



Introducing the 2019 Level 3 Certifier Academy Cohort!

Congratulations to the members of our first Certifier Academy cohort! They represent WIC agencies from across the state and are committed to learning more about what it takes to be a WIC certifier.

- ☆ Liz Vinyard - Coos County
- ☆ Ruby Ruiz - Crook County
- ☆ Natalie Chaves - Jefferson County
- ☆ Tami Kepa'a - Jefferson County
- ☆ Alisha Howard - Josephine County
- ☆ Janelle Williamson - Josephine County
- ☆ Alisha Moore - Lane County
- ☆ Leticia Ramos Martinez - Salud
- ☆ Erica Johnson - Tillamook County
- ☆ Haneen Mohammed Ali - Washington County
- ☆ Christina Quintero - Washington County

The members of the cohort will get to share with each other and learn more about counseling on Skype calls each month from September through March. In April they will all come together in Portland for a special 1-day training to take them to the next level of counseling. We can't wait to get started on this exciting adventure together.



There is still time to be a part of this year's Certifier Academy cohort!

We still have a few open spaces. Consider applying if you are a newer certifier who started in WIC before 3/1/2019 and will complete all your required modules by September. Learn more [here](#) or read [this](#).

Talk to your supervisor today!
Use this [SurveyMonkey Link](#) to apply by 7/31/2019.



Certifier Mentors

We do WIC better when we do it together!

Are you:

- An experienced certifier?
- Skilled in reflective practice, critical thinking, coaching?
- Willing to allow a mentee to observe you in a counseling setting?
- Interested in practicing non-judgement, listening and mentorship with another WIC staff member?

Local Agency staff expressed interest in connecting with others across the state. Here's your chance to connect and mentor folks who are enrolled in the Certifier Academy.

The estimated time commitment is 8-10 hours over 7 months starting in August 2019.

Interested? Talk with your supervisor. Mentors must be nominated by a supervisor. Questions? Email [Jameela Norton](#)

I'm Glad You Asked – Cleanses and Detox

Ever wonder whether the detox (detoxification) diets, “cleanses”, “teas” or “juices” advertised on social media, in magazines, or mentioned by friends, really improve health?



Fad diets, and methods for losing weight or treating health conditions using drinks or “cleanses” have been around for a long time. However, with social media there is now a new added layer of celebrities or influencers promoting specific teas, smoothies or diet regimes. Usually these are paid sponsorships that are presented as advice. The Food and Drug Administration (FDA) has taken legal action against several companies for promoting and selling products with illegal and potentially harmful ingredients. Often the production standards and ingredients for such items are not regulated. Rigorous scientific data simply does not exist for the teas, juices and cleanse diets being heavily marketed online. The bottom line is that there isn't any convincing evidence that detox or cleansing programs remove toxins from the body or improve health.

The Academy of Nutrition and Dietetics reminds us that the body is already equipped with a detoxification system and encourages doing some or all of the following to support this natural process:

- Stay hydrated with water.
- Eat 5 to 9 servings of fruit and vegetables per day.
- Consume dietary fiber each day from vegetables, fruits, nuts, seeds and whole grains to help maintain bowel regularity.
- Include berries, artichokes, garlic, onions, leeks, green tea, and cruciferous vegetables like broccoli, cauliflower and Brussels sprouts. These support detoxification pathways.
- Consume adequate amounts of lean protein, which is critical to maintaining optimum levels of glutathione, the body's master detoxification enzyme.
- Eat naturally fermented foods such as kefir, yogurt, kimchi and sauerkraut – or take a high-quality probiotic – to help promote a healthy gut

You can read more at the National Institute of Health [here](#), at Eat Right.org [here](#) and a Harvard Medical School article [here](#).

Shopping Tip



Best practices for finding medical formulas

When issuing a special or medical formula follow these guidelines to make the process easier for participants.

The formula warehouse (FW) is usually the best option. Check in TWIST to see if the formula is available. The FW process is simple, cost-effective, and delivers the formula directly to the participant.

If the FW doesn't have it, try Walgreens. Walgreens pharmacies are specially contracted to provide formula for WIC. When working with Walgreens, always ask for the store manager. They are trained in WIC processes and can help facilitate special orders.

Try an in-store pharmacy if the FW or Walgreens are not an option. In-store pharmacies rarely receive these types of requests, so start by talking to the front-end manager. They'll be the most familiar with WIC and can work with pharmacy staff. It can be helpful to call the store ahead of time and give them a heads-up about the order and get a contact name at the store.

It's a great idea to form a relationship with a WIC-authorized pharmacy in your area. Getting to know the manager and their process for special orders will make things smoother for everyone.

Vitamin D label changes



The US Food and Drug Administration changed the rules about how fat-soluble vitamins (A, D, and E) are listed on labels. They used to be listed in International Units but will now be listed in micrograms. Consumers may see both on labels. WIC includes both in our [Vitamin D handout](#).

What's the difference between a milligram (mg), microgram (mcg or µg), and an International Unit (IU)?

In the metric system, 1000 milligrams (mg) is equal to 1 gram and 1000 micrograms (mcg or µg) is equal to 1 milligram (mg).

An IU (International Unit) is a unit of measurement for vitamins. The measure of one IU differs from one form of a vitamin to another. It is called an International Unit because there is an international agreement on what that means for each form of a vitamin. For example, vitamin E comes in different forms and each works differently in the body. Rather than listing the precise form and amount of each type of vitamin E, listing the IU's summarizes the biological activity of all the forms present.

The equivalents of 1 IU for selected vitamins are:

- Vitamin A: 1 IU is the biological equivalent of 0.3 mcg retinol, or of 0.6 mcg beta-carotene
- Vitamin D: 1 IU is the biological equivalent of 0.025 mcg cholecalciferol or ergocalciferol
- Vitamin E: 1 IU is the biological equivalent of 0.67 mg d-alpha-tocopherol, or 0.9 mg of dl-alpha-tocopherol

Converting from IU to mcg

One mcg of vitamin D (cholecalciferol) is equal to 40 international units, so 10 mcg is the same as 400 international units on the new label.

To learn more about vitamins click a link:

- <https://dietarysupplementdatabase.usda.nih.gov/Conversions.php>
- <https://ods.od.nih.gov/factsheets/Vitamin%20D-HealthProfessional/>



Are you correctly measuring adult participant's height?

Check out this list of common errors to see if you need to make any changes.

Common errors

- Are you asking the participant's height at their certification, rather than taking a measurement?
- Do you let them keep on flat shoes or sandals?
- Do you measure over the top of easily removed items like sunglasses, hats, bows, or headbands?

Note: You may use self-reported height if the participant has an elaborate hairstyle like dreadlocks, cornrows, or if they are wearing a religious or cultural piece like a hijab, turban, or Russian Old Believers head piece. You must document when a height has been self-reported.

