

Nevada WIC- Local Agency Nutrition Services Plan (LANSP) Phase 2: 2021 - 2023

Email

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WIC Agency:

Carson City Health and Human Services; clinics 427 and 455

Prepared By:

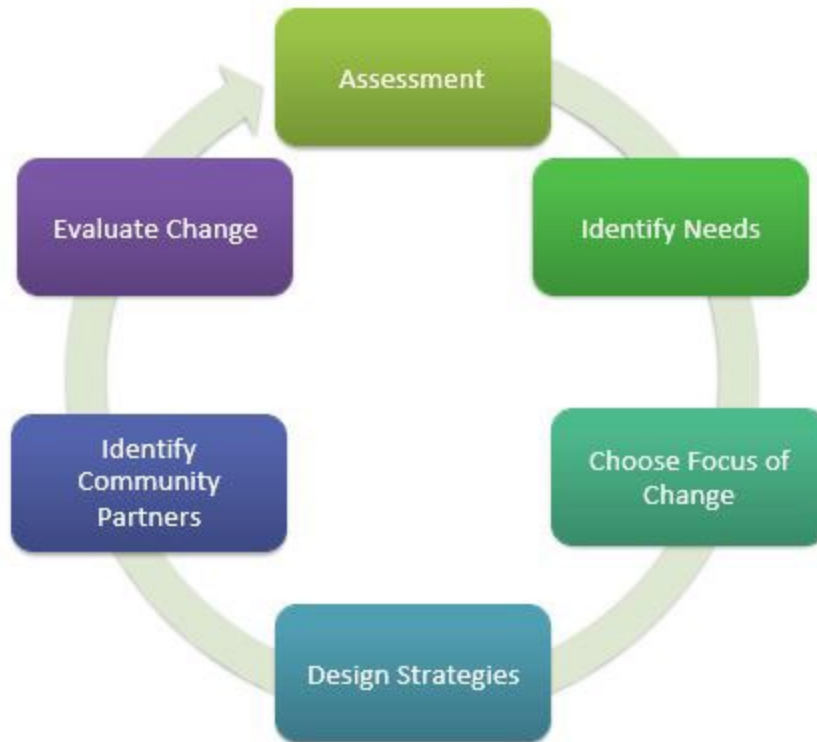
Mary Jane Ostrander, Human Services Division Manager

Introduction

The following is the official template for the Local Agency Nutrition Services Plan (LANSP) for Fiscal Year 2022/2023 (October 1st, 2022 through September 30, 2023). The State Office uses this plan to identify priorities for nutrition education, breastfeeding support, outreach activities, and staff training each fiscal year consistent with State and Federal regulations [Regulatory Citation: 7 CFR 246.11 (d)(2)].

The LANSP is a continuous process of assessment, implementing strategies, and evaluating results. A visual for the LANSP process is shown below. It is important for agencies to annually assess their needs and outline steps for improvement. The LANSP is one tool to accomplish this task.

Please follow the instructions from the LANSP Review Guidance for submission of your LANSP. **Plans are due electronically and in specified format by Friday, July 8th, 2022.** Failure to submit the LANSP by the due date may result in a delay of funding.



Overview of Required Components:

Phase 2 - LANSP Implementation & Technical Assistance

- A. Mid-Evaluation of 2021 - 2023 Goals
- B. 2022 - 2023 Local Agency Outreach Plan
- C. 2022 - 2023 Local Agency Points of Contact

Phase 2 - Training Plan & Evaluation

- D. Evaluation of Training Plan for 2021 - 2022
- E. 2022 - 2023 Training Plan

A. Closing Evaluation of 2021 - 2023 Nutrition Service Goals

Review and evaluate the goals and objectives submitted for 2021 - 2023. Use the form below to provide a written assessment of your progress in achieving these goals and objectives.

Goal #1

Restate previous goals - summarizing topic, description, measures, and direction of change

Breastfeeding Education

Description: Increase breastfeeding rate by 2% each year for moms breastfeeding for 3 months, 6 months, and 12 months.

Measures: Number of breastfeeding moms for each clinic via WIC's Breastfeeding Prevalence report.

Data will be reviewed for exclusively breastfeeding and partial breastfeeding.

Direction of Change: To Increase breastfeeding rates by 2% of participants.

Is the goal on track to be achieved?

