

# Nutrition & WIC Update

KANSAS NUTRITION AND WIC SERVICES



## Nursing Students and WIC: A Great Partnership

Tiffani Krause, RN and Susan Lukwago, PhD, RD, LD, CBE, Seward County

Seward County WIC is very fortunate to collaborate with Seward County Community College (SCCC) School of Nursing. Nursing students have always completed a rotation with the Clinical side of Seward County Health Department. About ten years ago, the School of Nursing approached WIC and asked if students might do a rotation with the WIC department as well. We were happy to do so.

It started out with SCCC Nursing instructors writing up guidelines for clinical experience and the Seward County Health Department (SCHD) composing a memorandum of understanding (MOU). The MOU was signed by SCCC Nursing and SCHD. Then we started having students come and visit with each of the staff and observe the CPAs in appointments as well as in classes, and give input as appropriate. Within a couple of years, we noticed that the students were very skilled and could participate in more meaningful ways. We talked with the Nursing instructors, who were excited about the idea of increasing the students' level of activity, and the students started teaching classes for children. Starting this year (2017) we expanded the program and RN students now teach Pregnant, Postpartum and Breastfeeding classes, and First Year Nursing Students teach Children classes. The classes start in September and end in May.

This is the process: We select the lesson plans and take them over to the Nursing students. Then at a mutually agreed on time, one of the CPAs visits the class of Nursing Students and explains WIC and specifically nutrition education and its role in WIC. CPAs answer questions. The lesson plans are distributed to the students. We encourage, and their teachers require, the students to contact WIC at least a week before the class they will be leading. They call or come over and go through the lesson plan and let us know if there are some materials they need for the class. We purchase these items for them.

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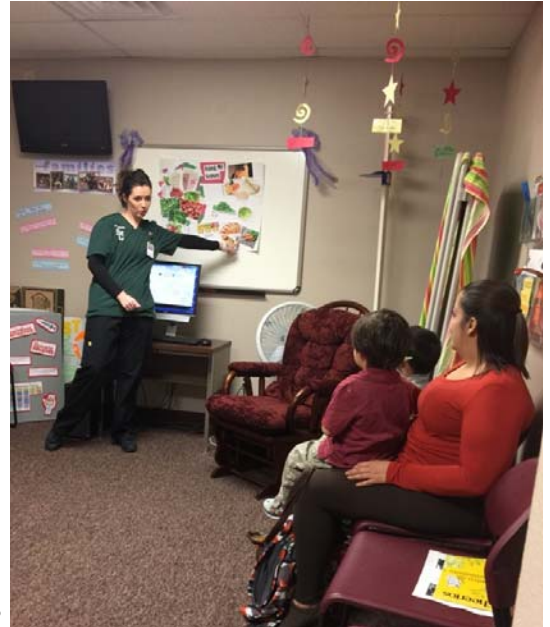
## Nursing Students and WIC (continued)

Classes are held on Thursday and/or Friday mornings from 9am to 9:30am. Students arrive at 8:30am, prepare and hold the class. Of course we sign up clients for the class in advance. These classes are low risk Nutrition Education. In fact this is one of the important lessons we have learned over time - making sure we get the dates the Nursing Students will be available for the next year before the end of the current year so that we can enter them in KWIC and sign up clients and have enough participation for the students' classes.

The collaboration between the School of Nursing and our WIC has gone very well, according to feedback from the clients, their parents, as well as the School of Nursing students and our staff. It is a benefit for our clients, gives experience to the students and allows us to have more hands on class time with the clients.

In fact the collaboration spilled over into students helping us beyond Nutrition Education. When Liberal was pursuing becoming a Community Supporting Breastfeeding (CSB), we talked about this with the students who were working with us at the time. They were very enthused about it and let their instructor know. She contacted us and asked if there was a way the students could help with this. We wrote up the objectives and desired outcomes and the rest is history! The Nursing students recruited over 50 businesses for Breastfeeding Welcome Here and 2 for Businesses Supporting Breastfeeding. They were integral in our becoming a CSB.

We really appreciate this collaboration and look forward to doing so for a long time. We encourage other communities to do the same and are happy to share what we have learned with anyone.



## Vitamin D and Breastfed Infants

Martha Hagen, RD, LD, IBCLC

Vitamin D deficiency is highly prevalent in the US affecting 30-50% of the general population. Vitamin D is not only used for making strong bones. Research in the last few years has shown vitamin D is also important for immune function with the subsequent prevention of allergies, asthma, autoimmune diseases, hypertension, heart disease, Type 1 diabetes, Type 2 diabetes, and certain cancers. Vitamin D deficiency has also been found to be more prevalent in obese children.



