



# District of Columbia WIC Nutrition Services Training for Competent Para-Professional Authority

Department of Health 2017

# What you will learn for CPPA Training

- WIC Basics
- Customer Service
- Basic Nutrition
- Breastfeeding Basics
- Health Assessment Forms
- Anthropometric and Biochemical Measurements
- Conducting group classes
- VENA
- Prenatal and Postpartum Nutrition Basics
- Toddler & Preschool Nutrition

# Learning objectives for WIC Basics

- Provide a basic explanation of how WIC serves as a public health program and not solely as a food benefit program such as SNAP
- Name the four eligibility requirements for WIC
- Name the Certification period for each WIC category
- Name at least two priority nutrients for WIC participants
- Identify at least two pregnancy health risks that WIC helps alleviate or reduces the risk of for mother or baby
- Name at least five of the food types/categories in the basic WIC food package
- Identify two allowed substitutions for cow's milk
- Identify at least two ways the WIC food package for exclusively breastfeeding women is enhanced over the basic food package
- Identify at what age WIC provides solid food to infants
- Identify at least one way the WIC food package is different for one-year olds than two years and older.
- Name at least one way WIC helps families with infants or children with special needs

# What do you know?

- History
- Eligibility
- Certification period
- Priority nutrients
- Pregnancy health risks
- Food categories
- Alternatives to milk
- Different food packages for BF moms
- Age when the infant is introduced to solids
- Difference between food packages for a one and two-year old

# Saving the Children: The Story of WIC



**"Others have questioned if hunger exists in our country; I can tell you that hunger does exist in this country. For many adults and children, going to sleep hungry is not a threat; it's a regular occurrence. And it must end."~ Former USDA Secretary Mike Espy**

# The Eligibility Basics

Certification: To determine if a person is eligible for benefits

- Categorical
- Residential
- Income
- Nutrition Risk

# Certification Periods

- Pregnant Women: Until 6 weeks after delivery
- Post-partum Non-breastfeeding: Six months
- Breastfeeding: One year or until stops breastfeeding (if after six month post-partum)
- Infant: One Year (until first birthday)
- Child: One Year

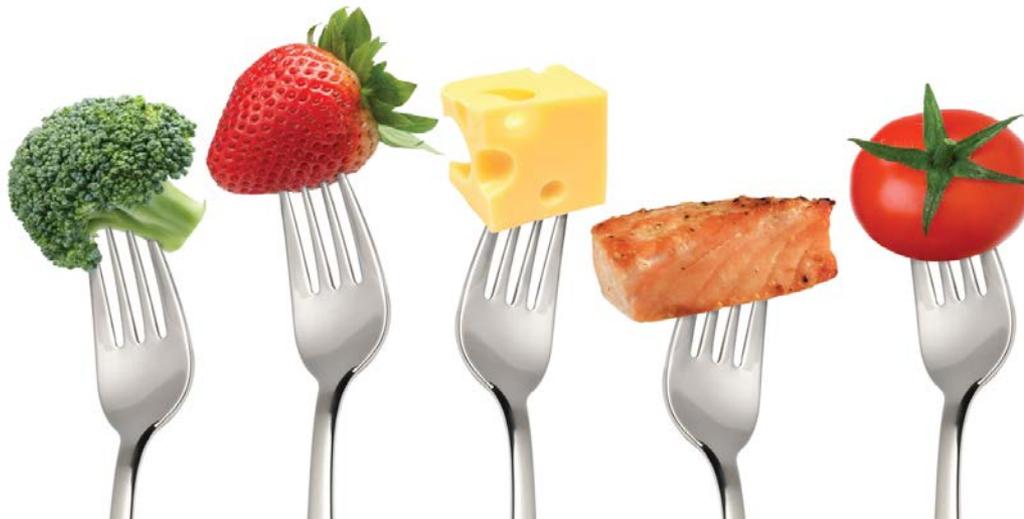
# WIC Works!

- Improved Birth Outcomes
  - Diet and Diet-Related Outcomes
  - Infant Feeding Practices
  - Visits for medical care for children
  - Immunization Rates
  - Cognitive Development
  - Preconception Nutrition Status

Savings in Health Care Costs!

