

Healthy kids, strong parents,
WIC works wonders!

Help WIC Voices be Heard!

Community advisory councils (CACs) are valuable parts of Oregon's coordinated care organizations (CCOs). They were created by law to make sure CCOs meet the health care needs of their consumers and community. Each CCO has a community advisory council.

Oregon Health Plan (OHP) members interested in sharing their voice about their community's health can apply to serve on their CCO's council.

Serving on a CAC helps achieve three important goals – better health, better quality of care and lower costs. CAC members may:

- Talk about experiences accessing care to find solutions to improving care! This can include topics such as finding providers, getting appointments, arranging transportation and other health care challenges.
- Make recommendations about how to improve health care quality and services in their community.

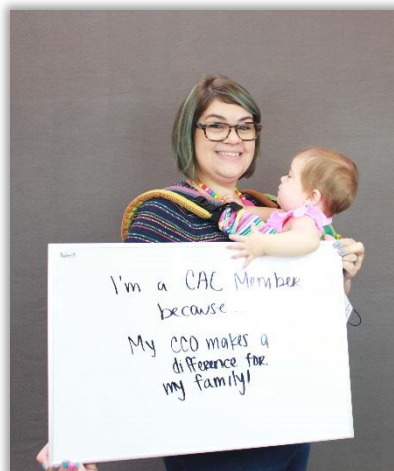
To help CCOs increase OHP member participation, the Oregon Health Authority Transformation Center has created a flier for recruiting and engaging OHP members as active CAC members. Keep an eye out for a flier that will be coming to your agency soon. Our hope is that you will consider hanging this in your lobby to help recruit OHP members to your local CACs. **Let's be sure the voices of our valued WIC participants are heard!**

To learn more, check out this 30-second [public service announcement](#) or visit this [website](#).

Contact Adrienne Mullock with any questions:

adrienne.p.mullock@state.or.us

Pictured: WIC staff and
CAC member Krista Rosales



The eclipse and WIC

There are various beliefs around eclipses and pregnancy. Pregnant women may receive advice from many people about protecting their babies during the eclipse. WIC can reassure moms who are concerned about the effects of the eclipse on their pregnancy.

Messages to share:

- Protect your eyes and those of your family.
- The eclipse will not affect their baby growing in the womb.
- During the eclipse, care for your pregnancy and yourself just as you normally would. Make sure to eat, drink and protect yourself from too much heat.
- Food and drinks eaten on the day of the eclipse are safe as long as they are prepared correctly.

For eye safety and other safety tips during the eclipse, check out the the Public health Division [2017 Solar Eclipse webpage](#).

Changes to Nutrition Education in TWIST



TWIST NE Topics Being Added

- **BF: Pregnant and Breastfeeding**
- New WICHealth.org lessons as they become available

TWIST NE Topics Being Changed

- *Depression* - changed to **Perinatal Mood Disorder** (which includes depression, anxiety, postpartum depression)
- *Feed on Demand* - changed to **Responsive Feeding**
- *Food Allergies/Intolerances* - changed to just **Food Intolerances**; *Food Allergies* will be documented in progress notes
- *Pacifier Use* - changed to **BF: Pacifier Use**
- Self-Paced Lessons (SL) - being renamed **WIC SPL** to move them to the end of the list

Health Bites online lessons discontinued 10/31/2017

These older lessons were getting outdated and could not be viewed on a phone. We are no longer offering them to WIC families.

TWIST NE Topics Being Removed

These topics are part of the assessment, not nutrition-focused counseling:

- Growth Patterns/trends
- Immunizations
- Iron: Hgb/Hct test results

These topics should be documented using "See Progress Notes:"

- Diabetes - Gestational
- Diabetes Type 1
- Diabetes Type 2
- Disordered Eating
- Food Allergies
- FTT/Slow Growth
- Medications - Food/Drug Interactions
- Premature Infant Nutrition

These topics are infrequently used or inaccurate:

- BF: Not able to contact
- Birth control
- Sleep patterns

This month's shopping tips

1. Safeway and Albertsons stores are beginning to automatically print the mid-transaction receipt for shoppers to review before approving their purchase.
2. Target continues to have multiple issues with eWIC transactions. Until these are fixed, advise shoppers to "shop at their own risk."



Unexpected Changes in Energy Costs Put Families at Risk for Food Insecurity

From California WIC Flash E-Newsletter

A recent [USDA study](#) explored the relationship between energy price shocks and food security, and found that unexpected price increases for gasoline, natural gas, and electricity caused an increase in the probability of a household becoming food insecure. The magnitude of the response was higher for low-income households compared to the average response for all households. Food-insecure households may skip meals, cut the size of meals, or compromise the nutritional quality of meals due to cost, and food insecurity increases the risk of developing diabetes, obesity, depression, anemia, and [other health issues](#)

Which of the top 50 chain restaurants push sugary beverages on kids?

These kids' menus are free from sugary beverages:



For more details see:

www.cspinet.org/kidsbeveragestudy



These kids' menus offer sugary beverages:



Learn more about sugary beverages on menus [here!](#)

WIC Staff News

Clackamas County WIC Celebrates World Breastfeeding Week with County Commissioners

[Lindsey Butler](#), Clackamas Co. WIC Coordinator, shared the impact of WIC and breastfeeding on the health of the community with county commissioners during World Breastfeeding Week. Three WIC moms shared how WIC made a difference in their parenting journey. The commissioners took advantage of a photo op with the moms and their babies, along with breastfeeding peer counselors Tina Cox (far left) and Aria Baker (2nd from left). Check out the video [here](#).



More WIC Staff News

Congratulations Bethany and Marion County!



Bethany Griffin (right), Breastfeeding peer counselor from Marion County received an award for 2 years of service to the USDA National Advisory Council on Maternal, Infant and Fetal Nutrition. Bethany's award was presented by Diane Kriviski, Deputy Administrator for the Supplemental Nutrition and Safety Programs within Food and Nutrition Services. Bethany has been a parent representative on the Council.

Changes in Wallowa County

WIC families living in Wallowa County will now be receiving services from [Umatilla Morrow Head Start](#). WIC participants that call the Wallowa County WIC phone number will be forwarded to UMCHS.

