

LARD Minutes
June 24, 2004, 1-4pm

Present: *Angie Treadwell, Tiare Sanna, Heather Seilstad, Elizabeth Berol-Rinder, Stephen Thomson, Vernita Reyna, Marjie Dreisezun, Karen Bettin, Julie Aalbers, Annmarie Geary, Sara Goodrich, Joy McNeal, Susan Greathouse*

By phone: *Janet Harris, Ai-Lan Whitson, Diane Cook*

Introductions

Vernita Reyna (state): 22 years in WIC, formerly at Marion County, state liaison for LARD, risk and diet sections in TWIST, member of group working on local print project

Heather Sielstad (Salud): RD at Salem clinic, LARD rep for Salud

Elizabeth Berol-Rinder (Multnomah): High risk RD, sees Spanish clients, 10 years in WIC, BF Coordinator

Annmarie Geary (Multnomah NE): High risk counseling, 10 years in WIC, BF Coordinator, Lead for NE clinic

Karen Bettin (state): 20 years in WIC (Michigan and Oregon), work on authorized food list, vendor committees, Farmers' Market, 5-a-Day, special projects and grant coordinator

Marjie Dreisezun (Washington): Bilingual, sees high risk clients, 10 years in WIC

Tiare Sanna (Washington): Supervise paraprofessional staff, BF Coordinator, high risk counseling

Angie Treadwell (UM Head Start): Nutrition services director, high risk counseling, share BF Coordinator role with WIC Coordinator, 6 years in WIC, work in multiple programs

Julie Aalbers (Clackamas): In Clackamas ½ time and work at state office on contract, 20n years in WIC, experience in California and Jackson County WIC

Stephen Thompson (Tillamook): Public Health nutritionist, works 20% in WIC doing high risk follow up and certs/recerts, works with Head Start

Ai-Lan Whitson (Marion): WIC Coordinator, in Public Health for 12 years, only full time RD at Marion, works at 5 sites, former WIC experience in Tennessee and Wyoming

Janet Harris (Deschutes): 15 years in WIC, one of 2 RDs, sees high risk clients, does staff training, NE plans, works 3 ½ days per week

Diane Cook (Warm Springs): WIC Coordinator, started 9 months ago, sees high risk infants/children, teaches classes, Head Start consultant, works for Indian Health Services

LARD Charter and Purpose

Vernita updated the charter and the group reviewed it. Charter was accepted as presented. Vernita will submit to state Leadership team. ***Addendum: charter has been approved by state leadership 6-29-04.*** (see attached copy)

Vernita will investigate possible travel support for LA Staff since conference calls can be difficult and hard to hear/participate. ***Addendum: Travel costs can be reimbursed for staff traveling over 70 miles to the meeting. Reimbursement procedure will be included with the agenda for the next meeting.***

Future Meeting Logistics

- Portland will be main site, possibly dovetail with other meetings to help with travel/time commitments. ***Addendum: will explore possibilities of coordinating September meeting with the fall breastfeeding coordinators meeting.***
- Will plan on having a LARD Meeting during the annual statewide conference in May 2005, possibly Wednesday evening.
- Meetings should be quarterly, 3rd Thursday, 1-4pm. Standing agenda items: TWIST high risk issues; formula/pediatric feeding updates; agency sharing (what's new!)
- Local agency RD's will facilitate. Facilitation will rotate on a volunteer basis. State staff will coordinate space, conference calls, notetaking and agendas.
- Distribute materials and minutes via e-mail.
- Suggestions for future meeting topics: discuss new nutrition policies; review nutrition education materials and class topics; invite speakers on current nutrition topics eg: Robin Stanton for her advocacy of improved nutrition offerings in schools, Joan Ottinger for PAN (state physical activity and nutrition) grant; an expert for issues around mercury in fish; update on interventions for special needs clients; discuss how RD's manage requests for service from programs outside of WIC; care coordination with NICU RDs/nurses.
- ***Addendum: Next meetings will be September 16, 2004 and January 20, 2005. Meetings will be from 1-4pm at the Portland State Office Building, Room 445.***

September Meeting (9/16/04, 1-4pm, PSOB Room 445)

Tiare will facilitate and Vernita or Julie will take minutes.

