



CLINIC LAGNIAPPE

Louisiana WIC's Clinic Staff Newsletter



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FEBRUARY 27TH - 29TH: LA WIC
CONFERENCE IN SHREVEPORT

New Year, New Newsletter

Leslie Lewis, Nutrition Operations Manager

Welcome to the first Clinic Lagniappe of 2024! As we continue to watch participation increase, we know 2024 will be another busy year. In February, we will hold our next face to face LA WIC Conference. It will be in Shreveport from February 27-29, 2024. A Save the Date and the registration information have been sent. We are hoping to see as many WIC staff there as possible. There will also be a special session for Regional Administrators on the afternoon of February 27. The theme for this year's conference is "Empowering Generations: 50 Years of Nourishing Lives", which builds on the 50th celebration of the WIC Program at the National level. Please send any questions you may have for the conference my way!

I want to shout out again that participation continues to increase to rates we haven't seen since 2019! This increase in participation can be attributed to our ongoing outreach efforts, as well as the overall need of our Louisiana families. We thank all of our staff for all you do for our families. We hope you were able to get some much needed rest over the recent holiday break!

Happy Carnival Season!

Mia Rowe, Communications and Outreach Coordinator

Saturday, January 6, marked the official first day of Carnival season here in Louisiana. This day is known by a few names, including "King's Day," "The Epiphany," or "Twelfth Night." In religious traditions, this day marks the arrival of the three wise men delivering gifts to the baby Jesus.



This day also marks the first day King Cakes can be eaten and/or purchased all across Louisiana. In ancient times, groups of indigenous people would bake these cakes from the previous year's wheat to celebrate surviving the harsh winter months. The "Twelfth Night" history and tradition reflects in the King Cake, with the plastic baby representing the baby Jesus. Some European countries used to bake a seed, bean, or nut into their cakes, where they celebrated the Roi de la Fève, or King of the Bean. Whoever gets this baby is supposed to be the "king" for a day, and must purchase the next king cake for the celebrations. The shape of the cake, a circle or oval, represents the king's crown. The colors of the king cake are also significant, with purple representing "justice," green for "growth," and gold for "prosperity and wealth."

Enjoy your king cakes this Carnival season until Mardi Gras Day on Tuesday, February 13! Read more about King's Day and the Carnival Season below:



Tulane STRIVE Study

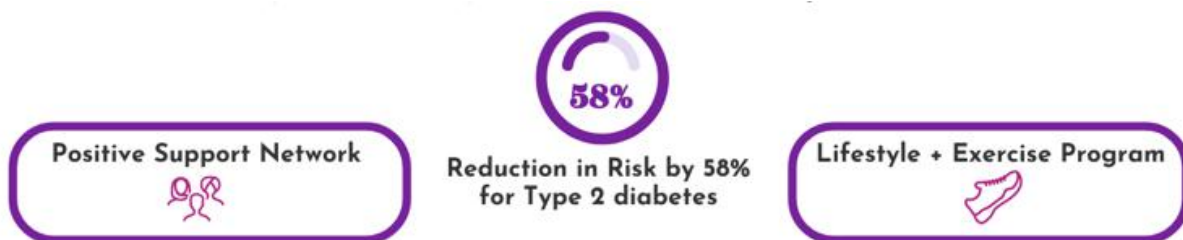
Chavanne Stine, Clinical Research Coordinator for the Tulane SPHTM



Within five years of delivery, 18-50% of women with a history of Gestational Diabetes develop Type 2 Diabetes. The STRIVE study, implemented through Tulane University Translational Science Institute, Louisiana WIC, and Crescent City Family Services, hopes to change that by reducing the risk of Type 2 Diabetes in this population by 58%. This 18-month-long research program focuses on post-partum women who are enrolled in WIC services, have a history of gestational diabetes in any past pregnancy, or have a history of obesity.

The goals of this study are to:

- Help postpartum women achieve a weight loss goal of 7% through healthy eating and increased physical activity.
- Study the implementation, effectiveness, and sustainability of different strategies for implementing the Diabetes Prevention Program.
- Build lifelong individual health management skills, confidence, and create community social support networks.
- STRIVE Together: preventing disease, improving maternal/ family health, and creating a healthier population.



For more information, visit their website at strivestudy.org.

