2022 WIC Nutrition Services Plan (NSP) Form

**County/Agency:**

**Person Completing Form:**

**Date:**

**Phone Number:**

**Email Address:**

When completed, email it to Bonnie Ranno as an attachment: [bonnie.ranno@dhsoha.state.or.us](mailto:bonnie.ranno@dhsoha.state.or.us) You will receive a confirmation email that it was received within 3 days.

Contact Bonnie with any questions: 971-217-4864

**Return 2022 NSP on or before Friday, 12/10/2021.**

Check here if this plan has been reviewed with staff.

Check here if this plan includes an optional goal.

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| **Breastfeeding Goal: Participants will be prepared and supported during the early weeks of breastfeeding.** |

**Objective:** During the third trimester of pregnancy, local agency staff will offer participants who areplanning to breastfeed, targeted breastfeeding education about the early weeks of breastfeeding to ensure parents are prepared for this challenging period. The contact will be documented in the participant’s record. 

[Note:  This goal and objective will continue for 2 years, through 2023. Year 1 activities are listed below.]

**Activities for Year 1:**

1. Local agencies will assess what breastfeeding education is currently provided during late pregnancy and early postpartum using a Breastfeeding Assessment Tool provided by the state agency.
2. Using assessment results, local agency staff will implement one strategy to improve or expand the breastfeeding education offered by their agency. Document the strategy on the Breastfeeding Assessment Tool provided by the state. Return the completed assessment tool to [bonnie.ranno@dhsoha.state.or.us](mailto:bonnie.ranno@dhsoha.state.or.us) by **May 6, 2022**. A reminder will be sent.

[The Breastfeeding Assessment Tool will be emailed to local agencies in the first quarter of 2022.]

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| Counseling Goal: Local agency staff will develop self-care practices to decrease stress in the work environment. |

**Objectives:** Local agency staff will be able to

1. List signs of compassion fatigue in healthcare workers/WIC staff.
2. Recognize signs of vicarious trauma or compassion fatigue in themselves.
3. Develop personal resiliency and empathy skills, including methods of self-care.

**Activities:**

1. Staff members will select one article to read from a list in the Facilitator’s Guide provided by the state.
2. Staff may complete an optional questionnaire to assess their own level of stress. This will be included in the Facilitator’s Guide.
3. The Training Supervisor will facilitate a discussion on the concepts of compassion fatigue, vicarious trauma, resiliency, empathy, and self-care techniques at a staff meeting using information in the Facilitator’s Guide.
4. Local agency staff will share key points from their selected reading.
5. As a group, local agency staff will determine at least one stress-reduction strategy to implement at their agency. Re-visit this strategy at future staff meetings to assess progress.

[The Facilitator’s Guide will be emailed to local agencies in the first quarter of 2022.]

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| **Nutrition Education Goal: Local agency staff will increase their knowledge of the 2020-2025 Dietary Guidelines for Americans.** |

**Objectives:** Local agency staff will be able to

1. Describe and summarize the Dietary Guidelines for Americans.
2. Summarize the new recommendations for pregnant and lactating women and for children under 2 years of age.

**Link** to 2020-2025 Dietary Guidelines for Americans report & resources: <https://www.dietaryguidelines.gov/>

**Activities:**

1. Local agency staff will visit the Dietary Guidelines website listed above, and explore the numerous resources listed there.
2. Local agency staff will view one of webinars available on the Dietary Guidelines, either individually or together at a staff meeting. A list of webinars is provided in the NSP Guidance.
3. At a staff meeting, the local agency RDN will facilitate a discussion on the Dietary Guidelines, focusing on the key recommendations for pregnant and breastfeeding individuals, and children under age 2 (the WIC population). Staff will discuss ways to share this information with participants during nutrition-focused counseling.

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| **Optional Goal: Your agency may choose to develop a new goal/objective/activity or to continue one from the 2021 NSP. Contact Bonnie or your nutrition consultant if you have questions.** |

**Goal:**

**Objective(s):**

**Activities:**

1.

2.