

Nutrition & WIC Update

KANSAS NUTRITION AND WIC SERVICES



Dietary Guidelines Updated for 2016

Pat Dunavan, MS, RD, LD

The Dietary Guidelines for Americans are updated every five years to reflect the newest scientific information regarding health and wellness. In January, the Dietary Guidelines were published including new recommendations for sodium, added sugars and fats.

The five key messages of the new Dietary Guidelines include:

- * Follow a healthy eating pattern across the lifespan.
- * Focus on variety, nutrient density, and amount.
- * Limit calories from added sugars and saturated fats and reduce sodium intake.
- * Shift to healthier food and beverage choices.
- * Support healthy eating patterns for all.

Key recommendations provide further guidance on how individuals can follow the five Guidelines:

Consume a healthy eating pattern that includes a variety of vegetables from all the subgroups—dark green, red and orange, legumes, starchy and other veggies; fruits, especially whole fruits; grains, at least half of which are whole grains; fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages; a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes and nuts, seeds and soy products; and oils.

It further recommends that a healthy eating pattern also limits saturated fats and trans fats, added sugars, and sodium. The guidelines suggest that we should consume less than 10 percent of our calories per day from added sugars; less than 10 percent of calories per day from saturated fats, and consume less than 2,300 milligrams of sodium per day.

In tandem with the recommendations above, Americans of all ages are encouraged to meet the *Physical Activity Guidelines for Americans* to help promote health and reduce the risk of chronic disease and aim to achieve and maintain a healthy body weight.

For more information or to read the report in its entirety, go to: <http://health.gov/dietaryguidelines/2015/guidelines/>.

The *Physical Activity Guidelines for Americans* can be found at: <http://health.gov/paguidelines/guidelines/>.

Inside This Issue

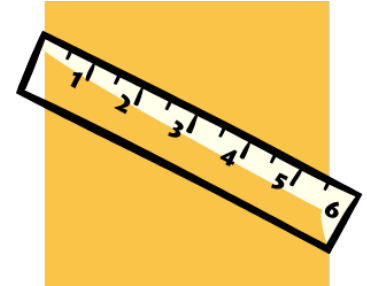
How Does Your Clinic Measure Up?	2
eWIC on the horizon	3
CAPPA Lactation Educator Course CLE Workshop in Garden City	3
Delivery method, infant diet impact long-term health	4



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 and policy reference:

FCI 04.04.00 Lost and Stolen Checks policy not being followed, with major concern if voided checks are subsequently redeemed.

[FCI 04 05 Lost and Stolen Checks policy](#)
[Lost or Stolen Check Replacement Agreement](#)

Observation 1: More than one month of checks are replaced at one time.

Observation 2: Check Replacement Agreement is not completed.

Observation 3: The agreements are being completed but subsequent tracking is not completed.

Observation 4: Voided checks are subsequently redeemed and there is insufficient follow-up.

Correct Procedure:

All staff should review the Lost or Stolen Check policy, [FCI 04 05](#), to be reminded of the conditions in which lost or stolen checks may be replaced. If conditions allow replacement, up to three months of checks may be replaced, **one month at a time**. This provides a two-fold result:

- Clients might still find the original checks and the second or third month won't need replacement.
- Being on monthly check pickup is inconvenient, and so something of a penalty for the client.

The policy requires the local agency to use the [Lost or Stolen Check Replacement Agreement](#) whenever they void and replace checks that a client reports lost/stolen. The policy also requires the agency to track the checks after they've been replaced. This function can be assigned to any of the WIC staff.

Each clinic should develop a procedure to continue to monitor the checks reported as lost or stolen to ensure they have not been redeemed. The policy currently requires at least a 7 calendar day check after the last day to use. **However, vendors have up to 30 days to deposit checks and it is recommended that the procedure include a second check at day 31.** The procedure can be as simple as keeping a current file of the agreement forms on the desk of whoever will be responsible for checking for these checks and include a date and staff initial on the form of when the client's record was checked to ensure the lost/stolen check(s) were not redeemed.

If it is determined that the caregiver or alternate caregiver redeemed the lost or stolen checks, staff should use [PRI 02.00.00 Program Abuse and Sanctions](#) policy to determine the appropriate sanction. Notice that there is a different sanction for "Redeeming WIC Checks/FVC's that were reported as lost or stolen. Replacement checks were not redeemed" versus "Redeeming WIC checks/FVC's that were reported as lost or stolen, as well as the checks issued as replacement checks. Thus, resulting in **duplicate** benefits." Contact your assigned state staff member with any questions!



eWIC is on the Horizon

Sandi Fry, KWIC Program Consultant

For years, we have been talking about Electronic Benefits Transfer (EBT or eWIC) for the Kansas WIC Program. In December 2010, President Obama signed into law the Healthy Hunger-free Kids Act, which mandates that all states implement eWIC by October 2020. eWIC provides WIC Programs with the ability to issue benefits to WIC participants electronically, via a plastic card, eliminating the need for paper WIC checks.

