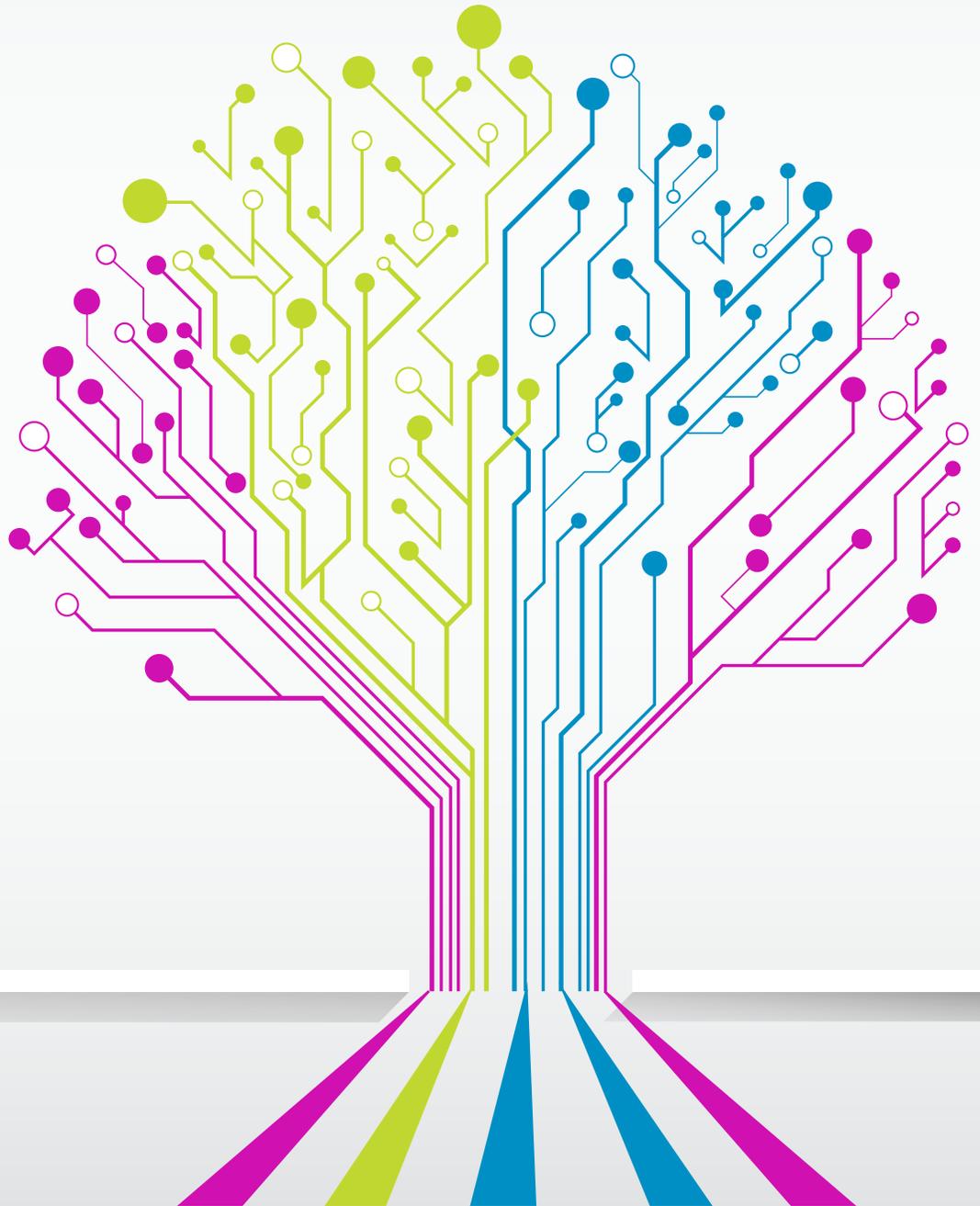


WIC NEXT GEN



Oregon WIC Statewide Conference
Sheraton Portland Airport Hotel
Sept. 28-29, 2016

connect

Join our conversation on Facebook and Twitter using **#WICNextGen**. Stop by the connection corner for more ideas on social media. Snap a photo at the photo booth. Fill out a scavenger hunt for the showcase and partner exhibits! Head over to the networking room to catch up with old friends and meet new ones! Or mingle with staff at the social hour. Check the map and schedule for more information about these and other networking events.

WiFi Network Name: #WICNEXTGEN

Password: #WICNEXTGEN

The network name and password are the same and both are in all caps.

empower

Look out for empower stops set up around the conference. Use these as an opportunity to power up through fun activities!

Start Thursday refreshed with a free beginner's yoga class. Grab a coworker and take a stroll. Feel free to stand or stretch during any session!

nourish

Nourish your network by sharing conversation and enjoying lunchtime programs. Nourish your body at a buffet-style lunch on Wednesday, as well as breakfast and lunch on Thursday. Healthy snacks will also be available.

Menus will be provided at each meal to help you in your selections.

table of contents

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- 8 breakout session descriptions and locations
- 12 speaker bios
- 15 showcase and partner exhibit descriptions
- 18 self-guided walking maps
- Back cover** conference map and notes



Visit our conference website:

Google "Oregon WIC Statewide Meeting"

welcome

Dear Oregon WIC staff and partners,

I want to personally thank you for attending the 2016 Oregon WIC Statewide Meeting. We are gathering to honor our legacy, celebrate our accomplishments and re-imagine our future.

