



Georgia Department of Public Health

Nutrition Education & Risk Criteria Update

Presentation to: Nutrition Services Directors

Presented by: Barbara Stahnke, MEd, RD, LD

Date: June 14, 2016



We Protect Lives.



Our friend
Laura Iberkleid
in Ohio with
Simon.



We Protect Lives.

Objectives:

Participants will be able to:

- Describe the Risk Criteria Training being offered on July 28th and August 2nd
- Describe upcoming Risk Criteria Changes
- Identify questions for the Educational Materials Task Force and name the contact person for the current approved list
- Describe the progress on Counseling Skills development through Strong4Life collaboration

Georgia WIC Nutrition Education

RISK CRITERIA UPDATE AND UPCOMING TRAINING

Risk Criteria Update

At the end of the Risk Criteria training participants will be able to :

- describe the updates to GA WIC Risk Criteria for 2017
- describe the problem with lead in Georgia
- describe a diet that can help WIC participants reduce high blood lead levels and a diet that can help prevent anemia
- describe the two screening methods approved in Georgia to screen for anemia and how to evaluate the results
- develop their framework for participant centered education related to the prevention of anemia

Risk Criteria Update

- Same training offered twice:
 - July 28th 8:30AM – 12:30PM
 - August 2nd 12:30 PM – 4:30PM
- Implementation Date
 - August 15th
- 3.0 Nutrition Specific CEUs
- Nursing Contact Hours will be available
- Georgia WIC will apply for RD CPEUs
- Massimo and Hemocue will be presenting both days

Risk Criteria Update

PRENATAL (Risk 201)	Hemoglobin	Hematocrit
1st Trimester (0-13 wks):		
Non-Smokers	10.9 gm or lower	32.9% or lower
Smokers	11.2 gm or lower	33.9% or lower
2nd Trimester (14-26 wks):		
Non-Smokers	10.4 gm or lower	31.9% or lower
Smokers	10.6 gm or lower	32.9% or lower
3rd Trimester (27-40 wks):		
Non-Smokers	10.9 gm or lower	32.9% or lower
Smokers	11.1 gm or lower	33.9% or lower

Risk Criteria Update

Breastfeeding & Postpartum (Risk 201)	Hemoglobin	Hematocrit
Non-Smokers (≥ 15 years of age)	11.9 gm or lower	38.6% or lower
Non-Smokers (< 15 years of age)	11.7 gm or lower	
Smokers (≥ 15 years of age)	12.0 gm or lower	39.6% or lower
Smokers (< 15 years of age)	12.2 gm or lower	

Risk Criteria Update

Infants (Risk 201)	Hemoglobin	Hematocrit
6-11 Months of Age	10.9 gm or lower	35.9% or lower
Children (Risk 201)	Hemoglobin	Hematocrit
12-23 Months of Age	10.9 gm or lower	35.8% or lower
24 Months of Age to 5 Years of Age	11.0 gm or lower	35.9% or lower

Risk Criteria Update

- ELEVATED BLOOD LEAD LEVELS (Risk Code 211 – All Client Types)
 - Blood lead level of ≥ 5 $\mu\text{g}/\text{deciliter}$ within the past 12 months.
 - Document: Date of blood test and blood lead level in participant's health record. Must be within the past 12 months
 - High Risk: Blood lead level of ≥ 5 $\mu\text{g}/\text{deciliter}$ within the past 12 months.
 - Previous risk was ≥ 10 $\mu\text{g}/\text{deciliter}$

Risk Criteria Update

- ELEVATED BLOOD LEAD LEVELS (Risk Code 211 – All Client Types)
 - Must assess the history of lead testing for every infant and child
 - We will be reviewing the recommended referrals and nutrition education related to Risk Code 211 for all participant types at the Risk Criteria Training

Risk Criteria Update

- CLOSELY SPACED PREGNANCIES (Risk Code 332)
- Name change to Short Interpregnancy Interval
 - Our definition is more restrictive than the USDA change
 - Maintaining the current definition:
 - » For current pregnancy, the participant's EDC is less than 25 months after the termination of the last pregnancy
 - Document: Termination date of last pregnancy and EDC in the participant's health record

Risk Criteria Update

- BREASTFEEDING COMPLICATIONS (Risk Code 602)
 - Added risk code 602 for Prenatal



Georgia WIC Nutrition Education

APPROVED NUTRITION EDUCATION MATERIALS LIST

Purchasing Guidance

- Reminder: Assure that your Nutrition Ed Materials List is up to date for materials on hand.
- Contact Barbara Stahnke for the current approved materials list.
 - Any purchases initiated as of today must be on the approved Education Materials List
 - The Education Materials Task Force (EMTF) continues to meet
 - Children's materials are complete (additional reinforcement materials still needed)
 - Prenatal materials are complete (need to identify reinforcement materials)
 - Breastfeeding material review has started

