



# Dickinson-Iron District Health Department

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## Dickinson County

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## News Release

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**Immediate Release**

### **WIC Program Partners with Varnish! Michigan Babies Too**

Kingsford, Michigan – May 23, 2013. WIC is a food and nutrition program funded by the United States Department of Agriculture through the Michigan Department of Community Health. The Dickinson-Iron District Health Department delivers WIC services and benefits to our residents. WIC provides supplemental food, offers professional nutrition education and makes referrals to community resources based on health screening and assessments of need.

Nutritious foods are provided to supplement and help improve the diet. For example,

- Women and children may receive milk, cheese, eggs, juices rich in Vitamin C, cereals rich in iron, and dry peas/beans or peanut butter, fresh fruits and vegetables, whole grain breads or tortillas.
- Breastfeeding women, who do not receive formula from WIC, may also receive tuna fish, as well as extra cheese, juice & beans.
- Starting at 6 months of age, infants are eligible to receive infant cereal and baby foods in jars. Breastfed infants receive double the amount of baby food.
- For infants who are partially breastfed or not breastfed, WIC provides iron-fortified formula.
- Fresh produce is provided to many WIC participants through Project FRESH, a Farmer's Market Nutrition Program.

WIC participants are issued a Michigan Bridge Card which can be used at any of the WIC authorized retail stores throughout Michigan. The Bridge Card looks like and is used like a debit or credit card.

Children, under 3 years of age, who are enrolled in the health department's Women, Infant and Children nutrition program (WIC), will also be eligible for the **Varnish! Michigan-Babies Too** program. The goal of this program is to provide fluoride varnish to children who are at high risk for dental decay.

Project services include: a caries risk assessment, parent oral health education, an oral screening, and a fluoride varnish application on all exposed teeth. The screening and varnish application will be completed by registered nurses, all of whom have completed training in these procedures and have received certification to apply the varnish. The children are eligible to receive up to four fluoride varnish applications per 12 month period.

As part of this project we have contacted local dental offices and have developed a list of all dental providers in the area. Children with identified concerns on screening will be referred to these local providers. Families with children enrolled in MI-Child and Healthy Kids will be given a list of providers who accept this insurance.

We are very happy to have the opportunity to assist in promoting the dental health of children in this community. For more information or an appointment for the WIC program, call the Health Department at (906) 779-7212 or (906) 265-4173.

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