

GROWING HEALTHY FUTURES



WIC celebrates National Women's Health Week every week!

National Women's Health Week (NHW) is always the week after Mother's Day, but in WIC we have a reason to focus on women's health every day. The weeklong health observance is coordinated by the US Department of Health and Human Services Office on Women's Health (OWH). NHW empowers all women over 18 years of age to make their health a priority and encourages them to decide which of the following steps they want to focus on to improve their physical and mental health and lower their risks of certain diseases:

- Visit a doctor or nurse for a well-woman visit (checkup), preventive screenings, and vaccines.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections.

Share these resources with all the women in your life.

- [Fact sheets from womenshealth.gov](http://womenshealth.gov) cover important women's health topics.
- [Healthy Living by Age](#) provides health suggestions by decade for women of all ages.



Should mothers receive vaccinations while breastfeeding?

From CalWICA e-newsletter

Whether mothers should be vaccinated while breastfeeding is a common query. Philip O. Anderson, PharmD at the University of California, San Diego, reports in *Breastfeeding Medicine* that all routine vaccines are acceptable in nursing mothers. Routine vaccines include influenza, diphtheria, pertussis and tetanus (DPT), and varicella and measles, mumps, and rubella (MMR). "As Dr. Anderson concludes in his timely and important article, there are no risks associated with giving breastfeeding mothers routine and most other standard vaccinations, including measles, and, in fact, there are benefits for both the mothers and infants," says Arthur I. Eidelman, MD, Editor-in-Chief of *Breastfeeding Medicine*. These benefits include the transfer to the infant of maternal antibodies and an enhanced antibody response and less vaccine-related fever following infant vaccination.

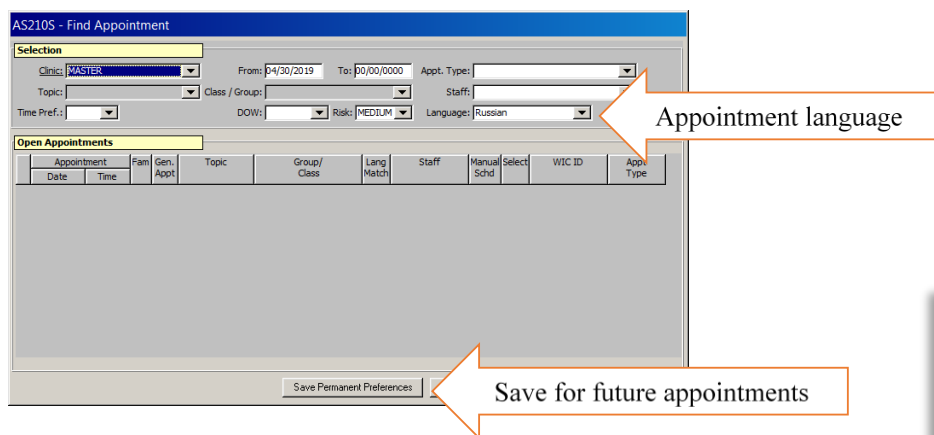
Documenting language needs in TWIST

In WIC, we document the language participants prefer to speak or read on the Client Demographics screen in TWIST. One definition of client demographics is “a statistical view of a population, generally including key characteristics such as age, gender, race, or language.” Demographic data is used to determine the needs of the population served.

Since many of the services we provide to participants are based on the language they speak or read, **it is important to collect the participant’s preferred spoken language and preferred written language.** This data is how your agency knows when they need to arrange for interpreters or language lines, or when to hire someone who speaks that language. This data is how the state office knows in which languages they should produce written participant materials.

What if I need to schedule the participant to be seen by a WIC certifier who speaks a different language than their preferred spoken language?

- First, make sure you are providing services in a language that meets the needs of the participant even if that is different than what is easiest for the agency.
- If the participant speaks multiple languages and is comfortable being scheduled to speak with a WIC staff person in a language other than their preferred language, select the language in the appointment preferences, not in client demographics.
- If you want to save that preference for all future appointments, click the *Save Permanent Preferences* button.

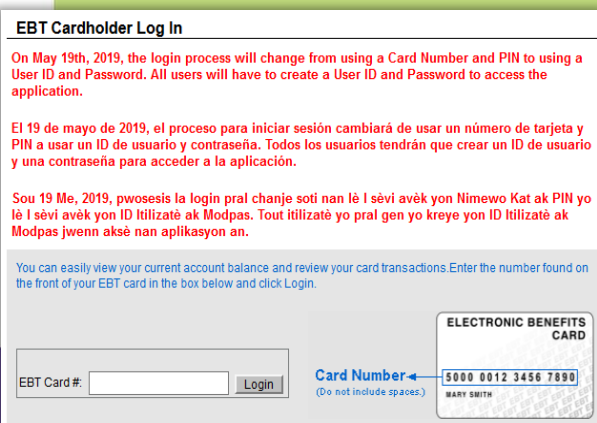


End-dates for foods being removed from the APL

Since the 2019 Food List was delayed for one month due to the government shutdown, we have extended the grace period for participants to be able to buy the foods being removed from the APL. Foods such as infant rice cereal, Life cereal, and some whole grains, are being kept on the APL through 5/31/19. End-dating the foods three months after the Food List effective date allows time for all participants to receive information about the Food List changes.

