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**From:** Kent, Dana L (HSS)

**Sent:** Friday, July 18, 2014 3:52 PM

**To:** HSS DPA WIC Coordinators; Welch, Scooter (HSS Sponsored); O'Gara, Kathy (HSS Sponsored); Bennis, Don

**Cc:** HSS DPA WIC Anchorage; HSS DPA WIC Juneau; Olejasz, Aimee M (HSS); Rybicki, Danielle (HSS Sponsored); Ng, Su Chuen (HSS)

**Subject:** Friday Update for July 18, 2014

Friday Greetings,

We are enjoying sunny weather in Juneau today which makes it really feel like a Friday! I hope that you are enjoying the same good weather in your part of the state and that it continues on into your weekend. This week's success story is highlighted in honor of all you do to make parents feel successful at parenting. WIC plays a valuable role in supporting parents to make good choices for their families and one of them is simply by providing our healthy foods. "One client said that the vouchers provided by WIC enabled her to provide healthy fruits, vegetables and whole grain foods which she would not have been able to afford otherwise. She felt better as a mother to be able to do this and felt it made a big difference in their diets and health." WIC makes a difference! Thanks for providing these critical services across the state (no matter what the weather is like.)

1. **Final Food Rule update:** Lower fat milks. Warrants printed on October 1 or after, for women and children 2-4 years old, will print with low fat milks (1% or skim). Warrants printed before October 1, even those that extend past that date (for example, three months of warrants printed in August, with first dates to use August 1, September 1, October 1, would all print as they do now "2%, 1% or skim.") This is in answer to a question at the Quarterly teleconference. We have a speaker coming to our Coordinator's meeting to talk more about all the different kinds of milk, and give us resources to use. Please contact Jennifer Johnson at [Jennifer.johnson@alaska.gov](mailto:Jennifer.johnson@alaska.gov) with comments or suggestions.
2. **Lower fat milks:** We had a request for a handout now to begin using as we anticipate the changeover to lower fat milks. Attached is a very brief handout developed by another state. Again, participants won't begin receiving the lower fat milks until October 1. Please contact Jennifer Johnson at [Jennifer.johnson@alaska.gov](mailto:Jennifer.johnson@alaska.gov) with comments or suggestions.
3. **WIChealth.org:** Attached is the quarterly usage of wichealth.org. Alaska's use of this resource continues to decline. WIChealth.org sent us a survey monkey to look at why Alaska is not using this method of quarterly nutrition education more often. Please reply to this survey for your local agency. Contact Jennifer Johnson with questions or comments. (You may have to cut and paste it into your browser) <https://www.surveymonkey.com/s/TRV2D7T>
4. **Fall Coordinator's Conference:** The dates for the fall coordinator's conference are September 16, 17, 18, 2014 at the Frontier Building. Attached is a tentative schedule. We'll be using the hotel across from the Frontier Building, the Spring Hill Suites at 36 and A. The rate is the \$99 government rate. <http://www.marriott.com/hotels/travel/ancsh-springhill-suites-anchorage-midtown/> Please contact Jennifer Johnson with questions or comments. Thanks to all, especially Karen Cutler, Margaret Duggan and Taryn Bliss, for your suggestions on topics for the upcoming conference. The close proximity

of the hotel to the Frontier Building was chosen to decrease the need for rental cars. This hotel also has a free airport shuttle. Please contact Amy George at 465-3100 if your local agency will be bringing more than one person.

**For Hotel Reservations:** When making reservations be sure to say you are with the WIC Coordinator meeting group.

**Reservation Method:**

Individuals must call in their reservations no later than August 23, 2014 to ensure guestroom availability as outlined above. The reservation cut-off date is August 23, 2014. Any reservations received after the cut-off date will be accepted on a space available basis. On August 23, 2014, all unused rooms will be released for general sale unless guaranteed by The WIC Coordinator Meeting. The check-in time is 3:00 PM and checkout time is 12:00 noon. Hotel will accommodate any early arrivals on a space available basis.

