glucose) is higher than normal but not high enough to be diabetes, also called prediabetes, get tested for diabetes every year.
- Talk to your doctor about your test results and what you can do to stay healthy.
- If your test results show that you could get diabetes and you are overweight, ask your doctor about what changes you can make to lose weight and for help in making them. You may need to take medicine such as metformin to help prevent type 2 diabetes.

Change the foods you eat and be more active:

- Choose healthy foods such as:
  - fruits that are fresh, frozen, or canned in water
  - lean meats, chicken and turkey with the skin removed, and fish
  - skim or low-fat milk, cheese, and yogurt
  - vegetables, whole grains, dried beans, and peas
- Drink water instead of juice and regular soda.
- Eat smaller amounts of food to help you reach and stay at a healthy weight. For example, eat a 3-ounce hamburger instead of a 6-ounce hamburger. Three ounces is about the size of your fist or a deck of cards.
- Be more active each day. Try to get at least 30 minutes of activity, 5 days a week. It is okay to be active for 10 minutes at a time, 3 times a day. Walk with friends, swim, or garden to move more.
- Try to get back to a healthy weight. Talk to your health care team about a plan to help you lose weight slowly. Being at a healthy weight can help reduce your chances of getting type 2 diabetes.

Other action steps

- Tell your doctor or health care team if:
  - you had gestational diabetes
  - you want to get pregnant again
- Breastfeed your baby to help you lose weight and lower your child's chances of being overweight.
- Make sure your history of gestational diabetes is in your child's health record.

Action steps for the whole family

- Ask your doctor for an eating plan that will help your children grow and be at a healthy weight.
- Help your children make healthy food choices.
- Help your children be active for at least 60 minutes each day.
- Do things together as a family, such as making healthy meals or playing active games together.
- Limit TV, video, and computer game time to an hour or two a day.
- Contact your local parks department or local health department to learn where you can find safe places to be active and get healthy foods.

Things to remember:

- Get tested for diabetes 6 to 12 weeks after your baby is born.
- Take steps to lower your chances of getting diabetes by being more active and making healthy food choices.
- Help your children be healthy and lower their chances of getting type 2 diabetes.

National Diabetes Education Program
1-888-693-NDEP (1-888-693-6337) • www.YourDiabetesInfo.org

Francine R. Kaufman, M.D., Professor Emeritus of Pediatrics and Communications at the University of Southern California and attending physician at Children's Hospital Los Angeles reviewed this material for accuracy.

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