

KANSAS WIC INFORMATION MEMORANDUM

KANSAS-WIC-I-2016-06

TO: Parent and Sub-Agencies

FROM: Dave Thomason
Nutrition & WIC Services Director

DATE: March 21, 2016

RE: Resources-Nutrition Education – New Handouts
Resources-Zika Virus Information
Training: New Employee Breastfeeding Training, Topeka, June 2, 2016
Resources-Breastfeeding-Breastfeeding Class Curriculum
WIC Advisory Committee: Minutes (1/26/16) & Call for Agenda Items for 4/19/16
2016 Kansas WIC Conference–Foundations for a Lifetime, March 29-30, 2016
KWIC Focus: Unvoid
Training: Additional Educational Opportunities

Nutrition Education – New Handouts

A new dental health handout, *A Healthy Smile for You and Your Family*, has been added to the WIC Publications Order Form. It is printed with English on one side and Spanish on the other. A copy is attached so that clinics can decide if they would like to order multiple copies. This handout takes the place of *Early Childhood Dental Caries*, which was discontinued by the American Dental Association. (Some of the Spanish version of *Early Childhood Dental Caries* are still available.) A revised version of the WIC Publications Order Form has been posted to the WIC website to include this new item.

A new handout, *What to Do ... When There's 2 (or more!!)*, has been added to the WIC website. This is a valuable addition for women who are pregnant with multiples. Thank you to Barb Beier, RD, LD, CBE from Shawnee County WIC for creating this handout. Both the English and Spanish versions are posted here, under the Maternal Nutrition tab: http://www.kansaswic.org/nutrition_education/nutrition_edu_materials.html. The Spanish versions of two handouts, *Boosting Calories* and *Help Your Child Gain Weight*, have also been posted to the WIC website on the same page under the Child Nutrition tab.

There are a number of breastfeeding and nutrition education posters, brochures and two different DVDs available for order from the USDA WIC Works Resource System. You can find the order form here: <https://wicworks.fns.usda.gov/publication-order-form/290>, Quantities of most items are limited.

ACTION REQUIRED:

Share with all staff responsible for nutrition education and/or ordering materials.

Resources-Zika Virus Information

Zika virus has been in the media over the past couple months. See the attached:

- Zika virus letter from USDA-WIC with links to CDC and Text 4 Baby information.
- Zika virus fact sheet

Also, this link will take you to the KDHE webpage regarding Zika virus and the KDHE Epidemiology hotline information. <http://www.kdheks.gov/zika/>

ACTION REQUIRED:

Share with staff and use as needed.

Training: New Employee Breastfeeding Training, Topeka, June 2, 2016

Every local WIC staff person is an important part of a mother's breastfeeding support team. The next Kansas WIC New Employee Breastfeeding Training ("Using Loving Support to Grow and Glow in WIC") is set for June 2, 2016 in Topeka.

Registration is through Kansas TRAIN. <http://ks.train.org>
New employees should already have set up a KS-TRAIN account, but if needed, see [Using KS-TRAIN for WIC Training](#) for basic instructions to set up a new KS-Train learner account.

- **Search for Course # 1032999.**
- **Registration deadline is May 20.**
- Cancellations received prior to the deadline will be refunded.
- Cancellations received after the deadline will not be refunded & will be billed if not paid.
- Payment is due the day of training but late payment may be arranged. Call for approval. Do not delay registering on KS-TRAIN to wait for your business office to prepare payment. Late payment can be arranged. Call for approval.

- Who should attend?
 - All WIC staff members are to complete the New Employee Breastfeeding training within one year of WIC employment. It is acceptable to wait for the next training as long as the person will have been employed in WIC for less than one year by

the time they attend. “All WIC staff” means all staff members who interact with WIC clients, including Breastfeeding Peer Counselors. The training is geared for new employees. However, any staff member who has missed earlier training should attend.

