

memo

DATE: May 31, 2017
TO: WIC Coordinators
FROM: Nutrition and Clinic Services Unit
SUBJECT: **wichealth.org – An Option for Self-Guided Education: Options for Documenting**

This is the last in a series of three Wednesday Updates about wichealth.org

One self-guided nutrition education option available to Minnesota WIC is wichealth.org. Use the wichealth.org memos to learn more about this additional education option: the [May 17th memo](#) and [May 24th memo](#) provided an introduction to wichealth.org and explained how the site functions. This week's memo will provide **options for documenting** wichealth.org lessons and ideas for helping participants select a lesson that best meets their needs/interests.

Options for documenting wichealth.org lessons:

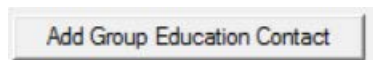
1. Document in **Add Group Education Contact** in the HuBERT Nutrition Education Tab. The wichealth.org lessons are listed by category under Group Education.

OR

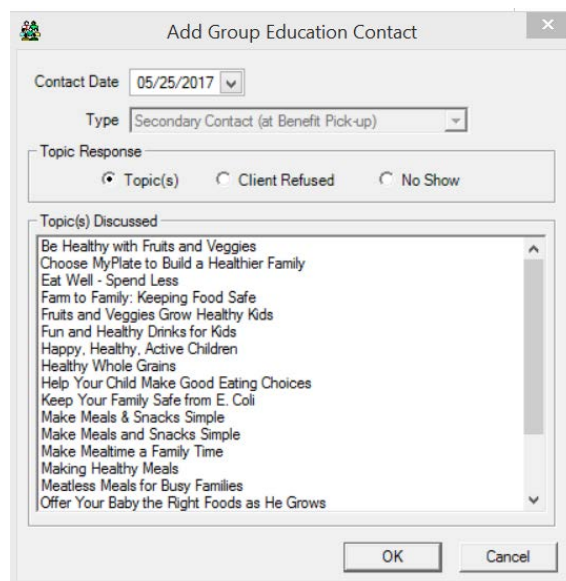
2. Document in a note in HuBERT. At a minimum, list the name of the lesson. The CPA may choose to document any other information needed for follow-up or continuity of care.

Documenting a lesson in the HuBERT Nutrition Education Tab:

1. In the Nutrition Education Tab, click on the button:



2. The **Add Group Education Contact** box for the participant's category displays. Select the completed lesson from the *Topic(s) Discussed* list and click ok to save. The user can multi-select lessons if the participant completed more than one lesson. Here is the **Add Group Education Contact** box for Children (in HuBERT, scroll down for complete list).

A screenshot of a software dialog box titled "Add Group Education Contact". The dialog has a title bar with a close button. It contains several fields: "Contact Date" with a dropdown menu showing "05/25/2017"; "Type" with a dropdown menu showing "Secondary Contact (at Benefit Pick-up)"; "Topic Response" with three radio buttons: "Topic(s)" (selected), "Client Refused", and "No Show"; and "Topic(s) Discussed" with a list box containing 17 items: "Be Healthy with Fruits and Veggies", "Choose MyPlate to Build a Healthier Family", "Eat Well - Spend Less", "Farm to Family: Keeping Food Safe", "Fruits and Veggies Grow Healthy Kids", "Fun and Healthy Drinks for Kids", "Happy, Healthy, Active Children", "Healthy Whole Grains", "Help Your Child Make Good Eating Choices", "Keep Your Family Safe from E. Coli", "Make Meals & Snacks Simple", "Make Meals and Snacks Simple", "Make Mealtime a Family Time", "Making Healthy Meals", "Meatless Meals for Busy Families", and "Offer Your Baby the Right Foods as He Grows". At the bottom are "OK" and "Cancel" buttons.

3. New lessons are added to wichealth.org regularly. If a lesson is not available in the *Topic(s) Discussed* list, the CPA may document the lesson completion in a note.

Helping participants select a lesson that best meets their needs/interests:

- Become familiar with the lessons available on the site.
- As a staff, talk about ways to help direct a participant to a lesson that may meet the participant's needs or interests.
- Encourage participants to check out a lesson that addresses their specific need or interest. Staff might circle a suggested lesson on the [wichealth.org Client Flyer](#) as a reminder for the participant to look for that lesson. Here are some examples:
 - A parent is looking for ways to stretch food dollars: Suggest the lesson "Eat well – Spend less"
 - A postpartum woman shares she'd like to eat healthier & lose weight: Encourage her to check out the *Mothers in Motion* section which includes lessons on weight loss, ways to reduce junk food, and tips for planning healthy meals.
 - A pregnant woman would like more Baby Behavior information: Point out the lessons entitled "Understanding Your Baby's Sleep" and "Understanding Your Baby's Cues".

Other ways to use wichealth.org:

- If an agency decides not to use the site for additional education contacts, they may choose to use wichealth.org to expand on the education provided at clinic. Here are some examples:
 - A mother is concerned that her 2 year is a picky eater. The CPA uses PCS skills to help the parent explore feeding options. The CPA can offer the wichealth.org lesson "Secrets for Feeding Picky Eaters" as a way for the parent to review additional information at home.
 - After discussing ideas for increasing a child's activity, suggest the parent check out the lesson "Happy, Healthy, Active Children" for additional child-appropriate activities.
- Direct participants to the **Health eKitchen WIC Meal Planner** for recipe ideas. Health eKitchen is a library of the best WIC approved recipes and videos. On the home page, select *View Recipes* under **Cooking with WIC**. The user is directed to recipes that include WIC ingredients the participant has on hand.

Webinars

- For a more in-depth review of the site, join a webinar. Watch the Wednesday Update for wichealth.org webinar dates and times.

Questions? Contact your State WIC Consultant.