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**Subject:** WIC Update September 2  
**Date:** Friday, September 02, 2016 3:56:58 PM  
**Attachments:** [September Monthly Coordinator Call Minutes.docx](#)

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Hello Everyone,

What a busy week we've all had here! The State office is preparing for two upcoming conferences; the National Association of Farmers' Market Nutrition Programs Sept. 7-10<sup>th</sup> and the Coordinators' Conference Sept. 20<sup>th</sup>-22<sup>nd</sup>. Hope you all have a safe and enjoyable Labor Day Weekend.

Thanks,  
Julie

### **Success Story from the esteemed North Slope Borough:**

A 3 year old WIC participant had a low hemoglobin. The WIC Nutrition Specialist (CPA) working with the child's family provided PCE that included a goal by the child's mother of including foods higher in Iron, providing nutrition education materials that emphasized the Iron content in traditional foods and how foods high in Vitamin C helped with Iron absorption. The CPA referred the participant to a health provider who could prescribe Iron supplementation. When the child's hemoglobin level was checked 3 months later during a SNE visit, it was within normal limits.

### **Indoor Herb Garden**

The North Slope Borough WIC program has an indoor herb garden. Check out their cool garden!

**State Office Coverage during NAFMNP Conference:** The Alaska WIC Program office is hosting the National Association of Farmers' Market Nutrition Programs annual conference in Juneau from September 6<sup>th</sup> -9<sup>th</sup>. While most staff will be attending and helping with the conference, the office will be staffed throughout the week, and all requests and messages will be forwarded to staff daily. Please note that you may experience a slight delay in receiving a response from the individual contact.

### **Meeting Minutes**

The Thursday, September 1<sup>st</sup> Monthly WIC Coordinator Teleconference Call Minutes are attached. Thank you everyone for participating in this call.



## **NAFMNP Conference – Starts Next Week!**

Bags are packed and you're ready to go to the NAFMNP Conference at Centennial Hall in Juneau. This will be a great conference and we're looking forward to seeing you there to collaborate and build new partnerships to help reach out and encourage more families to eat healthy, locally grown produce in your area. Not yet registered? That's okay! Our registration table opens at 2pm on Tuesday, September 6<sup>th</sup> at Centennial Hall.

### **Nice to Know**

#### **“Forbes Op-Ed: The Food We Eat Daily That Leads To Poor Heart Health For Our Children”**

Bill Frist : Earlier this year, I called attention to the dangers added sugars pose to cardiovascular health and other health outcomes. In the months since, many people have told me how surprised they've been to learn about the sugar hidden in their healthy morning yogurt or afternoon energy bar. Frankly, I was too. And this lack of food literacy is a driving factor behind our nation's growing health crisis and obesity epidemic. Some health-conscious organizations are trying to bridge that information gap. This week, the American Heart Association (AHA) came out with its first ever scientific statement on added sugar for children. A team of scientists conducted an extensive review of the available evidence published in peer-reviewed studies examining the cardiovascular health effects of added sugars on children, and came to a powerful conclusion.

<http://www.forbes.com/sites/billfrist/2016/08/27/the-food-we-eat-daily-that-leads-to-poor-heart-health-for-our-children/#786a3957539f>

People are working hard to have seal oil authorized to be served in senior centers

<http://www.alaskapublic.org/2016/08/26/researchers-combine-science-and-traditional-food-preparation/>