

## **Karen Jarmon Human Services**

**Karen Jarmon, MPH RD LDN** began her career in 1994 as a Nutritionist with Wake County's WIC (Women, Infants and Children) program. Since then, Karen has served in a variety of roles, including WIC Nutritionist Supervisor, In-home Breastfeeding Support Program Supervisor, and WIC BFPC Program Manager.

Under Karen's leadership, Wake County WIC became a Regional WIC Lactation Training and Resource Center and the BFPC Program grew exponentially, with the WIC Breastfeeding Team earning the county's Garland H. Jones Award in 2009. Wake County's WIC program has also been recognized several times for the highest initiation and duration of breastfeeding rates in an urban counties.

During her time with the WIC program, Karen has personally achieved several notable accomplishments:

- Initiated the use of the WIC Low Birth Weight Report as a QA marker that is still in use today
- Co-designed a project enabling WIC to implement electronic medical records for nutritionist documentation in the AS400 System
- Identified problem with Ameda personal breast pumps and led effort that resulted in Ameda acknowledging and resolving a design flaw
- Awarded North Carolina WIC Staff Member of the Year 2011

In addition, she has served as Coordinator of Continuing Education for WIC Dietitians throughout her tenure at WIC. In this role, she enjoyed contributing to the development and ongoing education of WIC staff.

In her free time, Karen enjoys fiber arts, gardening, cooking, hiking and reading. In retirement, she plans spend more time with her family and travel with her husband of 36 years and their dog.

Thank you, Karen, for your 26 years of dedicated service to the people of Wake County. Enjoy your well-earned retirement!