I can't believe it has been 4 years since we last gathered at the 2012 Statewide Meeting. So much has changed in those 4 years:

- Many of our co-workers have retired, but many new faces have stepped forward to join us. For 30% of you this is your first statewide meeting.
- Today we have a social media presence on Facebook and Twitter.
- WIC celebrated 40 years as the premier public health nutrition program.
- eWIC is used statewide and vouchers and voucher printers are just a memory.
- And we are so cool we even have an app!

It is my hope that each of you will leave here prepared to be part of the next generation of WIC in Oregon.

Sincerely,



Sue Woodbury, M.B.A., R.D.N.
Oregon WIC State Director, Center for Prevention and Health Promotion,
Oregon Public Health Division (PHD), Oregon Health Authority (OHA)



Sue Woodbury,
Oregon WIC Director



Sara Sloan
Oregon WIC
Operations Manager



Susan Greathouse,
Oregon WIC
Nutrition & Local
Services Manager



Business &
Admin. Svc.,
Evaluation



Data



Vendor Management

your state
WIC team



Nutrition & Local Svc.

schedule *at a glance*

Tuesday, September 27

1 - 5 pm **OWCA meeting**
Mt. Adams Room



Wednesday, September 28

8 - 10 am **Registration**
Mt. Hood Foyer

8:30 - 9:30 am **Breastfeeding Coordinator
Networking**
Cascade C

10 - 11:45 am **Welcome & Keynote: Making a Connection
with Millennial Moms**
Mt. Hood Rooms A-C



Noon - 1:30 pm **Lunch: Let's Connect and Celebrate**
Mt. Hood Rooms A-C

1:30 - 3 pm **Breakout Sessions 1**
See page 8 for details

3 - 3:30 pm **Break & Partner Exhibits**
A great time to visit showcase exhibits as well! See pg. 15 for details.



3:30 - 5pm **Breakout Sessions 2**
See page 9 for details

5 - 6 pm **No-Host Social Hour**
Mt. Adams Room

Thursday, September 29

6 - 8 am **Breakfast**
Mt. Hood Foyer



7 - 7:45 am **Yoga**
Mt. Adams Room

7:15 - 8:15 am **LAWN Networking**
Cascade C

8:30 - 10 am **Breakout Sessions 3**
See page 10 for details



10 - 10:30 am **Break**

10:30 - noon **Breakout Sessions 4**
See page 11 for details

Noon - 1:30 pm **Lunch: Recognition and Table Topics**
Mt. Hood Rooms A-C



1:30 - 3 pm **Closing Keynote:
Where Do We Go from Here?**
Mt. Hood Rooms A-C

Keynote Summaries

Making a Connection with Millennial Moms

Georgia Galanondis, Case SVP, Managing Director

Today it's not uncommon for young adult cell phone owners to exchange over 100 text messages on any normal day. Combine that with the plethora of social media channels and it's no surprise that it's getting harder to communicate and break through to make a connection. Understanding how today's WIC Moms and caregivers are most comfortable communicating is critical. Harnessing the diversity each generation has to offer starts with listening and understanding. Our keynote will share current behavioral data to aid in that understanding.

Where Do We Go from Here?

Steven Fulmer, Author & Speaker

Regardless where you are, there is not a single place on this planet you cannot reach. Some journeys take longer, others require multiple modes of transportation, but the truth remains you can get anywhere from anywhere. Where do you want the conference to take you? If you could use this gift to affect change, what would it be? You are an amazing group of people doing remarkable and important work in the world, so let's launch you from the conference with tools to turn this abundant knowledge into powerful action!

breakout *details*

Session 1: Wednesday, 1:30 - 3:00 pm

A. You Have What it Takes to be a Brain Builder: Introduction to Brain Science and Vroom

Presenters: Ari Wubbold, Elisabeth Underwood

Mt. Hood A

This presentation will cover the basics of the Vroom early learning program, how it promotes secure attachment and how to share the Vroom tools with parents and caregivers.

B. Human Gut Microbiome

Presenters: Lisa Sardinia, PHD, JD

Cascade A & B

Most of the tens of trillions of cells that make up the human body are actually microbes. The gut microbiota make vitamins for us, help us digest food, battle disease-causing microbes, and may influence our behavior. Disturbances to the gut microbiota have been associated with obesity, asthma and autism. Understanding how the gut microbiome functions may help lead to better use of pre- and probiotics.

C. Time to Change Channels: Tune in to the New Food List

Presenters: Karen Bettin, Michelle Aarhus, Sara Sloan

Mt. Hood C

Exciting new foods are being added to the Food List. Come have fun with your colleagues while learning more about the WIC foods during this hands-on interactive session.

D. Reframing WIC Messages for the Millennial Generation*

Presenter: Georgia Galanoudis

Mt. Hood B

Grabbing the attention of today's moms, even for the biggest of brands like Huggies and Target, is not always easy. Let's explore and learn from big brand successes and failures and apply it to our audience -- WIC moms.

E. If You Build it, Will They Come? Use of Social Media in WIC

Presenters: Larry Bingham, Raquel Poteet, Krista Rosales

Mt. Adams

Come to this exciting session to hear about how to leverage social media to engage your stakeholders. Then engage in a panel discussion with local WIC agencies with exemplary social media campaigns. Learn how these agencies successfully launched a social media presence and how that presence is a useful tool.

*Session repeats

Session 2: Wednesday, 3:30 - 5:00 pm

A. Implicit Bias

Presenter: Hector R. Roche

Cascade A & B

In this workshop we will examine the dynamics of implicit bias. We will discuss strategies to mitigate the impact of implicit bias in the workplace.

