



**February 2020 Webinar for Kansas WIC Staff:
Top 5 Management Evaluation
Nutrition Issues**



Which nutrition issue do you think is the most common?

1. Breastpump Issuance Follow-Up
2. Flowsheets
3. Risk Factors
4. Birth Data Recorded

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Which nutrition issue do you think is the most common?

1. Breastpump Issuance Follow-Up
2. Flowsheets
3. **Risk Factors**
4. Birth Data Recorded

Missing and Improperly Assigned Risk Factors was the #1 Nutrition Issue found over the past 2 years, affecting 28 agencies!

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Top Nutrition Issues

2018-2019 Top Nutrition Issues	# Agencies
Risk Factors	28
Flowsheets	21
ATOD Information	19
Secondary Nutrition Education	19
Formula Returns	18
Breast Pump Issuance	16
Special Formula Authorization	8
ATOD Screening & Referral	7
Health Interview Information	7
Client Goals	5
Anthropometrics	4

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Today we're going to cover the **Top 4** issues found and add a **new one** that could quickly rise to the top:

1. Risk Factors
2. Flowsheets
3. ATOD Information
4. Secondary Nutrition Education
5. "Exit" Counseling (**new!**)

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#1 - Risk Factors

Which risk factors were missed most often?

1. Consuming/Feeding Foods that Could be Contaminated
2. Inadequate Vitamin/Mineral Supplementation
3. Feeding Sugar-Containing Fluids
4. Feeding Practices Disregarding Developmental Needs
5. Inappropriate Use of Bottles or Cups
6. Inappropriate Handling of Formula or Breast Milk

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1: Risk Factors

TIP for all risk factors: Write on the Diet Questionnaire!

14. How many times does your child eat protein foods during a normal day? _____ Child does not eat protein foods
Which protein foods does your child usually eat? (Please check all that apply.)
- Beef/Bufalo Chicken/Turkey Fish/Seafood Pork/Lamb Hot Dogs/Lunch Meat Yogurt
 Peanut Butter Eggs Tofu Dried/Canned Beans Hard Cheese (American, Cheddar, Swiss...)
 Soft Cheese (Feta, Brie, Blue-Veined, and Queso Fresco) Other _____ *Heated*

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Consuming/Feeding Foods that Could be Contaminated

Feeding Foods that Could be Contaminated

- Feeding Foods to a child that could be contaminated with harmful microorganisms. Examples of potentially harmful foods for a child include:
 - Unpasteurized fruit or vegetable juice;
 - Unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese;
 - Raw or undercooked meat, fish, poultry, or eggs;
 - Raw vegetable sprouts (alfalfa, clover, bean, and radish); and
 - Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot).

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Inadequate Vitamin/Mineral Supplementation

Inadequate Vitamin/Mineral Supplementation

- Routinely not providing vitamin/mineral supplements as recognized as essential by national public health policy when a child's diet alone cannot meet nutrient requirements. Such as:
 - Providing children under 36 months of age less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride; and
 - Providing children 36-60 months of age less than 0.50 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride.
- Not providing 400IU of vitamin D if a child consumes less than 1 quart of vitamin D fortified milk or formula.

Make sure your entry for vitamins/minerals on the **Health Interview** screen matches what is on the **Diet Questionnaire!**

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Feeding Sugar-Containing Fluids

Feeding Sugar-Containing Fluids

- Routinely feeding a child any sugar-containing fluids. Such as:
 - Soda/soft drinks;
 - Gelatin water;
 - Corn syrup solutions; and
 - Sweetened tea.

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Feeding Practices Disregarding Developmental Needs

Feeding Practices that Disregard Developmental Needs

- Routinely using feeding practices that disregard the developmental needs or stages of the child, such as:
 - Inability to recognize, insensitivity to, or disregarding the child's cues for hunger and satiety (e.g., forcing a child to eat a certain type and/or amount of food or beverage or ignoring a hungry child's requests for appropriate foods);
 - Feeding foods of inappropriate consistency, size, or shape that put children at risk of choking;
 - Not supporting a child's need for growing independence with self-feeding (e.g., solely spoon-feeding a child who is able and ready to finger-feed and/or try self-feeding with appropriate utensils); and
 - Feeding a child food with an inappropriate texture based on his/her developmental stage (e.g., feeding primarily pureed or liquid food when the child is ready and capable of eating mashed, chopped or appropriate finger foods).

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Inappropriate Use of Bottles or Cups

Inappropriate Use of Bottles, Cups or Pacifiers


- Routinely using nursing bottles, cups or pacifiers improperly. Including:
 - Using a bottle to feed;
 - Fruit juice, or
 - Diluted cereal or other solid foods.
 - Allowing the child to fall asleep or be put to bed with a bottle at naps or bedtime;
 - Allowing the child to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier;
 - Using a bottle for feeding or drinking beyond 14 months of age;
 - Using a pacifier dipped in sweet agents such as sugar, honey, or syrups; and
 - Allowing a child to carry around and drink throughout the day from a cup.

