



Tips for People age 65+

1. Drink plenty of liquids.
2. Make eating a social event.
3. Plan healthy meals.
4. Know how much to eat.
5. Vary your vegetables.
6. Eat for your teeth and gums.
7. Use herbs and spices.
8. Keep food safe.
9. Read the Nutrition Facts label.
10. Ask your doctor about vitamins or supplements.

For more information see
DG Tip Sheet No. 42. U.S.
Department of Agriculture

www.choosemyplate.gov

In this issue

Peggy Kidd Award	P. 2
WIC Outreach	P. 2
Substance Use Prevention Guide	P. 2
Resources	P. 3
In the News	P. 3
Journal Review	P. 4
From AND	P. 4
Dates to Remember	P. 5

Project Helps Increase Farmers' Market Redemption Rates

The WIC Farmers' Market Nutrition Program (FMNP) provides \$20 of food instruments that can be used at local Farmers' Markets to purchase fresh, locally grown fruits and vegetables. It supports our local farmers and increases the amount of fruit and vegetables available to our WIC families.

A Continuous Quality Improvement (CQI) committee was formed with the goal of increasing the WIC Farmers' Market redemption rates. In past years our rates were as low as 20 percent, which meant only one in five food instruments (FIs) issued in the health centers actually made it to the market to be cashed. When we started distributing FIs at the Farmers' Markets, the redemption rate increased to 42 percent.

The CQI goal was to raise redemption rates to more than 50 percent. The CQI committee collected input from WIC clients, Farmers' Market Coordinators, health

department staff and the county Cooperative Extension agents. Together they developed and implemented a plan that included scheduling events to distribute WIC FMNP FIs in the health center parking lots and at the various Farmers' Markets.

As a result, the Farmers' Market redemption rates increased to 48 percent district wide. Grant County reached a redemption rate of 64 percent and Boone reached 51 percent. The Grant County staff members' efforts on this project were recognized with the first TEAM (Together Everyone Achieves More) award. The TEAM award is given by the Northern Kentucky Health Department to recognize exceptional efforts within the district.

The committee will build on the success and continue with the goal of reaching redemption rates of 50 percent or higher in all four counties.

- Cathy Winston

Peggy Kidd Award

The 67th annual Kentucky Public Health Association (KPHA) Conference was held April 14-16, 2015, at the Owensboro Convention Center in Owensboro. During the KPHA awards ceremony, Cara O'Neill, MS, RD, LD, was presented with the Peggy S. Kidd Nutrition Award that honors a nutritionist for outstanding professional contributions and service in public health.

Cara has worked in public health since 2005 and has been with the Clark County Health Department

since 2007. In her decade with public health, Cara has served in many ways. She was instrumental in beginning the Better Health for Babies Coalition as well as the Breastfeeding Coalition in her area. She also serves on the Clark County Activity Coalition and has played a role in the Clark County Wellness Challenge. Cara previously served as the preparedness coordinator for the medical reserve corps. Congratulations to Cara on receiving this award.

WIC Outreach

As WIC participation has decreased across the state, outreach has become even more important. Your clinics should be engaged in and documenting outreach efforts. One example of outreach comes from the Laurel County Health Department. The banner shown at the right is displayed in front of the health department to entice would-be participants. Feel free to modify and use this idea as part of your clinic's outreach efforts.

If your agency has an outreach idea that you would like to share, forward the information to Rhonda Goff at Rhonda.Goff@ky.gov.



Substance Use Prevention Resource Guide

FNS has revised a section in Chapter III of the Substance Use Prevention Resource Guide to reflect the FDA's Pregnancy and Lactation Labeling Rule (PLLR), effective June 30, 2015. The PLLR eliminated the pregnancy letter categories (A, B, C, D and X) to better communicate the risk a drug may pose during pregnancy and lactation or the effect it may have on

the reproductive potential of both females and males.

If you have already downloaded this resource guide and saved it to your computer, you may wish to replace it with the updated version.

Resources

Nutricia Learning Center (NLC)

www.nutricialearningcenter.com/en/

NLC is an educational resource for health-care professionals managing patients with special nutritional needs. NLC provides access to research, tools, discussions and more for a wide range of conditions including metabolic disorders, gastrointestinal issues, food allergies and more.

USDA National Agricultural Library (NAL)

<https://nutritionhistory.nal.usda.gov/>

The NAL recently launched the Historical Dietary Guidance Digital Collection (HDGDC). This resource houses a collection of historical diet and nutrition publications that were written by the U.S. government and allows users to explore how nutrition guidance has evolved.

Materials in this resource include historical nutrition education materials, posters and recipes, as well as current nutrition education materials. The collection can be filtered by year, subject, author and language.

Body Weight Planner

www.niddk.nih.gov/health-information/health-topics/weight-control/body-weight-planner

The National Institutes of Health (NIH) has partnered with USDA to add the NIH Body Weight Planner to USDA's SuperTracker online tool. The Body Weight Planner was developed after years of research to accurately forecast how body weight changes when people alter their diet and exercise habits.