Changes to ebtEDGE Cardholder Portal

On 5/19/2019, the process for logging into the Cardholder Portal will change from using a card number and PIN to using a user ID and password. All users will have to create a user ID and password to access the application. The home page of the ebtEDGE website has a warning about the change in three languages.



When would preferred spoken and written language be different?

Most of the time, spoken and written language will be the same.

- Sometimes there is no written language for the participant's preferred spoken language.
- Participants may have learned to read in a different language than they grew up speaking. For example, if they grew up speaking Spanish at home, but learned to read English when they went to school, their preferred written language might be English.
- Sometimes participants cannot read and will have no preferred written language.
- Some disabilities may determine spoken language (e.g. American Sign Language or ASL) or written language (e.g. Braille). As a reminder, not all people who are deaf use American Sign Language, and not all people who are blind can read Braille. It is important that we verify preferences.

Preferred language of Oregon WIC participants in 2017

Top 10	#	Next 10	#
English	109,238	Dari (Afghanistan)	80
Spanish	17,571	Sign Language	61
Russian	895	Rohingya (Myanmar)	60
Vietnamese	415	Swahili (Several countries in Africa)	53
Cantonese (China)	354	Zomi (India, Myanmar)	51
Arabic	314	Farsi (Iran)	50
Somali (Somalia)	263	Mandarin (China)	43
Burmese (Myanmar)	104	Amharic (Ethiopia)	37
Karen (Myanmar)	104	Tigrinian (Eritrea)	34
Nepali (Nepal)	85	Trukese (Micronesia)	32

Languages identified by 25 or fewer participants include:

Maay Maay/Mai Mai, French, Chinese, Oromo, Pushtu/Poshtu, Chuukese, French Creole, Marshallese, Ukranian, Hmong, Urdu (Pakistan), Japanese, Kinyarwanda, Punjabi, Romanian, Thai, Bosnian, Laos, Tagalog, Cambodian, Persian, Turkish, Kirundi, Korean, Malay, Micronesia, Hindi, Mixteco, Tongan, Afghan, Albanian, Bengali, Hakka, Indonesian, Karenni, Khmer/Cambodian, Kurdish, Mayan, Portuguese, Welsh, Yiddish



Thank you for your service!

Celebrating Public Service Recognition Week 5/5-11

You may not get thanked very often, but the service you provide to your community is important. A **public service** is something such as health care, transportation, or the removal of waste, which is organized by the government or an official body to benefit all the people in a community. The money is used by local authorities to pay for public services.

Public servants are the people who provide all those services, such as teachers, firefighters, police officers, and WIC staff!

You make a difference!

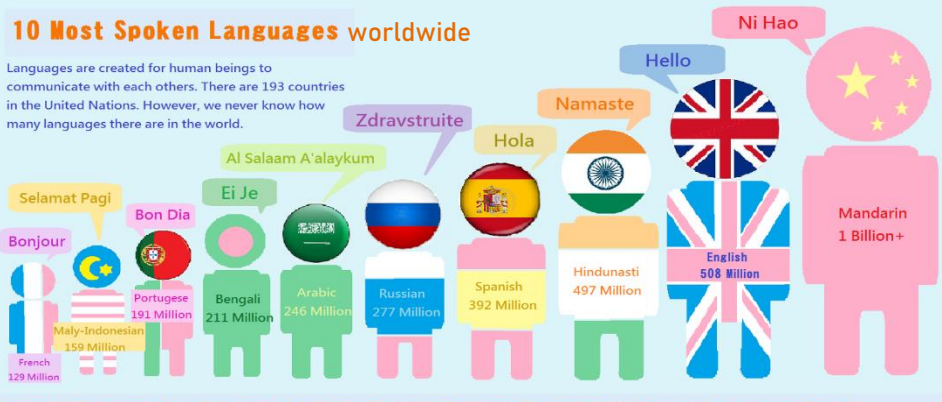


Check out these resources!

- [What is Executive Function?](#) Infographic from Harvard's Center on the Developing Child
- [What is Epigenetics?](#) Infographic from Harvard's Center on the Developing Child
- [Healthier Kids, Together 5,2,1, 0 + 9 information](#) from our partners at Providence Health & Services
- [Arts for All](#) - Show an Oregon Trail Card and buy \$5 tickets to many Portland arts events

10 Most Spoken Languages worldwide

Languages are created for human beings to communicate with each others. There are 193 countries in the United Nations. However, we never know how many languages there are in the world.



Sources: 1. <http://geography.about.com/cs/countries/a/numbercountries.htm> 2. <http://listverse.com/2008/06/26/top-10-most-spoken-languages-in-the-world/>