
From: Wayne, Kathleen A (HSS)
Sent: Friday, May 09, 2014 3:37 PM
To: HSS DPA WIC Coordinators; Bennis, Don; O'Gara, Kathy (HSS Sponsored); Welch, Scooter (HSS Sponsored)
Cc: HSS DPA WIC Juneau; HSS DPA WIC Anchorage; Olejasz, Aimee M (HSS); 'Danielle Rybicki' (afdrr@uaa.alaska.edu)
Subject: WIC Update for May 9



Farewell to Dee—Elaine and I spent three very enjoyable days in Bethel for their ME review. The CPAs are doing an excellent job in providing PCE services and we were able to personally thank Khadija for her wonderful administration of the WIC program. Dee is moving back to Saudi Arabia with an extended lay-over in Turkey to visit family. Thank you Dee for serving women, infants, and children in the Bethel region for 4 years.

Hope everyone enjoys a great weekend.

Kathleen

1. *Success Story--A client came by the office and got her last two months of checks. Her child is turning five. She let us know that she was very appreciative of the program. Stated she had used the supplemental foods since her child's birth and she felt he would not have done so well if they had not had the program. She said all of the information through the years helped her to understand what her child needed nutritionally and she was very happy that she could participate.*

2. **WIChealth.org update:** If your clients use WIChealth.org, and they email your agency their certificate of completion- please make sure Jennifer Johnson at jennifer.johnson@alaska.gov has the most recent accurate information for each of your clinic sites. WIChealth.org will be removing the "email certificate" button for agencies that do not have an email address in their system by May 23. Using wichealth.org is much more convenient for clients if they have the ability to email the certificate to your clinic, rather than printing it themselves and bringing it in. (One reason we sometimes have inaccurate email addresses on our clinic list is staff turnover. Consider having a general email address for all your clinic sites (for instance, WIC@alaska.gov for the state office) so that your sites wouldn't require updating if there are staff changes. Please let me know if you need to change the address wichealth has for your site.

3. **Calcium handout:** With all due respect to milk, it's not the only source of calcium in the diet. For those participants who can't drink milk, this clear, simple handout (attached) recommends several other WIC foods that are also good sources. I took it from this web site, designed for diabetes but with lots of good information in English and Spanish, suitable for lower reading levels. Please call Jennifer Johnson at 465-8104 with questions or suggestions. <http://www.learningaboutdiabetes.org/freeprogramsbw.html>

4. **Increase in the Fruit and Vegetable vouchers (FVVs) for children:** Beginning May 15, 2014 the amount of the Fruit and Vegetable voucher for children age 1-4 will increase from \$6 to \$8 each month. (There is no need to get vouchers back that have already been printed- but from May 15 onward, children's vouchers will print for \$8 each month.) To help your WIC staff build enthusiasm and encourage use of the FVVs, we've attached a poster you can print and display in your offices. In addition, there are some ideas on web sites to visit for recipes. WIC is the place for advice not only on how to prepare fruits and vegetables in a way that appeals to your family- but also ideas on how to get children interested in eating fruits and vegetables. Please contact Jennifer Johnson at 465-8104 with comments, questions, or for more ideas. Our "Fruits and Vegetables, so Good for Me" brochure- the last in our quarterly Nutrition Theme brochures- will be sent out shortly. It will include an insert and recipe for each category (woman, infant, and child). Thanks to Amy George for the beautiful design of the attached poster.

5.



SPIRIT Tips and Reminders:

- ⇒ **Reset Local Reference Data each day.** Logging off/on SPIRIT does not reset the data. You must right click the "W" in your task bar, and click on "Reset Local Reference Data." The suggested procedure is to do this at the start of each day.
- ⇒ Please remember to Clear On-Site lists after running batch.

SPIRIT Information:

⇒ You may see some erroneous Goal Settings from last fall. This was corrected at that time, but a few entries made prior to the correction will be seen. Please make note of your corrections.

The SPIRIT Utilities web site hosts Reports and Batch Issuance:

<https://wicspiritprod1.dhss.alaska.gov/WICSPIRITPROD1/BatchIssuance/Authentication/Login.aspx>.

(Log-in with your SPIRIT username and password).

SPIRIT Help Desk Info:

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

6. Adjunctive Infant Eligibility & Pregnant Medicaid Update

The USDA has gotten back to us on the question about Pregnant Medicaid income qualifying an infant for WIC. Per the USDA: Women who are on Medicaid during the month of delivery adjunctively make their infant income eligibility for WIC up to the infant's first birthday. If for some reason the mother's Medicaid proof is not available at the time of the infant certification, a temporary 30 day certification can be granted or a traditional income eligibility determination must be conducted for the infant to be deemed income eligible to receive benefits. Once the mother's pregnant Medicaid or the infant's Medicaid proof is available, these will income qualify the infant Under no circumstances may a second, subsequent temporary 30-day certification be granted without income eligibility documentation.