- Space permitting, we will allow non-WIC staff such as Healthy Start Home Visitors to attend at a higher registration fee.
- **Registration fee is \$25 for WIC staff and \$45 for non-WIC staff.** Continental breakfast, lunch and snacks will be provided. The payment form may be printed off KS TRAIN when registering or found here.
http://www.kansaswic.org/local_agencies/training.html
- Training will last one full day. Registration begins at 8:00 AM. Sessions begin at 8:15 AM and end at 4:30 PM.
- Location: Kansas Museum of History, 6425 SW 6th Ave. General phone - 785-272-8681. Map and driving directions
http://www.kshs.org/teachers/tours/pdfs/museum_drive_park.pdf
- We will apply for continuing education credit for licensed dietitians. Nurses will be provided with information to submit for individual approval.
- Those needing overnight lodging will need to make their own arrangements. Overnight lodging will only be reimbursed for staff whose normal workplace is > 30 miles away. See ideas for some hotels on the Topeka Convention & Visitors Bureau’s website.
<http://www.visittopeka.com/hotels/>
- See more details in registration information on Kansas TRAIN.

The next New Employee Breastfeeding Training will be scheduled in November of 2016 in Wichita. Coordinators may choose to wait and send new employees to the next training as long as the person will have been employed in WIC for less than one year by the time they attend.

ACTION REQUIRED: Inform appropriate staff. As appropriate, register for the 2016 New Employee Breastfeeding Training in Topeka by May 20. Contact Patrice Thomsen at pthomsen@kdheks.gov or 785-296-1189 with questions or the need to register late.

Resources-Breastfeeding-Breastfeeding Class Curriculum

The KS Breastfeeding Coalition in partnership with the Bureau of Family Health has created a free two hour infant feeding class. This class is used in the Becoming a Mom (BaM) curriculum but if BaM is not offered in your community, consider offering this class. The class content cannot be changed and must be used in its entirety although it can be broken down into smaller segments. To access, send a request to Brenda Bandy at bandy@kansas.net Include the organization who will be responsible for teaching the class and location; name(s) and credentials

of instructors; schedule of class offerings; estimation of numbers of families who will take the class; and the following statement: “[insert name of organization] agrees to use the KBC’s breastfeeding class curriculum in its entirety without modifications.”

ACTION REQUIRED: Inform appropriate staff. Request the curriculum as desired.

WIC Advisory Committee: Minutes (1/26/16) & Call for Agenda Items for 4/19/16

- You can find minutes of the January 26, 2016 WIC Advisory Committee meeting on the WIC Advisory Committee page of the website.
http://www.kansaswic.org/local_agencies/WIC_advisory_comm.html
- The next WIC Advisory Committee conference call is Tuesday, April 19, 2016 at 10:00 AM. **Please submit agenda items to your WAC representative or Patrice Thomsen by April 4, 2016.** You can find your representative name and contact information on the [WIC Advisory Committee](#) page of the Kansas WIC website. As a reminder, questions about policy implementation should be directed to your agency’s assigned state staff member.

ACTION REQUIRED: Read minutes as desired. Submit agenda items by April 4, 2016.

2016 Kansas WIC Conference – Foundations for a Lifetime, March 29-30, 2016

Refer to the [February I-Memo](#) for the details about the 2016 Kansas WIC Conference. Here are some critical reminders:

- **Staff time and effort reporting** – Staff time and expenses related to the conference should be allocated using normal cost categories of:
 - Nutrition Education
 - Breastfeeding Promotion and Support
 - General Administration
- **Timing and refreshment details:**
 - Monday, March 28: Registration available in Capitol Plaza Hotel foyer, 3:00-6:30 PM (Pick up nametag and packet only. Will still need to sign roster on Tuesday.)
 - Tuesday, March 29: Registration/sign roster and deluxe continental buffet breakfast begin at 8:00 AM – Manor Conference Center foyer. Sessions begin at 9:00 AM & end at 4:45 PM. Refreshments during the day: Deluxe continental breakfast, morning beverage break, lunch, and afternoon snack. Meals located in north side of Sunflower Ballroom.
 - Wednesday, March 30: Hot buffet breakfast begins at 7:00 AM. Sessions begin at 8:00 AM and end by 2:30 PM. Refreshments during the day: Hot buffet breakfast, morning beverage break, and lunch.
- **Registration deadline is March 21.** Contact Patrice Thomsen for late registrations.