# Priority Nutrients for WIC

- Iron
- Folic Acid
- Zinc
- Magnesium
- Potassium
- Vitamin E
- Calcium
- Vitamin D
- Fiber
- Limit excessive saturated fat, total fat, calories, sodium and sugar



# How WIC Works for Pregnancy

- ❑ Poor Nutrition: Risks to Mother
  - ❑ Childbirth complications
  - ❑ Maternal death
- ❑ Poor Nutrition: Risks to Unborn Infant
  - ❑ Obesity, hypertension, diabetes and cardiovascular disease
  - ❑ Reduced immune function
  - ❑ Neural tube defects
  - ❑ Brain development
  - ❑ Low birth weight and prematurity



# Pregnancy Food Package

- Milk\*
  - Cheese\*
  - Yogurt
  - Eggs
  - Beans or peanut butter
  - Fruit and vegetable
  - 100% juice
  - Cereal
  - Whole wheat bread or whole wheat or corn tortilla
  - Whole wheat pasta
  - Whole barley
  - Brown rice
- \*can replace with soy milk, lactose-free milk or tofu

# How WIC Works for Breastfeeding Moms

- Need more calories:  
(Approximately 600 more)
- Higher nutrient needs than in pregnancy
- Lactation induced amenorrhea  
(natural birth control)



# Breastfeeding Moms

## **Fully Breastfeeding**

Milk\*, Cheese\*, Yogurt, Eggs, Beans AND Peanut Butter, Fruit and Vegetable Check, 100% Juice, Cereal, Whole Wheat Bread or Whole Wheat/Corn Tortillas, Whole Wheat Pasta, Whole Bulgur or Brown Rice. Canned fish

## **Mostly Breastfeeding**

Milk\*, Cheese\*, Yogurt, Eggs, Beans or Peanut Butter, Fruit and Vegetable Check, 100% Juice, Cereal, Whole Wheat Bread or Whole Wheat/Corn Tortillas, Whole Wheat Pasta, Whole Barley or Brown Rice.

\*Can replace with soy milk, lactose free milk and tofu

# How WIC Works to support Breastfeeding Moms: Some or None



- Need energy from healthy foods to take care of a newborn
- Need to recover nutrients lost in pregnancy
- Healthy choices for healthy weight loss
- Folic acid is important for all women of child-bearing years

# Breastfeeding Some/Post-Partum

## **SBF/FFF**

Milk\*, Cheese\*, Yogurt, Eggs, Beans OR Peanut Butter, Fruit and Vegetable Check, 100% Juice, Cereal

\*Can replace with soy milk, lactose free milk and tofu

approximate  
cash value \$80  
a month for one  
year

### Exclusively Breastfeeding Package for Women



approximate  
cash value \$70  
a month for age  
6-11 months

### Exclusively Breastfeeding Package for Infants



approximate  
cash value \$65  
a month for one  
year

### Mostly Breastfeeding Package for Women



approximate  
cash value \$25  
a month for age  
6-11 months  
plus formula

### Mostly Breastfeeding Package for Infants



### Food Package for Women (First six months only)



approximate  
cash value \$25  
a month for age  
6-11 months  
(plus formula)

### Formula Package for Infants



# How WIC Works for Infants

- All infants need is breast milk for the first six months
- If not exclusively breastfed or breastfed at all need iron-fortified infant formula



# How WIC works for Older Infants



- At 6 months, most infants are developmentally ready to try complementary foods
- Develop self-feeding skills, motor control
- Breast milk or formula should be the majority of their diet

# Infants

## **Infant Breastfeeding Exclusively**

No complementary foods needed until six months

Infant cereal, Baby fruit and vegetables, Infant Meat

## **Infant Breastfeeding Mostly (<14 ounces formula)**

Iron-Fortified Infant formula up to 14 ounces (tailored to amount of breastfeeding)