Purchasing Guidance

- Contact Barbara Stahnke for the current Education Materials List
 - Working on adding the education materials list to the District Resources Web Page
 - Story books, recipe books and activity books are included in the list
 - Story books are targeted for infants and children
 - Must include a lesson plan that the book supports with the purchase justification
 - Local agency should think through reasonable and necessary cost justification with all purchases

Education Reinforcement Materials

- Children Materials: Working to identify materials for...
 - Immunizations
 - Exit Counseling (want the educational content to include info on Vaping and E-cigarettes)
 - Water
 - Constipation
 - Choking

Education Reinforcement Materials

- Prenatal Materials: Working to identify materials for...
 - Exit Counseling (want the educational content to include info on Vaping and E-cigarettes)
 - Constipation
 - Food Safety – Listeria and Bacteria
 - Mercury

Education Reinforcement Materials

- Core Messages:
 - Breastfeeding
 - Make Half Your Plate Vegetables and Fruits – balanced plate
 - Be Active
 - Healthy Beverage Consumption
 - Responsive Feeding (Baby Behavior / Stress Free Feeding)

Education Reinforcement Materials

- Overarching Themes:
 - WIC Cares
 - Health Literacy
 - Positive
 - Aesthetically Appealing
 - Up to Date
 - Quality
 - Convenient Sizes
 - Offers Connection and Support Resources

Education Reinforcement Materials

- Branded Materials
 - First draft presented at EMTF June meeting
 - EMTF has submitted comments with recommendations.

- 8.5 X 11"

Fresh Foods Fun!



Bet you Didn't Know

- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here



How Do I Know it's Fresh?

- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here



Fun Dinner Ideas

- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here
Text will go here Text will go here Text will go here Text will go here

Call Georgia WIC at 1-800-228-9173

Visit Georgia WIC online at
wic.ga.gov



This institution is an equal opportunity provider.

Fun with Fruits!

- 5 x 8.5"



Bet you Didn't Know

- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here



How Do I Know it's Fresh?

- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here



Fun Dinner Ideas

- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here

Call Georgia WIC at 1-800-228-9173

Visit Georgia WIC online at
wic.ga.gov



This institution is an equal opportunity provider.

We Protect Lives.

- 3 x 6"

Call Georgia WIC at
1-800-228-9173

Veggie Check!

Visit Georgia WIC online at
wic.ga.gov




Bet you Didn't Know

- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here

How Do I Know it's Fresh?

- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here

Fun Dinner Ideas

- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here
- Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here Text will go here

GEORGIA
WIC

EAT HEALTHY GROW HEALTHY LIVE HEALTHY



DPH

Georgia Department of Public Health

This institution is an equal opportunity provider.

Education Materials List

Contact Barbara Stahnke for current approved list

Last Updated: June 10, 2016

Georgia WIC Program Nutrition Education Materials

Nutrition Ed Material Title	Type	Vendor	Language	Comments (Requirements and do not use)	Target Audience	Approval Date
Farmers Market	Recipe Book	Nutrition Matters	English	This requires a supporting Nutrition Class outline prior to purchase.	WIC Participants	4/28/2016
Farmers Market	Recipe Book	Nutrition Matters	Spanish	This requires a supporting Nutrition Class outline prior to purchase.	WIC Participants	4/28/2016
Picky Eating, Make Mealtime Happier	Handout	Learning Zone Express	English	Ok without Spanish	WIC Participants	4/28/2016
Moms Helping Moms	Handout	USDA	English	https://lovingsupport.fns.usda.gov/content/moms-helping-moms-meet-your-wic-breastfeeding-peer-counselor	Breastfeeding Dyad	6/9/2016
Moms Helping Moms	Handout	USDA	Spanish	https://lovingsupport.fns.usda.gov/content/moms-helping-moms-meet-your-wic-breastfeeding-peer-counselor	Breastfeeding Dyad	6/9/2016

Nutrition Ed Committee Vs. Education Materials Task Force

- Nutrition Education Committee
- Quarterly meetings – Next meeting in July
- Nutrition Service Plan Goals
- Reporting on Special Projects
- Reporting on Educational Materials Task Force

