

## Nutrition First 2016 Annual Report



**Mission:** We support and promote good nutrition, breastfeeding, and equitable access to healthy foods through education and advocacy.

**Vision:** Well-nourished communities thriving in Washington State.

**Values:** Innovative, Equitable, Inclusive, Empowering, Educating

**Board of Directors:** Tiffany Schamber – President, Larisa Harvey – President Elect, Stacey Busey – Treasurer, Heather Eliason – Secretary, Meg Griswold, Brooke Pugliese, Pam Cowley

**Staff:** Carolyn Conner – Executive Director (.5 FTE)



(Spring 2016 Board Meeting) A BIG Thank You to our dedicated volunteer board of directors

## Conferences/Training

In 2016 Nutrition First offered continuing education trainings at 8 different locations and had 603 people in total attendance at these events! Thank you to the Conference Planning Committee.

### **3<sup>rd</sup> Annual Healthy Habits for Healthy Kids – April 29, 2016 – Tukwila, Washington**

Attendance: 199

Key Note Speakers: Jill Castle, “Fearless Feeding” and “Infant Feeding Trends.” Lynda Coats, Communication Across Barriers, “Effectively Making a Difference in the Lives of Those Living in Poverty.”

Sponsors: Washington Dental Services Foundation, Coordinated Care, Amerigroup, Molina

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Comments from Attendees:

“I truly feel that I was able to take home information to use not only in my work, but within my home. She was able to keep the interest of those in the room. She was very knowledgeable and answered questions. I would attend another one of her presentations if given the chance.” *(Regarding speaker Jill Castle)*

“Really enlightening and so valuable for my work” *(Regarding speaker Lynda Coats)*

“I really feel a shift in my thinking after her presentation. It was wonderful!” *(Regarding speaker Lynda Coats)*

**6<sup>th</sup> Annual Advances in Lactation – Spokane – September 28 and Tukwila – September 30**

Attendance: Spokane = 48/Tukwila = 172

Key Note Speaker: Diana Cassar-Uhl Yes, you can breastfeed! Identifying and supporting mothers with insufficient glandular tissue.”

Sponsors: Coordinated Care, Molina Health Care, Amerigroup, WA Department of Health WIC, and the Breastfeeding Coalition of Washington

Partnered with The Breastfeeding Coalition of Washington to present the 2015 Nancy Danoff, MD, Spirit of Service Award. This year’s awardee was Stacy Hackemueleer, Yakima Valley Farm Workers.

Comments from Attendees:

“Very eye-opening information”

“Dynamic, thoughtful, creative, engaging, etc”



Conference attendees!

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## Conferences/training

Again this year Nutrition First trainer Michele Crockett, IBCLC, PCPA, LLLL, traveled the state providing breastfeeding training at locations requested by local WIC agencies. She provided “Foundations in Lactation” at three locations (Seattle, Mt. Vernon and Olympia), and added a “Building on Foundations” training for those who had already attended foundations and were ready to enhance their skills in lactation support (Seattle and Yakima).

Comments from attendees:

“This was the best training I've been to in the last few years.”

“Made me aware of the challenges mothers face in going back to work and trying to pump.”

“Michele kept me really interested in all the subjects she covered. Love her sense of humor as well.”

## Advocacy

### State Level

Nutrition First supported nutrition related bills in Olympia again this year. Breakfast after the Bell, Farm to School and Direct Small Farms Marketing Program.

Carolyn Conner and Brooke Pugliese attended Hunger Action Day and met with legislators from their home districts. Carolyn Conner also attended Good Food and Farming Day.

### Federal Level

Larisa Harvey, Tiffany Schamber and Carolyn Conner attended the National WIC Association Leadership Conference in Feb/March, and met with staff from our Washington State Senators and Congressman's offices. Topics discussed included WIC program funding, breastfeeding peer counselor program support, and upcoming Child Nutrition Program Reauthorization.



Congressman Denny Heck (District 10) visited the University Place WIC Clinic.



Nutrition First worked with local WIC clinics and farmer's markets to collect comments supporting the Farmer's Market Nutrition Program.

## **Board Operations**

- Updated logo to include the words “WIC Association of Washington State.”
- Updated Mission, Vision and Values.
- Continue to work towards establishing strategic plan goals.
- Launched updated website that has a fresher and more user friendly look and feel. Is easily viewed from tablets and cell phones, as well as PC’s.
- Board Business is conducted via monthly board conference calls and two in person meetings
- Committed to hosting statewide WIC Conference – October 24-25, 2017 (first statewide WIC conference in 5 years)

## **Budget Overview - 2016**

Income from Conference Registrations	\$79,985
Income from Sponsorships	\$13,356
Other Income	\$406
<b>Total Income</b>	<b>\$93,747</b>
Expenses	\$87,213
<b>Net Operating Income for 2016</b>	<b>\$6534</b>
<b>Total Net Assets for Nutrition First as of 12/31/16</b>	<b>74,566</b>

## **Membership**

In 2016 Nutrition First continued to waive the individual membership fee in order to make membership simpler and available to all. Anyone who has attended a Nutrition First conference, or who already receives our newsletter, continues to be considered a member. We currently have just over 900 members.

### Benefits of Membership

- Monthly Nutrition First Newsletter
- Advocacy alerts
- Information about upcoming training opportunities
- Opportunities to advocate to lawmakers about nutrition issues
- Opportunities to help plan future trainings
- Access to Nutrition First Job Board

### **Lifetime Members:**

Betty Clemmons  
 Susan Thiel  
 Lisa DiGiorgio  
 Malvina Goodwin  
 Barbara Krogstad  
 Stacey Webb

**2016 Organizational Members:**

Sea Mar Community Health Centers  
Molina  
Amerigroup  
Coordinated Care  
WA Dental Service Foundation  
WA State WIC Program  
BCW  
Children's Alliance

**A BIG Thank You to our 2016 Conference Sponsors!**



**Breastfeeding Coalition  
of Washington**  
A Program of WithinReach



**Washington Dental Service  
Foundation**

*Community Advocates for Oral Health*

