

Ongoing List of Training/Topics of Interest for WIC Nutrition Professionals

May be useful for 4 times per year nutrition services training, staff orientation, or personal/professional growth. Most links are more for staff development, some are client-focused.

Please send ideas to add to this list to mdhhs-wicnutrition@michigan.gov.

Client Centered Services

Brene Brown – Empathy: <https://www.youtube.com/watch?v=1Evwgu369Jw>

Michigan WIC CCS Website:

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_19205-503757--,00.html

The Language of Health: An Editorial Style Guide to Effectively Communicate to the Public:

<https://www.azhealthzone.org/wp-content/uploads/2021/10/style-guide-language-of-health.pdf>

USDA VENA Resources (VENA = Value Enhanced Nutrition Assessment, which is essentially another name for CCS): <https://wicworks.fns.usda.gov/topic/vena/value-enhanced-nutrition-assessment-wic-vena>

WIC Works Motivational Interviewing:

<https://wicworks.fns.usda.gov/resources/motivational-interviewing-training-and-other-resources>

Racism/Implicit Bias

NPR TED Radio Hour – The consequences of racism

<https://www.npr.org/2018/03/16/593870089/miriam-zoila-p-rez-how-does-racism-affect-pregnant-women-and-babies>

The Liturgists Podcast – Racism (full disclosure, this podcast is done by people with some religious background and what I would say is some “Church baggage”, but I really enjoyed listening to it and some of the conversations that have taken place afterwards)

How to be Anti-Racist in the Everyday Practice of Public Health (self-paced, CE):

https://www.mittrainingcenter.org/courses/haeps0722ce?_ga=2.248058756.2095164633.1684419740-1944149528.1684419740

<http://www.theliturgists.com/podcast/2016/3/29/episode-34-black-and-white-racism-in-america>

Dignity in Pregnancy and Childbirth Project: <https://www.diversityscience.org/perinatal-care-equity/>

Webinar, Dignity in Pregnancy & Childbirth: Preventing Racial Bias in Perinatal Care:

<https://learn.diversityscience.org/learn/course/external/view/elearning/13/dignity-in-pregnancy-childbirth-preventing-racial-bias-in-perinatal-care>

How to be Anti-Racist in the Everyday Practice of Public Health (self-paced, CE):

https://www.mittrainingcenter.org/courses/haeps0722ce?_ga=2.248058756.2095164633.1684419740-1944149528.1684419740

WIC-specific Resources

WIC Works: <https://wicworks.fns.usda.gov/resources/wic-learning-online-wlol> (courses have moved to Percipio, will need to click to login)

USDA Nutrition: <https://www.nutrition.gov/>

wichealth.org (online NE): www.wichealth.org

Michigan WIC CCS Website:

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_19205-503757--,00.html

MPHI Archived Webcasts, check Nutrition Education and Other Public Health Topics of Interest:

<https://mediasite.mihealth.org/Mediasite/Channel/wic/browse/null/most-recent/null/0/null>

Nutrition Education

[The Dish: Real Talk About Food](https://thedishrealtalk.com/) (<https://thedishrealtalk.com/>)

Collaborative project between the University of Nebraska-Lincoln's and South Dakota State University's SNAP-Ed and EFNEP. Short 'lessons' on food-related topics. May be nice for client to get some quick info/reinforcement on a topic discussed during an appointment.

Spend some time on the weekend planning out meals for the week. Use quick and easy recipes from [MyPlate Kitchen](#) or [SNAP-Ed Partners](#).

[Spend Smart. Eat Smart. website](#)

Dr Yum website: <https://www.doctoryum.org/>

Dr. Yum's First Foods Webinar: <https://www.doctoryum.org/en/first-foods/webinar>

Client Friendly Newsletter, focused on kids: <https://www.chopchopfamily.org/newsletter/>

USDA Eye on Nutrition Series (focus on nutrient):

<https://wicworks.fns.usda.gov/resources/eye-nutrition-index>

Dietary Guidelines for Americans CPE self-study modules:

<https://www.dietaryguidelines.gov/current-dietary-guidelines/cpe-opportunities>

Cultural Competency

[Breaking the Cultural Code](#) Lorena Drago, MS, RDN, CDN, CDE,
lorena@lorenadrigo.com

Becky Dorner, What's on the Menu? Delivering Culturally Appropriate Food and Nutrition Services

webinar: <https://www.beckydorner.com/free-resources/whats-on-the-menu/>

Interesting Article (could read and discuss as training opportunity):

<https://www.salon.com/2024/06/17/we-should-all-be-cooking-more-like-appalachians/>

Nutrition Topics

Intermittent Fasting (webinar):

https://www.skellyskills.com/the-practice-of-intermittent-fasting-understanding-the-how-when-and-why-free-version/?mc_cid=f39d9db9da&mc_eid=66e84be80e

Holistic Nutrition

'Beyond the Plate' Webinar Series: Mary Balog – marybalogrdn.com

Healthy eating is much more than what we eat. It's also how, why and where we eat—and the types of food we can access. The pandemic changed these dynamics for many of us, leading to a reduction in wellness, both physical and mental.

In this six-part workshop, Registered Dietitian and Certified Intuitive Eating Counselor, Mary Balog, will discuss health and nutrition using a holistic lens. Participants will have an opportunity to evaluate their diet history, their relationship to food and their body, and their shift in eating habits, behaviors and food/body attitudes during the pandemic (and beyond).