Yes

No

Summarize data to support your claim. Appropriate data to include is survey, form, report, or evaluation results. (Do not send copies of data forms or reports)

Exclusive Breastfeeding			Partial Breastfeeding		
Oct. 1 – Sept. 30	2020-2021	2021-2022	Oct. 1 – Sept. 30	2020- 2021	2021-2022
3 months	57%	51%	3 months	47%	44%
6 months	12%	14%	6 months	28%	23%
12 months	No data	No data	12 months	25%	11%

The measures tracked are breastfeeding at 3 months, 6 months, and 12 months lengths of time for exclusively and partial breastfeeding. The 2021-2022 numbers are not a complete 12- month period; however, percentages are used and therefore comparable.

Note – Exclusive Breastfeeding data for 12 months is not tracked within the WIC database and solid foods are starting to be introduced.

Have you encountered any problems or obstacles?

Yes

No

If 'Yes', please describe here.

WIC participants continue to prefer virtual/telephone interviews due to COVID and the WIC waivers provided. Because of this option, there has been an increase of participants making it to his/her appointments, it does. This appointment type does restrict relationship building between the WIC

*Specialist and the participant which is a disadvantage. The WIC Specialists continue to celebrate milestones over the phone. Milk Miles has been successful, and this will continue to be offered to CCHHS participants. **Milk Miles is an incentive program for breastfeeding and continuing to breastfeed for 3 months, 6 months, and 12 months. This is a program developed by CCHHS' WIC Program.*

Are your action steps and evaluation methods practical for your agency's resources, needs and time?

- Yes
 No

If 'No', please explain here.

Click or tap here to enter text.

Will this goal be carried forward into Phase 2 unchanged?

- Yes
 No

If 'No', state how action steps set in Phase 1 need to be adjusted to meet this goal by the end of Phase 2. List changes to be made to any action step and how any encountered barriers/obstacles will be addressed.

Click or tap here to enter text.

Goal #2

Restate goals - summarizing topic, description, measures, and direction of change

Nutrition Education

Description: Improve healthy food choices of WIC participants.

Measures: Pre- and post-surveys are used to measure this goal determining whether improvement have been made. Surveys are self-reporting.

Direction of Change: Increase the number of healthy food choices leading to healthy nutrition behaviors.

Is the goal on track to be achieved? *

- Yes
 No

Summarize data to support your claim. Appropriate data to include is survey, form, report, or evaluation results. (Do not send copies of data forms or reports)

Very few surveys have been completed. For the pre-surveys completed, the post-survey has not been completed.

Have you encountered any problems or obstacles?

- Yes
 No

If 'Yes', please describe here.

The virtual or telephone appointments have proven to be a barrier to completing the post-survey. The WIC program has mandated increased tasks that must be completed at each appointment. The survey is a goal, but not a priority when losing the participant's attention. Participants start becoming anxious after approximately 20 minutes. This does not seem to happen during in-person appointments.

Are your action steps and evaluation methods practical for your agency's resources, needs and time?

- Yes
 No

If 'No', please explain here.

Click or tap here to enter text.

Will this goal be carried forward into Phase 2 unchanged?

- Yes
 No

If 'No', state how action steps set in Phase 1 need to be adjusted to meet this goal by the end of Phase 2. List changes to be made to any action step and how any encountered barriers/obstacles will be addressed.

The WIC mandated tasks will remain the same. The survey will be offered electronically and through the "One Call" system, an automated text message program, weekly nutrition tips will be texted. In addition, the weekly nutrition tips will be sent out in a social media post.

B. 2022-2023 Local Agency Outreach Plan

Describe future activities planned to:

- (1) Notify potentially eligible persons of availability of WIC services,
- (2) Reduce barriers to participation and
- (3) Coordinate program operations with other health and social service programs.

Such activities may include news releases to media sources; outreach to minority organizations; outreach to organizations that serve high priority persons (pregnant and breastfeeding participants and infants); outreach to the homeless; and outreach to infants and children under the care of foster parents, protective services, or child welfare authorities, including infants exposed to drugs prenatally.

LAs operating NV WIC within a hospital and/or that have a cooperative arrangement with a hospital shall advise potentially eligible individuals that receive inpatient or outpatient prenatal, maternity, or postpartum services, or that accompany a child under the age of 5 who receives well-child services, of the availability of program services. Additionally, the plan should address efforts to serve working participants. Refer to Nevada WIC Policy OR: 1.

