

2013 RISK UPDATE

LAWN In-service November 2012

REVISED RISKS FOR 2013

- × 353 Food Allergies
- × 354 Celiac Disease
- × 355 Lactose Intolerance
- × 401 Presumed Eligibility for Women and Children



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4 risk updates. No change in titles or risk numbers. Definitions, justification, and references are expanded. “Implications for WIC Nutrition Services” section is added.

353 FOOD ALLERGIES

× Definition:

Food allergies are adverse health effects caused by a specific immune response that occurs reproducibly on exposure to a given food.



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Diagnosis of a food allergy by a health care provider can continue to be self reported by a participant. Document the specific food allergy in the participant TWIST record when risk is assigned. TWIST risk level will be medium when this risk is assigned.

353 FOOD ALLERGIES

✦ Foods that most often cause allergic reactions include:

- + cow's milk (and foods made from cow's milk)
- + eggs
- + peanuts
- + tree nuts (walnuts, almonds, cashews, hazelnuts, pecans, brazil nuts)
- + fish
- + crustacean shellfish (e.g., shrimp, crayfish, lobster, and crab)
- + wheat
- + soy



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Prevalence of food allergies is difficult to establish due to variability of research designs however recent research suggests an increase over the past 10 to 20 years. Allergic reactions occur when the body's immune system respond to a food as if it were a threat. Individuals with a family history of food allergies are at risk greater of developing food allergies than those without a family history. A small number of foods are responsible for the majority of food-induced allergic reactions. For many individuals, food allergies appear within the first two years of life. Allergies to cow's milk, eggs, wheat and soy generally resolve in early childhood. In contrast, allergy to peanuts and tree nuts typically persist to adulthood. Adults may have food allergies continuing from childhood or may develop sensitivity to food allergens encountered after childhood, which usually continue through life.

353 FOOD ALLERGIES

✘ Food Allergies vs. Food Intolerance

Unlike food allergies, food intolerances do not involve the immune system. Food intolerances are adverse reactions to food caused either by the properties of the food itself (such as a toxin) or the characteristics of the individual (such as a metabolic disorder).



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Food intolerances are often misdiagnosed as food allergies because the symptoms are often similar. Causes of food intolerances may include food poisoning, histamine toxicity, food additives such as monosodium glutamate (MSG), or sulfites. The most common food intolerance is lactose intolerance (see nutrition risk criterion #355)

353 FOOD ALLERGIES

× Implications for WIC Nutrition Services



- × Promote exclusive breastfeeding until six months of age and continue through the first year.
- × Provide hypoallergenic formula for non breastfed participants with appropriate medical documentation as needed.
- × Tailor food packages to substitute or remove offending foods.
- × Educate participants on maintaining adequate nutritional intake while avoiding offending foods.
- × Monitor weight status and growth patterns of participants.

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Through client-centered counseling, WIC staff can assist families with food allergies in making changes that improve quality of life and promote nutritional well-being while avoiding offending foods.

353 FOOD ALLERGIES

- × Implications for WIC Nutrition Services continued...
- × Educate participants about reading food labels and identifying offending foods and ingredients.
- × Educate participants on planning meals and snacks for outside the home.
- × Refer participants to their health care provider for a re-challenge of offending foods, as appropriate.
- × Establish/maintain communication with participant's health care provider.



354 CELIAC DISEASE

× Definition:

Celiac Disease is an autoimmune disease precipitated by the ingestion of gluten (a protein in wheat, rye, and barley) that results in damage to the small intestine and malabsorption of the nutrients from food.



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CD is also known as: Celiac Sprue, Gluten-sensitive Enteropathy, Non-tropical Sprue. Diagnosis of CD by a health care provider can continue to be self reported by a participant. TWIST risk level will be high when this risk is assigned and a referral to the RD would be required.

354 CELIAC DISEASE

- ✘ CD is both a disease of malabsorption and an abnormal immune reaction to gluten affecting approximately 1% of the US population.
- ✘ CD affects the GI system resulting in a wide range of symptoms including FTT in children.
- ✘ Treatment involves adherence to a gluten free diet for life.



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When individuals with CD eat foods or ingest products containing gluten, their immune system responds by damaging or destroying villi in the intestine resulting in malabsorption of nutrients. Key nutrients affected are iron, calcium and folate.

354 CELIAC DISEASE

✘ Implications for WIC Nutrition Services

- ✘ Promote breastfeeding throughout the first year of life, with exclusive breastfeeding until 4-6 months of age.
- ✘ In consultation with the health care provider, introduce gluten-containing foods between 4 and 6 months to infants at risk of CD, including infants with a parent or sibling with CD.
- ✘ Tailor food packages to substitute or remove gluten-containing foods.
- ✘ Educate participants on meeting nutritional needs in the absence of gluten-containing foods.
- ✘ Encourage high fiber, gluten-free grain options.