**Method of Payment:**

Individuals are responsible for their own guest rooms and must call the following toll-free number in order to make their reservations and have them ask for the group name The WIC Coordinator Meeting: **1-800-314-0783**.

**Individual Billing Arrangements:**

Each guest is responsible to pay all incidental charges at checkout.

**5. Quarterly Reports**

The fourth quarter, Quarterly Report is due at the end of July. Data for this report can be accessed through the SPIRIT system and the SPIRIT Utilities site.

Report data for participation, overweight, breastfeeding initiation and duration is due on this quarter's report. Reports should be run from April 01, 2014-June 30, 2014. June's data will be available on July 21 after the "end of month" process has been run.

**For participation date** go to the SPIRIT system by selecting:

- WIC Applications
  - State Office Module (log-in like you normally would for the Clinic Module; you can't be in the clinic module & state module at the same time); go to
    - File,
      - System Outputs and Reports

The report you want to bring up is the "Reported Participation WIC – Monthly Unduplicated".

**The "Breastfeeding Initiation and Duration"** report and the **"Overweight 2-5 Year Old"** report are both available on the SPIRIT Utilities site. You can access the SPIRIT Utilities site at: <https://wicspiritprod1.dhss.alaska.gov/WICSPIRITPROD1/SpiritUtilities/Reports/Reports>. Use your SPIRIT log-in credentials to access the site.

If you have AKWIC data available from up to the point when you rolled out to SPIRIT, provide that in the Quarterly Report separately for the participation, breastfeeding and overweight reports. Include SPIRIT data from April 01, 2014- June 30, 2014 separately in the quarterly report as well.

Please contact Dana Kent at [dana.kent@alaska.gov](mailto:dana.kent@alaska.gov) if you have any questions.



## 6. ***SPIRIT Tips and Reminders:***

### ***SPIRIT Information:***

⇒ New Reports available on the SPIRIT Utilities site: <https://wicspiritprod1.dhss.alaska.gov/WICSPIRITPROD1/SpiritUtilities/Authentication/Login>.

Breastfeeding Initiation and Duration  
BFPC Contacts and Referrals  
High Risk Blood Readings  
Overweight 2-5 Year Olds  
Percent of Rx Formula Fed Infants  
Prematurity and Low Birth Weight  
High Risk Teens

⇒ There are very useful reports on the SPIRIT Utilities site for reviewing Farmers Market check issuance and status for your agency. Each report is labeled as FMNP.

⇒ Additional Clinic consolidations have been made in SPIRIT. Please be sure to reset your local data. As reminder this is done by right clicking on the blue “W” and selecting “RESET LOCAL REFERENCE DATA.”

⇒ If you are planning any village health clinic travel this summer, please remember we are going to need to “whitelist” the IP address for the village health clinic network you will be utilizing. Attached to this update are the instructions on the process required.

### ***SPIRIT Help Desk Info:***

Send all questions, issues and errors to the WIC SPIRIT Helpdesk at [wicpsirithelpdesk@alaska.gov](mailto:wicpsirithelpdesk@alaska.gov) or phone them at 907-334-4900.

## **Nice to Know:**

- **Free educational opportunity:**

**ONLY FOR EARLY MORNING RISERS!** Webinar starts at 4:30 am Alaska time. FYI: <http://www.albany.edu/sph/cphce/bfgr14.shtml>

This year’s SUNY Albany School of Public Health Breastfeeding Grand Rounds’ topic is International Code of Marketing of Breastmilk Substitutes and Promoting and Supporting Exclusive Breastfeeding. The free, live webcast is scheduled for Thursday August 7, 2014, 8:30 am to 10:30 am.

Speakers: David Clark, LLB, Nutrition Specialist and Legal Advisor UNICEF, Tricia Cassi, BSS, IBCLC, Vermont's WIC Breastfeeding Coordinator and Ruth Lawrence MD, Professor of Pediatrics and Obstetrics and Gynecology, University of Rochester School of Medicine and Dentistry.