- **Directions/Maps** are on the last 2 pages of the [draft agenda](#) or the hotel website under “Location & Directions. <http://www.capitolplazahoteltopeka.com/>
- **Questions & Specific Requests:** Contact Patrice Thomsen. pthomsen@kdheks.gov
(785) 296-1189

ACTION REQUIRED: Use information as needed.

KWIC Focus- Unvoid

This month’s issue of *KWIC Focus* is included at the end of this memo and is also available on the web site at http://www.kansaswic.org/local_agencies/kwic_focus_newsletter.html

ACTION REQUIRED: Have all staff read *KWIC Focus*.

Training: Additional Educational Opportunities

- The Kansas Breastfeeding Coalition, Inc. is offering nine breastfeeding information classes in various locations around Kansas throughout 2016. The **FREE** workshop covers the following topics which are important for any health care professional who support breastfeeding dyads: Wide Range of Normal in the Breastfed Baby; Teaching Mothers Optimal Latch and Positioning Techniques; Reducing the Rate of Formula Supplementation. The workshop is approximately 4 ½ hours long and is approved for continuing education credits for nurses, licensed dietitians and IBCLCs. Use this opportunity to network and invite others in your community - hospital staff, physician office staff, Healthy Start Home Visitors, etc. to attend this training. For sites and registration information use the following link. <http://ksbreastfeeding.org/breastfeeding-101/>
- Kansas WIC New Employee Breastfeeding Training -“Using Loving Support to Grow and Glow in WIC”. All new employees are required to attend Loving Support training. WIC Coordinators may choose to wait and send new employees to the nearest training, as long as the person will have been employed in WIC for less than one year by the time they attend.
 - Topeka – June 2, 2016 (See details in March I-memo.)
 - Wichita – November 2016 (exact date to be determined)
- An online breastfeeding continuing education tutorial titled: “Expanding Pediatricians' Roles in Breastfeeding Support Continuing Medical Education (CME) Online Tutorial” is available. There is no charge for this tutorial. To access the program, click on or cut and paste this link into your browser: <http://www.northeastern.edu/breastfeedingcme/index.html>
- iLactation Online Breastfeeding Conference. Registration (Individual price \$195) is now open at www.iLactation.com. Many speakers, sessions available to view any time and runs from March 2 until May 2, 2016.

- National WIC Association conferences <https://www.nwica.org/>
 - **NWA 2016 Annual Education and Training Conference & Exhibits will be held at the Duke Energy Convention Center in Cincinnati, OH, May 22 - May 25, 2016.** This Conference will offer an excellent opportunity to acquire new skills and to network with an estimated 1,000 of your peers, colleagues and exhibitors who provide WIC related products and services for your participants. The conference will also offer an opportunity for attendees to hear from USDA officials and to dialogue on relevant updates and challenges that the program faces. For the rest of the conference, you will have the opportunity to choose from 27 general and concurrent sessions that are sure to expand your professional skills and knowledgebase to equip you to face coming WIC challenges and to take advantage of current and future WIC opportunities.
 - **The NWA Biennial Nutrition Education and Breastfeeding Conference will be held at the Sheraton Downtown Hotel in Denver, CO from September 8 - 10, 2016.** This conference is the most popular gathering of the **WIC nutrition and breastfeeding professionals** in the US, attracting more than 1,200 staff from USDA, state and local WIC agencies. Education sessions will cover current and emerging nutrition and breastfeeding science, research, policy and best practices. Poster Sessions and special forums will offer additional learning and networking opportunities. More than 40 exhibitors will be on hand to provide the latest on WIC-related products, technology and services.

