



State and Local WIC updates  
AUGUST 27, 2019

## Local news

WIC interest forms now available in 5 counties:

- ▶ New dietitian in Lincoln County: Marcello Canelo
- ▶ 13 counties, 18 dietitians will be participating in U of Minnesota online viewing, 3 spots still available
- ▶ Other news?

### Interest Form

If live in one of the counties listed below, please fill out the form on their website.

[Clackamas County](#) [Deschutes County](#) [Jackson County](#)

[Multnomah County](#) [Washington County](#)

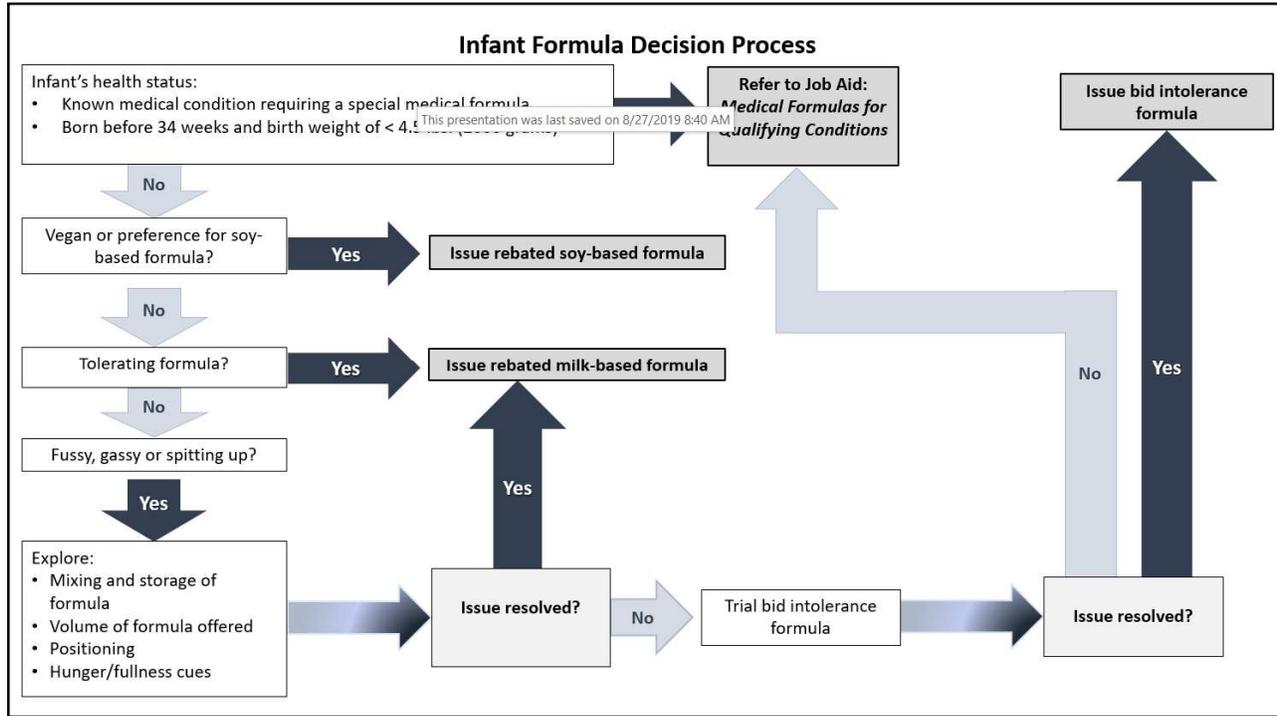
If you don't live in one of these counties, please fill out the form on this page:

## State Updates

- ▶ Training
- ▶ Policy updates
- ▶ Oregon WIC formulary additions
- ▶ Formula warehouse resources on state webpage

