

## GROWING HEALTHY FUTURES

### Stay in the know! Oregon Research Updates



By Julie Reeder, PhD  
Research Analyst for  
Oregon WIC

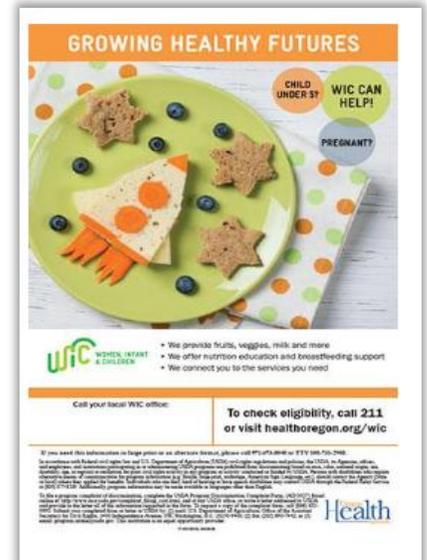
Developmental disabilities affect up to one in six children in the United States. Early access to assessment and therapy is key to supporting optimal long-term development. Yet children from low-income and racial/ethnic minority families are at high risk for not receiving timely assessment and treatment of developmental disabilities. These children are also less likely to participate in Early Intervention (EI) programs.

Prior research with Oregon WIC staff found that almost 40% reported getting questions from parents about their child's development at least once per week. Nearly 3 in 10 staff reported noticing a developmental concern during visits with children at least once per week. However, WIC staff also reported limited connections with their county EI program, and even less with local pediatricians.

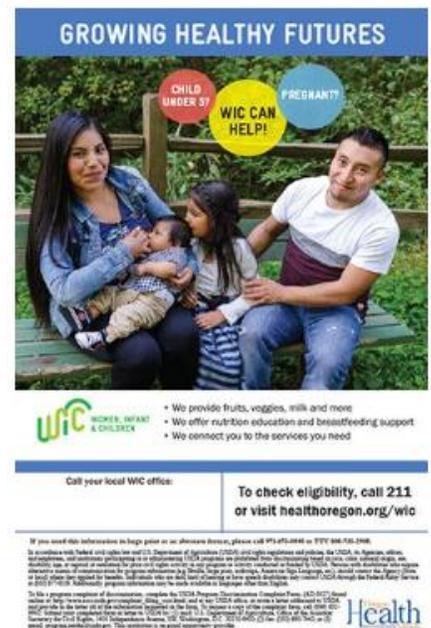
In this next phase of our research, we are seeking 6 to 8 local agencies to take part in a randomized control trial to test the impact of a system-level innovation to better connect WIC and EI services and get more children in to therapy at an early age. The study's intervention is based on the Institute of Medicine's report on disparities in care, Unequal Treatment. The model identified patient, provider and system level factors that drive inequalities in access to treatment for developmental delays. Our study seeks to address all three factors. WIC staff at the intervention sites will be trained on developmental milestones and how to empower parents to raise concerns with providers about developmental issues. Staff will also be given a standardized process to refer children directly to EI, decreasing the steps needed to access services. Finally, EI staff will share assessment and treatment plans back with WIC staff to support a coordinated plan of care.

To learn more, feel free to email [Julie](mailto:Julie)

### New WIC Outreach Posters



New posters are now available in English and Spanish! Talk with your WIC coordinator about how you might want to share these with community partners. WIC clinics can order through [Shopify](#). Partners will need to use this order [form](#).





Zednia's  
Grandparent's  
Milpa

## The Three Sisters and Me

By Zednia Linares OHSU Dietetic Intern

Years ago, I took a trip with my dad to visit my grandparents who lived in a small village in Guatemala. We took a camión (bus) to my grandparents' village. We were dropped off in the middle of a long muddy road. As my dad and I walked along the road we passed a small concrete house with a mill where everyone in the village would go to grind their maíz (corn). When we finally made our way up the hill to my grandparents' home, I could see segregated areas with corn stalks which my dad called "Milpa"; I assumed it was just another word for corn.

My name is Zednia, I am an OHSU Dietetic Intern. During my time at the State WIC office I got the opportunity to research and write a short article about the Three Sisters. I had no idea that in the process of this assignment I would make a connection to the Three Sisters.