Infant cereal, Less baby fruit and vegetables

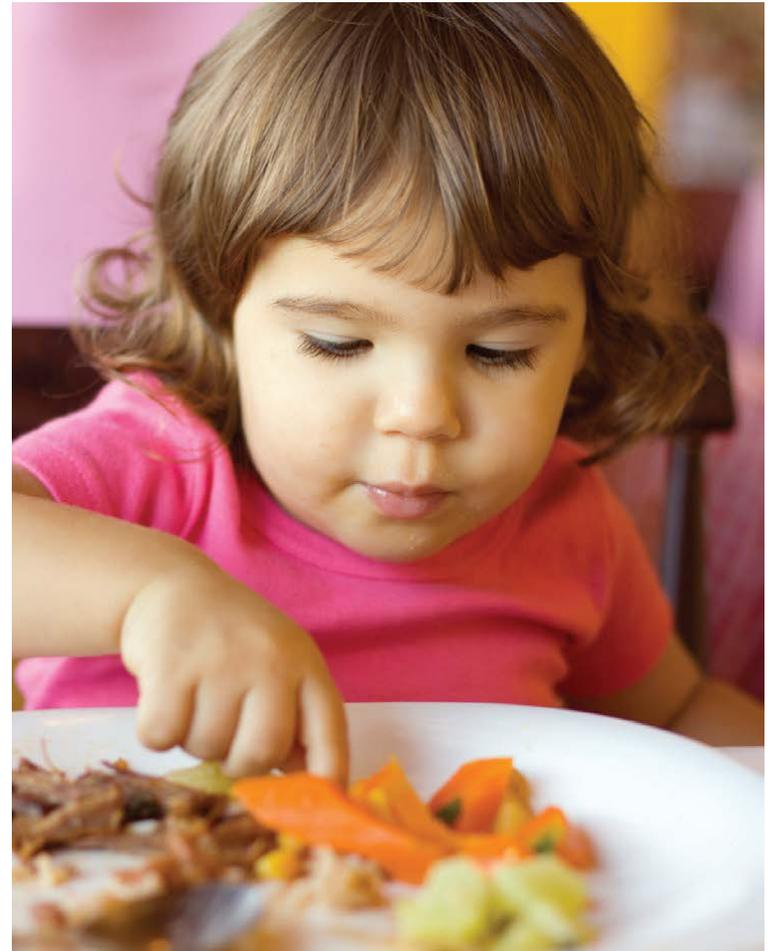
## **Infant Breastfeeding Some/None**

Iron-Fortified Infant formula up to maximum allowed (tailored to amount of breastfeeding)

Infant cereal, Less baby fruit and vegetables

# How WIC Works for Toddlers

- ❑ Whole milk till age two, fat is needed for brain development
- ❑ Breastfeeding past one year is encouraged
- ❑ Iron-deficiency anemia is still a concern
- ❑ Child should be eating mostly what adults eat, with some exceptions



# How WIC Works for Preschoolers



- Ready to learn!
- Form healthy habits for school.
- Growth has slowed down.
- No longer need the additional fat from full-fat dairy products.

# Children

## **Children 1-2 years old**

Whole Milk\*, Cheese\*, Eggs, Beans, Fruit and Vegetable Check, 100% Juice, Cereal, Whole Wheat Bread, Tortillas, Whole Wheat Pasta, Whole Barley, or Brown Rice.

## **Children 2-5 years old**

Low fat or fat free Milk\*, Cheese\*, Yogurt, Eggs, Beans OR Peanut Butter, Fruit and Vegetable Check, 100% Juice, Cereal, Whole Wheat Bread, Tortillas, Whole Wheat Pasta, Whole Barley or Brown Rice.

\*Can replace with soy milk, lactose free milk and tofu by the CPA. Medical prescription is no longer required.

# How WIC Works for Infants and Children with Special Needs



- WIC-Eligible Nutritional
  - Calorie Boosters
  - Metabolic Formulas
  - Food Allergies
  - Specialty formulas for infants with special needs

# WIC Benefits: More than Food!

- **Health Assessment:**
  - Length/Height,
  - Weight
  - Hemoglobin
- **Nutrition Assessment**
- **Nutrition and Breastfeeding Education and Counseling**
  - Participant-centered
- **Referrals**

# Breastfeeding Support

- Breastfeeding Peer Counselor Program
  - WIC mothers who breastfed help other mothers to breastfeed
  - Breastfeeding aids –breastpumps, nursing pads
- Advocate for mothers
- More food for breastfeeding mothers and infants
- IBCLC for more complicated issues
- Clinics are baby friendly
  - ALL staff trained in providing breastfeeding promotion and support

# Challenges for WIC



## Increasing Participation

- Immigration Issues
- Participation of 2-5 year olds
- DC demographic changes; gentrification

## Moving the Needle

- Obesity
- Breastfeeding rates



**Children are one third of our  
population and all of our  
future.**

~Select Panel for the Promotion of Child Health