## Training Updates

- ▶ Posttests are being updated to be online. Basic Nutrition, PCS, Toddler Behaviors
- ▶ Basic Nutrition Part 2- Recently released module with information on Vitamin D, Fluoride, MyPlate, Nutrition Labels, and participant centered education. Current staff are not required to take this module.
- ▶ Infant Formula Module Updates
  - ▶ Removed references to old soy bid formula
  - ▶ Updated 2 job aids



Job Aid Baby Behaviors for Formula-Fed Infants: What is Normal and When to Refer?				
What's the issue?	What to explore further?	What is common/ What is normal?	What formula, information to offer?	When to refer to the health care provider?
<b>Spitting Up</b>	<ul style="list-style-type: none"> <li>Volume: How much is offered at each feeding?</li> <li>Mixing of formula: Are too many air bubbles going in?</li> <li>Positioning:                             <ul style="list-style-type: none"> <li>Is the baby being jostled during feeding?</li> <li>Is the baby laid down right after a feeding?</li> <li>Is bottle tipped so baby is gulping air?</li> </ul> </li> <li>Nipple: Is the nipple opening too large, resulting in a large volume going in?</li> <li>Illness: Is the infant coming down with a cold or respiratory illness?</li> <li>Teething: Is the infant drooling more?</li> </ul>	<ul style="list-style-type: none"> <li>Half of all three-month-old babies spit up at least once a day</li> <li>Spitting up usually peaks by 2-4 months of age</li> <li>Most infants outgrow spitting up by the time they are sitting up or by 12 months of age</li> <li>Overfeeding is a common reason</li> <li>Growth is usually normal and the spitting up is more of a nuisance than a concern</li> <li>When teething, babies tend to drool more and can swallow extra saliva resulting in spitting up</li> </ul>	<p><b>Formula:</b> Rebated milk-based formula, powder or concentrate</p> <ul style="list-style-type: none"> <li>Match infant's stomach size with the volume of formula being offered (ex. by 6 weeks the size of an infant's stomach is approximately the size of a large egg and does best with 3-5 oz of formula at a feeding)</li> <li>Offer smaller, more frequent feedings</li> <li>Feed in arms, avoid car seats</li> <li>Stop often to burp</li> <li>Keep infant upright after a feeding</li> <li>If proper mixing is concern, offer concentrate to help reduce air bubbles</li> </ul> <p><b>Handouts to offer: *</b></p> <ul style="list-style-type: none"> <li>Help me be healthy</li> <li>Common infant problems: Spitting Up</li> </ul>	<p>Refer to the health care provider if spitting up does not resolve and infant shows signs of:</p> <ul style="list-style-type: none"> <li>coughing</li> <li>gagging</li> <li>arching backwards</li> <li>having trouble breathing</li> <li>growth faltering</li> <li>projectile vomiting (vomiting where formula is ejected forcefully, sometimes over a distance of several feet) more than 1x/day</li> </ul>

**Job Aid ■ Baby Behaviors for Formula-Fed Infants: What is Normal & When to Refer?**

What's the issue?	What to explore further?	What is common/ What is normal?	What formula, information to offer?	When to refer to the health care provider?
<b>Vomiting, vs. GER, vs. GERD</b>	<ul style="list-style-type: none"> <li>Explore signs and symptoms of spitting up to identify what is normal spitting up, also known as Gastro Esophageal Reflux (GER) versus underlying medical condition called Gastro Esophageal Reflux Disease (GERD)</li> </ul>	<ul style="list-style-type: none"> <li>Sometimes it can take 6-8 weeks for the muscles at the upper and lower end of the stomach to get into rhythm. Until that time, formula can sit in the infant's stomach longer than normal and the stomach may push it back up</li> <li>Gastro Esophageal Reflux Disease (GERD) is a more serious, chronic, long lasting form of GER</li> <li>Infants with low muscle tone, poor muscle control are more prone to GERD</li> </ul>	<p>Formula: Rebated milk-based formula or, with medical documentation: Similac Spit Up or Enfamil AR</p> <ul style="list-style-type: none"> <li>Follow guidelines for spitting up including positioning, small/frequent feedings</li> <li>Adding solids to a bottle is never recommended</li> </ul> <p>Note: Refer to your WIC Nutritionist for further assessment</p>	<p>Refer to the health care provider if the infant is showing ongoing signs of reflux and:</p> <ul style="list-style-type: none"> <li>vomiting</li> <li>coughing, gagging</li> <li>difficulty with swallowing</li> <li>pneumonia or trouble breathing, wheezing</li> <li>arching backwards when feeding</li> <li>refusing to feed</li> <li>poor weight gain</li> <li>Or if the caregiver is considering asking the infant's health care provider for medication to treat GERD</li> </ul>