B. The Next Generation of Nutrition Education*

Presenters: Vernita Reyna, Bonnie Ranno

Mt. Hood C

Are you an Oregon WIC certifier who provides nutrition education? If the answer is yes, please join us to contribute your valuable insights to the RENEW project! RENEW will focus on delivering meaningful 1-on-1 nutrition education.

C. Reframing WIC Messages for the Millennial Generation

Presenter: Georgia Galanoudis

Mt. Hood B

Repeated, see description in 1D

D. eWIC Shopping 2.0: Get the Hype on the Swipe

Presenters: Michelle Aarhus, Diana Garcia

Mt. Adams

The WIC shopping experience is easier and more discreet than before but there is still much to learn. This session will explore common eWIC shopping issues and offer tips to help you create positive shopping experiences.

E. Strengthening Your Connection to WIC Families by Getting to the Heart of the Matter*

Presenter: Julie Reeder

Mt. Hood A

This session will pull together research findings on the experiences, perceptions and desires of WIC families from OR and other states. We will work together to identify areas in nutrition education where we can easily incorporate core values and hopes of WIC families.

F. Breastfeeding Peer Counselor Networking

Kelly Sibley

Cascade C

Come join your fellow Peer Counselors at this informal networking session!

*Session repeats

breakout details (cont.)

Session 3: Thursday, 8:30 - 10:00 am

A. Why Does it Hurt? Identifying the Causes of Breastfeeding Associated Pain and How WIC Can Help (CERPS available)

Presenter: Dr. Nan Dahlquist

Mt. Adams

This session will review the different causes of pain and the impact of unresolved breast pain on the duration of breastfeeding and the health and well-being of the mother and baby. Understanding these can help WIC counselors to better assess this complication, address the underlying causes and refer when appropriate.

B. Health System Transformation - We're all in this Together

Presenter: Adrienne Mullock, Dustin Zimmerman

Cascade A & B

Take part in a mapping exercise to identify where your WIC office is located in relationship to the Coordinated Care Organizations' (CCOs) service areas. Learn about how Oregon's \Community Advisory Councils (CACs) are part of health system transformation efforts and discuss any stories about local work you've done with them.

C. Why You Should Ask: Food Insecurity in Oregon

Presenter: Charlotte Navarre

Mt. Hood B

This session will review food insecurity rates across our state and how one health system is responding to community needs. Providence Milwaukie Hospital, Providence Community Health Division and 2 Providence Family Medicine Residency Clinics launched Screen and Intervene in Childhood Food Insecurity 2 years ago. Learn the process, outcomes and relationships with community partners due to this project and how you can partner with primary care in serving these vulnerable families.

D. The Next Generation of Nutrition Education

Presenter: Vernita Reyna, Bonnie Ranno

Mt. Hood C

Repeated, see description in 2B

E. Strengthening Your Connection to WIC Families by Getting to the Heart of the Matter

Presenter: Julie Reeder

Mt. Hood A

Repeated, see description in 2E

Session 4: Thursday, 10:30 am - noon

A. Breastfeeding Triage – Using Case Studies to Practice Breastfeeding Assessment, Support and Referral in WIC (CERPS available)

Presenter: Dr. Nan Dahlquist and Kelly Sibley

Mt. Adams

This session will focus on helping moms when breastfeeding doesn't go as planned. We will use case studies and triage tools to recognize when a challenge is occurring and practice assessment and counseling skills.

B. Using Health at Every Size to Reduce Weight Stigma and Increase Efficacy of Interventions

Presenter: Hilary Kinavey, MS, LPC

Mt. Hood A

In this workshop-style session, participants will review the Health at Every Size® approach and explore opportunities to reduce stigma and weight-based assumptions.

C. Secure Attachment: Strategies from Peaceful Cultures

Presenter: Dr. Charlotte Peterson

Mt. Hood C

Explore early parenting practices throughout the world that promote secure attachment and healthy brain development, with an emphasis on practices that promote kindness and cooperation.

D. Trauma Informed Approaches

Presenter: Maggie Bennington-Davis

Cascade A & B

Learn about the effects of toxic stress on the developing brain and the Adverse Childhood Experiences study, then consider the impact on subsequent perceptions of our services and how we can create environments that feel safe for both those we serve and those of us serving them.

E. Underneath the Lessons of Customer Service and Team-building

Presenter: Steven Fulmer

Mt. Hood B

Come learn about how to use the Core Values Index™ to understand your deepest core self and how you engage with the world around you.

speaker bios

a Michelle Aarhus has worked at Oregon WIC as Vendor Training Coordinator since 2005. After training hundreds of stores and thousands of Oregon cashiers, Michelle is recognized statewide as “The WIC Lady.” Michelle has trained and tested on many eWIC POS terminals and store systems, and can honestly say that she is psyched about The Swipe!



b Dr. Maggie Bennington-Davis, MD, MMM is Chief Medical Officer for Health Share of Oregon, Oregon’s largest Coordinated Care Organization (CCO). Health Share coordinates physical, dental, and mental health benefits for 240,000 Medicaid-enrolled Oregonians. In prior jobs and consultations, Maggie helped lead implementation of trauma-sensitive services. Maggie completed her MD and psychiatry residency at OHSU where she remains on faculty.



Karen Bettin, MS, RD is a state Nutrition Consultant for Oregon WIC. As the lead for WIC foods and the point person for food companies, Karen coordinates the biennial state food review process. She started in WIC as a local Coordinator for a migrant WIC Program in Michigan, then worked 15 years for the MI state WIC Office.

