

Iodine In-Service Guide:

Iodine – What’s in your supplement?

This in-service guide is designed to facilitate the presentation of iodine supplementation for pregnant and breastfeeding women, and is intended to be facilitated by a Registered Dietitian and/or training supervisor. The purpose of this presentation is to help support staff knowledge and understanding of iodine following the recent risk update. The goal of this in-service is to equip WIC staff with the necessary knowledge and materials to facilitate an educational discussion with participants. Staff participation and questions are encouraged.

Target Audience:

WIC certifiers

Goals:

- Increase knowledge of WIC staff regarding the importance of iodine supplementation for pregnant and breastfeeding women.
- WIC staff can assign Risk 427.4 correctly and discuss iodine supplementation with participants.

Objectives:

Upon completion of this in-service, WIC staff will be able to:

1. Explain the reasons for iodine supplementation for pregnant and breastfeeding women.
2. Demonstrate their knowledge of iodine supplementation by reading nutrition labels and identifying iodine-containing prenatal vitamins.

Presentation Preparation:

- Prior to facilitating the in-service, review the content of the PowerPoint slides with notes. The notes for each slide provide guidance on what content to cover when viewing that slide in the in-service.
- If facilitator is unfamiliar with the content of the in-service, the iodine “Fact sheet” includes references and more complete information.
- Suggested activities during presentation:
 - Bring in several bottles of multivitamin supplements to practice looking at nutrition facts labels with group.
 - Bring in different kinds of iodized and non-iodized salts to help people become familiar with recognizing iodized forms.

Helpful Websites:

<http://lpi.oregonstate.edu/infocenter/minerals/iodine/>

<http://emedicine.medscape.com/article/122714-overview>

<http://www.nejm.org/doi/full/10.1056/NEJMco807851>

<http://www.iccid.org/pages/iodine-deficiency.php>



Presentation Outline:

- Progress through the presentation, providing additional information from the notes when necessary.
- *Activity #1 (Slide 3):* Open up first group discussion by asking the group to share their previous knowledge of iodine.
- *Activity #2 (Slide 6):* Facilitate the group discussion on reasons for this recent change.
- *Activity #3 (Slide 11):* While discussing supplementation, ask the group if they have any prior knowledge or experience with the iodine content of prenatal vitamins.
- At the end of the presentation, open up the room to questions and further discussion.