## Formula Policy Updates

- ▶ Policy 735- updated to allow local agencies the option of donating bid formulas to the food bank.
  - ▶ Similac Advance, Soy Isomil, Sensitive, and Total Comfort can be donated.
  - ▶ Must be within 3 months of expiration date.
  - ▶ Must complete "Tracking form". Retain tracking forms for 3 years.

**Oregon WIC Formula Tracking Sheet**

Use this formula inventory form to track cans of formula returned to your agency. Per [policy 735](#) the following bid formulas may be donated to a local food bank- Similac Advance, Soy Isomil, Sensitive, and Total Comfort. All other formulas need to be disposed of as per policy.

Date local agency received formula	Formula name	Form <input type="checkbox"/> Powder <input type="checkbox"/> Conc <input type="checkbox"/> RTF	Quantity	Expiration Date	What happened to the formula? <input type="checkbox"/> Donated to food bank (bid formulas ONLY) <input type="checkbox"/> Disposed of formula	Staff initials & date
		<input type="checkbox"/> Powder <input type="checkbox"/> Conc <input type="checkbox"/> RTF			<input type="checkbox"/> Donated to food bank (bid formulas ONLY) <input type="checkbox"/> Disposed of formula	
		<input type="checkbox"/> Powder <input type="checkbox"/> Conc <input type="checkbox"/> RTF			<input type="checkbox"/> Donated to food bank (bid formulas ONLY) <input type="checkbox"/> Disposed of formula	
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		<input type="checkbox"/> Powder <input type="checkbox"/> Conc <input type="checkbox"/> RTF			<input type="checkbox"/> Donated to food bank (bid formulas ONLY) <input type="checkbox"/> Disposed of formula	
		<input type="checkbox"/> Powder			<input type="checkbox"/> Donated to food bank (bid formulas ONLY)	

## New Formulas

Gerber Extensive HA- Extensively hydrolyzed infant formula for allergies.