## Vitamin D and Breastfed Infants (Continued)

So what to do for breastfed babies? We know that vitamin D concentration in the breast milk of women taking no vitamin D or only 400 IU (the standard cited as the amount everyone should intake and the amount in most prenatal vitamins) is low. This led the American Academy of Pediatrics (AAP) to recommend supplementing breastfeeding infants and any infant taking less than 32 ounces of formula with vitamin D.



Infants not receiving enough vitamin D had developed rickets as a result of vitamin D deficiency. This was mostly seen in African-American breastfed infants. Humans can make vitamin D if they are out in the sunshine but the AAP recommends no direct sun exposure for babies until 6 months of age and then recommends the use of sun screen. Babies with darker skin need a lot more sun exposure to make adequate Vitamin D.

The AAP recommendation caused a quandary. Most moms and breastfeeding experts do not want to interfere with breastfeeding by adding anything into the baby's gut so there is low compliance with giving babies vitamin D. Adding something to the baby's gut before 6 months of age can interfere with all the exclusive breastfeeding benefits. A randomized controlled trial showed that supplementing a breastfeeding mother can provide adequate vitamin D to her breastfed infant. Exclusively breastfeeding mothers participated in the study and were divided into three groups. One group received a placebo and a prenatal vitamin with 400 IU of vitamin D per day, one group received 2400 IU per day and a prenatal vitamin with 400 IU per day, and the third group received 6000 IU and a prenatal vitamin with 400 IU per day. Infants of moms taking only the 400 IU per day received a vitamin D drop, infants of the other mothers received a placebo drop. Infants of mothers receiving the 6400 IU per day received adequate vitamin D from the mother's breastmilk. This study shows that if a breastfeeding mother does not want to provide vitamin D drops to her infant, she can instead take 6000 IU of vitamin D per day along with her prenatal vitamin. This is a win, win because many women also have low vitamin D levels.

[Maternal Versus Infant Vitamin D Supplementation During Lactation: A Randomized Controlled Trial](#)

## Early Introduction of Peanut Butter

Julie Ornelas, RD, LD

There has been a lot of information recently about early introduction of peanut butter/peanut products to infants to help reduce peanut allergies. Some sources have suggested introducing thinned peanut butter to infants as young as 4 – 6 months.

I have been educating myself on this topic by reading professional articles and resources, including some of the original research on this topic. I have also listened to a couple of webinars.

I have communicated with some of you about this via email and shared some of the links I have found, if they seem to be from reliable sources.

I am including some of these links below, so that if interested, you can read the latest information on this somewhat controversial topic.



## Early Introduction of Peanut Butter (Continued)

Link to a webinar I and some other WIC staff have watched:

Dear Julie,

We hope you enjoyed our webinar.

Watch Recording

Slides for this webinar: <https://s3.amazonaws.com/aws.upl/nwica.org/food-allergies-pwpt.pdf>

Link to the LEAP study, published in the New England Journal of Medicine, where much of the recent information has originated:

<http://www.nejm.org/doi/full/10.1056/NEJMoa1414850#t=abstract>

It is important to note that all of the infants in this study had eczema, egg allergy or both. Then they were divided into 2 groups, depending on the severity of their reaction to a skin-prick test for peanut. For those who had a negative skin-prick test, they were further given an oral challenge test with peanut protein in the doctor's office. Those who had a reaction to the peanut protein were instructed to avoid peanut products until the child was 5 years old. All of the tests were done by a medical professional who observed the infant.

Below is a link to the recently released National Institutes of Allergy and Infectious Diseases (NIAID) guidelines and recommendations about the early introduction of peanut foods to prevent peanut allergy.

<https://www.niaid.nih.gov/diseases-conditions/guidelines-clinicians-and-patients-food-allergy>

The link directly above refers to materials that a doctor/allergist/health professional might use when considering whether to recommend introducing or not introducing peanut products to an infant. It also includes practical information about how to safely do this, such as thinning the peanut butter.

The American Academy of Pediatrics (AAP) endorses the NIAID guidelines. This is a link to an article dated January, 2017 describing AAP's guidance on this topic. <http://www.aappublications.org/news/2017/01/05/PeanutAllergy010517>

I'm sure there is more information out there, but these resources seemed like a good cross section of what I have found thus far.