A formal update to the policy will be submitted to the USDA for approval later this summer and will be available to local agencies in the fall. Please follow the above general guidance until then.

7. **Quarterly Vendor Reports**--As a reminder to all Local Agencies, any required Vendor Reports are due along with your Quarterly Report. Please make sure to include these along with your next Quarterly Report submission due in July. If you need more information, contact the Vendor Group.
8. **REMINDER**--Don't forget next week's meeting with Public Health Nursing at 10:00 Tuesday, May 13th.
Access the webinar at: <https://global.gotomeeting.com/join/283705189>. Meeting ID: 283-705-189.
The call-in number is 1-800-281-5354 and PIN 259225.
If you are able, meet with your local public health nurse(s) to attend the meeting together!
9. **New, Updated Drug and Alcohol Policy- See Attached**

As a result of recent Management Evaluations, State staff recognize the need to update our current policy on alcohol and drug use. This policy clarifies and reminds staff of their role in educating WIC participants about the impacts of drug and alcohol use. The effective date of the policy is October 1, 2014.

- Please add local resources for drug and other harmful substance abuse counseling and treatment to your local resource list if they are not already included.
- There will be a selection added to the referral section in SPIRIT to include a “Drug and Alcohol Services” referral.

If you have additional questions or need clarification contact Dana Kent @ 465-5322 or dana.kent@alaska.gov.

Nice To Know

From: Yee, Julie - FNS [<mailto:Julie.Yee@fns.usda.gov>]

Sent: Thursday, May 08, 2014 9:49 AM

To: WRO PA - FNS

Subject: FW: National Women's Health Week

Please see attached.

> From: James, Sheila (OASH) [sheila.james@hhs.gov]

> Sent: Wednesday, May 07, 2014 4:46 PM

> To: James, Sheila (OASH)

> Subject: National Women's Health Week

>

> Please help spread the word about National Women’s Health Week. Thank
> you!

>

> Sheila L. James

> Public Health Advisor

> US Department of Health and Human Service

> Office of the Assistant Secretary for Health/Office of the Regional

> Health Administrator

> San Francisco Federal Building

> 90 7th Street, Suite 5-100

> San Francisco, CA 94103

> Phone: (415) 437-8075

> Fax: (415) 437-8004

> sheila.james@hhs.gov<<mailto:sheila.james@hhs.gov>>

>

> [LMCTC]

This electronic message contains information generated by the USDA solely for the intended recipients. Any unauthorized interception of this message or the use or disclosure of the information it contains may violate the law and subject the violator to civil or criminal penalties. If you believe you have received this message in error, please notify the sender and delete the email immediately.

Policy Title	DRUG AND HARMFUL SUBSTANCE ABUSE	Item	ALCOHOL AND DRUG ABUSE POLICY
Policy Number		Effective Date	Revised: 4/4/2014 Effective: 10/1/2014

Purpose

To improve the health status of WIC participants by preventing and/or reducing the use of alcohol, tobacco, or other drugs.

Authority

Federal Regulations: Part II, Department of Agriculture, Food and Nutrition Services, 7CFR

- Part 246.11 (a) (3) (b) (1) - Special Supplemental Nutrition Program for Women, Infants and Children (WIC):

Policy

Screen and Refer for Alcohol, Tobacco and Other Drug Use

Local agencies shall increase WIC participants' access to information about the dangers of using alcohol, drugs, and other harmful substances during pregnancy, while breastfeeding and for parents or caretakers of children enrolled in WIC. Local WIC programs shall assess and refer WIC participants to services as needed.

At each initial and subsequent certification, local WIC programs must provide the following information on alcohol, tobacco, and other drug use pertaining to WIC participants.

1. Provide a brief screening for potential alcohol, tobacco, or other drug use by prenatal and postpartum participants through the approved WIC applications.
2. If responses to screening questions are positive, or indicate that alcohol or drug abuse may be a possibility, an immediate referral for assessment should be made for participants not already in care.
3. Document the referral in SPIRIT on the "Referral Tab" under "Program Referrals Provided to Participant by WIC", and select "Drug and Alcohol Services."
4. Use this as an opportunity to initiate a discussion with participants about the risks of drug, tobacco, or alcohol use during pregnancy and while breastfeeding.