We have completed the Planning phase of the eWIC Project and are moving to the next, longer phase, called the Implementation Phase. While the name of this next phase seems like we are going to start rolling out eWIC in the near future, it is a much longer process than that. There are several steps within the Implementation Phase that will take time and the majority of the work that Local Agency staff will see, won't begin until January 2017. There is work to be done with WIC approved Vendors, making modifications to the KWIC system and updating or creating new policies and procedures that will guide the Kansas WIC Program to success. As we move forward with eWIC, there will be several opportunities for Local Agencies and Vendors to be involved with specific tasks during implementation.

More information about eWIC and other upcoming projects will be presented at the Kansas WIC Conference in March! Looking forward to seeing you there!

CAPPA Lactation Educator Course CLE Workshop in Garden City

Dacia Bradshaw, Hodgeman County

There were several things I learned during the CAPPA CLE Workshop so it was difficult to choose one topic to write about. I do not have children but breastfeeding has always been something that I am very passionate about and willing to learn all I can. I have been around several family members and friends that made the decision to breastfeed. I think it would be a wonderful experience that I hope I can one day enjoy. I feel there is no better way to form a bond with your child.

The topic I really enjoyed learning about was the "High 5 Hospitals". I had not heard of this before attending the training. Several hospitals are making this available to their new moms. Research shows that the High 5 program practices can impact breastfeeding initiation and duration. A High 5 hospital does the following: 1) Assures immediate and continued skin-to-skin contact between mother and baby after birth. 2) Does not give newborns any food or drinks other than breast milk, unless medically indicated. 3) Practices "rooming in", allow mothers and infants to remain together 24 hours a day. 4) Avoids pacifiers or artificial nipples to breastfeeding infant. 5) Provides mothers options for breastfeeding support in the community (telephone contacts, walk-in clinic information, or contacts for support groups).

Note from Kansas State WIC Staff: To learn more about High 5 for Mom and Baby and see Kansas Hospitals locations, go to their website here. <http://high5kansas.org/> The Kansas WIC Program has a High 5 for Mom and Baby bookmark. Agencies with local High 5 hospitals are encouraged to use the bookmark with a pregnant woman so she knows what to expect at the hospital. Order the High 5 bookmark using the WIC Publications Order Form. http://www.kansaswic.org/manual/forms/WIC_Publications_Order_Form.pdf



Delivery method, infant diet could impact long-term health

The gut microbiome of 6-week-old infants appear to be affected by both delivery method at birth and the way they are fed afterward according to research published online in *JAMA Pediatrics*. The gut microbiome refers to the diversity of bacterial life that colonizes the human gastrointestinal tract. It develops after birth and after the start of feeding, and it has been increasingly linked with health outcomes in adults.

Studies have linked cesarean delivery with obesity, asthma, celiac disease and type 1 diabetes later in life and breastfeeding has been related to a lower risk of asthma, obesity, infection, metabolic syndrome, and diabetes, compared with formula feeding. Previous small studies have indicated a link between the intestinal microbiome of infants and their delivery method regardless of feeding method.



In the study reviewed in *JAMA Pediatrics*, researchers studied 102 infants and examined the associations between delivery method and feeding methods with regard to the composition of the gut microbiome. The infants were born at an average gestational age of 40 weeks; 70 were delivered vaginally and 32 by cesarean section. In the first 6 weeks of life, 70 were breastfed, 26 received a combination of breast milk and formula, and six of them consumed only formula. Results showed a link between the composition of the gut microbiome and the delivery mode. Differences between those infants delivered vaginally and infants delivered by C-section were equal or great than the differences in composition by feeding method.

The microbiome of infants who were breastfed exclusively was different from those who consumed formula breastmilk or a combination. Those who were exclusively fed formula and those who were fed the combination shared a similar microbiome composition. The study concluded that it appears that early feeding methods could have lasting effects on the microbial make up of infants and children.

Brazier, Yvette. "Delivery method, infant diet could impact long-term health." *Medical News Today. MediLexicon, Intl.*, 11 Jan. 2016. Web

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.