Provisional Certifications

Cathy Daniels, Policy and Evaluation Manager

The Management Evaluation (ME) is a monitoring system designed to assess the accomplishment of program objectives and adherence to policies established by the United States Department of Agriculture/Food and Nutrition Service (USDA/FNS) and the State Agency. The self-evaluation (SE) is a monitoring system conducted by either the Regional Nutritionist or WIC Clinic supervisory staff by utilizing all ME tools and templates.



MEs and SEs are planned and scheduled according to the Federal Fiscal Year (FFY). FFY 2023 ended on September 30, 2023. The results from all MEs and SEs have been combined to provide a representation of clinic practices in Louisiana WIC Clinics statewide.

One of the most frequent findings was staff not completing provisional certifications according to policy. When the applicant does not provide one of the required proofs of identity, residency, or income, the applicant shall be certified provisionally and issued one month of benefits. A return Provisional Follow-up Appointment (PFU) must be given within 29 days for the applicant to provide the missing proof. LAWIN will terminate the applicant on the 30th day. The WIC-42A Self-Declaration Letter and WIC-42 document indicating the participant's return appointment and examples of acceptable proofs must be completed. Both documents must be scanned into the family page note section of LAWIN and provided to the applicant. The WIC-42/42A can be found at [WIC-42 Provisional Cert - Self Declaration - All Documents](#) in the WIC Online Library. For more information on the Provisional Certification Policy, please refer to WIC Policy Chapter 9.12 Provisional Certification.

Word Scramble

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WNE RAYE TA INOUIALSA CWI!

Flip to the end of the newsletter for the answer!

Contract Corner

Thomas Shuff, Contracts and Procurement Manager

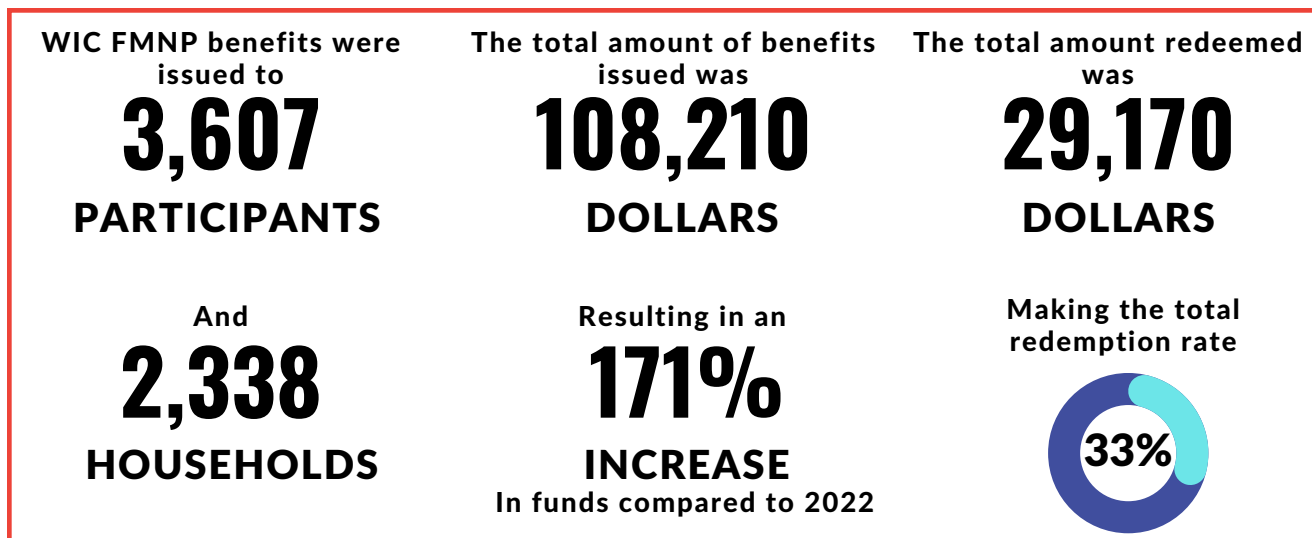
We are excited to wrap up 2023 and are looking forward to all of the amazing things in store for 2024! Please consider this as a reminder for Contract Local Agencies to submit their Monday.com IT requests as soon as possible. This will allow for essential IT updates that will ensure continued success! (When you fill out the form, you should select “NO” for “Is your agency on the LDH Network?”) If there are any questions about this process, please email your Contract Monitor. Once your Agency switches to your new network, OTS will be unable to assist with any IT issues moving forward. We are here to provide support in any way we can while your Agency makes this crucial transition.