ACTION REQUIRED: Share information with appropriate WIC staff about these continuing education opportunities. WIC staff is encouraged to attend additional nutrition and breastfeeding trainings and conferences. Consider sending appropriate WIC staff to trainings and conferences according to your local agency training needs and as the local agency budget allows. The SA encourages WIC staff, if appropriate, to also obtain funding through - [ADM 11.02.00 Financial Support for Local Agency On-Going Training](#).

This policy provides information on the possibility of obtaining financial support from the SA for additional training. Be aware that the policy specifies that staff time is not covered in these special funds. Appropriate staff time would be covered under regular WIC funds or other county funds as approved by supervisor. If additional regular WIC funds are needed for staff time, contact your SA lead for guidance.

If you have any questions regarding this memo, please contact the state staff member assigned to your agency.

Attachments:

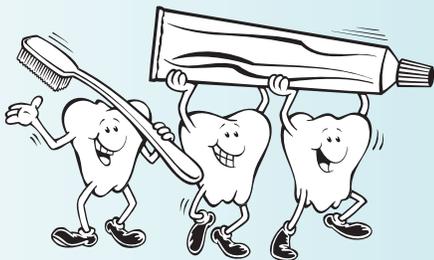
A Healthy Smile for You and Your Family handout
Zika virus letter from USDA-WIC
Zika virus fact sheet
KWIC Focus

A Healthy Smile for You and Your Family



Nutrition Tips for a Healthy Smile

- Breastfeed your baby.
- Don't put juice, soda, or any sweetened drinks in baby's bottle.
- Drink water or low fat milk instead of soda and other sugar-type beverages.
- Avoid food high in sugar and foods that stick to your teeth.



Dental diseases are infections and they can be prevented.

Women

- Brush your teeth twice a day with a fluoride toothpaste.
- Floss at least once a day.
- See a dentist regularly.
- Have any tooth decay or gum disease treated so you do not pass it on to your baby.
- Don't smoke.
- Don't share spoons or other utensils once they have been in your mouth.



Children

- Brush your child's teeth twice a day with a small "smear" of fluoride toothpaste.
- Floss your child's teeth once a day.
- Take your child to a dentist for regular visits.
- Talk to your child's dentist or health care provider about fluoride varnishes and dental sealants.



Infants

- Clean your baby's gums with a soft, clean washcloth.
- Don't clean a baby's pacifier by putting it in your mouth.
- Don't put baby to bed with a bottle.
- Wean your baby off the bottle by 14 months.
- Get your baby a dental exam by age 1.

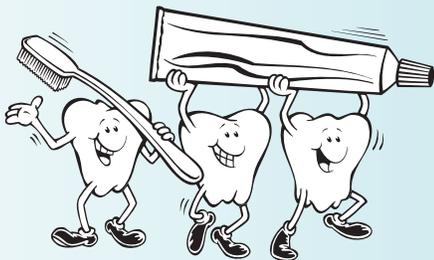


Una Sonrisa Saludable para Usted y Su Familia



Ideas de Nutrición para una Sonrisa Saludable

- Amamante a su bebé.
- No ponga jugo, soda o bebidas con azúcar en la botella de su bebé.
- Beba agua o leche baja en grasa en lugar de soda y otras bebidas con azúcar.
- Evite alimentos altos en azúcar y alimentos que se pegan a sus dientes.



Las enfermedades dentales son infecciones y pueden ser prevenidas.

Mujeres

- Cepílese sus dientes dos veces al día con una pasta de dientes con fluoruro.
- Use hilo dental por lo menos una vez al día.
- Ve a al dentista con regularidad.
- Trátese las caries dentales o enfermedad de las encías de modo que no se las pase a su bebé.
- No fume.
- No comparta cucharas u otros utensilios después de tenerlos en su boca.



Niños

- Cepille los dientes de su niño dos veces al día con una untadita de pasta de dientes con fluoruro.
- Use hilo dental en los dientes de su niño una vez al día.
- Lleve a su niño al dentista con regularidad.
- Hable con el dentista o médico de su niño acerca de el barniz fluorado y los sellantes dentales.