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 **Inappropriate Handling of Formula or Breastmilk**

- Routinely using inappropriate sanitation in preparation, handling, and storage of expressed breastmilk or formula. Examples of inappropriate practices (including but not limited to):
 - Limited or no access to a:
 - Safe water supply (documented by appropriate officials e.g. municipal or health department authorities);
 - Heat source for sterilization; and/or
 - Refrigerator or freezer for storage.
- Failure to prepare, handle and store bottles or storage containers or breast pumps properly. Published guidelines on the handling and storage of breastmilk may differ among pediatric nutrition authorities. However, the following breastmilk feeding, handling and storage practices, for example, are considered inappropriate and unsafe.
 - Human Milk
 - Thawing/heating in a microwave
 - Refreezing
 - Adding freshly expressed unrefrigerated breastmilk to frozen breastmilk
 - Adding freshly pumped chilled breastmilk to frozen breastmilk in an amount that is greater than the amount of frozen human milk
 - Feeding thawed refrigerated breastmilk more than 24 hours after it was thawed
 - Saving breastmilk from a used bottle for another feeding
 - Failure to clean breastpump per manufacturer's instruction
 - Formula
 - Storing at room temperature for more than 1 hour
 - Failure to prepare and/or store formula per manufacturer's or physician instructions
 - Using topmilk in a some one hour after one start of a feeding
 - Saving formula from a used bottle for another feeding
 - Failure to clean baby bottle properly


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 **#1 - Risk Factors**

Inappropriately Assigned Risk Factors

- Assumed Risk for Infants & Children between 4-24 months old (added during mid-cert or used in combination with other RFs or used by itself but did not assign other applicable RFs as found on DQ)
- Inadequate Vitamin/Mineral Supplementation (not if drinking 1 quart milk/d or taking supplement)
- Gastrointestinal disorders (constipation doesn't count)
- Potential BF complications (not appropriate reason for category)


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 **Assumed Risk**

Assumed Risk for Women and Children over 2 Years

- A child greater than or equal to two (≥ 2) years of age who meets the income and residential eligibility requirements may be presumed to be at nutrition risk based on failure to meet Dietary Guidelines after the Kansas WIC Program Child Diet Questionnaire has been assessed and no other risk factors are identified. For this criterion, failure to meet Dietary Guidelines is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans) based on an individual's estimated energy needs.

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Kansas Gastrointestinal Disorders

Gastrointestinal Disorders

- Presence of gastrointestinal disorders diagnosed by a physician, as self-reported by caregiver; or as reported or documented by a physician, or someone working under physician's orders. Gastrointestinal disorders are diseases and/or conditions that interfere with the intake, digestion, and/or absorption of nutrients. The diseases and/or conditions include, but are not limited to:
 - Gastroesophageal reflux disease (GERD);
 - Peptic ulcer;
 - Post-bariatric surgery;
 - Short bowel syndrome;
 - Inflammatory bowel disease, including ulcerative colitis or Crohn's disease;
 - Liver disease;
 - Pancreatitis; or
 - Biliary tract diseases.

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Kansas Potential Breastfeeding Complications

For Baby:

- **Potential Breastfeeding Complications**
 - A breastfed infant with any of the following complications or potential complications for breastfeeding:
 - Jaundice;
 - Weak or ineffective suck;
 - Difficulty latching onto mother's breast;
 - Inadequate stooling (for age, as determined by a physician or other health care professional), and/or less than 6 wet diapers per day.

For Mom:

- **Potential Breastfeeding Complications**
 - A breastfeeding woman with any of the following complications or potential complications for breastfeeding:
 - severe breast engorgement
 - recurrent plugged ducts
 - mastitis (fever or flu-like symptoms with localized breast tenderness)
 - flat or inverted nipples
 - cracked, bleeding or severely sore nipples
 - Age ≥ 40 years
 - Failure of milk to come in by 4 days postpartum
 - Tandem nursing (breastfeeding two siblings who are not twins)

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Kansas #2: Flowsheets

Month	Activity	Activity
December, 2018	New Certification	New Certification
January, 2019		
February, 2019		
March, 2019	Nutrition Ed +	Nutrition Ed +
April, 2019		
May, 2019		
June, 2019		HR Certification
July, 2019		
August, 2019		
September, 2019		Nutrition Ed +
October, 2019		
November, 2019		
December, 2019		Recertification
January, 2020		
February, 2020		

Incorrect



Correct

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Kansas #3: ATOD Information

For all adults, whether using ATOD or not:

Discuss the dangers of these, at least briefly, and document Dangers of Alcohol, Tobacco and other Illegal Drug Use in KWIC Nutrition Education **Topics**

OR

Give a handout that includes ATOD information (e.g. Eat, Grow, Live Healthy) **and** discuss with client/caregiver – document under KWIC Nutrition Education **Handouts** and optional-**Topics**

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#4: Secondary Nutrition Education

Most often, there was a lack of documentation of **completed** secondary nutrition education.

Problem:

Often looks like benefits were issued remotely.

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#5: (the new one!) "Exit Counseling"

See new policy [NED 02.05.00](#)
[Exit Counseling: Reinforce](#)
[Healthy Living](#)



Healthy Living Beyond WIC
Tips for Good Health

-  Eat healthy and be active everyday.
-  Get medical and dental checkups every year. Stay current on your family's immunizations.
-  Take a multivitamin with folic acid every day.
-  Plan when you want to have a baby.
-  Smoking, vaping, drinking alcohol and misusing drugs can cause health problems for you and your family. Call the Kansas Outline at 1-800-784-8669.
-  Get plenty of sleep.
-  Find people who support you to be healthy, both physically and mentally.

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Summary

In preparation for your next ME, are you:

- Identifying all risk factors?
- Using the Flowsheet correctly?
- Providing ATOD information?
- Documenting secondary nutrition education?
- Performing "exit counseling" for all women?

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Thank you!

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