Larry Bingham, joined OHA as Digital Engagement Lead in June. He came from Portland Public Schools, where he created a thriving social media platform on Facebook, Twitter and LinkedIn for the largest school district in OR. Before that he worked at The Oregonian and was part of the move to Oregonlive.com. His time blogging, Tweeting and Facebooking for the newspaper capped a 24-year career in journalism.



d Nan Dahlquist, MD, IBCLC, FAAP, FABM is a pediatrician specializing in breastfeeding medicine in Hillsboro, OR. She practiced general pediatrics for 24 years with a breastfeeding medicine focus. In 2012 the Westside Breastfeeding Center at Hillsboro Pediatric Clinic, LLC became her focus of practice and she cares for the newborns of the practice. The clinic initiated an innovative program called Best Beginnings to oversee care in the first couple months of life.



f Steven Fulmer is a successful entrepreneur, HUMAN Strategist™, and Heretical Leader™. Steven started his first business at the age of 16 and by 35 he was Vice President of an 85 person, \$10 million software company he was instrumental in growing from 3 people and \$300,000/year. Today Steven is a national speaker and author.



g Georgia Galanoudis, Case SVP, has been managing successful content driven marketing programs for 20+ years. Her audience-centric approach and integration of brand DNA into content strategy help brands develop innovative ways to engage and drive positive audience experiences. Working within both publishing and agency environments at Time Inc. and Meredith Corporation, Georgia has led the strategy and execution of a myriad of programs.



Diana Garcia is a Program Analyst on the Oregon WIC Vendor Team. Crossing mountains, rivers and highways Diana monitors vendors and farmers across the state to ensure WIC shoppers have the best experience possible. Diana has 16 years of WIC experience from working in busy WIC clinics across the river in WA, moving up to Olympia to work with WA State WIC and now has 3 years working in beautiful Oregon.



k Hilary Kinavey, MS, LPC is co-founder of Be Nourished, LLC. Her work encourages movement toward a compassionate model of radical self-care to heal internalized body shame and associated patterns of disordered eating. She is the co-creator of Body Trust™ Wellness, a popular speaker in health care communities and a regular contributor to the Huffington Post.



m Adrienne Mullock is a Transformation Analyst at the Oregon Health Authority’s Transformation Center. She provides targeted technical assistance to Coordinated Care Organizations (CCO), including the recruitment and engagement efforts of the CCO’s community advisory councils. Prior to her current role, she served as a Public Health Educator at Oregon WIC for 8 years.



n Charlotte Navarre, RN-BC is a Nurse Clinician and Faculty with the Providence Oregon Family Medicine Residency Program. Her teaching responsibilities include Social Determinants of Health, Health Literacy and Public Health. She is clinical lead for Screen and Intervene in Childhood Hunger, a demonstration project on screening for food insecurity at Well Child Checks and connecting families to patient navigators. She is a member of the Childhood Hunger Coalition.



P Dr. Charlotte Peterson has been a psychologist for over 35 years specializing in Child Psychology, Prenatal, Postpartum, and Infant Mental Health. She has studied parenting in over 60 countries over 40 years and has recently published the book *The Mindful Parent: Strategies from Peaceful Cultures to Raise Compassionate, Competent Kids*.



Raquel Poteet, CPA has been working for Klamath Falls WIC for 4 years. She has been a CPA for 3 of those 4 years, and is currently in charge of social media, WIC classes and bulletin board updates. She came to live in Klamath Falls in 2010 from Brazil, where she received a BA in Education and translation. Prior to her work at WIC, she was a teacher and translator for 15 years.



r Bonnie Ranno, MS, RD has worked in nutrition since 1979. She has worked as a local agency WIC nutritionist in KY and MT, a research assistant, a clinical dietitian in diabetes and in private practice specializing in eating disorders. She has worked as a state nutrition consultant for Oregon WIC for the past 9 years and now provides local agency technical assistance, program monitoring and nutrition education coordination.



Julie Reeder, Ph.D., MS, MPH, CHES is the Senior Research Analyst at Oregon WIC. In her 14 years in the position she has conducted multiple mixed methods studies that explored breastfeeding peer counseling, motivational interviewing, the WIC food package changes and postpartum health. Her current work focuses on better connecting WIC to health care and early learning initiatives. Julie is Associate Editor for the Journal of Nutrition Education and Behavior, and is a member of several NWA and APHA committees.



Vernita Reyna, RD is a Nutrition Consultant with Oregon WIC. Her 13 years of work at the state level was preceded by 22 years as a local agency nutritionist and coordinator in Marion Co. She now provides program monitoring and technical assistance to local agencies. She coordinates USDA Risk implementation and is one of the leads for enhancing Participant Centered Education through the ENACT and RENEW projects.



speaker bios (cont.)

Krista Rosales is the Columbia County WIC clerk, which means she keeps the train on track with all front office duties, certifying Spanish-speaking families, teaching baby-wearing and cloth-diapering classes, and all social media interactions across Facebook and Pinterest. Krista works closely with the local breastfeeding mothers groups and hopes to acquire her IBCLC. She has worked at WIC for 4 years.



Hector R. Roche has been engaged in consultation and professional development on diversity, equity, and social justice for his entire professional career. Beginning with his work in pediatric Social Work, and then as Director of Staff and Organizational Development with Multnomah County Health Department, and most recently as Senior Equity Manager at Portland Public Schools, he believes that the arc of this work is personal, professional, organizational and systemic. His workshops reflect that belief.

Lisa Sardinia, Ph.D., J.D. is an associate professor at Pacific University who teaches Microbiology, Basic Science for Optometry and Human Genetics for Physician Assistants. Following graduate school she was awarded a National Cancer Institute research fellowship at UCSF in molecular genetics, and has won several other awards during her time at Pacific.