Bebés

- Lave las encías de su bebé con un pañito suave y limpio.
- No limpie el chupón de su bebé poniéndoselo en su boca.
- No acueste al bebé en la cama con la botella.
- Quítele la botella a su niño a los 14 meses de edad o antes.
- Lleve a su bebé hacerle un exámen dental al año.





Food and
Nutrition
Service

March 3, 2016

Park Office
Center

Dear WIC State Agency Director:

3101 Park
Center Drive
Alexandria
VA 22302

There have been recent media reports about the outbreak of the Zika virus in many countries. Recognizing WIC's role as an adjunct to health care, we want to share information from the Centers for Disease Control and Prevention (CDC) about the outbreak.

As stated by the CDC, currently, there is no vaccine to prevent transmission or medication to treat Zika infection. According to the CDC, the virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito (*A. aegypti* and *A. albopictus*) which are the same mosquitoes that spread dengue and chikungunya viruses. The CDC has further stated that while most infections are mild and cause few or no symptoms, the bigger health threat is believed to be to women who are pregnant and can transmit the virus to their unborn child. Also according to CDC, there are no reports of infants getting Zika through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where the Zika virus is found.

In response, the CDC has released its *Interim Guidelines for Pregnant Women During a Zika Virus Outbreak* (see link below). These guidelines include recommendations for pregnant women or their partners considering travel to an area with Zika virus transmission, as well as for the screening, testing, and management of returning travelers who are pregnant.

Information and resources about the Zika virus are available on the CDC website at:

- <http://www.cdc.gov/zika/index.html>
- Key Messages for use in developing materials:
<http://www.cdc.gov/zika/pdfs/zika-key-messages.pdf> (English)
- Interim Guidelines for Pregnant Women:
<http://www.cdc.gov/mmwr/volumes/65/wr/mm6502e1.htm>

Pregnancy and Microcephaly:

- <http://www.cdc.gov/zika/pregnancy/> (English)
- <http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>
(English/Spanish/Portuguese/ French)

Mosquito Bite Prevention:

- <http://www.cdc.gov/features/stopmosquitoes/index.html> (English)
- <http://www.cdc.gov/westnile/faq/repellent.html> (English)

Infographics and Posters:

- <http://www.cdc.gov/zika/fs-posters/index.html> (English/Spanish)

Zika 101 Video:

- <http://www.cdc.gov/media/dpk/2016/dpk-zika-virus.html> (English)

Key Messages (detailed questions and answers about Zika virus):

- <http://www.cdc.gov/zika/pdfs/zika-key-messages.pdf> (English)
- <http://www.cdc.gov/zika/es/pdfs/spanish-key-messages.pdf> (Spanish)

Additionally, Text4Baby (pregnancy text messaging service) has updated its messaging to include Zika virus updates):

- Text BABY to 511411 (English)
- Text BEBE to 511411 (Spanish)

Thank you for continuing to be an important ally in the nation's efforts to ensure the well-being of WIC participants.

Sincerely,



SARAH WIDOR
Director
Supplemental Food Programs Division

WHAT YOU NEED TO KNOW ABOUT THE ZIKA VIRUS



What is the Zika virus?

- Zika is a virus that is spread by mosquitos.
- The Zika virus has recently been found in South America, Central America, Cape Verde (off the western coast of Africa) and in the Caribbean. Zika virus has not been established in the mainland United States, although travel-associated cases among persons who have visited Zika-virus affected areas have been identified.

How is the Zika virus spread?

- The virus is spread to people when they are bitten by an infected mosquito.
- It is rare but possible that the Zika virus can also be spread from infected men to women through sexual intercourse.

What are symptoms of the Zika virus?

- Most people who are exposed to the Zika virus will not experience symptoms or get sick. If they do get sick, symptoms will appear between 2-7 days after being bitten by an infected mosquito.
- When symptoms occur, they include: fever, rash, joint pain, and red or swollen eyes.