Now, what is the official response from the Kansas WIC Registered Dietitians?

Due to the choking risk, we continue to recommend waiting to introduce peanut butter until 2 years of age. The current educational materials provided by Kansas WIC will remain unchanged.



### Early Introduction of Peanut Butter (Continued)

If a caregiver asks about giving peanut butter/peanut products to an infant, recommend that they discuss this with the infant's doctor. Tell them it is important to share with their infant's doctor whether there is any family history of food allergies and if the infant has had any allergic responses thus far, such as eczema, lip swelling, hives, etc. Caution the caregiver that peanut butter can be a choking risk.

If a caregiver tells you that their doctor recommended they give peanut butter to their infant, you do not have to contradict their doctor. Instead encourage them to continue to be in touch with their doctor about how to do this safely. Remind caregivers that if they plan to give peanut butter to their infant to be sure to thin it, in order to reduce the choking risk. There is some practical information included in the resource link above, from the (NAIAD), about how to thin the peanut butter.

## World Breastfeeding Week 2017

Martha Hagen, RD, LD, IBCLC

The theme for World Breastfeeding Week 2017, August 1-7, is Sustaining Breastfeeding –Together! This year the Kansas WIC Program is providing International Breastfeeding Symbol decals to clinics for distribution during or around World Breastfeeding Week. The hope is that the decal will increase awareness that it takes a village to support breastfeeding families – WIC, health departments, hospitals, community members, etc. The KS law to protect breastfeeding is quoted on the back cover of the decal. Distribution of this symbol will help in recognition of the symbol itself and of the importance of breastfeeding to the health of mothers and infants. Everyone is important in sustaining breastfeeding.



The International Breastfeeding Symbol was created in 2006 by Matt Daigle, a father of a breastfeeding infant. The magazine *Mothering* created a contest to develop a symbol and his was chosen from over 500 entries. The symbol was developed to:

- Increase public awareness of breastfeeding
- Designate breastfeeding and family friendly facilities in public. The symbol is used to designate lactation rooms or a breastfeeding friendly room in an amusement park, convention hall, library etc.
- Provide an alternative to the use of the image of a baby bottle.

See more about the creation of the symbol at:

<http://www.mothering.com/articles/the-international-breastfeeding-symbol/>

There is more information about the symbol on the website below with links to sources of posters and other items.

<https://www.co.dakota.mn.us/HealthFamily/HealthServices/WIC/Documents/BreastfeedingFriendlyStep8.pdf>



## World Breastfeeding Week (continued)

The International Breastfeeding Symbol decal will be available to order on the WIC Publications Order Form until all have been distributed. Please order only what you realistically think your clinic can use.

Here are some ideas about how to distribute the decal. Do not just pass out the decal – be sure to explain why it is used and important.

1) Distribute the symbol in your community.

- Pass out to others at a coalition meeting. A symbol could be included in a written invitation to an initial coalition meeting.
- Take to a health fair – if you won't be there to talk about the symbol develop a poster to explain the significance.
- Use them when telling your commissioners why they should declare August as National Breastfeeding Month.
- Invite yourself to talk to your local hospital staff and distribute them.
- Hold a WBW event in your clinic and distribute the decals. You can also order balloons with the symbol for such an event from Noodle Soup. <http://www.noodlesoup.com/intlbreastfeedingballoon.aspx>
- Distribute to community partners. Be sure to talk about the symbol or provide a flyer or poster with the information – use with YMCA, libraries, supermarkets, employers, childcares, faith organizations etc. It's their little gift from you.
- Consider where it is important to display the symbol in your community. A more permanent sign than the decal may need to be purchased.

2) You can print bigger signs at <http://kellymom.com/blog-post/breastfeeding-welcome-here/>

3) Buy t-shirts with the symbol at <http://www.cafepress.com/mamabearshop> (this particular t-shirt cannot be purchased with WIC funds due to the fact it has no WIC message)

4) Purchase posters or other items to celebrate World Breastfeeding Week. You can only buy items with WIC funds that provide a nutrition or breastfeeding message. The posters on this website would be appropriate. <http://www.cafepress.com/+breastfeeding+gifts> Please use existing funding provided in your 2017 WIC budget.

5) Utilizing the symbols could be a fun project for your community breastfeeding coalition. Consider soliciting funding from a local civic group or a local Walmart to purchase “give-aways” or to purchase treats for a World Breastfeeding Week event.

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