Activity #1

Social Media posts

Responsible Person(s)

Competent Professional Authority (CPA) and Human Services Division Manager

Timeframe

Weekly during the grant period of October 1, 2022, through September 30, 2023

Activity #2

Participate with CCHHS immunization clinics and community agency's health fairs

Responsible Person(s)

CPAs and Division Manager

Timeframe

October 1, 2022 through September 30, 2023

Activity #3

Attend community coalition/network meetings attended by other social services agencies to share information and updates, along with providing flyers/brochures.

Responsible Person(s)

CPAs

Timeframe

Weekly during the grant period of October 1, 2022, through September 30, 2023

Activity #4

Write informational articles on breastfeeding awareness and nutrition education to be published in local newspaper. The local newspaper provides space free of charge for health articles from CCHHS and partnering agencies.

Responsible Person(s)

CPAs and Division Manager

Timeframe

Bi-annually during the grant period of October 1, 2022, through September 30, 2023

Activity #5

Participate in the Big Latch On event held annually.

Responsible Person(s)

CPAs

Timeframe

Annually during the grant period of October 1, 2022, through September 30, 2023 Click or tap here to enter text.

Additional Activities: Include all requested information; Activity, Responsible Person(s), Timeframe

Annual

C. 2022-2023 Local Agency Points of Contact

Provide the following information for each POC:

- Staff Member Name, Title
- Clinic(s)#

EXAMPLE:

- Lara Croft, Clinic Supervisor
- Clinics: #123, #789

NOTE: The above information can be written on a single line if more space needed. Fill with a N/A if position doesn't apply.

The Nevada WIC State Office will request quarterly employee roster updates. Please ensure you are submitting the WIC System Application to the State Office for any staff changes (new hires, promotions, resignations, etc.).

WIC Director / Administrators
Nicki Aaker, CCHHS Director
Clinics 427 and 455

Clinic Supervisor or Coordinator
Mary Jane Ostrander, Human Services Division Manager
Clinics 427 and 455

Breastfeeding Coordinator
Jacquelyn Bonde

Registered Dietitian / Nutritionist
Heather Kahabka – 427 and 455

NVRA POC(s)
Heather Kahabka – 427 and 455

504 Coordinator(s)
Jessica Melgarejo-Lara – 427 and 455

Certified Lactation Educator(s) (CLE)
Heather Kahabka – 427
Hazel Ruiz - 455

Certified Lactation Counselor(s) (CLC)
N/A

International Board- Certified Lactation Consultant(s) (IBCLC)
N/A

Peer Counselor(s)
N/A

Staff Trainer
Mary Jane Ostrander, Division Manager

Staff in Charge of Website/Social Media
Mary Jane Ostrander and Jessica Rapp, CCHHS PIO

D. Evaluation of 2021-2022 Training Plan

Attach to LANSF the LA Staff Training Log (Appendix GP: J) for each individual RD, Nutritionist, and CPA as proof of completion for the required 12 hours of annual training. List below each completed training that was provided/required by LA for all levels of staff.

Provide the following for each completed training:
Training Name

- Date Completed, actual total time
- Sponsor/Person(s) Giving Training
- Title of Persons receiving Training (Director, CPAs, Clerks, Peer Counselors)

Trainings Completed for 2021-2022

WIC Inclusivity & Engagement Hispanic Panel

*10/15/2021 1 hour
National WIC Association
CPAs*

Domestic Violence in America

*10/21/2021 1 hour
Washington Post Live
CPA*

General Mills-Key Trends in Food & Nutrition

*1/8/2022 1 hour
General Mills
CPAs*

Raising a Generation of Vegetable Lovers

*6/30/2022 1 hour
National WIC Association
CPA*

Biology of Trauma is Metabolic Chaos

*7/19/2021 35 minutes
Reed Davis
CPA/Dietician
Click or tap here to enter text.*

Food and Mood

*9/28/2021 1 hour
Joy Bauer, April Hackert, Meg Hockey
CPA/Di*

Diabetes in Pregnancy

*6/15/2022 1 hour
CDAPP
CPA/Nutritionist*

Sexual Harassment Prevention

*Annually 1 hour
Carson City HR/Knowledge City
CPAs, Nutritionist, Manager*

CFS: Learning Module

*6/16/2022 1 hour
Medscape - CPA, Manager*

Click or tap here to enter text.

