

# Nutrition & WIC Update

KANSAS NUTRITION AND WIC SERVICES



## Mother's Milk is What Got Us Here

Sara Ellenz, RN, Smith County Health Department

Breastfeeding can be very challenging for mothers, especially in the first month. But, what is it that leads mothers to discontinue breastfeeding today? The most commonly cited reasons are: not enough milk, baby won't latch, breast pain/soreness and work/school. The most common reason women request formula without a medical reason in the early postpartum is lack of preparation for what the newborn period would be like. The fastest drop-off in breastfeeding rates occurs in the first 10 days after hospital discharge. These reasons have been barriers to women throughout the course of history. Centuries ago there was no other option besides breast milk. What helped these women persevere and successfully breastfeed? I believe the answer lies in their support system.

Centuries ago people lived in villages surrounded by mothers, grandmothers, aunts, sisters and friends, all of whom breastfed their children. They'd casually correct a position, latch or watch a newborn as the mother tended to own needs. Raising the children of a village took every single member. They had endless amounts of support. Those unable to breastfeed had their infant nursed by a "wet nurse." These women faced the same problems as mothers today do, but the social norm was breastfeeding. Mother's milk is what got us here today.

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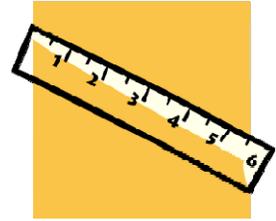


Currently, women play a prominent role in the workforce. The families support system- other mothers, grandmothers, sisters, aunts etc. are working or may be long distances away. In 1970 breastfeeding rates in the United States were the lowest ever, making a huge impact on our society. Formula feeding has changed the perception of infant feeding. Little girls watch their mother's bottle feed, they bottle feed their baby dolls and plan to bottle feed their children because that is their social norm. The importance of breastfeeding is becoming more widely known, but acceptance is still limited.

What can we do as healthcare professionals? Develop breastfeeding support groups; visit mother prenatally, in the hospital and shortly after they return home. Educate their spouses and families so that they can be involved in the care of the newborn and be aware of what to expect. Remind them how wonderfully capable their body is of providing adequate breastmilk. Families need to know that they are not alone in raising their child. They need to know that we support them, that we want the best for their family, and that they can come to us.

# How Does Your Clinic Measure Up?

Patrice Thomsen, WIC Program Consultant

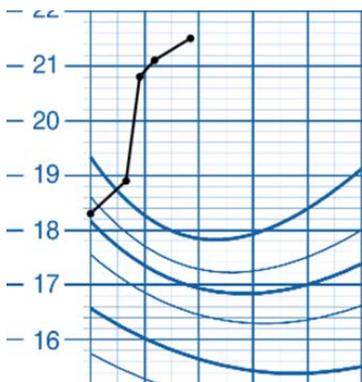


Here are some common observations from Management Evaluations. Read them and see how your clinic measures up.

## Topic: Missed auto-calculated risk factors. (Risk Factor screen opened and saved before anthropometric and blood measures are saved.)

*Observation:* In record review by SA staff, a child whose BMI for Age growth chart that plots way-y-y above the 95<sup>th</sup> percentile was not assigned the Obese risk factor. Review of contact history showed that the Assign Risk Factors screen was saved before measures were saved. Because the Assign Risk Factors screen was not opened again, the Obese risk factor was not automatically assigned.

Because the BMI for Age plot is so far above the 95 percentile, it would also seem that the certifier was not using critical thinking in reviewing the growth chart and the risk factors that were assigned in KWIC or would have noticed that “Obese” was not assigned. From the time stamps, it also seems that nutrition education was completed before the growth chart was reviewed. From BMI for Age growth chart and the Contact History:



11/17/2014 04:26 PM	Complete WIC Certification
11/17/2014 04:26 PM	Record Blood Measurement
11/17/2014 04:23 PM	Immunization Status
11/17/2014 04:22 PM	Record Anthropometric Measurem
11/17/2014 04:22 PM	Record Notes
11/17/2014 04:21 PM	Record Basic Contact
11/17/2014 04:21 PM	Make Referrals
11/17/2014 04:20 PM	Nutrition Education

### Correct Procedure:

KWIC auto-calculated risk factors only work if staff save the information that generates the risk factor **before** opening the Assign Risk Factors window. If information that generates risk factors is added to KWIC after more discussion during the certification, staff should be sure to open the Assign Risk Factors window again to check for risk factor additions.

Also staff should use critical thinking skills in reviewing the list of auto-calculated risk factors and what is actually observed. Sometimes there are entry errors that cause auto-calculated risk factors to be assigned (or fail to be assigned.)

While we are always careful in how we discuss such a growth chart and likely do not use the term “Obese” with parents, staff should know the weight assessment status.



## “PIC (Parents, Infants & Children)”: The Future of WIC?

**Bevin Neeley, BFPC, Lyon County**

V. Koroji Patrick, along with a small panel of dads, certainly opened many eyes and minds during the “What’s Dad Got to Do With it?” session at the National WIC Association (NWA) Nutrition and Breastfeeding conference. Patrick stressed the importance of including the father, father-to-be or stand-in dad figure in the interaction during a WIC appointment.

