

Nutrition Education Committee Meeting
October 8, 2010 8:15 AM
Conference Call
Minutes

Attending: Shellie Emahizer, Lynn Kasper, Wendy Cluskey, Mary Waite, Sandy Reichenberger, Julie Ornelas

<p>Update on Revision of Nutrition Education materials</p>	<p>Members reviewed the first draft of a tear sheet entitled, <i>Time for a Cup</i>. This would be posted on the website for clinics to print and use with clients as needed. This tear sheet would take the place of the current tear sheets, <i>Your Child is Over One, It's Time to Kick the Bottle Habit</i> <u>and</u> <i>It's Time For a Cup</i>.</p> <p>Suggestions included limiting the information to one page, and this way it could be printed to include English on one side and Spanish on the other side. Limiting to one page may also help the information seem less overwhelming.</p> <p>Most clinics print their tear sheets in black and white, but then use colored paper to make them more appealing. Some members stated their clinics give full color handouts to clients on occasion, but the cost for color printing is hard to justify and some clinics don't have access to a color printer. So, Julie will decide if it is worth it to post a version with full color pictures plus a version using Clip Art that will reproduce better in black and white. Julie will also inquire if WIC is willing to purchase color printers for clinics.</p> <p>Members will individually send Julie their suggestions regarding the text of the draft no later than October 15.</p>
<p>Computer Assisted Nutrition Education</p>	<p>Julie shared the results of her presentation to the WIC state staff regarding adopting computer assisted nutrition education. The state staff preferred www.wichealth.org.</p>

	<p>Dave thought that Kansas would be able to purchase and implement this system sometime during the 2011 federal program year. It is possible Kansas would also be able to link to Texas' website and also use their computer assisted nutrition education as an option. At this time these would be made available to clients who could access the Internet outside the clinic, as we would not be using kiosks at this point. We might look into kiosks in future years.</p> <p>Kansas will need to develop policies and procedures related to implementation and use of this form of nutrition education prior to adoption. And this would be just one more option for low risk secondary nutrition education. There will always be some clients that won't have access to the Internet or for other reasons are not interested in completing their nutrition education through a computer method. So agencies will still need to provide other options such as interactive displays, individual counseling, classes, etc.</p> <p>Good to remember that clients may be able to access the Internet through their local library. Clients may be more motivated to complete their nutrition education through the Internet when they realize that their NE+ appointment will go more quickly and they will just pick up their checks.</p>
Upcoming Changes to Secondary Nutrition Education	<p>Regarding the packet of materials that was mailed at the end of September, the handout for clients on Using Beans was not included in the packet. This handout will be sent out or posted on our website so watch for this.</p> <p>It was clarified that it is optional that the client's goal be entered into KWIC for all low risk secondary education NE+.</p>

<p>Use of Facebook or Twitter to share information about WIC with clients</p>	<p>Julie shared that some of the Peer Counselors are using cell phone texting and Facebook pages to communicate and share information with their WIC pregnant and breastfeeding moms.</p> <p>Based on the discussion, some Kansas WIC agencies are starting Facebook pages to share information, especially upcoming classes or future events. Some county health departments have a Facebook page. Other WIC agencies are looking into this possibility and some have already been told by their IT security that access to Facebook will not be allowed.</p> <p>There are currently no written WIC policies on the use of these social media, but caution should be used to protect the confidentiality of clients.</p> <p>The Text for Baby program seems to be popular in Kansas, as we are second in the country with the highest percentage of pregnant women that have signed up to receive the free text messages.</p>
<p>Other topics</p>	<p>Members discussed that it would be nice to have a field in KWIC, on the demographics page, to include client's emails. It was suggested that clinics could go ahead and record this under "Telephone Notes" on the demographic page rather than wait until it is added as a field in KWIC.</p>
<p>Next Meeting—Conference Call on December 3</p>	<p>Members agreed that they would be available for a conference call at 8:15 am on December 3. The meeting was adjourned.</p>