Neurotransmitter Balance

*7/10/2021 1 hour
Dr. Jess Armine
CPA/Nutritionist*

The Biology of Secure Attachment

*7/21/2021 1 Hour
Dr. Poole Heller
CPA/Nutritionist*

Emotional Eating

*7/21/2021 35 minutes
Tricia Nelson
CPA/Nutritionist*

Motivational Interviewing in Nutrition

*March-April - 5 hours reading
Author: Dawn Clifford & Laura Curtis
CPA/Nutritionist*

Transforming Sensitivity into Superpower 4 Empaths

*7/22/2021 30 minutes
Natasha Fallahi
CPA/Nutritionist*

Becoming a Trauma Informed Agency

*January 2022 16 hours
National Council for Mental Wellbeing
Manager*

Informational Security for End Users

*Annually 1 hour
Carson City HR/Knowledge City
CPAs, Nutritionist, Manager*

Unconscious Bias

Annually 1 hour
Carson City HR/Knowledge City
CPAs, Nutritionist, Manager

Prevent Discrimination and Embrace Diversity

Annually 1 hour
Carson City HR/Knowledge City
Manager

Drug and Alcohol Abuse

Annually 1 hour
Carson City HR/Knowledge
CPAs, Nutritionists, Manager

HIPAA

Annually 1 hour
CCHHS HIPAA Compliance Officer
CPAs, Manager

What trainings were evaluated as very beneficial by staff?

All were beneficial.

What trainings were evaluated as not beneficial or what suggestions for improvements do you have?

All were beneficial.

E. 2022-2023 Training Plan

Describe in-service training which is planned for staff; A MINIMUM OF TWELVE HOURS of training per year should be provided to each staff member. Training must include the following subjects:

- NUTRITION EDUCATION: Minimum of 1 hour - Maximum of 4 hours
- BREASTFEEDING SUPPORT & PROMOTION: Minimum of 1 hour - Maximum of 4 hours CLINIC
- OPERATIONS & CUSTOMER SERVICE: Minimum of 1 hour - Maximum of 4 hours

Training can also include presentations from other health/social agencies which are applicable to WIC participants. Recommended training focus includes any of the six VENA Competency areas:

- PRINCIPLES OF LIFE-CYCLE NUTRITION: Understands normal nutrition issues for pregnancy, lactation, the postpartum period, infancy, and early childhood.
- NUTRITION ASSESSMENT PROCESS: Understands the WIC nutrition assessment process including risk assignment and documentation.
- ANTHROPOMETRIC & HEMATOLOGICAL DATA COLLECTION: Understands the importance of using appropriate measurement techniques to collect anthropometric and hematological data. COMMUNICATION: Knows how to develop rapport and foster open communication with participants and caretakers.
- MULTICULTURAL AWARENESS: Understands how sociocultural issues (race, ethnicity, religion, group affiliation, socioeconomic status and world view) affect nutrition and health practices and nutrition-related health problems.
- CRITICAL THINKING: Knows how to synthesize and analyze data to draw appropriate conclusions.

Additional training resource suggestions are provided on the Nevada WIC website in staff resource section - <https://nevadawic.org/staff/resources-for-staff/>

A LIMITED number of state-provided trainings may be used to meet these criteria. Trainings that can be used towards 12hrs will be specified by the State Office.

Provide the following information for each planned training: postpartum period, infancy, and early childhood.

- Training Title and/or general topics being discussed
- Sponsoring Agency and Person(s) providing training
- Title of staff that'll be attending training (Director, RD/Nutritionist, CPAs, Clerks, PCs)
- Estimated length of training

Reminder: Documentation of all staff members present for training must be saved for 3 years for review during WIC Program Review (Sign in sheets, certificates of completion, etc.).

2022 - 2023 Planned Training

Holistic Nutrition Webinars - The role of oxytocin and a mother/baby bond

National Association of Nutrition
Professionals nanp.org
Various online webinars
Monthly 1 hour

Various Dietitian webinars

Dietitianconnection.com
Various online webinars
Average of one hour each

Nutrition Education training

USDA wicworks.fns.usda.gov
Various presenters.
Average 1 hour ea.

Cultural Humility

Carson City Health & Human Svcs
CCHHS Workforce Development Comm.
Members - 1 hour
CPAS/NUTRITIONIST AND MANAGER 1
HOUR

VENA

Nevada WIC.org
CPA/Nutritionists
2 hours

HIPAA

CCHHS HIPAA Compliance Officer
CPAs, Manager
Annually 1 hour

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