Kelly Sibley, MPH, RD, IBCLC has been working at Oregon WIC as a nutrition consultant and breastfeeding coordinator since 2003. She earned a Masters Degree in Public Health at UC Berkeley in 1989, has been a RD for 27 years and an IBCLC for 11 years. Prior to working at Oregon WIC, Kelly was the WIC Director at the Native American Health Center in Oakland, CA for 12 years.



Sara Sloan, MS, RDN has been with Oregon WIC since 1998. She is currently Operations Manager and provides oversight and management for the operational components of the program including TWIST, vendor operations, program integrity and compliance. She previously served as an Oregon WIC Nutrition Consultant and has worked at the Texas State WIC Program.

Elisabeth Underwood, LSW is a Home Visiting Specialist at Oregon's Early Learning Division. She has worked in the early childhood field since 1995. She served in leadership roles in Healthy Families Oregon and Early Head Start for 16 years and implemented a stand-alone federal Early Head Start program.



Ari Wubbold is the Vroom Coordinator at the Early Learning Division and is responsible for the implementation of Vroom in Oregon at 25 pilot sites. He previously served as a Project Manager specializing in education policy at DHM Research, a Portland-based public opinion research firm.



showcase & partner exhibits

Showcase Exhibits

Improving Clinic Flow with Technology and Training

- 1. Checking in WIC Families with Instant Messaging,** *Coos County* uses an instant messenger system to help with clinic flow. Instead of the old system where intake staff had to leave the front desk and ring a bell to notify CPAs when a family was ready, now they can simply send a message that the whole staff sees so a CPA can claim it and gather the family.
- 2. Online Ordering System for WIC Publications,** *State WIC* created a new way for local agency staff to “shop”: an online ordering system for WIC publications. Come learn about it!
- 3. Communication Portal...A Rainbow of Colors,** *Jackson County* provides a new look at how to use Outlook to improve clinic flow. They use a shared calendar in Outlook so staff can effectively communicate needs of their participants in an efficient manner. At a glance, staff know what needs to be done by a task's color.
- 4. Cross-Trained Clinic Snapshot,** *Salud Medical Center* showcase their certifiers who are cross-trained to perform both clerk and certification duties. In addition, each certifier office is equipped with anthropometric and hematology equipment to help with clinic flow.

Enhancing the Participant Experience and Nutrition Education

- 5. Technology Bridges Gaps: Remote RD Program Provides Nutrition Education to WIC Clients Across the State,** *Synergy Health & Wellness (Coos, Columbia and Curry Counties)* in Bend, OR use technology to provide remote dietitian services for WIC agencies. In addition to client visits, they collaborate with local agencies and area physicians for nutrition prescriptions.
- 6. “We Happily Spread WIC Far & Wide,”** *United Community Action Network (UCAN)* staff display information about the 7 cities they travel to besides their main city -- Roseburg. They travel to most of these cities twice a month, bringing classes and certifiers to provide WIC services to participants outside of Roseburg.
- 7. Improving the WIC Experience,** *Baker County* staff highlight improvements including Star Parenting, online proofs/nutrition education, an office makeover, issuing pumps to participants who haven't gotten one from insurance, as well as their breastfeeding display board.
- 8. Nutrition Education Materials,** *State WIC* display current nutrition education materials.
- 9. New Foods List,** *State WIC* staff share the new Oregon WIC Food List.
- 10. SNAP to it! Second Nutrition Education at the Farmer's Market,** *Clackamas County* shares about their collaborative partnership with OSU Extension and the Oregon City Farmer's Market. This provides an interactive 2nd NE experience for WIC participants at the market.

showcase & partner exhibits (cont.)

Building Innovative Partnerships to Benefit Participants

11. **Blue Zones - The Science of Living Longer**, *Klamath County* showcase *The Blue Zones Project* in their WIC office and in their community. This poster highlights the Blue Zones philosophy of “Living Longer, Better.”
12. **Benefits Beyond WIC**, *Lane County's* poster illustrates information about Quit Tobacco in Pregnancy (QTip), Lane County Farmers' Market Tours and Birth Your Way programs.
13. **Partnerships Abound!**, *Deschutes County* has formed many partnerships over the years. Come learn how these partnerships were formed and how they provide increased access to resources that will benefit WIC clients and their families!
15. **An Inside Look at WIC for Future Public Health Professionals**, *Marion County's* working relationship with universities and colleges provides hands on experience for students with an interest in Public Health. Learn how they provide the opportunity, guidance and support for students to work with staff, WIC families and community partners on a multitude of projects.
16. **How to Make More Money Selling Produce**, *State WIC* nutritionists, vendor team staff and Rossi Farms teamed up to create a 12 minute YouTube video. This video helps smaller and rural WIC-authorized stores make a profit from selling produce, which in turn increases the availability of fresh produce for WIC participants and the community overall.
17. **WIC Improves Health Outcomes for WIC Families**, *State WIC* created a visual map that illustrates a family's life cycle in WIC. This visual helps busy CCO and healthcare professionals understand the value WIC provides at a glance.
18. **Outreach Team - Making the Connection with Healthcare Providers**, *State WIC* worked in collaboration with CCOs to produce a WIC & Healthcare Provider Toolkit that includes WIC Rx pad for referring patients, WIC data specific to your area and more.
19. **Strategies that Provide Synergy: Where WIC & MCH Meet**, *State WIC* share a map of Oregon counties and tribes who choose to spend MCH grant money on topics that relate to local WIC agencies. Topics include well women care, breastfeeding, oral health, smoking, toxic stress and trauma, food insecurity and culturally and linguistically appropriate services.
20. **Data Team**, *State WIC* data team members show how local agencies and state staff are not just connected through a phone number, they are connected through their clients.
21. **Working to Support Migrant Workers in our Community**, *North Central Health District* shares how they worked with community partners to provide one-stop access to services, while maintaining the programs requirements of WIC nutrition services.