Georgia WIC Nutrition Education

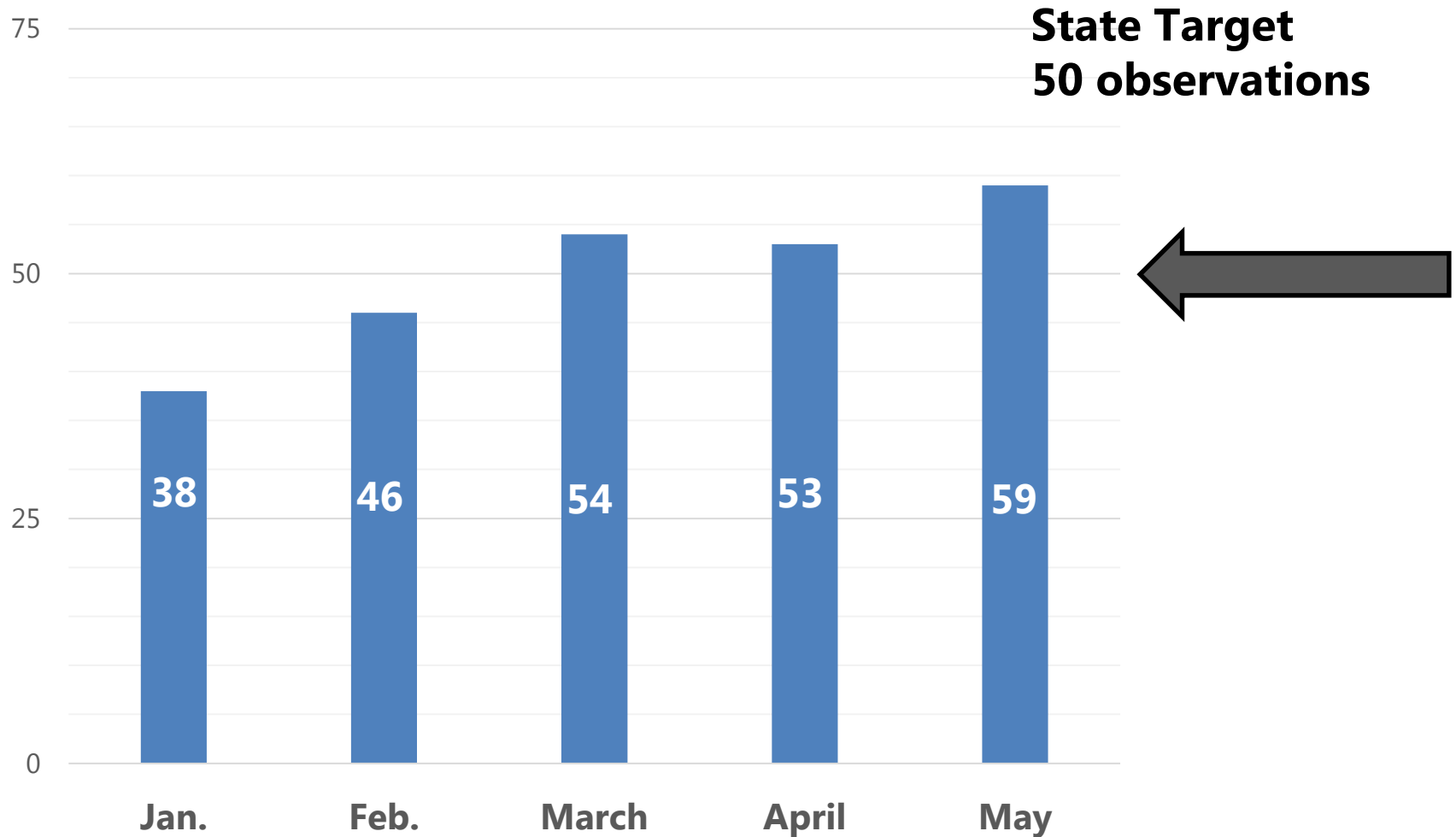
MOTIVATIONAL INTERVIEWING & STRONG4LIFE COLLABORATION

We Protect Lives.

Action Memo 16-20

- WIC Champion: Required Strong4Life Counseling Observations
 - Goal - Improve counseling skills
 - 10% of **ALL** CPAs should be observed and coached for counseling skills statewide
 - Different from Monitoring Tool observations
 - Certification or High Risk Secondary Education
 - Observation entered into the Redcap Database
<http://j.mp/1ReMJ3p>

Strong4Life WIC Champion Observations as of May 2016



CHOA-SHAPE-WIC Partnership 2016 – Progress Report

- Strong4Life Basic Training
 - All live training is complete
 - Web-based Orientation Module (in development)
 - Interactive orientation modules
 - Finalizing script for video
 - Finalizing PowerPoint for training

CHOA-SHAPE-WIC Partnership 2016 – Progress Report

- Advanced skills course finalized
 - Open Ended Questions
 - Reflective Listening
 - Goals Setting Process
- Schedule
 - July 12th – Gwinnett – registration available
 - July 26th – Waycross – awaiting registration
 - TBD – Macon

CHOA-SHAPE-WIC Partnership 2016

- Research project with Medical Provider – WIC – Strong4Life
 - 18 participants as of June 10th
 - CHOA is working to improve the Medical Provider side of the project
- Strong4Life Materials Order – still awaiting purchase order

Nutrition Education: Georgia WIC

Contact:

Barbara Stahnke

404-656-9869

Barbara.Stahnke@dph.ga.gov