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Through client-centered counseling, WIC staff can assist participants with CD in making gluten-free food choices that improve quality of life and promote nutritional well-being. WIC can provide nutrition education/counseling on alternatives to gluten-containing food products as well as provide gluten-free grain selections available in the WIC food packages.

354 CELIAC DISEASE

- ✘ Implications for WIC Nutrition Services continued...
- ✘ Monitor participant's growth pattern and weight status.
- ✘ Educate participants on planning gluten-free meals and snacks for outside the home.
- ✘ Provide educational materials outlining allowed foods and foods to avoid.
- ✘ Provide referrals as appropriate.



355 LACTOSE INTOLERANCE

× Definition:

Lactose intolerance is the syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating, that occurs after lactose ingestion.

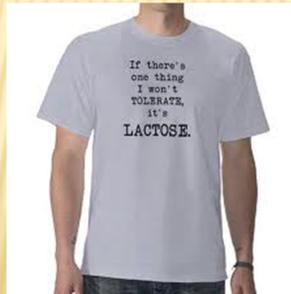


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Diagnosis of a lactose intolerance by a health care provider can continue to be self reported by a participant. Document the specific symptoms experienced by the participant when dairy products are eaten in the participant TWIST record. TWIST risk level will be low when this risk is assigned.

355 LACTOSE INTOLERANCE

- ✘ Lactose intolerance occurs because of a deficiency in the levels of the lactase enzyme. Many variables determine whether a person with lactase deficiency develops symptoms.



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Variables that determine the development of symptoms: the dose of lactose ingested; the residual intestinal lactase activity; the ingestion of food along with lactose; the ability of the colonic flora to ferment lactose; and, the individual sensitivity to the products of lactose fermentation. Some forms of lactase deficiencies may be temporary, resulting from premature birth or small bowel injuries, and will correct themselves, leaving individuals with the ability to digest lactose sufficiently. Patients are frequently asked to assess symptoms while avoiding dairy products for a period of time followed by a lactose product challenge to determine if they are lactose intolerant

355 LACTOSE INTOLERANCE

✘ Implications for WIC Nutrition Services:

- + Promote exclusive breastfeeding until six months of age and continue breastfeeding through the first year or substitute a commercial lactose-free formula.
- + Tailor food packages to substitute or remove lactose-containing foods.
- + Educate participants on meeting nutritional needs in the absence of lactose-containing foods.
- + Educate participants on planning lactose-free/lactose-reduced meals and snacks for outings, social gatherings, school and/or work.



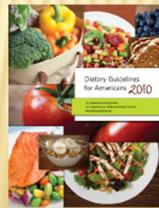
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Through client-centered counseling, WIC staff can assist participants with lactose intolerance in making lactose free food choices that improve quality of life and promote nutritional well-being. WIC can provide nutrition education/counseling on lactose free food products.

401 PRESUMED ELIGIBILITY FOR WOMEN AND CHILDREN

× Definition:

Women and children two years of age and older who meet the income, category, and residency eligibility requirements for WIC may be presumed to be at nutrition risk for failure to meet the Dietary Guidelines for Americans.



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Based on an individual's estimated energy needs, the failure to meet Dietary Guidelines risk criterion 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). This risk can only be used after a complete nutrition assessment has been completed and no other risk criteria have been identified. The risk level is low when this risk is assigned.

401 PRESUMED ELIGIBILITY FOR WOMEN AND CHILDREN

✦ Implications for WIC Nutrition Services:

- + Guide the participant in choosing healthy foods and age-appropriate physical activities as recommended in the *Dietary Guidelines*.
- + Reinforce positive lifestyle behaviors that lead to positive health outcomes.
- + Discuss nutrition-related topics of interest to the participant such as food shopping, meal preparation, feeding relationships, and family meals.
- + Refer participants, as appropriate, to the Supplemental Nutrition Assistance Program (SNAP), community food banks and other available nutrition assistance programs.



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The dietary guidelines icon has been changed from the Food Guide Pyramid to MyPlate. Through client centered counseling, WIC staff can support positive behavior changes associated with making healthy food choices.

NEXT STEPS



Share updated risks with LAWN
November 2012.



Send in-service materials to local agencies
December 2012.



Implement January 2013.

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Risk information sheets will be updated. No changes will be seen in TWIST.