ALTARUM INSTITUTE

SYSTEMS RESEARCH FOR BETTER HEALTH

Center for Food Assistance and Nutrition

Research, Technical Assistance, and Training for WIC

Supporting Services for the Nation's Nutritionally At-Risk Families and Children

Altarum Institute offers an extensive history of providing assessment, technical assistance, and evaluation services for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). As a nationally recognized leader in strengthening food assistance and nutrition programs, Altarum has conducted dozens of WIC studies, assessments, and technical assistance projects for the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS), the USDA Economic Research Service, and state and local WIC programs.

Strengthening WIC programs through:

- Technical Assistance and Training
- Analysis of Program Operations
- Assessment-Based Strategic Planning
- Evaluation and Research
- Evidence-Based Nutrition Education Models

To improve:

- Client Service Delivery
- Nutrition Education Services
- Vendor Management Systems
- Financial Management
- Federal Reporting

Decades of Real World WIC Expertise

Through a combination of hands-on experience directing and managing state and local WIC programs, Altarum has assembled a team with vast WIC expertise, including past experience as:

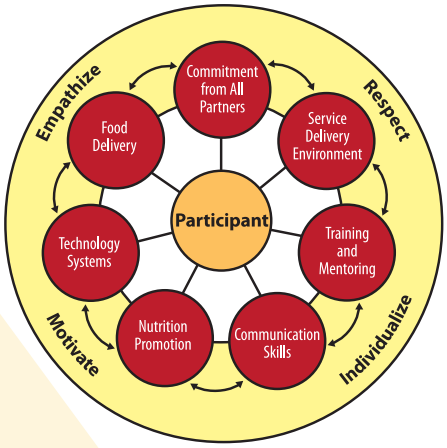
- State Director
- State Information Systems Specialist
- State and Local Nutrition Services Manager
- State and Local Breastfeeding Coordinator
- Local Site Supervisor
- Local Participant-Centered Services (PCS) Manager
- Local High Risk Nutritionist

Altarum understands WIC operational intricacies, policy issues, and implementation strategies for nutrition promotion. This allows us to identify specific challenges, issues, and priorities that affect WIC service delivery and to tailor solutions to improve programming.

WIC Services Offered by Altarum's Center for Food Assistance and Nutrition

- Formative Research and Strategic Planning
- Analysis of Program Operations
- Program Evaluation Methodologies
- Participant-Centered Services
- Staff Development Training Workshops

The WIC Participant-Centered Services Model



- Developed in collaboration with WIC programs throughout the nation.
- Influences all aspects of WIC service delivery to promote the adoption of positive nutrition and health-related behaviors by WIC participants and their families.
- Encompasses every interaction between the participant and WIC staff, and between and among WIC staff and supervisors.
- Addresses the unique needs of diverse state and local WIC programs.

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*Altarum Institute integrates independent research and client-centered consulting to deliver comprehensive, systems-based solutions that improve health and health care. A nonprofit, Altarum serves clients in both the public and private sectors. For more information, visit **www.altarum.org**.*

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- **Assessment and Planning:** Altarum has conducted assessments and training in more than 30 WIC state agencies in multiple USDA FNS regions. Utilizing the PCS model and assessment findings, we have worked with many state and local leaders to create strategic plans addressing strengths and challenges for enhancing services through implementation of the PCS delivery model.
- **Communication Skills Training:** The PCS model features a communication approach that is interactive, supportive, and motivational, focusing on the individual's strengths, capabilities, and inner motivation for personal improvement. Altarum trains staff on the participant-centered communication skills necessary to promote the adoption of positive nutrition and health-related behaviors by WIC participants. We work with state and local leaders to integrate and model this communication approach in all interactions with staff and stakeholders.
- **Leadership and Mentoring:** A strong mentoring program supports ongoing progress and development of WIC staff. Altarum has extensive experience creating sustainable systems that incorporate the spirit and style of PCS into every aspect of WIC service delivery.

For further information about Altarum's food assistance and nutrition programs, please contact:

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Altarum WIC Studies and Projects

- 2013–2016, WIC Vendor Risk Reduction Study
- 2012–2017, WIC Nutrition Education Study
- 2012–2015, WIC NSA Cost Study
- 2011–2019, Feeding My Baby: A National WIC Study of Infant and Toddler Feeding Practices
- 2011–2016, WIC Vendor Management Study and EBT Option Study
- 2011–2014, National Worksite Breastfeeding Support
- 2011–2014, A Study to Enhance American Indian Access to the Revised WIC Food Package
- 2011–2014, Transition to Online EBT in WIC: Review of Impact and Examination of Participant Redemption Patterns
- 2011–2014, Mid-Atlantic Region WIC Customer Service Assessment
- 2011, Effects of the Revised WIC Food Packages on Redemptions
- 2011, Evaluation of the Impact of the New WIC Food Package Changes on Small Stores
- 2010 and Ongoing, Participant-Centered Services Assessment, Planning, and Training in states in the Western, Midwest, and Mountain Plains Regions
- 2006–2010, Western Region Participant-Centered Nutrition Education Project
- 2007, Development of Local Agency Funding Formulas for Arizona and Virginia
- 2006, Impact of Medicaid Managed Care on WIC Program Coordination
- 2005, WIC Vendor Management Study
- 2004, Evaluating the Impact of Local WIC Nutrition Education Interventions on Participant Food Purchasing Patterns
- 1998, WIC Vendor Management Study
- 1995, Adolescent WIC Participant Study

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