

## GROWING HEALTHY FUTURES



### The Resilience Supplement

With so much focus on Adverse Childhood Events (ACEs) and Trauma Informed Care, it is easy to forget about all the things we can do to promote resilience in ourselves and others. In Oregon, one of our best resources to support resilience is literally right outside our door.

Research is showing that being outside in nature is so good for your health and mental well-being that some experts are calling it Vitamin N. Scientists have found that getting out in nature gives your immune system a measurable boost that lasts for several days. Even looking at a picture of nature or smelling pine boughs or flowers makes a difference in your mental health.

Dr. Ming Kuo has studied the effects of nature on human beings for 30 years. She says that being outside where you get the sights, smells, and sounds all at once is like taking nature's multivitamin. She recommends that we try to get a dose everyday - even if it means a short walk with your eyes on the trees rather than the sidewalk.

- How can you take advantage of Oregon's great outdoors?
- How can you bring the outdoors inside your home or clinic?
- What can you do to help WIC participants get outside?

Listen to this [NPR podcast](#) to learn more from Dr. Kuo.

### October is Health Literacy month

Health literacy means how well someone can get, process, and understand basic health information, in order to make good health decisions.

We can best help participants who struggle with health literacy by using plain language. Plain language makes it easier for everyone to understand and use health information - even people who read well.

**Example:** "We will see you in January for your mid-cert health assessment."

**Plain language:** "In January we will see Baby Joe and check his growth and talk with you about how things are going."

**Learn more:**

[Health Literacy Basics](#)

[Plain language guidance and standards](#)

[Everyday Words for Public Health Communications](#)



## I'm Glad You Asked

*“I have participants who ask if eating special cookies or drinking teas or using herbs can help increase breastmilk supply. Any tips?”*



Sure thing—we know that milk supply is a hot topic that moms care deeply about, and we want to support them with care and knowledge. Low milk production, or when moms *think* their milk production is low, can be stressful. Milk production is a complex process that can be impacted by physical, emotional and hormonal factors. Many cultures and moms have foods, drinks, and practices to support women in their transition to motherhood and support breastfeeding. We support that! Cultural practices and connections to family can be a source of resilience and support.

New moms may hear about foods and teas that promise an increased breastmilk supply from friends, family and online. A quick look at Pinterest shows “Breastfeeding Superfoods” like oatmeal, yogurt, leafy greens, and all sorts of lactation cookie recipes. The cookie recipes tend to focus on oats, brewers yeast, flaxseed and eggs. These are foods we typically recommend as part of a balanced diet. Some foods and teas may have interactions with medications or could cause an allergic reaction, so we encourage folks to check with their health care provider and IBCLC before taking any new supplements.

Here’s what the science tells us: breastfeeding frequently and having breasts emptied regularly sets women up for success. Substances that **may** increase milk production are called **galactagogues** (learn more [here](#).) These substances can be found in herbs like fenugreek, blessed thistle and alfalfa. Or it can be prescribed in a medication. If a nursing parent feels like they want to increase their production and are already consistently feeding, we recommend they connect with an IBCLC and their health care provider to get to the bottom of their production issues. IBCLCs working with health care providers can assess and work on helping address the root causes of low production.

## Shopping Tip



## Formula and Pharmacies

Pharmacies (including pharmacies inside of grocery stores) are required to get specialty formulas and medical foods within 72 hours of a participant request. So, if you have a participant that is trying to find specialty formula, suggest they ask at the pharmacy.

Grocery stores that do not have a pharmacy are NOT required to get specialty formula for participants.



## Money saving ideas!

How can you share these ideas from our partners at [ChooseMyPlate.gov](https://www.choosemyplate.gov/)?

[10 Tips: Smart Shopping for Veggies and Fruits](#)

[Healthy Eating on a Budget](#)

## From the CalWICA e-newsletter



### State-Specific Fact Sheets on Talking to an Employer About Lactation Accommodation

The Center for WorkLife Law and A Better Balance have released a resource for breastfeeding employees titled "[How to Talk to Your Boss About Your Pump](#)." Nursing parents need break time and space for pumping breast milk at work, and possibly other changes or accommodations that will allow them to stay healthy and continue breastfeeding their babies while working. This state-by-state guide helps parents make a plan to take care of their breastfeeding needs at work, understand their legal protections, and get practical tips for how to talk to their employers about breastfeeding accommodations.

### Socio-Economic Disparities in ACEs (CalWICA e-newsletter)

[The largest nationally representative study](#) to date on adverse childhood experiences (ACEs) highlights some disparities among socioeconomic groups. People with low-income and educational attainment, people of color and people who identified as gay, lesbian or bisexual had [significantly higher chance](#) of having experienced adversity in childhood. A quarter of adults have at least three such experiences in childhood, which - according to other research - increases their risk for most common chronic diseases, from heart disease and cancer to depression and substance abuse. Studies have linked a [greater number of ACEs with greater risk](#) of heart disease, cancer, bone fractures and chronic lung or liver diseases, diabetes and stroke. Those with the most ACEs, four to six or more, tend to have [higher rates of mental illness](#). Researcher say that to address the consequences of childhood adversity, it will be important to develop programs that help children learn healthy coping mechanisms and strengthen families and communities overall.

Learn more:  
[NPR story on ACEs and minorities](#)  
[ACEs and Toxic Stress FAQ](#)



### FDNP Checks can be used through 11/30

Make sure participants know they still have time to use them!

### New rules for anemia screening and follow-up

Be sure to review the new [anemia screening requirements](#) by 12/31/2018.

### Flu season is coming – get vaccinated now!

[Flu shots are recommended for everyone 6 months and older.](#)

This especially includes pregnant women and small children, since they are most at risk for complications if they get the flu.

What can you do to help protect WIC families?

### Ideas from local agencies

- Malheur administrators give affirmation stickers at monthly meetings.
- Try [Laughing Yoga](#) 😊
- How about [a gratitude jar](#)?

