



# WIC

## Women, Infants and Children's Program

Annual Health Professional Newsletter

2015

## Saint Paul - Ramsey County WIC Program Breastfeeding Rates Continue to Climb Steadily

As of June 2015 the combined initiation rate for all Ramsey County WIC clinics was 75.37%. We have met our 2015 goal of 75% initiation. We are proud to say that the breastfeeding initiation rate for women who were on WIC three months or more during their pregnancy is greater than 76%. Three of our WIC clinics have already surpassed the Healthy People 2020 initiation goal of 81.9%.

We continue to increase initiation rates by having WIC staff talk about breastfeeding at each visit during pregnancy. Staff also ask moms about support, confidence, post-partum schedule, and the participant's plan for breastfeeding. This allows staff to offer targeted encouragement for breastfeeding.



## Minnesota Breastfeeding Coalition

Healthcare providers can stay informed about how to support breastfeeding in Minnesota and find upcoming events by visiting Minnesota Breastfeeding Coalition (MBC) website at: [mnbreastfeedingcoalition.org/news-2/](http://mnbreastfeedingcoalition.org/news-2/). The coalition holds annual hospital summit conferences/meetings open to all professions to educate about increasing breastfeeding support in our communities. MBC also helps healthcare providers support breastfeeding by providing breastfeeding tool kits that can be found at: [mnbreastfeedingcoalition.org/toolkits/](http://mnbreastfeedingcoalition.org/toolkits/). The toolkits contain topics that may help start the conversation about breastfeeding.

### INSIDE THIS ISSUE

- New WIC Foods
- Partnership with the Farmers' Market
- New WIC Clinics Opening Nov. 2015
- Provider Outreach Brochures
- Updated WIC Income Guidelines

Current WIC participation is 19,000/month

# NEW WIC Foods



Over the past 6 years WIC has made changes to the WIC foods to increase options for nutritious foods. In April 2015, two new foods were added to WIC food packages: yogurt (32 ounce containers) as a milk alternative and whole wheat pasta (1 pound) as an alternative to refined wheat pasta.

The following link gives more information about WIC foods as well as the vitamins/minerals they contain: [www.health.state.mn.us/wic/localagency/nutrition/fpchange/index.html](http://www.health.state.mn.us/wic/localagency/nutrition/fpchange/index.html) (see the enclosed WIC food list and National WIC Association update).

## Partnership with the Farmers' Market

Every summer, Ramsey County WIC is pleased to be able to provide Farmers' Market checks to WIC families. Partnership between WIC and the Farmers' Market Nutrition Program (FMNP) makes it possible to increase WIC participants' intake of locally grown produce. Families can receive checks worth \$20.00 to use at Minnesota Farmers' Markets

to purchase locally grown fruits and vegetables. This is a wonderful way the community supports local farmers and gives families opportunities to buy fresh, nutritious produce. Many Farmers' Markets have activities for kids, which is another incentive for families to visit Farmers' Markets.



# Two New WIC Clinics Opening November 2015

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- NEW** • **Suburban Square WIC:** near the intersection of Interstate 94 and White Bear Avenue in Saint Paul.
- NEW** • **Rice Street WIC:** on Rice Street between Highway 36 and Larpenteur Avenue in Maplewood.
- **New Brighton WIC:** very close to the intersection of Interstate 35W and 694 in New Brighton.
- **Midway WIC:** near the intersection of University Avenue and Lexington Avenue in Saint Paul.
- **La Clinica WIC:** near the intersection of Robert Street and Cesar Chavez (Concord Street) by El Burrito on Saint Paul's West Side.
- **East Side WIC:** on Arcade Street (US 61) near the intersection of Maryland Avenue and Arcade Street in Saint Paul.

## New Healthcare Provider Outreach Brochures

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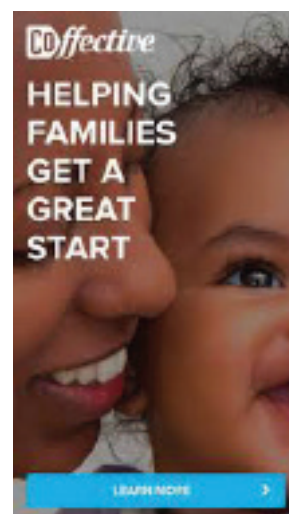
Enclosed you will find two new resources available to Healthcare providers. "Good Health Begins with Good Nutrition" brochure and "WIC - Prescription for Nutrition Services" tear off tablet.

If you would like more of these items please email your name and mailing address to: [colleen.huberty@co.ramsey.mn.us](mailto:colleen.huberty@co.ramsey.mn.us)

## Coffetive "We're Prepared" Checklist

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The goal of *Coffetive* is to prepare expecting mothers for labor, delivery, and getting off to the best start possible with their new baby. All of *Coffetive's* educational materials and trainings meet the needs of the baby friendly hospital initiative. Along with tools and training material, *Coffetive* encourages mothers to build a team to help them feel prepared and learn what to expect during the moments leading up to their baby's arrival as well as after the baby is born. The "We're Prepared!" tool can be found and downloaded at [www.coffetive.com](http://www.coffetive.com) and there is also a *Coffetive* free mobile app that can be downloaded by simply searching "Coffetive" in the app store.



# WIC Income Guidelines (effective as of May 1, 2015)

Family Size*	WIC Standard Income Guidelines (185% of Federal Poverty Guidelines) Effective May 1, 2015 → June 30, 2016			Income Eligibility Guidelines for Medical Assistance/Medicaid (MA) (275% of Federal Poverty Guidelines) Effective July 1, 2015 → June 30, 2016		
	Annual Income	Monthly	Weekly	Annual Income for MA Pregnant women	Annual Income for MA children under 2	Annual Income for MA children 2-18
1	21,775	1815	419		33,309	32,367
2	29,471	2456	567	44,285	45,081	43,807
3	37,167	3098	715	55,850	56,854	55,247
4	44,863	3739	863	67,415	68,627	66,687
5	52,559	4380	1011	78,979	80,400	78,127
6	60,255	5022	1159	90,544	92,173	89,567
7	67,951	5663	1307	102,109	103,945	101,007
8	75,647	6304	1455	113,674	115,718	112,447
Each add'l member add	+7696	+642	+148	+11,564	+11,772	+11,440

\* Pregnant women count as a 2 persons | \*\* Medicaid (MA, Minnesota Care and TEFRA)

- » If your household doesn't meet the income guidelines listed but your household includes a pregnant woman, a woman who has recently had a baby, or a child up to the age of five, you may be Presumptively Income Eligible ([www.health.state.mn.us/divs/fh/wic/aboutwic/index.html#presumptively](http://www.health.state.mn.us/divs/fh/wic/aboutwic/index.html#presumptively)).
- » Families that are found to be presumptively income eligible can receive WIC benefits for three months. After three months, proof of current eligibility, or a pending application, for a Minnesota Health Care Program must be provided to continue receiving WIC benefits.
- » Please note that Adjunctive Eligibility enables WIC applicants to show proof of participation in Medical Assistance or Minnesota Care then automatically be income-eligible for WIC.
- » Proof of participation in these programs also makes applicants automatically income-eligible for WIC:
  - SNAP (formerly known as Food Stamps)
  - MFIP
  - Free or reduced price school lunch
  - Energy Assistance
  - Headstart

