



Thank you for joining the
August 2021
Local Agency WIC
Nutritionists and
Breastfeeding Coordinators
meeting.

We will start shortly





Local Agency WIC
Nutritionists
(LAWN) annual
meeting with
Breastfeeding
Coordinators

August 31, 2021



Happy
Breastfeeding
Awareness
Month





Local Agency Updates



Welcome to Oregon WIC

- Melissa Dorsey, Klamath County RDN
- Alma Palacios, Washington County RDN





Melissa Dorsey, Klamath County RDN and WIC Coordinator

- I graduated from the University of Central Missouri and completed my dietetic internship through Bowling Green State University's distance program.
- Before my WIC career, I developed and managed a food safety management system and verified nutritional information for a small gluten free food manufacturing company.
- I worked for WIC in Kentucky for 4+ years as a WIC Nutritionist, Regional Breastfeeding Promotion Coordinator, and Breastfeeding Peer Counselor Program Supervisor.
- I have only been in Oregon since the end of June. I love traveling and spending time outside hiking, kayaking, slacklining, etc.- so I am so excited to get out and explore more once the heat and smoke clear!



Alma Palacios, Washington County MS, RDN

- I grew up in Logan Heights San Diego, California. I moved to the PNW 3 years ago. Most of my family lives in Oaxaca, Mexico and Sinaloa, MX.
- I graduated from Bastyr University in 2020 with a Master's in Nutrition and Dietetics. I completed my dietetic internship at Cal Poly San Luis Obispo in June 2021.
- I love hiking, camping, and hanging out with my two cats.

State Updates

- State staff news
- Breastfeeding coordination update
- Breastfeeding peer counseling update
- Breast pump update
- Cash Value Benefit ends September 30th
- Call to action: Diabetes Prevention Program
- Future meetings





LAWN gratitude and respect for Vernita Reyna! Congratulations on your retirement!

Breastfeeding Coordination Updates

Kelly Sibley

- National WIC Breastfeeding Month Celebrations
- National WIC Breastfeeding Award – Oregon 1 of 6 states with highest rates of fully breastfed infants
- Oregon Breastfeeding Rates
- July BF/BFPC Quarterly Meeting – discussed chestfeeding and impact of pandemic on breastfeeding
- WIC BFPC Pilot – Expanding the reach, Linn to Lincoln
- Level 3 Breastfeeding Training - 45+ hour or 90-hour online course now available to WIC RDs.

Breast pump transition to Hygeia products

Bonnie Ranno

- Changes are happening! You may not notice it for awhile if your agency has ample amounts of Medela products on hand.
- Multi-user pump: **EnDeare** replaces the Lactina
- Single user pump: **Evolve** replaces the Pump in Style
- Hygeia also offers both one-handed and two-handed manual pumps, as well as accessories like flanges, tubing and gauges.
- Hygeia kits will work with the Lactina.
- Training for breastfeeding coordinators, pump coordinators, and interested certifiers is planned for late October.

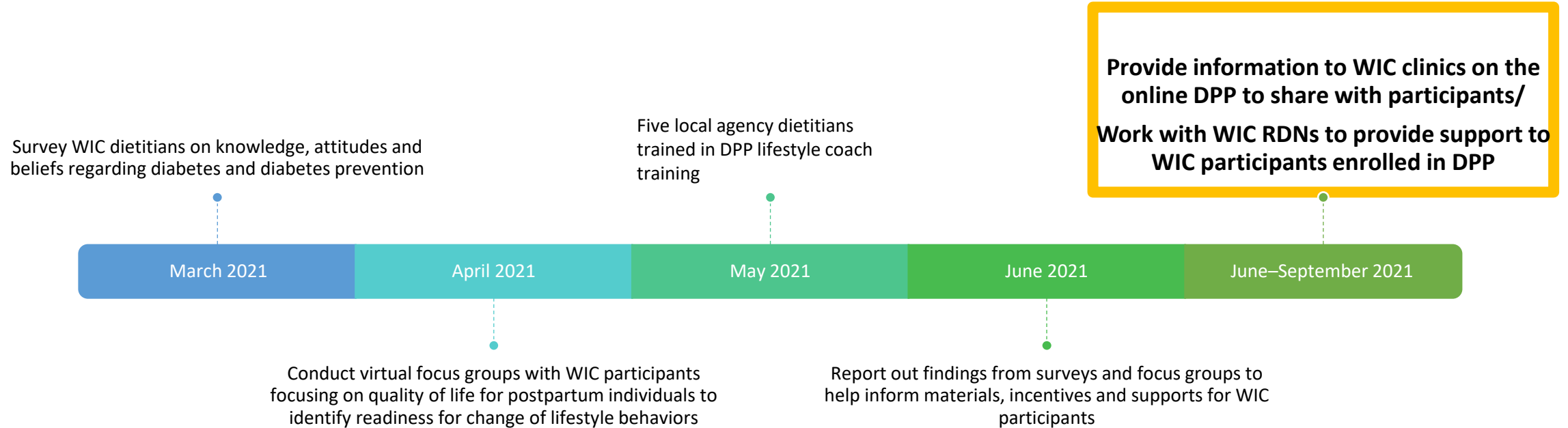




Extra fruit and veggies are available on your eWIC balance this summer!

Action needed for October benefits

Innovation in action: Diabetes Prevention Program



Materials for Online DPP



YOUR HEALTH JOURNEY STARTS HERE

You are invited to participate in a lifestyle change program. There is no cost to participate. Are you ready?

- Convenient
- Go at your own pace
- Comfort of your own home
- On-demand video

Have access to a health coach, online support, a structure for success, and the tools for a healthier, more vibrant you.



TAKE THE NEXT STEP!

THE NATIONAL DIABETES PREVENTION PROGRAM (NATIONAL DPP):

- [The National DPP](#) is designed for your success
- Learn about nutrition, movement and emotional well-being in this lifestyle change program
- There is no charge to participate and you receive a year-long support system
- Lower your risk for developing type 2 diabetes



QUALIFICATIONS:

- A history of [gestational diabetes](#)

OR

- Currently have [prediabetes](#)

To see if you qualify and to register, take a brief risk test at:
hope8020.com/OregonMothers
ENROLL BETWEEN JULY 15 - SEPT 15, 2021
For more information, contact Erica Johnson:
503-522-6319 | erica.a.johnson2@state.or.us



NATIONAL DIABETES PREVENTION PROGRAM | HOPE 80/20 Health | Comagine Health

This material was supported by the Grant or Cooperative Agreement Number: 1U58PM000501, funded by the Centers for Disease Control and Prevention. It is provided as a service to the public and does not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Questions?





Coming up next:

November 23, 2021
2-4 pm

Topic: Diabetes Prevention
Program