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Subject: July 8 Friday Update In this issue....WIC Coordinator's Conference, Q & A regarding HR, Heating Assistance Program changes, and more
Date: Friday, July 08, 2016 4:13:56 PM
Attachments: [image001.png](#)
[Plan Ahead Poster 2016.pub](#)
[WIC Clinic Tear-off sheets for LA approval.pdf](#)
[WIC Outreach Poster_final.pdf](#)

Hi All,

A lot of great info and several action items this week! We are excited to announce that we will be hosting a WIC Coordinators Conference in September, see below regarding dates!

Thanks,
Julie

- 1. Local Coordinators Conference:** We are planning to host a WIC Coordinators Conference in mid-late September. We are planning to do a 2-3 day conference the week of Sept. 19th or Sept 26th. **ACTION ITEM:** Click the survey [here](#) to tell us which dates work best for you, by Friday, July 15. If you have trouble with the survey please contact Julie Walker (Julie.walker@alaska.gov).
- 2. WIC Outreach Posters:** Everyone has indicated their desired number of outreach posters (see attached) and tear-off pads with their clinic contact info. **ACTION ITEM:** Please see the attached "WIC Tear-Off Sheets for LA approval.pdf" and email Julie (Julie.walker@alaska.gov) with approval of your clinic's tear-off pad(s) or any edits you would like made no later than Friday, July 15.
- 3. Heating Assistance Program Changes- ACTION Item!! Hang Posters in your WIC Offices**
One of the State programs that was eliminated for FY 2017 to help balance the State budget is the Alaska Affordable Heating Program (AKAHP). This is the state-funded heating assistance program, targeted to assist households with income between 151% and 225% of the federal poverty income guidelines that was created in 2008. **Clients whose income falls between 151% and 225% of poverty will no longer be eligible for the program.** This will impact approximately 2,100 households statewide.

While this cut will impact a small percentage of residents participating in the Heating Assistance Program, the majority of Alaskans will still qualify for assistance under the federal Low-Income Home Energy Assistance Program (LIHEAP). LIHEAP households will see their benefits reduced by approximately 30% because AKAHP funds were used to supplement LIHEAP funding. Lower fuel prices should lessen the impact of these cuts. More information on eligibility and other Heating Assistance information is available on the web at:
<http://dhss.alaska.gov/dpa/Pages/hap/default.aspx>.

The State is making every effort to notify impacted households of this change while people can still plan ahead and develop a strategy for how they are going to make up for these lost or reduced benefits. Letters are being mailed to all state clients (AKAHP and LIHEAP), notices are being sent to vendors and social agencies, posters informing residents of the change and

encouraging them to plan ahead are being distributed and posted at local DPA offices, vendor locations, social agencies, and grocery stores.

Please help notify your clients of the change to this program by hanging the attached poster in your offices. For additional information about changes to the program go to the URL listed above.

4. Success Story from the Esteemed TCC WIC program

We were thrilled to receive an applause moment here at the TCC WIC program. Because we are attached to the CHIEF ANDREW ISSAC HEALTH CENTER, we have clients that receive WIC and Native Health Services. One of the programs TCC provides is Centering classes for the new pg moms. We join the centering classes and have a round table type talk with the Centering mom's. We talk about breastfeeding, what to expect, what resources and services are available and all things breastfeeding, from pumping to how long newborn baby should sleep. For some mom's this is the only WIC interaction they have, other moms are also WIC clients. Recently I did a cert for a new mom and baby. This mom was so enthused and couldn't wait to tell me her accomplishment. This was her third child and she had struggled with breastfeeding with both the first two, breastfeeding only days with each. This time however mom had participated in the Centering classes and had asked lots of great questions, preparing herself for new baby. She was very happy to report that because of our help she felt she had a perfect latch and that breastfeeding was going wonderfully. Success!! Education and knowledge is the key! Thank you for letting me share in our excitement!

5. Alaska Breastfeeding Coalition (ABC) Meeting: April 27 & 28 2017

As you plan for your upcoming grant year, we hope you take advantage of the funding allowance to send one staff member to the ABC conference. If you elect to send someone to the conference there is a requirement for the person attending the conference to train other WIC staff on applicable topics covered during the training. Comments, suggestions or questions contact Dana Kent at 465-5322 or dana.kent@alaska.gov.