Partner Exhibits, Wednesday 3 - 3:30pm

22. **Oregon MothersCare (OMC)** provides referral and resources to newly pregnant women throughout Oregon. Approximately 80 percent of our clients are referred to WIC; with the other 20 percent being referred to OMC from WIC. Come learn more about this vital program.
23. **211info** can connect you or your clients to health and social services. Whether your client needs resources related to basic needs like rent, utilities, food, or diapers, or they need help finding parenting classes, primary care providers, dentists, counselors or summer camps, 211info can assist. Come learn more and connect to resources through the 211 website, app and more!
24. **Oregon Infant Mental Health Association** Infant Mental Health Endorsement® is here in Oregon! Come learn about this exciting process that supports and recognizes the development of professionals who work with or on behalf of infants, toddlers and their families.
25. **OHA, Reproductive Health Program** visit this fun and interactive table display with information and referral resources for WIC staff to share with their clients regarding reproductive health services, contraception across the lifespan and more.
26. **Oregon Oral Health Coalition** stop by to get information about the Oregon Oral Health Coalition's two state-wide programs: Maternity, Teeth for Two and First Tooth (early childhood caries prevention). Focusing on the health of mothers and their children, the Oregon Oral Health Coalition partners with WIC offices, Federally Qualified Health Centers, Public Health Departments, and medical and dental offices to promote education, care and access.
27. **Oregon Dept. of Education, Early Learning Division:** The Vroom early learning initiative (www.joinvroom.org) provides free activities for parents that build their kid's brains and encourage math, reading and other critical skills. Vroom and Oregon WIC are teaming up statewide. This table will have free Vroom brain-building tools for each WIC agency.
28. **Oregon Head Start Association** and WIC share common goals, provide similar services and serve the same families in many communities statewide. By working together we can make a positive impact on good health and nutrition for children and families. Stop by to discover how we can work together for the benefit of families and staff.
29. **OSU Extension Services** is with you across the state, and with easy healthy recipes at the FoodHero.org website. Come find out more about whole grains recipes and cooking tips that include some of the new Oregon WIC foods.
30. **The Oregon Public Health Association** is the Oregon affiliate of the American Public Health Association. Our mission is to provide learning opportunities for public health professionals and the broader community and to advocate for policies that protect and promote the health of all Oregonians.

walking & running maps

Are you ready for a movement break? Below are 4 options for all levels. All begin at the hotel, and range from a few minutes to about an hour. Walks A-C are there-and-back; Walk D is a loop.

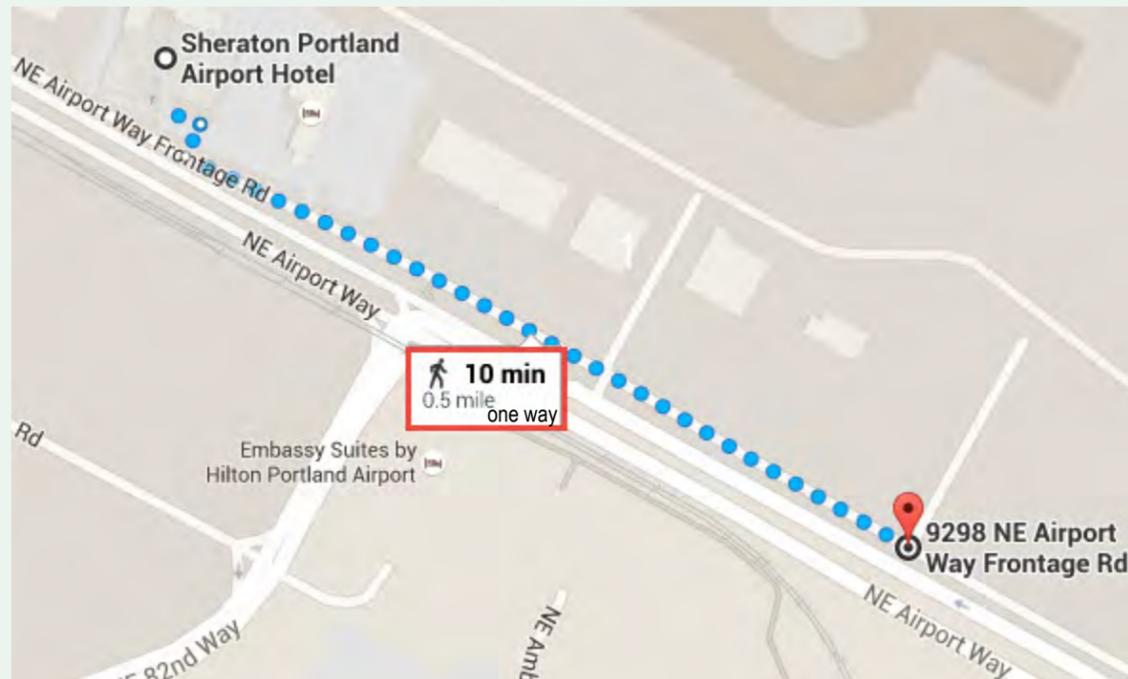
Walk A: "Quick Breath of Fresh Air"

Exertion: low. Distance: 0.6 mi round trip. Time: 8 -12 minutes.