Suggested agenda topics:

- Standing items: TWIST high risk issues, formula/pediatric feeding updates, agency sharing
- Speaker for mercury in fish, number of servings for WIC population, local fish vs. non-local, materials developed, etc;
- Best practices in child nutrition, case studies, look at specific conditions
- Role of the WIC dietitian in the community, how much to take on in terms of public speaking, individual counseling, etc;
- Physical Activity and Nutrition (PAN) grant (Joan Ottinger) ***Addendum: speaker is scheduled for January meeting.***

Nutrition Ed Plan Overview and Ideas: Sara Goodrich

Going to 3 year NE plan. (see NE plan notebook sent last spring to each local agency)

Year 1: activities/training for staff

Year 2: implement activities for clients

Year 3: implement activities within the community

During Year 1, RDs can help plan activities to increase staff knowledge and awareness related to physical activity. Summarize articles sent by the state and share it with paraprofessional staff. The WIC Works website has California FIT WIC information and a train the trainer manual re: overweight clients. If you come across good articles or

ideas, share with your staff and with state staff. We need to continue to work on guidance for paraprofessionals who counsel overweight clients.

Ideas from Local Agencies:

Angie shared that Umatilla Morrow Head Start bought treadmills and pedometers for staff and gave staff an additional ½ hour per week of break time for walking groups. Heather reported that Salud is beginning a staff competition between their three clinic sites where they earn points for eating fruits and vegetables and exercising.

There was a First Wednesday training this June on Nutrition and Obesity Prevention. Copies are being made of first 2 hours of the presentation and will be available to LAs.

There are many resources at the following website:

<http://www.dhs.state.or.us/publichealth/ofhs/nutrition/index.cfm>.

September will be “5-a-day Month.” Joan Ottinger is the state 5-a-day coordinator. Tiare noted that clients really respond to the “eat the rainbow” materials and concept.

The Nutrition Education Subcommittee (NES) is going to be revived this fall. It will no longer be a subcommittee of the WIC Advisory Board since this group doesn’t exist anymore. In the past, the group developed/reviewed NE materials and worked on the quarterly newsletter “WIC Link.” Let your coordinator know if you’d like to participate.

Resources/Formula Update: Susan Greathouse

- Susan created a list of resources for RDs called “LA RD Resources-- June 2004”. Website, listserve, and electronic newsletter information was reviewed. (see attached).
- State staff are working to create a TWIST report that will give a list of all formulas/food packages in TWIST.
- There was a discussion about what to do with FIs for 5 cans of Pediasure since stores won’t break a 6 pack. If the store is willing to cash the 5-can voucher, the client could pay for the 6th can so they get the maximum amount provided by WIC.
- In TWIST, there are 2 Isomil formula packages. One displays “can” and one says “bottle or can”. Use the one that says “bottle or can” since some stores only stock Isomil in the bottle.
- Alimentum Advance is being utilized more frequently. In TWIST, there are separate formula packages for Alimentum and Alimentum Advance. Be sure to select the correct package.

TWIST High Risk Issues

- With the next TWIST release, local staff will no longer be able to create tailored food packages. If a new tailored package is needed, please contact the state office. This moratorium will be instituted so state staff can end date, rename and clean up some of the tailored food packages. Many tailored packages have been named incorrectly and this has caused confusion when attempting to identify package content.

- State staff are working on a high risk report that can provide information about high risk participant's risk factors, category, clinic, and language.
- Increasingly, doctors are prescribing 2% milk for children under 2 years due to overweight issues. In counseling, focus on the amount of milk the child drinks rather than the fat content. However, you can override the automatic assignment of the whole milk food package and select a whole/2% option in TWIST.
- Issues around risk factor assignment in TWIST were discussed. 5%-10% weight/length is categorized as medium risk. Could 5-10% be considered high? Vernita will discuss the possibility of adjusting risk code levels with the state Nutrition and Policy Standards group. ***Addendum: To check the risk level determination for a specific risk, see the Risk Factors table under Risk and Diet Assessment under Tables in the Client Processes Module. Remember that in TWIST, four or more low risk factors will move a client's risk level to medium and four or more medium risk factors will move a client's risk level to high.***
- There continue to be inaccuracies in the automatic assignment of certain risk factors in TWIST. Programmers are working to resolve these issues. Be sure to encourage all certifiers to check assigned risks to be sure that the risk assignment accurately reflects the client's status.
- To remove risks, you must be on the "Health History" or "Diet Assessment" tabs. Risks can be added but not removed on the "NE Plan" tab.
- The group suggested enabling the "minus" option on the "NE Plan" tab so you could remove risks from that screen. The group asked if the "Progress Notes" field could be longer. Also, being able to toggle from "Progress Notes" to "Medical Data" without losing information or locking up was raised as an issue. The "Goal" field may also need to be longer, now that we're encouraging staff to write "SMART" goals. All suggestions will be forwarded to the User Group who will prioritize requests for the next phase of programming.
- There has been a change request made for TWIST that will allow you to modify "Progress Notes" until the end of the day.