

GROWING HEALTHY FUTURES

Pictures Worth A 1000 Words: Trauma Informed Space Updates

Over the past year WIC Clinics across Oregon have been working to improve their clinic environment. For some this meant a new coat of paint, for others there were new chairs, privacy dividers, toys or noise machines. Enjoy a sampling of the photos!

Before Klamath County After Klamath County



Before Josephine County



After Josephine County



Lane County update example



When shopping systems go down

On Halloween, 10/31 we had quite a scare! The shopping system we use went down for a couple of hours. Thankfully that has only happened a few times in Oregon. While this is out of our control here are some important things to remember:

1. If an outage is just being discovered, the error messages at stores could be confusing and the cashier might not know what's wrong. (Error message Q2? What's that?) When the system is down, there is not a way for shoppers to buy WIC foods using their benefits. If it isn't a system wide problem, participants can try to use their benefits at other stores.
2. Cashiers can't do any kind of off-line eWIC transaction like they might do with SNAP benefits.
3. If the system crashes while a participant is shopping advise participants to compare their current benefit balance to their benefit balance before the transaction. If the benefits remained the same, the transaction did not go through!
4. Benefits from a previous month cannot be adjusted or rolled over. Encourage participants to purchase their WIC benefits throughout the month, just in case something like this happens again.

What's the deal with low-calorie sweeteners?

[Excerpt from Harvard's The Nutrition Source newsletter](#)



The health effects of low-calorie/artificial sweeteners are inconclusive, with research showing mixed findings. To learn more read [this article](#).

Low-calorie sweeteners (LCS) are sweeteners that contain few to no calories but have a higher intensity of sweetness per gram than sweeteners with calories—like table [sugar](#), fruit juice concentrates, and corn syrups. Other names for LCS are non-nutritive sweeteners, artificial sweeteners, sugar substitutes, and high-intensity sweeteners.

LCS are found in many beverages and foods like frozen desserts, yogurt, candies, baked goods, chewing gum, breakfast cereals, gelatins, and puddings. Foods and beverages containing LCS sometimes carry the label “sugar-free” or “diet.” Some LCS can be used as general-purpose sweeteners. According to this article, scientists caution that children should not drink LSC beverages because of unknown long-term effects of the chemicals on children’s smaller bodies and early exposure while children grow.

Because LCS are many times sweeter than table sugar, they can be used in smaller amounts to achieve the same level of sweetness as sugar. People may use LCS in place of sugar to consume fewer calories or less sugar or to better control their blood glucose if they have diabetes or prediabetes. Keep in mind-- the human brain responds to sweetness with signals to eat more. By providing a sweet taste without any calories, however, LCS beverages may cause us to crave more sweet foods and drinks, which can add up to excess calories. The potential benefits from LCS beverages as replacements for Sugar Sweetened Beverages will not be fully realized if their use is offset by an increase in calorie intake from other foods or beverages. Additionally, an [overall healthful dietary pattern](#) is recommended. -Excerpt from “The Source” Newsletter

Further research on the effects of LCS beverages on weight control, cardiometabolic risk factors, and risk of cardiovascular disease and other chronic diseases is needed. Keep your eyes on the research and be cautious of attention grabbing headlines!



[The American Academy of Pediatrics on Spanking Children: Don't do it, Ever.](#)

Recently there has been a buzz on the news and social media about an updated policy from the American Academy of Pediatrics (AAP) about “corporal punishment” or the use of spanking as a disciplinary tool for children.

The new statement from the AAP will update its 20-year-old guidance with a stronger stance that this type of discipline is not just “limited in effectiveness”, but it is “ineffective and harmful”. The policy also states that harsh verbal abuse, including yelling at and shaming can have equally harmful effects. This reflects years of research. Read the AAP statement [here](#).

In WIC we've been talking about responsive parenting, positive reinforcement and having parents manage their expectations based on their child's age and development. The APP statement and suggestions reinforce this messaging. To learn more about what works, check out these [Ten Healthy Discipline Strategies that Work](#).

[Here's a video](#) you might like about responsive parenting: **Brain Wonders- Zero to three Magic of every day moments**

WIC Values Participant Voices

Results from the Trauma Informed Grant Survey



While photos can tell a great story, we also wanted to know what participants had to say about their updated WIC clinic spaces. Great news! Participants highlighted how YOU made them feel welcome. Here are some of the results of the post improvement surveys:

- “Thinking about our WIC space, how welcome do you feel?” 96% of people who answered the question feel welcome.
- “Thinking about our WIC space, how comfortable do you feel?” 99.5% feel of people who answered the question comfortable.

When we asked participants to share examples of how the WIC clinic is welcoming or comfortable, most people commented on the staff. Here’s some of what they said:

- When arrive they wait for you with a smile and greet you with respect and with a good vibe
- They give us information. They solve doubts that I have
- The greetings, how the lady’s/women talk to you, offer any other help you need.
- There’s no criticism, and very welcoming
- They always have welcoming smiles
- Very friendly, helpful. I feel unjudged by my case worker.
- The people are super welcoming! They are always kind and helpful and I never feel judged
- Staff is always friendly & helpful, very enjoyable group of ladies
- Clinic feels welcoming by having consistent staff and always have someone greeting me as I come in



Breastfeeding May Cause Genetic Changes to Reduce Stress in Infants

New research suggests a connection between breastfeeding and the activity of a gene in infants that regulates the physiological response to stress, specifically the release of the hormone cortisol. Over 40 full-term, healthy infants and their mothers, one-half of whom breastfed for the first five months and one-half of whom did not, participated in the study, which measured the cortisol stress reactivity in infants. Breastfeeding was associated with decreased DNA methylation and decreased cortisol reactivity in the infants, indicating an epigenetic change in the babies who were breastfed, resulting in reduced stress compared to those who were not breastfed.

From the CalWICA Newsletter



Josephine County Staff



Deschutes County