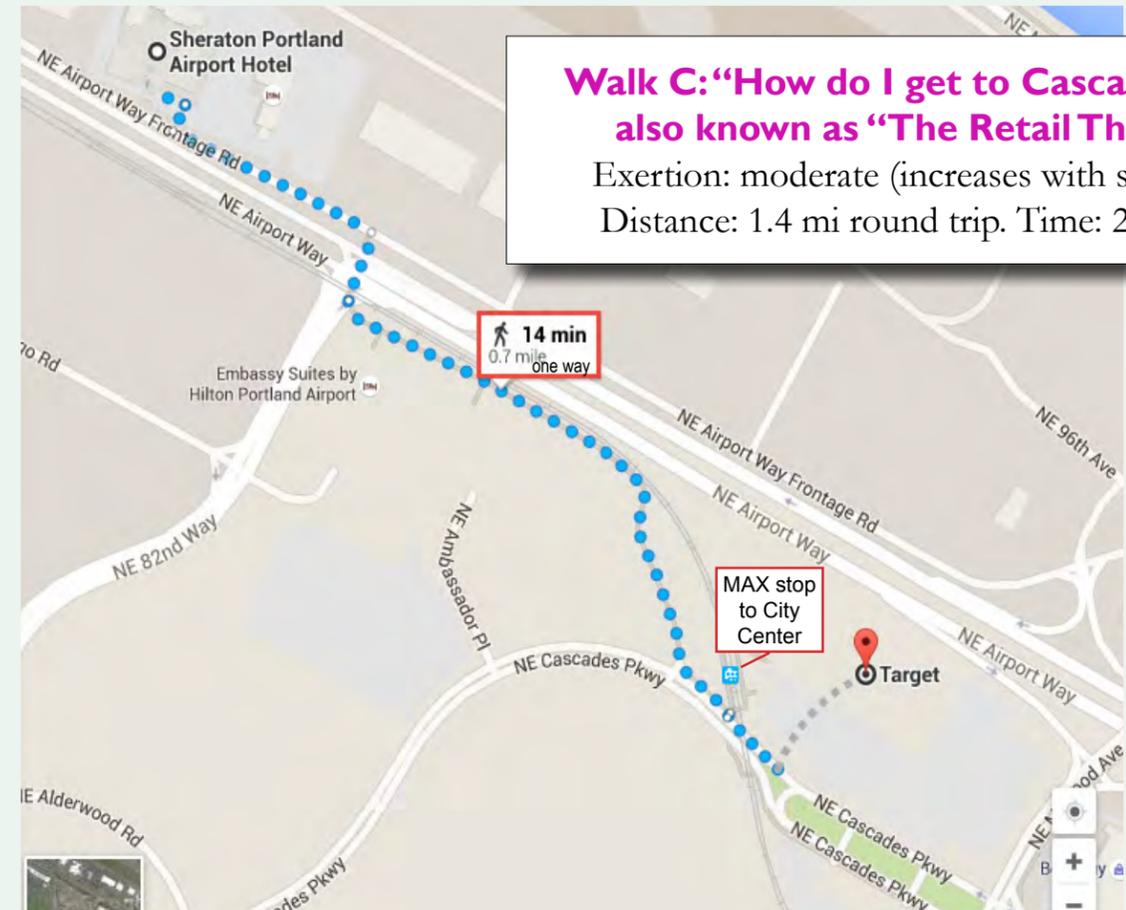
Walk B: "I need steps in between sessions"

Exertion: moderate. Distance: 1.0 mi round trip. Time: 15 - 20 minutes.



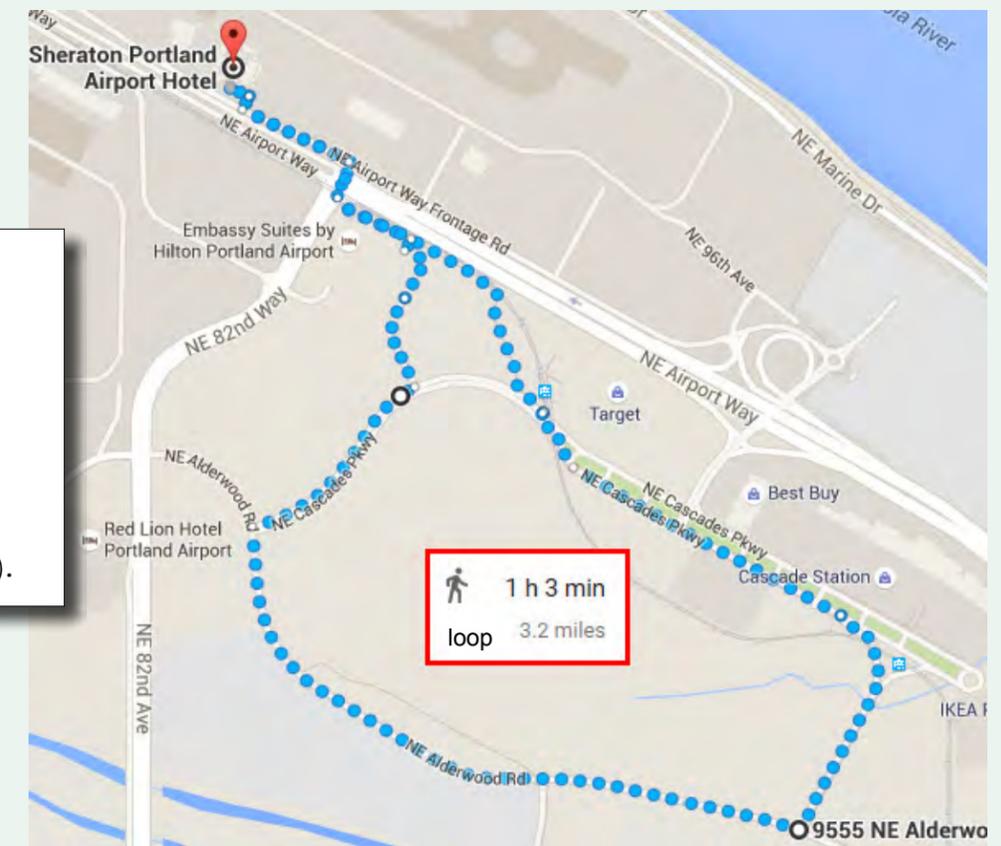
Walk C: "How do I get to Cascade Station?" also known as "The Retail Therapy" walk