The image shows a screenshot of a web form titled "Pre-Approved Expenditure (Including Travel), IT or EBT Equipment Request - LA WIC Contract Agencies". The form includes instructions on how to use it for purchase reimbursement, a note about funding from the agency's budget, and a notification that users will receive an email if approved. There are two dropdown menus: "Please select your Agency name." and "Which of the following categories fit the nature of your request?".

FMNP End of Year Numbers

Patty Abraham, Nutrition Education/Exempt Formula/WIC Farmers Market Manager

We had 40 clinics participate in the Farmers Market Nutrition Program last year! Our highest participation ever!! Eligible participants received \$30 to spend at their local farmers market or farm stand, and we hope it is a higher amount next year. Please be sure to sign up your clinic next season, and consider a Pop-Up Farmers Market where you bring a farmers market to your clinic. It's a win-win for our families and the farmers!



Pacify Updates

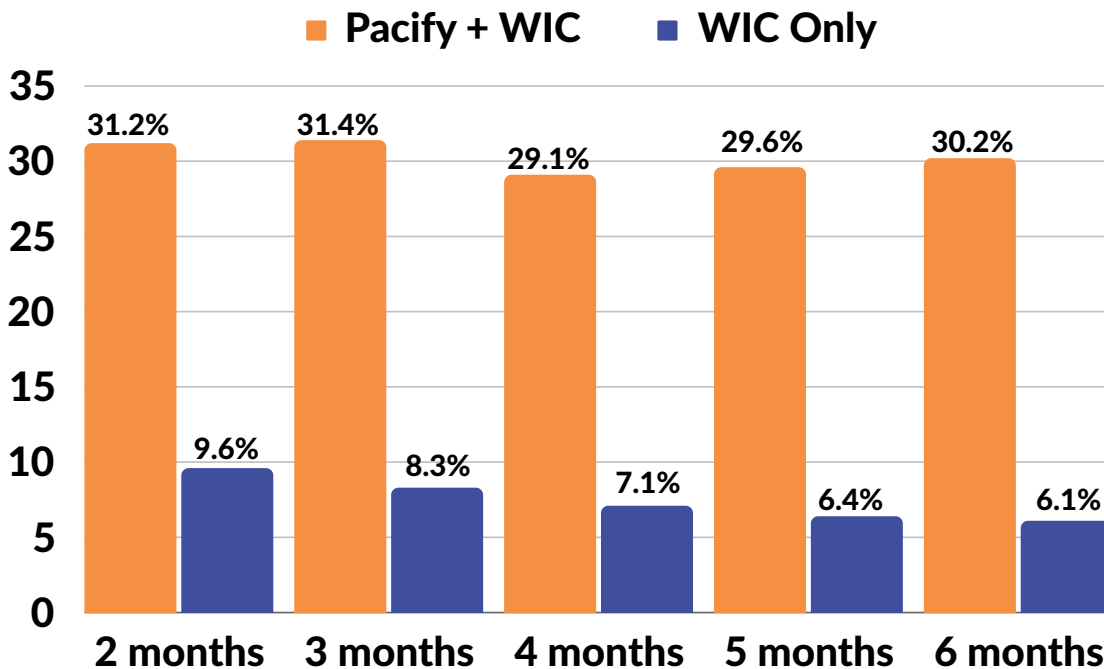
Tara Landry, Breastfeeding Program Manager



Our partnership with the Pacify app continues to be very successful. As of October 2023, 2,537 WIC participants have enrolled in the Pacify app. Louisiana birthing hospitals now have their own enrollment code for WIC eligible and/or WIC breastfeeding participants who give birth and are unaware of the Pacify resource. The HLAWIC code allows lactation staff to enroll patients prior to hospital discharge! We are hoping this improves continuity of care from hospital to post-partum WIC clinic visit and strengthens WIC’s relationships with Louisiana birthing hospitals, especially in those areas of the state that are lacking lactation resources. We are excited about this progress and hopeful that it will improve WIC breastfeeding rates in the future.

Louisiana WIC already has proof that our partnership with Pacify has influenced our breastfeeding rates. Chris Pottle (Nutrition Operations Business Analytics Specialist) and Neg Tambe (Tulane MPH Intern) recently conducted a study looking at Louisiana WIC breastfeeding rates and whether a participant is more likely to be successful with support from the Pacify app and WIC combined. The results were overwhelmingly positive for Pacify support, and demonstrated that participants who downloaded Pacify are twice as likely to breastfeed when compared to non-Pacify users at both 3 and 6 months after birth. More impressively, data collected showed that WIC participants are 1.6 times as likely to exclusively breastfeed as non-Pacify users at 3 months, and 1.9 times as likely to exclusively breastfeed as non-Pacify users at 6 months.