6. Responses to questions from yesterday's Coordinator's teleconference:

Question:

Risk 425.1

My understanding is that if we recommend a lower fat milk due to weight issues, then we wouldn't use 425.1 as a risk factor. If the parent is giving low fat milk to a 1 year old (just because they want to), then we would use 425.1 as a risk factor.

Is this change effective now?

Also, if a 1-5 year old child is on goat's milk (even whole goat's milk), we'd use this risk factor.

Answer:

It might be a good time to do a training with staff on this risk factor. If the RD or CPA through their assessment thinks the parent offering low fat milk is a risk, this risk factor can still be assigned. Whole milk is still the standard for 12-23 months- but the AAP supports lower fat milks for the category and Alaska allows it- so for some children 12-23 months it would not be a risk. And use of goat milk can be assigned as risk factor 425.1

Question:

Shelf Stable Food List

Is this something we can start using now?

Will the State be printing some on nice paper (something that looks official like the WIC Food List)?

Answer:

You can start using it now. Dana and Chris have changed the phrasing on checks for juice to match what's on regular checks. The hard boiled eggs and baked beans are on the checks right now. If you give someone homeless checks- the participant needs to receive the Alternate Food List. Regarding the juice- it's phrased awkwardly on all checks because we're limited in the number of characters we can use- so we couldn't add the shelf stable juices to what it says on the checks, and still give people a choice between the regular juice and the shelf stable juice. We didn't want to limit people to only these orange juices, if they'd prefer a different juice and are able to store it.

The state is not planning to print any Alternate food lists on shinier paper- so few are needed, we're letting LAs print their own.

If LAs hear people are having a hard time using the checks at the store, please let us know.

Question:

Stage 3 Infant Foods

Do you know what the change to the Stage 3 foods was? Wondering if they added sugar...?

The new stage 3 -(5 oz 2 packs) are mixed dinners and desserts- they don't qualify because WIC doesn't offer those categories.

A while back I was looking at other states, and I couldn't find any other states that offered 6 oz jars- so WIC's regulations may not have been taken into consideration by the company when they updated their

product. I'd like to move toward what other states say on their checks- something along the lines of "16 containers of infant fruits or vegetables" (with the explanation that a 2 pack of 4 oz containers equals 2

containers in the food list).

Nice to Know



Healthcare providers play a critical role in helping Alaskans quit tobacco.

The Brief Tobacco Intervention: *Helping Alaskans Quit* is a **free, online CME** training that provides the education

necessary to talk to your patients about quitting tobacco. The Brief Tobacco Intervention: *Helping Alaskans Quit* training can be found here: www.akbriefintervention.org

Fax Referral Program

Healthcare Providers can refer their patients directly to Alaska's Tobacco Quit Line using the Fax Referral Program. [Click here for the Fax Referral Form](#)

Healthcare Systems Change Manual

Healthcare facilities across Alaska are implementing the US Public Health Service Clinical Practice Guidelines and adopting tobacco-free campus policies. To learn more about how you can implement policies such as these in your organization [click here>](#)

Healthcare Provider Fact Sheets

The Alaska Tobacco Prevention and Control Program has a variety of fact sheets available for healthcare providers:

- [Tobacco Facts for Alaska Natives](#)
- [Tobacco Use and Asthma](#)
- [Tobacco Use and Behavioral Health](#)
- [Tobacco Use and COPD](#)
- [Tobacco Use and Diabetes](#)
- [Tobacco Use and Oral Health](#)
- [Tobacco Use and Pregnancy](#)
- [Facts About Smokeless Tobacco](#)
- [Tobacco Facts for Surgery](#)

For more information and resources on electronic cigarettes please [click here>](#)

To order more Alaska Tobacco Quit Line Materials please [click here>](#)

Did you know that Alaska Medicaid covers tobacco cessation medications and counseling?

- [Click here to access resources for healthcare providers](#)
- [Click here to access resources for pharmacists](#)

"Screening and treatment for tobacco cessation may be the single most important action that clinicians can take to make Alaska Native people the healthiest in the world."

–Dr. Jay Butler, Chief Medical Officer and Director, Alaska Division of Public Health

Julie Walker, MPH

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