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For Immediate Release

Cami Haught is MCHD Women, Infants, & Children's new program manager

MORGANTOWN, WV (Nov. 19, 2020) — As the new manager of Monongalia County Health Department Women, Infants, & Children (WIC), Cami Haught plans to expand outreach to spread the word about the services the federal assistance program offers.

“We’re working on social media to get more engagement with people and we’re working on signage for the different WIC offices,” Haught said. “We want to let people know where we are and raise our visibility.”

Her plans also include more coordination with Monongalia County Health Department’s other programs and projects.

Haught has already joined the Monongalia County Quick Response Team (QRT), a collaboration among first responders, public health, peer recovery coaches (PRCs) and other health care and private partners dedicated to providing immediate and longer-term help to those struggling with substance abuse. Funded by grants awarded to Monongalia County Health Department, the QRT meets weekly.

“I like being part of the QRT,” Haught said. “I’m working with the team to see how we can integrate nutrition services into the outreach.”

Individuals aided by members of the QRT sometimes have children, so the collaboration offers another avenue to provide assistance. Haught has given brochures to the PRCs who go out into the field. The brochures can be distributed to individuals the PRCs encounter who have children and who might qualify for WIC.

“What I’d love to do is to have a dietitian do QRT home visits,” Haught said. “We’d also like to see clients that are here at the health department, whether it’s a referral from MCHD Dentistry or MCHD Clinical Services. We’re looking for other ways to integrate. Those are my dreams — I know it’s going to take a while to get there.”

The Special Nutrition Program for Women, Infants, and Children is a program of the U.S. Department of Agriculture. As a member organization, MCHD WIC, which serves approximately 5,000 clients, helps to ensure normal growth of infants and children up to age 6, providing nutrition counseling, breastfeeding support, health screenings, medical and social service referrals and food packages. MCHD WIC is located in six counties: Monongalia, Preston, Marion, Harrison, Doddridge and Taylor.

WIC clients are pregnant or breastfeeding women and infants and children up to the age of 5 who meet income guidelines. Foster parents automatically qualify, as do grandparents who have custody of a grandchild with a medical card through the West Virginia Children’s Health Insurance Program (CHIP), or who meet the income guidelines. A family of four can make up to \$48,470 and still qualify for WIC. To see the guidelines, visit monchd.org/wic-eligibility-guidelines.html.

As program manager, Haught oversees MCHD WIC’s breastfeeding and nutritional services as well as performs administrative duties, including budget implementation. She also works with MCHD Clinical Services to implement the WIC Immunization Coordination Effort (WIC ICE) to help provide vaccines for clients in all six counties.

Because of the COVID-19 pandemic, clients currently are handled via telephone visits. Normally, clients can visit their local WIC office for health screenings and counseling. Pre-pandemic, all six locations also offered free breastfeeding classes to any expectant or nursing mothers, not just clients.

“Once we are one month past the time that the pandemic is declared to be over, we will resume our normal office visits and classes,” Haught said.

One new feature of MCHD WIC that was already in the works when Haught stepped into her role in late October is a new test kitchen at the Monongalia County location.

“This will allow us to create and post videos of healthy dishes being created,” Haught said. “This is a really exciting project that will give not only our clients but also the entire community step-by-step instructions on how to turn ingredients into tasty meals. This can lead to families eating not only more nutritiously but it also can help them stay on a budget.”

Growing up, Haught always had an interest in nutrition and working with individuals one on one.

“I really like doing nutrition counseling and education,” Haught said. “I’ve always been driven to want to help people.”

A native of Bruceton Mills, Haught graduated with a bachelor of science degree in Family and Consumer Sciences with an emphasis on nutrition from West Virginia University. She also has a master’s degree in Instructional Design and Technology, and is a registered licenced dietitian.

She started her career as a clinical dietitian at WVU Hospitals, which she did for 14 years. She spent the last seven years as the campus dietitian, working with WVU Dining Services.

When the opportunity arose for Haught to take the reins at MCHD WIC, she found the idea of switching her focus to working with families with children appealing.

“I’ve always liked working with pediatrics,” she said.

Dr. Lee B. Smith, MCHD executive director and county health officer, looks forward to working with Haught and to the integration of WIC with other health department services.

“I’m extremely pleased to have somebody with Cami’s qualifications on board,” Dr. Smith added. “We’re looking for new opportunities to improve WIC and to help the people we serve.”

Haught enjoys spending time with her husband, Frank, and teenage sons Josh and Gavin. She also has five egg-laying chickens

“I love to be outside,” she added. “I love anything outdoors — kayaking, hiking, working in my garden, watching my chickens.”

For up-to-date information on health and wellness in Monongalia County, check out monchd.org and follow the health department on Facebook and Twitter @WVMCHD and on Instagram at #wvmchd. MCHD WIC’s Facebook can be found at facebook.com/MCHDWIC