The workshop series will explore:

- A “non-diet” approach to eating, with food-based strategies to optimize well-being.
- The social and emotional role of food—and how to normalize emotional eating.
- How to manage mealtime-related stress or food anxiety.
- How to support your mental and physical health with flexible, relevant nutrition principles.

The recordings and workbooks are available on MDHHS Stay Well website:

<https://www.michigan.gov/coronavirus/resources/mental-health-resources/help-lines/webinar-videos/webinars/beyond-the-plate>

Health Outcomes

Radio Lab 23 weeks 6 days – This is just a story about a preemie baby, I've had interns and staff listen to it to get more of an idea what clients go through when they have a baby in the NICU etc.

<https://www.wnycstudios.org/story/288733-23-weeks-6-days>

HBO's The Weight of the Nation – 4 episodes total (gives a lot of insight into the many reasons for obesity): <https://www.youtube.com/watch?v=-pEkCbqN4uo>

Abbey Sharp – Obesity and kids dieting “Weight Watchers Kurbo App”:

<https://www.youtube.com/watch?v=yRIb-80HqCU>

Skelly Skills: www.skellyskills.com/

Public Health Trainings/Topics

MIHP Provider Trainings (some interesting archived webinar topics on behavioral health):

<https://www.michigan.gov/mihp/providers/current-mihp-providers/provider-training>

MIHP Community of Practice Webinars (some very relevant topics for WIC staff):

<https://www.michigan.gov/mihp/providers/current-mihp-providers/provider-training/mihp-community-of-practice-webinars>

Various Webinars: <https://www.calwic.org/events/wic-works-webinars/>

<https://pnce.org/courses/index.php>

Great free and relevant training topics here: <https://institutefsp.org/modules>

Region 5 Public Health Training Center: <https://www.mittrainingcenter.org/> includes many different types of trainings, including racial justice and health equity, ethics, etc. Some have cost, some do not.

Webinars on nutrition topics for CEUs (free):

<https://oldwayspt.org/health-professionals/take-free-oldways-cpeu-course>

OneOp Nutrition and Food Security (resources focused Military Families), includes some webinars:

<https://oneop.org/series/nutrition-and-food-security/>

CDC Developmental Monitoring for WIC:

<https://wicworks.fns.usda.gov/resources/cdcs-developmental-milestone-checklist-program-wic>

WIC Works compilation of Health Observances (by month) - interested in spotlighting a public health topic during a specific month, do some research and get creative:

<https://wicworks.fns.usda.gov/topic/health-observances>

Feeding Michigan Families: <https://www.feedingmifamilies.org/>

Maternal Mental Health

Maternal Mental Health 101: <https://www.postpartum.net/professionals/mmh-online-webinar/>

Trauma-Informed Care

Trauma-Informed Nutrition: Principles and Application of TI Care to the Field of Dietetics (\$35, 2 hour webinar):

<https://snaped.fns.usda.gov/library/materials/trauma-informed-nutrition-principles-and-application-ti-care-field-dietetics>

Training on ACES in Native Communities (7 modules, some parts specific to tribes in CA):
<http://kamtem-indigenouknowledge.com/training-information/>

Domestic Violence Resources

National: <https://www.dvawareness.org/HealHoldCenter>

Michigan Fact Sheet:

https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/MCH-Epidemiology/MMMS-IP-V-Fact-Sheet_31522.pdf

Michigan's DV Hotline:

<https://www.michigan.gov/mdhhs/safety-injury-prev/publicsafety/crimevictims/assistance/domestic-violence-hotline>

Michigan Maternal Mortality Surveillance Program:

<https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/mmms>

Pediatric Nutrition

Infant Nutrition Essentials (\$\$) - offered annually. Within [2022-2023 INE](#), you'll benefit from:

- 25 CPEUs approved by the Commission on Dietetic Registration in the US
- Access to consume the course material from November 1, 2022 to April 30, 2023
- 7 hours of video lessons, including specific how-to instructions
- 1 bonus module featuring our guest speaker Lisa Aquilino Haley, Occupational Therapist
- Workbooks, handouts, cheat sheets and tool kits
- Twice monthly Q&A sessions with your experts: Charlene and Julie
- 1 bonus live Q&A with your guest speaker: Lisa Aquilino Haley, Occupational Therapist
- Monthly case studies to apply your new skills - 6 in total!

Course modules include:

- In Depth Look at Maximizing Growth Assessments
- Understanding and Utilizing Pediatric Malnutrition Guidelines
- Infant Assessment and Feeding Guidelines
- Breastmilk and Formula – Making Sense of the Options on the Market
- When and How to Concentrate Infant Feeds
- Infant Allergy – Update on the Latest Research on Allergy Prevention
- Preterm Nutrition Basics
- Bonus module Feeding Readiness, Safety and Function: An Occupational Therapist's Perspective, with Lisa Aquilino Haley, OT

Feeding Littles: <https://feedinglittles.com/>

MDHHS Infant Safe Sleep Webinars:

<https://www.michigan.gov/mdhhs/safety-injury-prev/safe-sleep2/professional-resources/accordion/webinars/infant-safe-sleep-webinars>

Breastfeeding

Michigan Breastfeeding Network Webinars: <https://mibreastfeeding.org/webinars/>