Memo

To: WIC Coordinators and CPAs
From: WIC Nutrition Unit
Date: May 22, 2013
Subject: Iodine Supplementation Training Resources

New Resources for Training on Importance of Iodine Supplementation

We have had a number of questions from local agency CPAs about iodine supplementation: why is it important?, how do you assess it?, and what do you tell participants about it? So we have developed some training resources for staff.

A Power Point training module and Fact Sheet have been posted to the Minnesota WIC Program website. These two resources can be found at: Iodine Supplementation Training Materials

These materials are intended to enhance staff knowledge and understanding of the importance of iodine for pregnant and breastfeeding women, and how to assess the adequacy of their intake for correctly assigning Risk 427D. Information is also provided to facilitate a discussion with participants about their need for iodine and how to get enough.

The training module can be used for group training and discussion, or be viewed individually as needed. When viewing as a group, consider these suggested activities:

- Bring in several bottles of multivitamin supplements to look at nutrition facts labels and discuss variations;
- Bring in different kinds of iodized and non-iodized salts to familiarize staff with various iodized forms.

The Fact Sheet provides a summary of the information in the module, and provides a list of references for staff to review.

Please contact your Nutrition Consultant if you have any questions or comments.