5. Make available a list of local resources for drug and other harmful substance abuse counseling and treatment. This list must be made available to all WIC applicants and participants: pregnant, postpartum, and breastfeeding women and parents and caretakers of infants and children.

6. Provide information about the dangers of using alcohol, tobacco, or other drugs all WIC applicants and participants: pregnant, postpartum, and breastfeeding women and parents and caretakers of infants and children applying for participation in WIC. To meet this requirement, a statement has been added to the WIC Food List, *“Don’t smoke, drink alcohol or take drugs. They can harm you. They can harm your baby. If you want to stop smoking, drinking, or taking drugs, ask your WIC counselor. Or go on-line to locate a facility near you:*



Yum!

Children's WIC
Fruit and Vegetable Vouchers
are increasing from

\$6 TO \$8

to buy fresh, frozen and canned
fruits and vegetables in Alaska
effective May 14

Delicious recipes available here!

These vouchers can be used at authorized
farmers' markets and farm stands, too!

WIC is an equal opportunity employer.

Increase in the Fruit and Vegetable vouchers (FVVs) for children: Beginning May 14, 2014 the amount of the Fruit and Vegetable voucher for children age 1-4 will increase from \$6 to \$8 each month. (There is no need to get vouchers back that have already been printed- but from May 14 onward, children's vouchers will print for \$8 each month.) To help your WIC staff build enthusiasm and encourage use of the FVVs, we've attached a small poster you can print and display in your offices. In addition, there are some ideas on web sites to visit for recipes. WIC is the place for advice not only on how to prepare fruits and vegetables in a way that appeals to your family- but also ideas on how to get children interested in eating fruits and vegetables. Please contact Jennifer Johnson at 465-8104 with comments, questions, or for more ideas. Our "Fruits and Vegetables, so Good for Me" brochure- the last in our quarterly Nutrition Theme brochures- will be sent out shortly. It will include an insert and recipe for each category (woman, infant, and child).

Links to sites with recipes and ideas on fruits and vegetables:

1. Oregon's Food Hero Website <https://www.foodhero.org/>
2. Fruits and Veggies More Matters Official Website- search for recipes: <http://www.fruitsandveggiesmorematters.org/>
3. My Plate- for recipes, tips on healthy eating <http://www.choosemyplate.gov/>
4. <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet10LiveUpYourMeals.pdf>
5. <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>



NATIONAL WOMEN'S HEALTH WEEK



Dear Colleagues,

May 11-17 is **NATIONAL WOMEN'S HEALTH WEEK**, a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. The goal is to empower women to make their health a priority. National Women's Health Week also serves as a time to help women understand what it means to be well. Take steps to improve your physical and mental health:

- Visit a health care professional to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

FDA's Office of Women's Health has materials available to support your outreach. Check the website:

<http://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/default.htm> **Stay healthy!**

Mary Ellen Taylor @ 510-337-6888 or maryellen.taylor@fda.hhs.gov.

Take Time to Care about Your Health

Women often spend so much time helping others that they don't take time for themselves. It's OK to take time to focus on good health. Watch a video or read a fact sheet to learn helpful tips on health issues like:

- [Birth Control](#)
- [Breast Implants](#)
- [Diabetes](#)
- [Heart Health](#)
- [Mammograms](#)
- [Menopause](#)
- [Pregnancy](#)
- [Safe Medication Use](#)
- [Other Topics like cosmetics, nutrition, and HPV](#)

<http://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/default.htm>



Screening Tests for Women:

Check the guidelines listed at the web site to find out about important screening tests for women. These guidelines are recommended by the U.S. Preventive Services Task Force. Keep in mind that these are guidelines only. Your doctor or nurse will personalize the timing of the screening tests you need based on many factors. Ask your doctor or nurse if you don't understand why a certain test is recommended for you. Check with your insurance plan to find out which tests are covered. Insurance companies are required to cover many preventive services for women at no cost to you because of the Affordable Care Act. <http://www.womenshealth.gov/publications/our-publications/screening-tests-for-women.pdf>



Learn about National Women's Checkup Day.

Schedule your well-woman visit today!

https://public.govdelivery.com/accounts/USFDA/subscriber/new?topic_id=USFDA_203

REMINDER: Sign up for the Patient Safety Newsletter, FDA's bi-weekly publication to inform the reader about new product approvals, significant labeling changes, safety warnings, notices of public meetings, opportunities to comment, and other information of interest to patients and patient advocates. The current newsletter has information on drug shortages, supplements that contain prescription medicines and diabetes & minority health. To subscribe or read go to the website above.