Exertion: moderate (increases with shopping bags). Distance: 1.4 mi round trip. Time: 25 - 30 minutes.

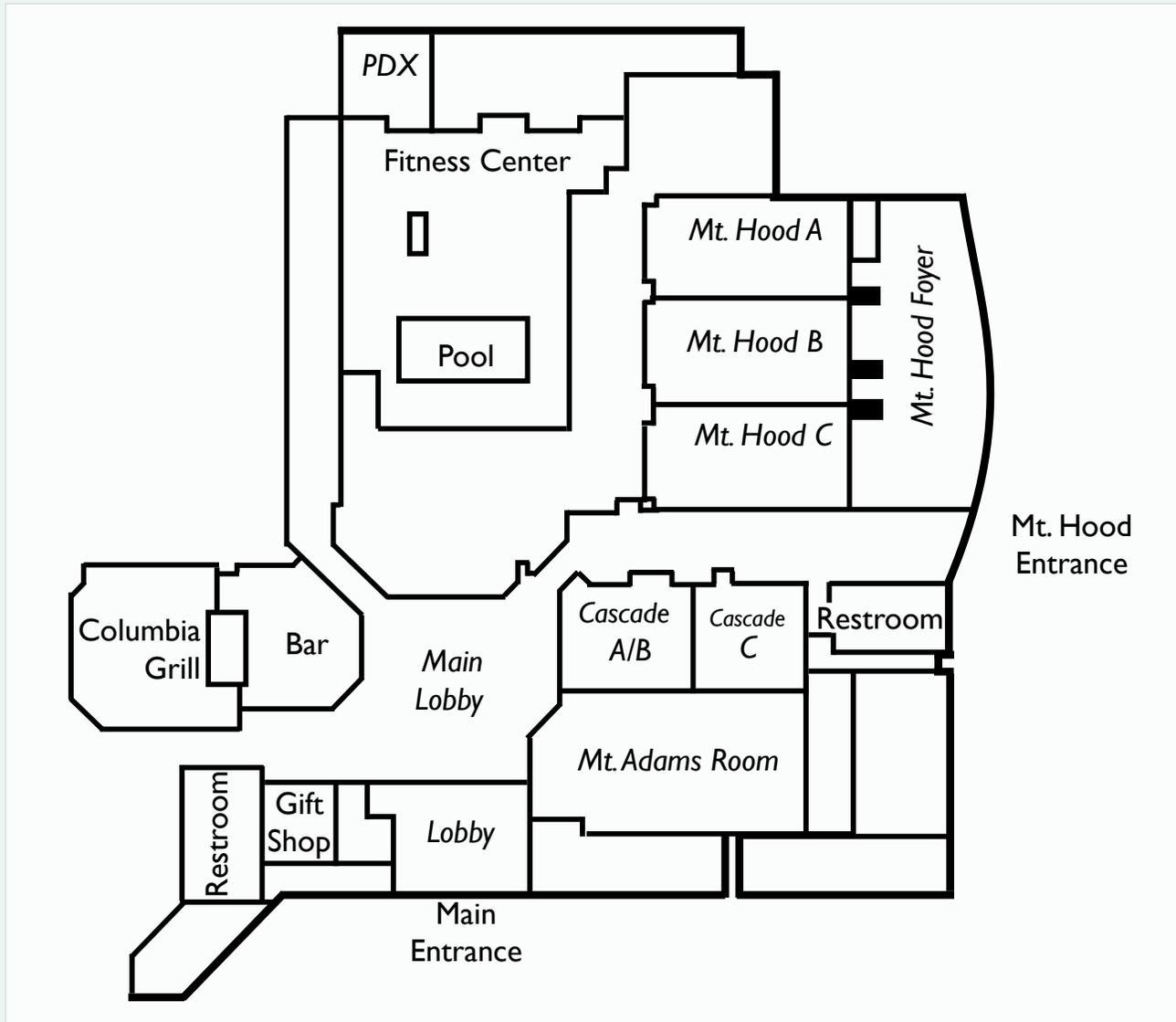


Walk D: "Born to Run" walk/run

Exertion: high. Distance: 3.2 mi round trip. Time: 1 hr (walking); less than 1 hr (running).



map



Please note...

- Please silence phones
- Infants in arms are welcome
- CERPS forms available in sessions
- CPE forms available at registration
- Lost and Found at registration
- Lactation suite information at registration

Hotel Front Desk in Main Lobby has:

- Restaurant suggestions
- Area information/map

Mt. Hood Foyer has:

- Registration desk (hours Weds. 8 - 5:30, Thurs. 7 - 3:30)
- Connection station, photo booth