- ▶ 100% whey, hypoallergenic, ~ 50% MCT



## New Formulas

Peptamen Jr 1.5, vanilla

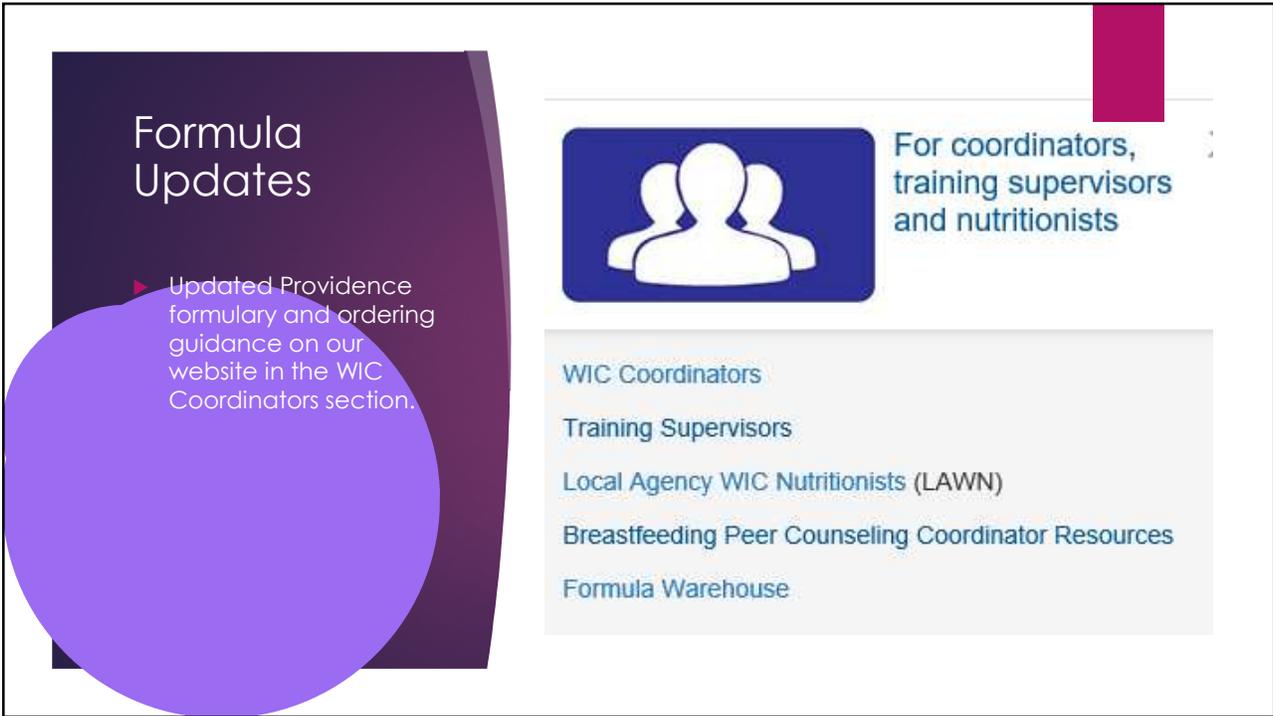


## New Formulas

Neocate Nutra

- ▶ Hypoallergenic solid food for allergies.
- ▶ For infants > 6 months old and C1.
- ▶ Mixes to a pudding-like consistency that adds textures to diet.
- ▶ Not nutritionally complete; used as a complement to formula.
- ▶ In TWIST, will replace some formula.
- ▶ Must be approved by the state before issuance.





**Formula Updates**

▶ Updated Providence formulary and ordering guidance on our website in the WIC Coordinators section.

**For coordinators, training supervisors and nutritionists**

- WIC Coordinators
- Training Supervisors
- Local Agency WIC Nutritionists (LAWN)
- Breastfeeding Peer Counseling Coordinator Resources
- Formula Warehouse



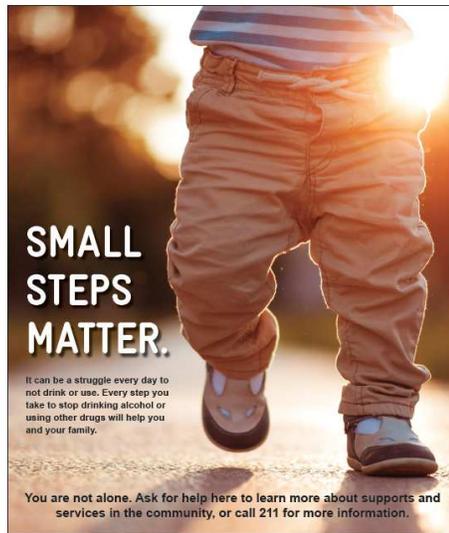
**Thank you for joining us for the combined LAWN-Breastfeeding Coordinator presentation**

Our presentation will start shortly.  
Please remember to put your phone on mute and please do not put us on hold.  
This session will be recorded.

## Nutritional Risk associated with today's topic

- ▶ Risk 383: Neonatal Abstinence Syndrome (NAS)
- ▶ Risk level: High
- ▶ At risk if: NAS is diagnosed by a health care provider within 6 months of birth
- ▶ Assigned by certifier
- ▶ Document symptoms and type of drug exposure, if known
- ▶ Referral to the WIC Nutritionist is required

## Substance use prevention



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