# QUARTERLY UPDATE

2<sup>nd</sup> Quarter 2014

## Promotion, Promotion, Promotion

What is your agency currently doing to promote wichealth? Check out our new and updated resources.

**1. Promotional Button** - Lots of agencies use these buttons to help remind staff to promote wichealth and increase curiosity of participants to ask what online nutrition education is all about!

We've included the design with this newsletter. Take this design to any company that prints buttons. We use purebuttons.com and order the 2.25' size button.



**2. Promotional Video** – Check out this 2 minute wichealth client promotional video that you loop on a clinic TV, upload to your agency website or FB page, play during your clinic classes, or wherever else you promote wichealth! Follow the link below to view and download the video:



<https://vimeo.com/98061710>

**3. Process and Promotion Plan** – Use this template (attached to this newsletter) as your guide to making an action plan for your agency. Work with other staff in your agency to brainstorm ways to make wichealth successful in your agency.

### wichealth Webinars

Register for our upcoming webinar:

#### *Getting Your Agency Started*

- This webinar provides a great overview on the basics of using and implementing wichealth for new and seasoned users.

**July 24 @ 3-4pm EST**

Registration Link:

<https://student.gototraining.com/r/5811315135206460416>

wichealth Process and Promotion Plan Template

|  |  |
|--|--|
| <b>wichealth Lead</b><br>Who will be coordinating the implementation of the 2014?                                    |  |
| <b>Training Plan</b><br>Coordinate and schedule training for all staff members                                       |  |
| <b>Start Date</b><br>What date will you begin promoting and implementing wichealth?                                  |  |
| <b>Goals</b><br>What are your expectations for wichealth?  |  |
| <b>Promotion</b><br>Who will be responsible for making participants and doing what portion of a participant's visit? |  |
| <b>Verification</b><br>Methods for verification: ACCE, email certificates, Chart Search                              |  |
| <b>Follow-Up</b><br>How will your agency follow-up with participants?  |  |
| <b>Resources/Strategies</b><br>What materials, resources, and strategies will you use to promote wichealth?          |  |
| <b>Participant Instructions</b><br>What instructions will you provide your participants?                             |  |
| <b>Talking Points</b><br>What are additional talking points to encourage participants to use wichealth?              |  |

## wichealth Process and Promotion Plan Template

|                  |   |  |
|------------------|---|--|
| <b>Details</b>   | <p><b>wichealth Lead</b><br/>Who will be coordinating the implementation of this plan?</p>                                      |  |
|                  | <p><b>Training Plan</b><br/>Coordinate individual/group training for all staff members</p>                                      |  |
|                  | <p><b>Start Date</b><br/>What date will you begin promoting and implement new strategy plan?</p>                                |  |
|                  | <p><b>Goal(s)</b><br/>What are your expectations for wichealth?</p>   |  |
| <b>Process</b>   | <p><b>Promotion</b><br/>Who will be responsible for inviting participants and during what portion of a participant's visit?</p> |  |
|                  | <p><b>Verification</b><br/>Methods for verification: State automated system, emailed certificates, Client Search</p>            |  |
|                  | <p><b>Follow-Up</b><br/>How will your agency follow-up with participants?</p>   |  |
| <b>Promotion</b> | <p><b>Resources/Strategies</b><br/>What materials, resources, and strategies will you use to promote wichealth?</p>             |  |
|                  | <p><b>Participant Instructions</b><br/>What instructions will you provide your participants?</p>                                |  |
|                  | <p><b>Talking Points</b><br/>What are additional talking points to encourage participants to use wichealth?</p>                 |  |

## AGENCY STATISTICS

Alaska participants completed a total of 787 lessons between 4/1/14 and 6/30/14.