Exclusive Breastfeeding Percentages



Welcome New Regional Nutritionists!

Jennifer Ryan, Region 6

About Jennifer: I was born and raised in Concordia Parish near the Catahoula-Concordia Parish line that is formed by the Black River; the bridge crossing is one of the few places in the world where four rivers meet. My



husband and I built a house on my family land, so I have lived there now for over 40 years. I went to school at Block High School across the river in Catahoula Parish, since that was allowed because of proximity. I married a hometown boy, Chad Ryan, but I did not know him growing up. We have been married for 20 years this year. We have 3 awesome boys.

Favorite Food/ Restaurant: I don't really have a favorite food or restaurant. I do love shrimp, chargrilled oysters, and ribeye steak.

Hobbies: I love the outdoors. My hobbies are landscaping/flowers/gardening around my house and deer hunting. I hunt deer on the same property I grew up on. When it's a warm hunting day, I can see the gators sunning as I drive to the deer stand. The property is primarily row crop where the farmer raises cotton year after year.

Fun Fact: Even though we have always had pasture, I was not a "cowgirl" and really didn't ride horses. However, my husband will tell you I am the reason our first born began riding horses. He had always wanted to be a little cowboy. Now, 10 years later, we can't get the "cowboy" out of him. He has won 4 saddles and many buckles through the years. His brothers tag along and do the rodeos as well. We have had a standing herd of beef cattle since we were first married. Last year, Chad bought me a longhorn momma cow to add to the herd, since I think they look "cool." She is the "pasture ornament!"

Sha'Ron Willis, Region 8

About ShaRon: I am Shar'Ron Willis, a proud native of Shreveport, who returned to the area in 2017 after several years in Houston, Texas. I bring 15 years of expertise in Clinical Nutrition, specializing in Renal Nutrition and Food Service Management. My biggest accomplishment is



implementing the Nutrition Care Process in electronic medical records throughout many facilities over the years. This is a big change for me, as my last few years focused on Long-Term Care and managing multi foodservice departments throughout the East Texas Area. I am passionate about leveraging the power of nutrition to make a positive impact on individuals' lives and communities. While I recognize there is much to learn, I am eager to delve into the realms of OPH and WIC. The prospect of collaborating with each of you to achieve our collective objectives excites me. I am honored to serve as the Regional Nutrition Manager of Region 8 and look forward to a successful journey together as I learn from each of you!

Favorite Food/ Restaurant: My favorite food is Cajun Chicken Pasta from a local restaurant in Shreveport.

Hobbies: Outside of work, I cherish moments spent working out and enjoying time with my 14-year-old daughter, McKenzie. We are always passport ready, as we love to travel and try various restaurants.

Fun Fact: I taught boot camp and ran a weight loss program in Houston. I am currently obtaining my Masters in Health Administration at LSUS. I will be graduating next summer 2024.

Vendor News



The LA WIC Shopping Grant is in full swing! Our dedicated vendor staff is actively engaged in enhancing the shopping experience for WIC participants. In-store shopping staff are being hired to guide participants during their shopping trips and offer vendor assistance. Across Regions 2, 3, 4, and 9, the Vendor team has deployed 18 WIC Shopper Kiosks for participants to interact with in their local grocery stores. Visit the [Grocery Store Kiosk](#) page on our website learn more and find a kiosk near you!

Clinic Spotlight

Check out this adorable Thanksgiving themed bulletin board created by Peer Counselor Ashleigh Gandenberger in the Ouachita Parish Health Unit. Want your clinic to be featured in the next newsletter? Fill out the form below!



We Want Your Feedback

[Feedback Form](#)

The Clinic Lagniappe is all about YOU, and we want your feedback on what you want to see in upcoming newsletters. Please fill out this [form](#) and let us know of any content suggestions, or general comments, about the Clinic Lagniappe Newsletter. We appreciate all that you do!



[Employee Spotlight](#)

Want your coworker, employee, or superior to be recognized for their hard work? Fill out this [form](#) and we'll feature them in an upcoming newsletter!

Word Scramble Answer: Welcome to an exciting new year at Louisiana WIC!