



State and Local Agency Updates

February 8, 2022

Oregon Dietitians in the spotlight: National WIC Association Policy Conference

On February 16, 2022:

- Laura Spaulding, Deschutes County WIC Coordinator, will be on a general session panel - Looking Ahead: Prioritizing Child Nutrition Reauthorization to Sustain Remote Services
- Karen Bettin, State WIC Nutrition Consultant will be discussing Oregon's decision to remove rice cereal from our food list on a panel - Food Safety: Impacts of FDA Policy on WIC Foods
- Kudos to both for representing Oregon!

Local Updates: Agencies needing dietitians

- Tillamook
- Hood River
- Benton
- Jefferson
- Umatilla Morrow Head Start
- Coos



State Updates

February 8, 2022

Act soon: Openings for the online National DPP ends March 2022

National Diabetes Prevention Program FAQ & Referrals for Oregon WIC

What is the National Diabetes Prevention Program?

The National Diabetes Prevention Program (National DPP) is a community-based prediabetes intervention from the Centers for Disease Control and Prevention (CDC), aimed at reducing risk of developing type 2 diabetes.

The National DPP is a year-long course where a cohort of participants meet weekly for the first 16 weeks followed by bi-monthly or monthly meetings the remainder of the year. The program is aimed at assisting participants in reducing and/or preventing the onset of diabetes through lifestyle change. The metrics tracked through course participation are overall weight reduction, weekly minutes of physical activity and reduction in HgbA1c (if available at the beginning of the course).

Why is WIC promoting the National DPP?

Oregon WIC partnered with Comagine Health to encourage participation in the National DPP within several selected states as a part of a grant with the CDC. Comagine Health sponsored spaces in an online National DPP offering through *Hope 80/20* for Oregon WIC to refer participants to the National DPP. The program is a covered benefit for Medicare and Medicaid (such as Oregon Health Plan) beneficiaries which allows other community-based organizations to also offer the National DPP.

Who qualifies for the National DPP?

A participant must be over the age of 18, have a BMI of 25 or higher, not be currently pregnant, and not have a current diagnosis of diabetes. They must also have one of the following:

- Diagnosis of prediabetes
- History of gestational diabetes
- Score 5 or higher on the [risk test](#) (includes factors such as age, weight & activity level)

Click [here](#) for a visual representation of qualifiers and further eligibility information.

Where does the National DPP take place?

The National DPP is offered in a variety of ways. Most offerings were in-person prior to the COVID-19 pandemic. There are now more fully-remote offerings. Some are held at specific meeting times online. Other offerings are asynchronous, where the participant has the choice to complete the program at times that works best with their schedule. Asynchronous programs don't typically include going through the course with one particular group of people like in-person groups, but they have other group supports available in addition to the main lessons.

How can someone participate in the National DPP?

From December 2021-March 2022 there are openings for WIC participants in *Hope 80/20's* asynchronous, online National DPP. There is no cost to the WIC participant. There are some community programs that are also free of charge to the participant. Others may bill insurance or charge a fee for participation. WIC appointments can serve as an assessment for referral to the National DPP. See page two for more information.



TAKE THE NEXT STEP!

THE NATIONAL DIABETES PREVENTION PROGRAM (NATIONAL DPP):

- [The National DPP](#) is designed for your success
- Learn about nutrition, movement and emotional well-being in this lifestyle change program
- There is no charge to participate and you receive a year-long support system
- Lower your risk for developing type 2 diabetes

QUALIFICATIONS:

- A history of [gestational diabetes](#)

OR

- Currently have [prediabetes](#)

To see if you qualify and to register, take a brief risk test at:
hope8020.com/OregonMothers

ENROLL BY MARCH 31, 2022

For more information, contact Erica Johnson:
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NATIONAL
DIABETES
PREVENTION
PROGRAM

HOPE
80/20

Comagine
Health

This graphic was supported by the Grant or Cooperative Agreement Number: H11MD000608-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

OTIS Updates

- Our project manager, Kim Word, has relocated to Colorado
- We are in the recruitment phase for her replacement before Kim leaves in March
- Kim has been our calm and fearless leader and she will be missed!
- Contract negotiations continue; more updates will be shared when we are able to do so

Formula shortages

- Availability of bid formulas seem to be more
- Issues of availability in the stores and at the Formula Warehouse continue for Alimentum, both in the powder and ready to feed forms
- Please let us know if you are experiencing shortages of in your area