

**LARD MEETING MINUTES**  
**JUNE 15, 2006**  
**PORTLAND STATE OFFICE BUILDING**

**Participants**

**Agency**

Julie Aalbers	Clackamas
Elizabeth Binkley	Douglas
Barbara Ibrahim	Jefferson
Jackie Lucas	Lane
Leslie Houghton	Lane
Donna Gormley	Marion
Char McKay	Multnomah
Elizabeth Berol-Rinder	Multnomah
Heather Newbery	Multnomah
Heidi Suess	Multnomah
Nora Miller	Salud
Melissa Nash	Washington
Pat Cwiklinski	Washington
Jane Foust	State
Julie Reeder	State
Katherine Wagner	State
Kathryn Forester	State
Kim McGee	State
Mary Davis	State
Susan Greathouse	State
Vernita Reyna	State

**Medicinal Herbs – Use & Contraindications in the WIC Population**

Presented by Nancy Ludwig, MS, RD, LD

Nancy's presentation about herbs highlighted:

- Viewing all herbs on a safety/potency continuum from nutritious/food to medicinal/toxic.
- Appreciating the use of herbs throughout history and populations.
- Understanding uses for herbs (e.g., teething, tummy aches, increasing milk flow).
- Becoming familiar with particular herbs that have safety issues (e.g., Licorice, Goldenseal, St. John's Wort).

Nancy's PowerPoint presentation was sent out before the meeting. If you did not receive it and would like a copy, please e-mail Vernita at [vernita.d.reyna@state.or.us](mailto:vernita.d.reyna@state.or.us).

### **Update on Preterm Infant Growth Assessment**

Presented by Melissa Nash, RD

New growth chart for preterm infants was presented and compared with current chart. The new chart, developed by T. R. Fenton, is an updated version of the Babson and Benda's chart. More recent data and larger sample size was used for the development of the Fenton growth grid. The format was changed to enhance ease and accuracy of use. The X-axis begins at 22 weeks and continues in weeks up to 50. The Y-axis has smaller 100-gram increments. Percentiles are indicated on the graph instead of standard deviations. Weight for length is not available on either graph.

For more information see: <http://www.biomedcentral.com/1471-2431/3/13>

For a printable copy of the chart see: <http://members.shaw.ca/growthchart/>

Decision: WIC will begin using the new Fenton chart for manual plotting of preterm infants prior to 40 weeks gestational age. State staff will adapt the graph for WIC with the addition of the DHS and WIC logos and let local agencies know when it is available to order through the mailroom. No graphing changes will occur in TWIST at this time.

During discussion of the charts, it was recommended that head circumference for preterm infants should be checked routinely just like length and weight. Head circumference and weight tend to catch-up with full term infants in 3 to 8 months following birth. Length can take 2 – 3 years for catch-up growth to be completed.

To order a measuring tape for checking head circumference go to Perspective Enterprises at <http://www.perspectiveent.com/infantometer.htm>.

### **Nutrition Risk Training Module**

Presented by Kim McGee

New module is in development to train Certifiers on how to identify, assign, and document nutrition risks. Volunteers are needed to review as either:

1. A coordinator training a new staff member.

2. An RD checking content accuracy.

If you would like to help at any level with the review, please e-mail Kim at [kimberly.o.mcgee@state.or.us](mailto:kimberly.o.mcgee@state.or.us)

### **Networking**

- Char McKay distributed a draft of Multnomah County's "Checklist for Breastfeeding Moms Returning to Work or School." If you have comments or would like to receive a copy, please email her at [mckayc@co.multnomah.or.us](mailto:mckayc@co.multnomah.or.us).
- World Breastfeeding Week is the first week of August.
- WHO website for information on new growth grids based on breastfed infants: <http://www.who.int/childgrowth/en/>

### **Next LARD Meeting**

Will be held in September during the Oregon WIC Statewide Meeting.

Date: Wednesday, September 13, 2006

Time: 5:15 – 6:15 PM (approximately)

Topic: "Chocolate Unwrapped: the chocolate story...good for you or a chocolate fantasy?" An overview of chocolate and its role in medical history. Taste test a variety of chocolates while reviewing the latest medical research linking chocolate to potential health benefits.

Presenter: Teresa Cochran, MS, RD, LD from Lincoln County WIC

Location: Red Lion Hotel On The River, Jantzen Beach, Portland

Room: To be announced