Here's what I've learned: the Three Sisters have been the center of Native American/Indigenous agriculture and culinary traditions for many years. It consists of corn, beans, and winter squash. Grown together these crops protect each other and the soil. You can learn more [here](#). The corn and beans can be dried and used year-round, making these some of the most important and common staple foods. They provide a variety of nutrients such as complex carbohydrates, protein, essential fatty acids, vitamins and minerals. This mix of nutrients has been supporting a balanced diet for a long time across the Americas. Find recipe ideas [here](#) and [here](#).

The more I learned about the Three Sisters, the more it reminded me of my grandparents and my dad. Although they don't refer to it as "Three Sisters" my family in Guatemala has been using this "Milpa" technique of growing corn, beans, and squash together for generations. And it is something that my dad continues to do here in Oregon year after year. The tradition continues with me understanding more about the science behind these cultural practices.



Malheur County's bulletin board

## Updated Physical Activity Guidelines for Americans

On November 12, 2018, the U.S. Department of Health and Human Services released the [Physical Activity Guidelines for Americans, 2<sup>nd</sup> edition](#).

The evidence is clear—[physical activity](#) fosters normal growth and development, can reduce the risk of various chronic diseases, and can make people feel better, function better, and sleep better. Some health benefits start immediately after activity, and even short bouts of physical activity are beneficial.

### What's New in the Guidelines?

- Guidance for preschool-aged children (3-5 years)
- Evidence for even more health benefits of physical activity

### Some key findings:

- Children who are active throughout the day benefit from enhanced growth and development. Adults caring for children this age are encouraged to provide active play (light, moderate, or vigorous intensity) and aim for at least 3 hours per day.
- Adults need at least 150 to 300 minutes of moderate-intensity aerobic activity weekly, like brisk walking. Adults also need muscle-strengthening activity, like lifting weights or doing push-ups.

## Staff News: Introducing Lindsey Kelly, RDN, LD to our WIC team!



### Synergy Team: Lindsay, Abby, and RanDee

By: Thanh Huynh, OHSU Dietetic intern

Lindsey Kelly and I met in 2012 at Oregon State University (OSU) through the Didactic Program in Dietetics. Lindsey also completed her Dietetic Internship at OSU to earn the credentials of Registered Dietitian Nutritionist (RDN). She pursued a career in Dietetics to help people build a healthy and trusting relationship with food.

In April 2018, Lindsay joined the WIC team by being hired at Synergy Health and Wellness, a private practice in Redmond, Oregon. Synergy's team of RDs includes: Lindsey, RanDee and Abby. They currently provide remote RD WIC services to Coos, Columbia and Curry counties. As a remote RDN, Lindsey primarily sees high-risk clients through a secure and protected confidential video chat, along with in-person RD WIC services in Crook County a couple times a month.

#### What do you enjoy about being a WIC Dietitian?

I really enjoy helping caregivers feel confident in their ability to feed their child. Eating and family meal times are very personal and can sometimes be challenging. I like to point out what the caregivers are doing right and then use motivational interviewing to discuss where improvement or new ideas might help with issues like picky eating and low iron. This empowers the caregiver to make decisions that best fits their family dynamics.

#### What activities do you like to do during your spare time?

In my spare time my husband and I like to hang out with our friends and enjoy the beautiful outdoors that Bend, Oregon has to offer. I also enjoy reading books about body positivity and listening to podcasts.

## Federal Funding for State and Local programs decreases infant mortality



Federal funding for state and local-level assistance programs such as SNAP and WIC [significantly reduced infant mortality](#), according to new research. Researchers noted that programs aimed at improving the health of pregnant women are of particular importance because prematurity and low birth weight are among the strongest [predictors of infant mortality](#), and lower socioeconomic status - particularly poverty is strongly linked to these conditions.

Specifically, increasing a state's per capita federal funding by \$200 could save one infant's life for every 10,000 live births. Increased funding was linked to lower mortality for both white and black infants, however, black infants' outcomes were particularly affected by this funding.

- Cal WIC Newsletter

## Your headline here!

We are happy to share photos, tips and ideas from agencies across Oregon.

For general WIC Link ideas contact [Kim McGee](#)

For a "I'm glad you asked" article about common questions, current trends and headlines contact [Jameela Norton](#)