\*Agencies with 0 usage will not appear in the table below/

| Agency   | Lessons Completed |
|--|-------------------|
| Alaska Family Services (506)                   | 14                |
| Alaska Family Services (513)                   | 5                 |
| Armed Services YMCA (518)                      | 133               |
| Bristol Bay Area Health Corporation (509)      | 38                |
| Cook Inlet Tribal Council Anchorage (519)      | 4                 |
| Maniilaq Association (515)                     | 2                 |
| Municipality of Anchorage (501)                | 65                |
| North Slope Borough (507)                      | 3                 |
| Resource Center for Parents and Children (502) | 451               |
| Tanana Chiefs Conference (508)                 | 68                |
| Yukon Kuskokwim Health Corporation (504)       | 4                 |

Date: Tuesday, September 16

|              |   |
|--------------|---|
| <b>7:00</b>  |   |
|              |   |
|              |   |
| <b>8:00</b>  | 8:00- 10:00 AKWICA meeting                                    |
|              |   |
| <b>9:00</b>  |   |
|              |   |
|              |   |
| <b>10:00</b> | 10:00-10:30 Greetings from Kathleen Wayne, State of the State |
|              |   |
|              | 10:30-11:30 Allergy update (Dr and RD)                        |
| <b>11:00</b> |   |
|              | 11:30-12:00 Civil Rights: Becky                               |
|              |   |
| <b>Noon</b>  | Lunch- on site, 12-1:30 PM                                    |
|              |   |
|              |   |
| <b>1:00</b>  | 1:30- 2:30 PM- Using social media: Clay Butcher               |
|              |   |
|              |   |
| <b>2:00</b>  |   |
|              | 2:30- 3:30 PCS discussion- led by Coordinator Taryn Bliss     |
|              |   |
| <b>3:00</b>  | <a href="#">3:30- 3:45 break</a>                              |
|              | 3:45-4:00 PM, Exercise Break                                  |
|              |   |
| <b>4:00</b>  | 4:00- 4:45 PM Final Food Rule Food Rule                       |
|              |   |
|              |   |
| <b>5:00</b>  |   |
|              |   |
|              |   |
|              |   |

**6:00**

<http://www.printableblankcalendars.net/>

Date: Wednesday, September 17

|              |  |
|--------------|--|
| <b>7:00</b>  |  |
|              |  |
|              |  |
| <b>8:00</b>  | 8:30 AM- 9:00 AM Greetings and preparation for outing                                      |
|              |  |
|              |  |
| <b>9:00</b>  | 9:00- 11:00 AM Vendor Group- store monitoring on site<br>(9:00- 11:00 state staff meeting) |
|              |  |
|              |  |
| <b>10:00</b> |  |
|              |  |
|              |  |
| <b>11:00</b> | 11:15- 12:00 PM Dr Matt Hirschfeld, ANMC, on CPT 1 deficiency                              |
|              |  |
|              |  |
| <b>Noon</b>  | Lunch- on site, 12-1:30 PM   |
|              |  |
|              |  |
| <b>1:00</b>  | 1:30- 3:15 Spirit (Reports and caseload management)  |
|              |  |
|              |  |
| <b>2:00</b>  |  |
|              |  |
|              |  |
| <b>3:00</b>  | <a href="#">3:15- 3:30 Break</a>   |
|              | 3:30- 3:45 exercise break  |
|              |  |
| <b>4:00</b>  | 3:45- 4:45 PM- UAA internship program coordinator Amanda Walch                             |
|              |  |
|              |  |
| <b>5:00</b>  | Picnic at Cuddy Park   |
|              |  |
|              |  |
|              |  |