Dads can truly play a key role in breastfeeding success. When an expectant father attends an appointment make him a part of it. Ask them BOTH what they have heard about breastfeeding. Let him know he is important and has jobs to do even though he doesn’t have the breasts that will be lactating. Breastfeeding Peer Counselors have available to them “dad + baby: A 10 Minute Breastfeeding Guide”, and “Magical Bond: Father” is available through the State WIC publications. Whatever your clinic uses for breastfeeding education, the presentation of the materials can be tailored to include dad.

Shortly after our return from the conference we got to put our fresh knowledge to use when we saw a couple and their new baby in the clinic. As I weighed and measured baby, I talked to mom and dad about infant feeding patterns; giving anticipatory guidance. As they moved on to Jane’s (RD) desk, she questioned mom about what I had just finished counseling on. Mom could not answer but dad stepped right in and remembered every important piece they needed to continue feeling confident in their ability to breastfeed their baby!

## Johnson County WIC Community Garden Receives Award for Advancing Sustainability

The Johnson County WIC Community Garden is feeding families and has won an award. The garden received a Sustainable Success Stories Award from the Mid-America Regional Council on December 5. This highly competitive annual award was given to the WIC Community Garden and eight other community projects. Award recipients are selected on their ability to advance the three pillars of sustainability - social equity, economic vitality and environmental stewardship.

The mission of the WIC Community Garden is to educate, empower and feed the clients in the Kansas WIC program, thereby creating a healthier community. In its second year, the garden produced 1,500 pounds of fresh vegetables. All of the produce harvested from the garden was distributed to over 800 families enrolled in WIC, many of whom also helped volunteer in the garden. The garden tripled in size from 2013 to 2014 and a micro orchard was planted this fall further expanding the ability to teach and feed Johnson County's most vulnerable citizens.

WIC currently provides \$10 each month to nursing and pregnant women and \$8 to children. The WIC community garden provides an additional opportunity for clients to get fresh fruits and vegetables. The garden is located just a few feet from the front door of the Olathe WIC office (11875 S. Sunset Drive) where over 4,000 clients are currently enrolled in the program. WIC clients who volunteer in the garden are given first pick of the fresh fruits and vegetables. The remaining produce is distributed to clients through the WIC office.

Volunteers are welcome to participate in this exciting and beneficial community garden. They can sign up by contacting the volunteer coordinator at [garden coordinator@jocogov.org](mailto:garden coordinator@jocogov.org) or online at <http://www.jocogov.org/dept/health-and-environment/health/wic/community-garden>



## To Fear? Or Not to Fear? The GMO Question

Presented by the Common Ground Kansas panel at the 2014 Kansas Nutrition Council Annual Conference  
Jeanne Ritter, RD, LD, Reno County WIC Program.

Two women volunteers presented the farmers' side of the GMO (genetically modified organism) issue.

- Selective breeding started 10,000 years ago.
- Today with biotechnology we have products such as seedless watermelon and seedless grapes.
- Biotechnology reduces costs and helps the environment by making plants more drought tolerant, pest tolerant and disease resistant.
- Currently there are 8 plants that are GMO: cotton, squash, corn, alfalfa, soybeans, sugar beets, canola and papaya.
- Without biotechnology the estimated global food prices would be about 10% higher for foods made from soybeans and 6% higher for foods made with corn.
- GMO testing takes about 13 years and is reviewed by USDA, FDA and EPA.
- Increases in children's allergies began 5 to 7 years ago and increased the most from non-GMO foods: peanuts, tree nuts, fish, shellfish, wheat, eggs and milk.
- Europe has seen an increase in allergies and does not allow GMO crops.
- Evidence is that GMO crops do not impact beneficial insects.
- Deemed safe by agencies in the U. S. and worldwide including AMA, WHO and in other countries in Europe.

The presenters stressed the importance to research both sides of an issue.

## A New Idea about Allergies

Donna M. Wiens, RD, LD, Shawnee County

At the National WIC Association Nutrition and Breastfeeding Conference, Sherry Collins, MS, RD provided interesting/thought provoking information on food allergies. She states there is some support for the earlier introduction of whole eggs and peanut butter to 'train the immune system'. She stated, 'We should not be avoiding those foods.' She supported the idea of mixing peanut butter into a hot cereal and giving soft scrambled eggs by about 9 months. Waiting longer on some of these usually avoided foods until 1-2 years may be placing children at a higher risk for allergies down the road. As a dietitian, it encourages me to seek out more information on the topic of food allergies.



*Published by Kansas Department of Health and Environment. Sam Brownback, Governor. Susan Mosier, Secretary. Managing Editor: Julie Ornelas. Reprinting of articles should credit KDHE. USDA is an equal opportunity provider and employer. If you feel you have been discriminated against because of race, color, national origin, sex, age, or disability, write to the Secretary of Agriculture, USDA, Washington, DC.*