YOU
GOT
THIS.

WIC UPDATE WEBINAR
September 17, 2020
Today’s Agenda

- Welcome – Jean O’Leary
- Opening remarks – Paul Throne
- Announcements – State staff
- Post-waiver Plan – Cathy Franklin
- Preparing Cascades Calendars for 2021 – Luisa Schloss and Shannon Franks
- Questions and answers – Heidi Feston
WIC Works!

- New USDA report finds that consistent 4-year participation in WIC is associated with better diet quality among low-income children.

- 4-year participation in WIC is associated with a higher quality diet among 4-year-old children.

- Caregivers who participate in WIC until their child is 4 years old value the education and support they receive through the program.

- Top reported reasons for continued participation are:
  - the education received from WIC (94 percent),
  - the WIC food package (93 percent), and
  - the perception that WIC personnel listen when participants talk about their child’s health (91 percent).
Seven out of ten study participants report changing the way they eat or the way they feed their family because of something that they learned at WIC.

The most common changes include:

- choosing healthier, more nutrient-dense foods or eating a more balanced diet (39 percent), and
- eating more fruits and/or vegetables (27 percent).

The full Fourth Year Report, along with a brief summary of the study’s findings, is available online at: www.fns.usda.gov/wic/infant-and-toddler-feeding-practices-study-2-fourth-year-report.
Announcements

- Weekly agendas and NWA policy webinars – Jean O’Leary
- Include WIC Update Webinars on calendar – Margaret Dosland
- Cascades Sandbox refresh – Margaret Dosland
- Looking for volunteers to help evaluate electronic nutrition education (Memo 2020-115). The more the merrier! - Cathy Franklin
- Correction: If time studies not done or if quarter is over and not completed than all local agency time must be billed to 100% administration - Terri Trisler
Announcements

Vaccinate Your Family's Immunization Webinar For WIC Staff
September 25th at 10:00 – 11:00 am PDT

- **Join** CDC's Dr. Amanda Cohn and learn more about:
  - Vaccine recommendations for infants, children and pregnant women
  - Flu season
  - COVID-19 vaccines
  - Answers to common questions about vaccinations

- **You must pre-register** at:
  [https://us02web.zoom.us/webinar/register/WN_UMTK-jiaThKQR1gTgSe4rQ](https://us02web.zoom.us/webinar/register/WN_UMTK-jiaThKQR1gTgSe4rQ)

- **View** recorded webinar and other resources at:
  [https://www.vaccinateyourfamily.org/vaccine-resources/](https://www.vaccinateyourfamily.org/vaccine-resources/)
How many hours of recorded training can RDNs view for CEUs?

- CDR has approved an expansion of the Activity Type 175: Recorded Pre-Approved maximum CPEUs to 45 CPEUs for RDs and 30 CPEUs for DTRs for all cycles that are currently active.

- Starting with cycles beginning June 2, 2021, the maximum CPEUs will return to 30 CPEUs for RDs and 20 for DTRs.

- In order for a recording to be eligible for credit, it must be preapproved by CDR for credit when it was presented live or offered by one of CDR’s accredited CPE providers.

- Contact CDR with your questions:
  Email: cdr@eatright.org / Phone: 1 (800) 877-1600, Ext. 5500
  Web: https://www.cdrnet.org/covid19
Post-waiver Plan

It is still possible the waivers may be extended!

It’s possible and it’s happened! See Memo 2020-119 – Waiver Extension Details

**Update:**
We’ve removed the slides related to the Post-waiver plan... because
the waivers were extended!
Adding Holidays to the Master Calendar

Please see the handout with information about the Master Calendar and how to add holidays.
Questions?

Contact us with your questions:

Policy Support phone: 1-800-841-1410, press 3, then press 1 or email at wicpolicysupport@doh.wa.gov

Your Local Program Consultant (LPC) or email at wiclpc@doh.wa.gov
## COVID-19 Resources for WIC Staff and Participants

<table>
<thead>
<tr>
<th>Who to Contact for Questions</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>State COVID Assistance Hotline:</strong></td>
<td>1-800-525-0127</td>
</tr>
<tr>
<td>Text the word “Coronavirus” to 211-211 for updates on your phone</td>
<td></td>
</tr>
<tr>
<td>Ask a question: <a href="mailto:DOH.information@doh.wa.gov">DOH.information@doh.wa.gov</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Multilingual Resources</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronavirus.wa.gov</td>
<td></td>
</tr>
<tr>
<td>Health education materials in 26 languages</td>
<td></td>
</tr>
<tr>
<td>DOH-Novel Coronavirus Outbreak (COVID-19)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stress due to COVID-19</th>
<th>Washington Listens – talk to someone about stress due to COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 1-833-681-0211. Language services available.</td>
<td></td>
</tr>
<tr>
<td>Available Monday-Friday 9 am to 9 pm and weekends 9 am to 6 pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A Healthy Dose of Information</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Health Connection – DOH blog posts</td>
<td></td>
</tr>
<tr>
<td>WIC Remote Services – forms, policies, tools for remote services</td>
<td></td>
</tr>
<tr>
<td>WA WIC Memos posted on the:</td>
<td></td>
</tr>
<tr>
<td>Local Agency SharePoint page</td>
<td></td>
</tr>
<tr>
<td>Nutrition First website</td>
<td></td>
</tr>
</tbody>
</table>