

GROWING HEALTHY FUTURES



The State of Oregon's Babies

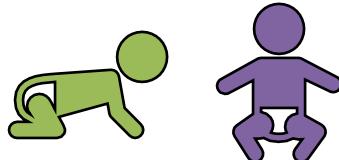
Where children are born can affect their chances for a strong start in life. Babies need good health, strong families, and positive early learning experiences to foster their healthy brain development and help them realize their full potential.

[Zero to three.org](#) publishes an annual [State of Babies Yearbook](#) with fact sheets for each state. The fact sheet provides a snapshot of how infants, toddlers, and their families are faring with respect to these three developmental areas. For each area, selected child or family indicators and policy indicators are highlighted and compared to national averages. Important demographic information is also included.

[Check out Oregon's Fact Sheet](#)

How does Oregon compare to the rest of the nation?

How can WIC help improve a baby's chance of a healthy future?



2019 Legislative Update

The state legislature continues to move quickly! The deadline for measure introduction was February 26th, so we are less likely to see new bills which could impact WIC or WIC participants from here on out.

Since our last update, a new bill has been introduced regarding Farm Direct Nutrition Program funding. Current FDNP funding from the state ends when the state fiscal year ends in June. House Bill 3170 would appropriate money to Senior FDNP and WIC FDNP for the next biennium at 2017-2019 funding levels. It would also make the change permanent, ensuring future state funding at current levels and moving FDNP away from one-time funding.

House Bill 2626 (expanding WIC services to women up to 2 years postpartum) and House Bill 2639 (expanding WIC services to children up to when they enter school) continue to work their way through the legislative process. Clarifying amendments to each bill have been submitted.

You can follow bills on the Oregon State Legislature's site, [OLIS](#). We will continue to keep you posted on updates from the legislative session!

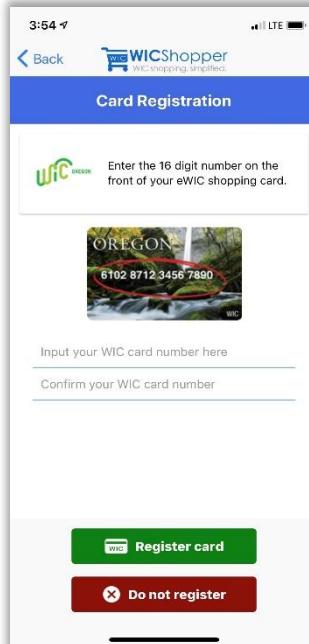
Shopping Tip



Getting the most out of the WICShopper app

Downloading the WICShopper app is a good first step, but we know there are things that can make the app work even better to help shoppers.

- The app can be used to find out what stores accept WIC. The interactive map also tells shoppers if a store accepts eWIC at self-checkout and if there is an in-store pharmacy.
- Shoppers can find the most up-to-date version of the Food List on the app.
- The barcode scanner can be used in the store to find out if a specific food is allowed.
- Using the Food List along with the barcode scanner is one of the best ways to find WIC foods in the store.
- Encourage shoppers to register their card. Registering the card links the app to their WIC account.
 - It allows them to track their benefits throughout the month in real time.
 - When they use the barcode scanner it will calculate how much of that food is available for them to buy.
 - If a shopper isn't sure if an eWIC transaction went through, they can check the app to see if the benefits were deducted.
- Let shoppers know they can set up an alert that reminds them to use their benefits at the end of the month. They can even choose what day of the month they want to be reminded to shop.
- Some stores do not have very good cell phone reception or offer free WIFI. If cardholders open and load the app barcode scanner or Food List before going into the store they will have less problems using the app in the store.



Research shows that children who visited a museum during kindergarten performed better in reading, math, and science than children who did not. However, only 43% of kindergarteners of the lowest economic status visited museums.

How does Museums for All work?

Museums for All is a national access program that encourages museums in communities across the United States to actively reach out to low-income visitors.

Participating museums provide reduced admission, ranging from free to \$3.00, to visitors presenting their SNAP EBT card. This reduced rate is available during all normal operating hours to up to four individuals per EBT card.

Participating museums may choose to also accept eWIC cards.

Find a participating museum

When you select Oregon, you will get a list of 11 museums along with their address, phone number, directions, and links to their website.

- High Desert Museum
- Fort Dalles Museum
- ScienceWorks Hands-on Museum
- Schmidt Historical House
- Museum of Natural History
- Architectural Heritage Center
- Eugene Science Center
- Oregon Historical Society
- Adventure Children's Museum
- Portland Children's Museum
- Columbia River Maritime Museum

I'm glad you asked! – Coconut oil enjoys a “health halo” – but science doesn’t back it up

From the CWA Flash E-Newsletter 1/8/2019

“I keep hearing that coconut oil is so much better for you than other oils. What have you heard?”

A recent [survey](#) found that 72 percent of Americans say coconut oil is a “healthy food,” and claims have been made of its ability to blast belly fat and raise your good cholesterol. Nutritionists note, however, that coconut oil contains a lot of saturated fat - the kind that is a big risk factor for heart disease, which kills more than [17 million](#) people a year worldwide. While fat is [an important part](#) of our diets, what kind of fat we eat and how much matters.

The U.S. government [recommends](#) keeping saturated fat below around 22 grams a day, and the American Heart Association’s recommendation is much lower - [more like 13 grams](#). One tablespoon of coconut oil has 12 grams of saturated fat. A recent American Heart Association [advisory](#) examined studies that showed replacing saturated fats found in foods like tropical oils and meat with unsaturated fats like those in olive oil, canola oil and flaxseed oil was linked with a 30 percent reduction in the risk of cardiovascular disease.

Experts say that using coconut oil in your cooking occasionally is fine, but remember to use saturated fats in moderation, and remember that there's more evidence to support using other plant-based oils, such as olive oil.



[WIC Breastfeeding Support](#)

A website from USDA

If you haven’t explored the resources on this website, now is the time!

Check out what you find when you search for [Breastfeeding holds](#).

Or how about the page on how [dads can support breastfeeding](#).

New Searchable Risk List!

It is easier than ever to find the specifics about a particular risk by using the new sortable, searchable Nutrition Risk List.

Scroll to the bottom of the [Training modules and online courses page](#) to find it.

Nutrition Risk List:

- Search by risk number or words in risk name.

Sort ▾	Risk Number	Risk Name
	101	Underweight Women
	103	Underweight Infants and Child
	111	Overweight Women
	113	Overweight Children - 2 to 5 y
	114	At Risk for Overweight Childre
	115	High Weight for Length Under
	121	Short Stature
	131	Low Prenatal Weight Gain
	132	Weight Loss During Pregnancy
	133	High Maternal Weight Gain