



Annual Report

Working Together to Assure a Quality WIC Program for Women, Infants, and Children

The Voice for WIC in Washington

Olympia, WA & Washington, DC

WALWICA's Executive Director, Carrie Pfab, and 5 members of the Board joined the Children's Alliance for Have a Heart for Kids Day in Olympia to educate the Legislature about the difference WIC makes in the lives of Washington families. Each state legislator was given information about the Local Farms-Healthy Kids (LFHK) bill, information about menu-labeling and district specific information demonstrating the significant contribution of WIC grocery and WIC Farmers Market Nutrition Program (FMNP) sales to local economies. The LFHK bill was signed into law by Governor Gregoire and provisions of the bill makes it easier for schools to buy locally grown food and increased the number of families that were served with the WIC and Senior FMNP in 2008. A comprehensive food policy package, this law now gives Washington the most comprehensive local foods program in the nation!

WALWICA also sent representatives from Washington State to the National WIC Association Washington Leadership Conference in Washington DC this March. Carrie was accompanied by Lisa DiGiorgio, President, Tricia Mortell, State Representative and Terri Trisler, Awards Co-Chair, who represented the Yakima Valley. This dynamic foursome visited with members of the Washington State Congressional delegation and their staffers to share stories from home and to ensure that Congress makes sound policy and budget decisions for the program. As a testament to what many WALWICA members learned as campers at the Children's Alliance Advocacy Camp, Advocacy Works! We received additional caseload to serve more eligible families just by speaking up in DC and allowing our voices to be heard!

New WIC Foods

A summit on the new food package was held in conjunction with the Leadership conference and provided business leaders and other partners with an opportunity to discuss how to implement a policy that will forever change the WIC food packages. At the summit, there was great interest in evaluating the impact of the new WIC foods on families and their health. In October, WALWICA, in partnership with the University of Washington and Washington State WIC Nutrition Program submitted a proposal to the Robert Wood Johnson Foundation to study the impact of the addition of fruits and vegetables to the WIC food packages in Hispanic preschool children in Central Washington. Yakima Neighborhood Health Services, Benton-Franklin Health District, Columbia Valley Community Health, and Mattawa Community Medical Center have expressed interest in working with us on this very exciting opportunity. Results will be communicated to local, state, and federal officials and will demonstrate whether a policy change such as this can facilitate the purchase and consumption of healthy foods!

Our Mission

To advocate for quality WIC services for eligible women, infants and children and to provide training, leadership and educational resources for local WIC staff.

Our Goal

Members work together to support and improve the quality of the WIC Program by assuring quality services to all eligible clients.

Our Members

WALWICA has over 200 individual members who work in various capacities in the WIC Program.

2008 Board Members

Lisa DiGiorgio | Nicole Flateboe | David Teske
Bonnie Fritz | Tricia Mortell | Rachel Johnston
Shirley Hutchison | Terri Trisler | Aliya Haq
Donna Oberg | Irene Berger | Wende Dolstad
Carla Levesque | Nati Mendoza | Martha Alonzo
Grace Woods | Nancy Wharton | Phyllis Kirk
Lana Zelenak | Gloria Cervantes | Dori Johnson
Carrie Pfab

Tricia Mortell, Lisa DiGiorgio, Carrie Pfab, and Terri Trisler in front of the capitol in Washington, DC



Plans For WALWICA's Next 5 Years

With capacity building matching funds from the Satterberg Foundation, WALWICA kicked off a strategic thinking and planning process with a day and a half long retreat in Leavenworth this past May. Eighteen Board members and staff were led through an enlightening and energizing process by Jill Sheldon, consultant. Board members and staff came to agreement on and clarified WALWICA's core purpose and core strategies. The following goals will form the foundation for WALWICA's 5-year strategic plan:

- Prevention of childhood obesity prevention efforts through increased community collaborations and training opportunities
- Breastfeeding promotion, support and policy development
- Development of WIC staff and community partners using leadership training and career development strategies
- Advocacy for policies and programs that support young Washington families
- Ensure adequate financial resources to achieve strategic goals and objectives
- Increase visibility of WALWICA and its important work

Why Does WIC Nutrition Matter?

DESTIGMATIZED BENEFITS WITH NO CITIZENSHIP REQUIREMENTS
 REDUCES HEALTHCARE COSTS | KIDS BEGIN SCHOOL READY TO LEARN
 PREVENTS AND IMPROVES CHRONIC HEALTH PROBLEMS | HEALTHIER
 BABIES AND CHILDREN | HELPS FAMILIES STAY TOGETHER | CONTRIBUTES
 TO SELF SUFFICIENCY | BUILDS TRUST FOR IMPROVED OVERALL HEALTH
 LEVELS THE PLAYING FIELD | EMPOWERS TO MAKE POSITIVE CHOICES
 ADDRESSES BASIC NEEDS SO CAN FOCUS ON LIFE ISSUES | CAN BE ROAD
 TO OTHER SERVICES | ADDRESSES POPULATION GROWTH | REDUCES
 ISOLATION | BETTER ABLE TO CONTRIBUTE TO SOCIETY



Members of the Board, WALWICA staff, and Jill Sheldon, consultant, along side Icicle Creek in Leavenworth, Washington

Listening to Clients - New WIC Foods Discussion Groups

WALWICA worked with the Washington State WIC Nutrition Program and Clegg & Associates to conduct focus groups with WIC clients about the potential changes to the WIC food package that will be implemented in October 2009. There were 20 focus groups conducted across the state, with a total of 143 clients attending. Clients shared their excitement for the new fruit and vegetable cash benefit! Clients felt that the addition of fresh fruits and vegetables to the WIC food package would not only increase access to fresh fruits and vegetables, but would enable them to consume more fresh fruits and vegetables than they are currently.



Statewide Trainings for WIC Staff & Community Partners

WALWICA is contracted by the Washington State Department of Health to manage and implement statewide trainings for the WIC Nutrition Program. Nearly 500 WIC and MSS staff attended the *Milk "Made"* breastfeeding workshop presented by Michele Crockett, IBCLC in six locations throughout the state this summer including Spokane, Tri-Cities, Yakima, North Seattle, Tacoma, and Vancouver. WALWICA also convened a workgroup of local and state WIC staff to plan the annual Washington State WIC Conference, *Champions for Healthy Lifestyles*, in SeaTac for more than 600 local WIC staff.

Educational Scholarships

WALWICA awarded two scholarships this year - Aliya Haq of Harborview Medical Center WIC and Katherine Hammond of Clark County Public Health WIC. Both Aliya and Kathy traveled to Minneapolis for the Annual National WIC Association Conference, *WIC - A Playground of Cultures*. Aliya and Kathy attended educational sessions, explored the city of Minneapolis, made new friends, and shared their enthusiasm and passion for WIC with attendees from all over the nation. Aliya also put Washington State on the map in her poster presentation, *Immigrant Infant Feeding Issues*.

Since its inception, WALWICA has awarded nearly \$10,000 in educational scholarships, enabling fifteen WIC staff to further their education and training as well as expand their knowledge of the WIC Program.



2008 Financial Report

Contributions	\$0.
Dues	\$4,006.
Fundraising	\$4,233.
Grants	\$3,000.
State Contracts	\$444,546.
Total Support	\$455,785.