In the News

Study: Some New Moms Get Too Little Advice From Doctors

www.usatoday.com/story/news/2015/07/26/new-mom-doctor-advice

Your Kid's Picky Eating May Not Be So Harmless After All

www.washingtonpost.com/news/to-your-health/wp/2015/08/04/your-kids-picky-eating-may-not-be-so-harmless-after-all/

FDA Issues Final Rule to Add Selenium to List of Required Nutrients for Infant Formula

www.fda.gov/Food/NewsEvents/onstituentUpdates/ucm451982.htm

Infant Mortality Rate Hits Record Low, Although Racial Disparities Persist

www.usatoday.com/story/news/2015/08/05

IBM to Launch Program to Help Traveling Moms Ship Breast Milk Back Home

www.foxnews.com/health/2015/07/16

Healthier Meals Do Cost Families More

www.reuters.com/article/2015/07/08/us-health-diet-costs-idUSKCN0PI1YR20150708

Only 1 in 10 Americans Eats Enough Fruits and Vegetables: CDC

consumer.healthday.com/public-health-information-30/centers-for-disease-control-news-120

When Used Incorrectly, Your Favorite Nursing Pillow Could Be Deadly

www.goodhousekeeping.com/health/a33752/nursing-pillows-linked-to-baby-deaths/

Journal Review

***The American Journal of Clinical Nutrition*, July 8, 2015, Online First**

<http://dx.doi.org/10.3945/ajcn.114.106385>

Maternal vitamin D3 Supplementation at 50 ug/d Protects Against Low Serum 25-hydroxyvitamin D in Infants at 8 weeks of Age

***The American Journal of Clinical Nutrition*, July 15, 2015, Online First**

<http://dx.doi.org/10.3945/ajcn.114.103655>

Vitamin D Insufficiency is Associated with Increased Risk of First-Trimester Miscarriage in the Odense Child Cohort

***Breastfeeding Medicine*, July/August 2015**

<http://dx.doi.org/10.1089/bfm.2015.0025>

Impact of Measuring Milk Production by Test Weighing on Breastfeeding Confidence in Mothers of Term Infants

<http://dx.doi.org/10.1089/bfm.2015.0047>

Goals for Human Milk Feeding in Mothers of Very Low Birth Weight Infants: How Do Goals Change and Are They Achieved During the NICU Hospitalization?

***Breastfeeding Medicine*, August 7, 2015, Online First**

<http://dx.doi.org/10.1089/bfm.2014.0179>

Comparison of Feeding Practices in Infants in the WIC Supplemental Nutrition Program Who Were Enrolled in Child Care as Opposed to Those with Parent Care Only

***Infant, Child and Adolescent Nutrition*, August 2015**

<http://dx.doi.org/10.1177/1941406415595861>

Optimizing the Microbiome and Immune System with Maternal Diet in Pregnancy and Lactation May Prevent Food Allergies in Infants

***Clinical Pediatrics*, August 2015**

<http://dx.doi.org/10.1177/0009922814561742>

Fast Food Consumption and Academic Growth in Late Childhood

***Journal of School Health*, September 2015**

<http://dx.doi.org/10.1111/josh.12294>

How Food as a Reward Is Detrimental to Children's Health, Learning and Behavior

From the Academy of Nutrition and Dietetics

The Essential Practice Competencies for the Commission on Dietetic Registration's Credentialed Nutrition and Dietetics Practitioners

<http://dx.doi.org/10.1016/j.jand.2015.03.027>

Recommended Model for Future Education in Nutrition and Dietetics: Frequently Asked Questions

www.eatrightacend.org/ACEND/content.aspx?id=6442485290

Journal of the Academy of Nutrition and Dietetics, August 2015

<http://dx.doi.org/10.1016/j.jand.2015.02.018>

Intermittent Fasting and Human Metabolic Health

<http://dx.doi.org/10.1016/j.jand.2014.12.026>

Increasing Child Fruit and Vegetable Intake: Findings from the US Department of Agriculture Fresh Fruit and Vegetable Program

Dates to Remember

September 14-18, 2015

**Lactation Counselor Training Course and
CLC Certification Exam**

Louisville, KY

www.healthychildren.cc

October 12-16, 2015

**Lactation Counselor Training Course and
CLC Certification Exam**

Bowling Green, KY

www.healthychildren.cc

Save the Date

November 4, 2015

Baby Friendly Hospital Pre-Conference

Lexington, KY

For more information please call Marlene Goodlett
at 502-564-3827 ext. 4348 or email at

marlene.goodlett@ky.gov

Save the Date

November 5, 2015

**Healthy Babies are Worth the Wait/Kentucky
Infants Safe and Strong (KISS) Conference**

Lexington, KY



Newsletter Contributors

- Cathy Winston, M Ed, RD, LD, CLC
WIC Coordinator, Northern Kentucky District
Health Department
- Rhonda Goff, Supervisor
Program Management Section
- Nicole Nicholas, MS, RD, LD
Supervisor, Clinical Nutrition Section
- Marlene Goodlett, MS, RD, LD, CLC
Breastfeeding Promotion Coordinator
- Connie Howell, M. Ed, RD, LD
Newsletter Co-editor
- Michele Burton, RD, LD
Newsletter Co-editor



Kentucky Public Health
Prevent. Promote. Protect.

USDA is an equal opportunity provider and employer.
WIC is a registered service of the U.S. Department of Agriculture
for USDA's Special Supplemental Nutrition Program for
Women, Infants and Children.

