



WICStrong: A Valuable Resource Tool for all Healthcare Providers

Cornerstone WIC's WICStrong webpage (<https://www.wicstrong.com/agency/cornerstonefh/>) is your one-click resource for information about all of our services. We invite you to see what we have to offer your practice and patients!

All WIC forms, including the medical documentation form and medical referral form, can be found on our WICStrong page. Additionally, you will find the current formulary, formula decisions trees, and patient-facing information like our brochure under the 'For Healthcare Providers' tab.

You and your patients can also find valuable information on:

- Breastfeeding videos and resources
- Qualifying for WIC and starting an application
- Current COVID-19 guidelines for families
- Shopping tips to help families make the most of their WIC benefits
- Regularly-updated posts on nutrition education and seasonal topics



Click Me!



All information is available in **English and Spanish!**

Please consider sharing our webpage with your patients that may benefit from the information.

February is American Heart Month!

WIC empowers pregnant and postpartum moms to make heart healthy choices for themselves and their families by offering the following services:



- Food packages with heart healthy items such as fruits, vegetables, whole grains, low fat milk, eggs, beans, peanut butter, and canned fish
- Individualized nutrition education and counseling to help families meet their health goals on topics including but not limited to:
 - Weight management
 - Healthy eating
 - Physical activity
 - Importance of ongoing healthcare
- Screenings for substance/ alcohol use during the perinatal period
- Referrals to healthcare providers and community services to support optimal health

Extension of the Increased Fruits & Vegetables

The increase in Fruits and Vegetables Cash Value to \$47 for breastfeeding women, \$43 for pregnant and postpartum women and \$24 for children per month has been extended through March 2022!

WIC benefits provide greater access to fruits and vegetables which has lead to participants buying and eating nearly 20% more produce. ¹

This increase in produce consumption has lead to better health outcomes for infants and children, and healthier pregnancies for women. WIC works to help families improve their eating habits to support long term health outcomes. ¹



This Month's Nutrition Fast Facts Topic: *Heart Health*

- **Women:** Heart health can be **controlled** through diet, exercise and stress management.
- **Infants:** Low birth weight may be linked to increased risk for cardiovascular disease later in life. ²
- **Children:** Preschoolers should be active about 3 hours throughout the day, including light, moderate, and vigorous activities. ³

Citations:

1. Carlson, Steven, and Zoë Neuberger. "WIC Works: Addressing the Nutrition and Health Needs of Low-Income Families for More than Four Decades." Center on Budget and Policy Priorities, Jan. 2021, <https://www.cbpp.org/research/food-assistance/wic-works-addressing-the-nutrition-and-health-needs-of-low-income-families>.
2. "Low Birth Weight Linked to Cardiovascular Risk." ScienceDaily, ScienceDaily, 3 Oct. 2019, <https://www.sciencedaily.com/releases/2019/10/191003155238.htm>.
3. NHS. (n.d.). NHS choices. Retrieved January 14, 2022, from <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>

We thank you for your continued support and collaboration to provide the best services to your patients!

For hours of operation, more information, or patient and provider resources:
Visit our **WICStrong web page** at <https://www.wicstrong.com/agency/cornerstonefh>
Or **Cornerstone Family Healthcare's web page** at <https://cornerstonefamilyhealthcare.org>

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