**6:00**

<http://www.printableblankcalendars.net/>

Date: Thursday, September 18

|              |   |
|--------------|---|
| <b>7:00</b>  |   |
|              |   |
|              |   |
| <b>8:00</b>  | 8:30- 9:30 Diane Peck on the state's sugar sweetened beverage initiative    |
|              |   |
| <b>9:00</b>  | 9:30-10:30 Washington Dairy Council- Martha- milk handouts and taste test   |
|              |   |
| <b>10:00</b> | 10:30- 10:45 break  |
|              | 0:00  |
|              | 10:45- 12:00 Open discussion on good customer service facilitated by Elaine |
| <b>11:00</b> |   |
|              |   |
|              |   |
| <b>Noon</b>  | 12- 1:30 lunch  |
|              |   |
|              |   |
| <b>1:00</b>  | 1:30- 2:00 PM Vax Trax  |
|              |   |
|              |   |
| <b>2:00</b>  | 2:00 PM- 3 PM awards, certificates, answers to questions                    |
|              |   |
|              |   |
| <b>3:00</b>  | <a href="#">3:00 to 3:15- break</a>   |
|              | 3:15-3:30 exercise  |
|              | 3:30-4:30 Final Food Rule Jeopardy  |
| <b>4:00</b>  |   |
|              | 4:40 closing comments   |
|              |   |
| <b>5:00</b>  |   |
|              |   |
|              |   |
|              |   |

**6:00**

<http://www.printableblankcalendars.net/>

## Using a SPIRIT Laptop in Village Clinics

Please call the WIC SPIRIT help Desk with the dates of your travel ASAP.

Ask your Local IT if they know the IP Address of the internet connection you'll be using at the village health clinic.

If yes, fill out the form below ("Form for the WIC SPIRIT Help Desk") and email it to the WIC SPIRIT Help Desk prior to your trip.

If No, follow the instructions below.

1. Set up your laptop in the village health clinic where you will be working.
2. Check that you can access the internet. (You can access any site – try the WIC website: <http://dhss.alaska.gov/dpa/Pages/nutri/wic/localagencies/default.aspx>).
3. Go to [www.myipaddress.com](http://www.myipaddress.com). This website will identify the IP address for the network you are currently connected to. Once you know your IP address, contact the WIC SPIRIT Helpdesk at 907-334-4900 or [wicspirithelpdesk@alaska.gov](mailto:wicspirithelpdesk@alaska.gov) and report the following
  - Name, Agency,
  - Village Clinic Location,
  - IP Address
  - Contact Information
4. At this point the SPIRIT helpdesk will submit a request to the State's Network Services Section to allow your IP address access to SPIRIT. Once this is complete the helpdesk will contact you to ensure that you can connect to SPIRIT and assist you as needed.

Typically it will take about 30 minutes for Network Services to arrange your access to SPIRIT. However, it could be as long as four hours if they are working on an emergency outage. Please try to set up your laptop and contact the SPIRIT Help Desk as soon as you arrive at the village clinic.

## Using a SPIRIT Laptop in Village Clinics

### Form for the WIC SPIRIT Help Desk

|                         |  |
|-------------------------|--|
| Name                    |  |
| Agency                  |  |
| Village Clinic Location |  |
| IP address              |  |
| Travel dates            |  |
| Contact Information     |  |

|                         |  |
|-------------------------|--|
| Name                    |  |
| Agency                  |  |
| Village Clinic Location |  |
| IP address              |  |
| Travel dates            |  |
| Contact Information     |  |

Our local IT said that SEARHC has one IP address for all "external" SEARHC clinics (communities throughout Southeast AK). Please let us know if you need any more information! ~Aleene

## Milk changes are coming to WIC!

**We are making a healthy change to the milk that WIC provides for you and your family!**

Now, women and children over two years old will receive fat-free (non-fat) and 1% milk. These milks have the same vitamins and minerals, like calcium and vitamin D, to keep the body growing strong and healthy.

Please talk to a WIC nutrition counselor if you have any questions about this change.



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## Vienen cambios en la leche que da WIC

**¡Estamos haciendo un cambio en el tipo de leche que WIC provee para usted y su familia!**

Ahora las mujeres y los niños mayores de dos años recibirán leche descremada o leche de 1% de grasa. Estos tipos de leche contienen las mismas vitaminas y minerales, como el calcio y la vitamina D, que ayudan a que el cuerpo crece fuerte y sano.

Por favor hable con una consejera de nutrición en WIC si tiene alguna pregunta sobre este cambio.



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