What do I need to know about pregnancy and the Zika virus?

- In pregnant women who have been exposed to the Zika virus, it is sometimes possible for the virus to spread to the baby. It is also possible that this may result in a birth defect causing abnormal brain and head development.

How can I avoid the virus?

- Because there is no vaccine or medications to prevent Zika virus infection, the CDC and the Kansas Department of Health and Environment recommend that **all pregnant women and women planning to become pregnant consider postponing travel to areas where Zika virus transmission is occurring.**
- The CDC recommends that you protect yourself from mosquito bites by wearing long-sleeved shirts and long pants and use Environmental Protection Agency (EPA)-registered insect repellents. Always follow the product label instructions. Mosquitos are active during the day and night. Check these websites for more information <http://wwwnc.cdc.gov/travel/notices> and <http://www.epa.gov/insect-repellents/find-insect-repellent-right-you>
- Pregnant women should avoid sexual intercourse or use condoms during vaginal, anal, or oral sex with men who reside in or traveled to an area with Zika virus transmission for the duration of their pregnancy.

Please contact your doctor if you have recently visited Central America, South America, Cape Verde (off the western coast of Africa) or the Caribbean if:

- You are pregnant or plan to become pregnant.
- You believe you are experiencing symptoms related to the Zika virus.

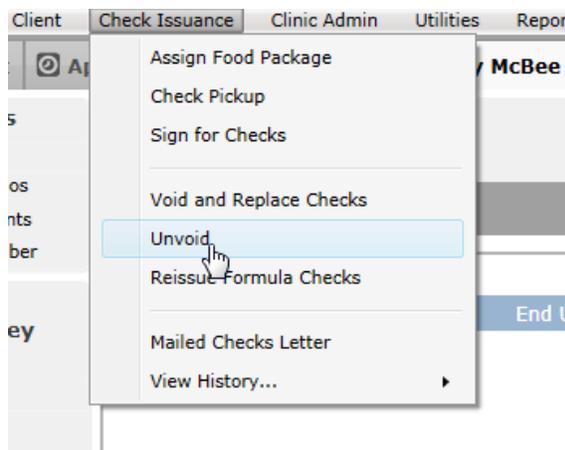


Unvoid



All of us mistakenly void checks. The Unvoid screen is available to correct such a miss-step and for other limited reasons. BUT, for fraud prevention, there are restrictions. *You cannot unvoid checks when replacement checks have been issued.* So you still need to be careful with Void and Replace.

To Unvoid checks that have **not** been replaced, you will need to open Unvoid from the Check Issuance menu dropdown.



Once you have opened Unvoid, you will then be able to select the check(s) you would like to Unvoid. Select the check(s) by checking the Unvoid checkbox next to each check that you wish to Unvoid. After you have selected all the checks that you need, click the “Unvoid” button at the bottom of the screen. The check(s) that you selected are now unvoided.

UnVoid Checks

Check #	Issued	First Use	End Use	Status	Void Date	Void Reason	Unvoid
52	03/11/2016	03/11/2016	04/11/2016	OK to Unvoid	03/11/2016	Error in check preparation	<input checked="" type="checkbox"/>
53	03/11/2016	03/11/2016	04/11/2016	OK to Unvoid	03/11/2016	Error in check preparation	<input checked="" type="checkbox"/>
54	03/11/2016	03/11/2016	04/11/2016	OK to Unvoid	03/11/2016	Error in check preparation	<input checked="" type="checkbox"/>
55	03/11/2016	03/11/2016	04/11/2016	OK to Unvoid	03/11/2016	Error in check preparation	<input checked="" type="checkbox"/>
56	03/11/2016	04/11/2016	05/11/2016	OK to Unvoid	03/11/2016	Error in check preparation	<input type="checkbox"/>

If checks have been voided **and** replaced, the Unvoid screen will be blank and you will not be able to select any checks to Unvoid. If a void and replace was done in error, you can call the Helpdesk at 866-516-3606 for assistance.

