



VENA Views

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Value Enhanced Nutrition Assessment -- Volume 3

Inside the Issue:

Skills Scale	2
Mind Over Matter	2
The VENA Experience	3
Mark your Calendars	4
Next Edition.....	4

New Year? New You?

Somehow a new year always brings about a time of reflection, renewal and refreshment. It also sometimes brings with it a time for many people to set some personal goals or resolutions. These resolutions usually have a common theme: to make us happier and healthier. VENA has much the same approach. It's put in place to make us and our participants happier and healthier. We are usually happier when our jobs are rewarding. Are you rewarded when your participants are healthy and successful? They certainly are. What about when you are more effective and efficient? VENA saves time for everyone and ultimately results in more positive and long lasting behavior changes. So here's to a happier, healthier year..... for everyone!

	Out with the OLD In with the NEW!
Presentation	Counselor wants to be seen as the knowledgeable nutrition expert	Counselor wants to be seen as the facilitator who provides information, ideas and support to help the participant make positive nutrition/health behavior changes
Actions	Ask participant about risks and problems Decide which behavior changes the participant "should" make Inform participant what is wrong with her behaviors Present an action plan with broad suggestions for behavior change Ask yes/no and leading questions to confirm the participant's understanding	Ask participant about goals, abilities, questions and concerns Help the participant decide which behavior changes she "wants to" make Help participant identify barriers to change and strategies she could use to overcome them Offer information on how change could be made with doable action steps Ask open-ended questions and actively listen to broaden your own understanding
Expected Outcomes	Participant leaves with information she can use to change counselor-identified nutrition and health behaviors	Participant leaves with information and decides what behaviors she can change. She gains motivation and support on how to change

*Adapted from Oregon WIC Listens



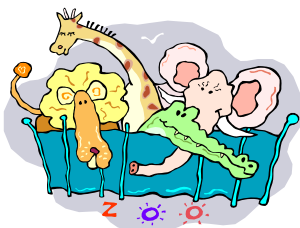
Affirmations are statements that help instill belief in one's self. Positive affirmations are those that include praise. They encourage and build self confidence and esteem. Being a parent is a very hard job. As a counselor, if you recognize a parent's action worth praising do it! Affirmations are more effective the more often they are repeated. Negative affirmations are just as powerful. Bottom line is your words may be the only positive and encouraging ones they hear on a regular basis. Hold onto that responsibility as counselors. Parents need to know when what they are doing is right so they can continue along the path of success. The only thing better than accomplishing something great is doing it with someone who believed in you. Be that for your participants. Be the one who believes they can do something even before they think they can!

**Could someone give
your "thumbs up"
a thumbs up?**

**If not, try incorporating
AFFIRMATIONS.**



<p><u>MIND</u> A Critical Thinking column to help keep your minds sharp. Enjoy!</p> <p><u>MATTER</u> Clue: The answers are not hard. Remember with critical thinking all things are relative.</p>	
<p>Question 1: How do you put a giraffe into a refrigerator?</p>	<p>Answer: <i>Open the refrigerator, put the giraffe in and close the door.</i> * This tests whether you tend to do simple things the complicated way.</p>
<p>Question 2: How do you put an elephant into a refrigerator?</p>	<p>Wrong Answer: <i>Open the refrigerator, put the elephant in and close the door.</i> Correct Answer: <i>Open refrigerator, take out the giraffe, put the elephant in and close the door.</i> * This tests your ability to think through repercussions of your actions.</p>
<p>Question 3: The Lion King is hosting an animal conference. All the animals attend except one. Who does not attend?</p>	<p>Answer: <i>The Elephant. He is in the refrigerator. You just put him in there.</i> * This tests your memory. Okay, one more chance.</p>
<p>Question 4: There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you cross the river?</p>	<p>Answer: <i>You jump in the river and swim across. Have you not been listening? All the crocodiles are at the animal conference.</i> * This tests whether you learn quickly from your mistakes.</p>



Happy ZOO Year!

The VENA Experience—It's not *just* Nutrition

The VENA Experience should begin from the moment participants walk through the door until the time they leave. This column introduces ways we can ensure that we succeed in providing a pleasant but thorough visit. The ultimate goal of VENA is to stay effective AND efficient. Below are some questions/statements that complete required elements of WIC certification while keeping participants' concerns the main focus.



Checking In

Signing in at the front desk	Welcome and thank you for coming to your WIC appointment today.
Obtain proof of income, identity and residence	What proofs have you brought with you today?
Review rights and responsibilities	Would you like for me to share with you your rights and responsibilities as a WIC participant?
Offer voter registration	Would you like to register to vote here today?



Risk Assessment

Obtain weights and measurements	Should we start with weight or height today?
Obtain hemoglobin values	It's time to check your iron count with a finger prick. Which hand would you like me to use?
Screen for immunizations	What are your plans for immunizing Suzy?
Obtain answers to mandatory questions on assessment forms	There are several questions I'm required to ask everyone during WIC certification. Is it ok for us to get started?
Assess participants' knowledge, strengths and barriers	What have you already tried?



Nutrition education and referrals

Promote breastfeeding to pregnant woman	How are you planning to feed your baby when she's born?
Offer appropriate nutrition education	Would you be interested in hearing how other moms have handled that?
Offer opportunity to identify next steps	What do you think you might want to try next?
Connect participant to desired health outcomes	We are enrolling you in WIC today to provide you with nutritious food and information to help you and your child stay healthy.
Refer high risk participants to an RD	I'd like to schedule a special visit for you. How does that sound?
Explain food instrument and cash value voucher use	What do you know about using food instruments and cash value vouchers?

*Adapted from Oregon WIC Listens

Mark your calendars for 2010!

Schedule 30 minutes to 1 hour a month for VENA training on WIC Works and you will accumulate **6.5 Free CEU's** this year!

Check it out: www.nal.usda.gov/wicworks



As a part of your ongoing VENA training, all providers will be asked to complete the following lessons on WIC Works in 2010:

- ❖ Communicating with Participants
- ❖ Counseling Skills
- ❖ Reaching Participants through WIC
- ❖ Health and Nutrition
- ❖ Feeding Infants: Nourishing Attitudes and Techniques
- ❖ Value Enhanced Nutrition Assessment (VENA)

Whether you have worked in WIC for 3 months or 30 years, these courses will bring every provider a sense of refreshment and reinforcement.

Old and new skills will be reviewed so that everyone is exercising the most consistent and caring level of counseling.

Stay tuned for more information on registering for your WIC Works Online Learning Courses.



Next Edition.....

National Nutrition Month and Upcoming Nutrition Education and Breastfeeding On-Demand Webcast