

## GROWING HEALTHY FUTURES



### Diaper Need and WIC

When you work in WIC, you know how important clean diapers are! Research is showing that diaper need impacts families more than you realize.

What is [diaper need](#)?

Diaper need is the struggle to provide babies with clean, dry diapers. Since diapers are not an allowed item with SNAP or WIC, families often struggle to get all the diapers they need each month. This is a big enough issue that 2 bills have been introduced in the Oregon Legislature that, if passed, would provide diapers to low-income families.

What happens when families can't afford diapers?

- Caregivers may not change the baby as often, which can result in health problems like rashes and urinary tract infections.
- Families may have to choose between buying diapers or having enough food.
- Studies show that moms with diaper need are more likely to be depressed and dealing with stress.

What can you do to help with diaper need?

- Consider diaper need as a family environment factor when providing nutrition-focused counseling, since it can be connected to food insecurity and caregiver mental health.
- Find community sources for diapers and refer families if possible (e.g. [PDX Diaper Bank](#)).

Check out this [resource page](#) for cost saving ideas.

### 2019 Legislative Update

We are three weeks into the state legislative session, and things move quickly! Here's what's up:

- WIC's legislative team has reviewed almost 250 bills! Of those, WIC is tracking 25.
- Two of these bills, [HB 2626](#) and [HB 2639](#), would expand WIC services.
- HB 2626 is intended to expand WIC services to women up to the time of their child's 2<sup>nd</sup> birthday.
- HB 2639 would expand WIC services for children up to their 6<sup>th</sup> birthday or when they enter kindergarten.
- Sue Woodbury provided informational testimony to the House Committee on Human Services and Housing regarding the WIC program. Dale Erikson, RDN, Salud WIC, also testified in support of expanding WIC services. You can view a recording of the hearing [here](#).
- If you are interested in following any legislation, you can sign up to receive updates on a bill through the legislature's OLIS tool. [Here is a quick video on how to sign up.](#)
- You can also watch bill hearings [here](#).

We'll keep you posted on what happens as the legislative session continues.



# I'm glad you asked: Heavy metals in juice



**Question:** One of our clients called today kind of panicking that she was poisoning her infant by giving her a little apple juice mixed in with her food. She had seen press coverage about heavy metals in juice.

**Answer:** Heavy metals in juice is now in the headlines, based on a report from Consumer Reports, you can read [here](#). This is a good follow up discussion to past articles about heavy metals in [baby food](#) and arsenic in [infant rice cereal](#). Remember, we are concerned about heavy metals like arsenic, cadmium and lead, because these metals can harm a child's growth and brain development. Young children's bodies do a great job of absorbing nutrients. This can be a problem when there are heavy metals in the foods or drinks they consume. Of the juices in the recent report, only 5 of Oregon WIC's juices were tested. 2 Oregon WIC juices were on the "better alternatives" list. If this is coming up in your clinic we hope that you have conversations with your WIC nutritionist to learn more.

Here's what we can tell families who have concerns about this:

- Fruit juice offers no extra nutritional benefit to children under the age of 1, and we, along with the AAP, recommend that it is not part of their diet.
- For older children, WIC provides fruit juice for Vitamin C. Children can get Vitamin C and other nutrients from fresh or frozen fruit. Whenever possible we encourage the consumption of whole foods, water and milk instead of juice.
- If heavy metal in juice is a concern, the best way to limit a child's exposure to is to reduce the amount of juice they drink.
- Under any circumstance, limit a child's intake of juice to 4oz to 6oz per day.
- Avoid anything but breastmilk or formula in bottles.
- Children who are well nourished are resilient and their bodies can repair some of the damage done by heavy metals from food and other sources.
- A well-balanced diet with a wide of variety of whole foods is the best way to minimize health risks from contaminants of any kind and maximize the intake of nutrients that young bodies need to grow.
- Parents can take steps to prevent or reduce their children's exposure to heavy metals from sources other than juice. OHA's website has some helpful information on lead [here](#).

## Shopping Tip



## Finding goat milk

In January one of our large chain vendors stopped carrying lowfat fluid Meyenberg goat milk. This left many participants unable to find a place to buy it. The Vendor Team worked with local WIC clinic staff and several vendors to help locate the product.

The good news is that the large chain vendor that stopped carrying lowfat goat milk has brought it back into Oregon stores. Here is a list of Oregon stores that currently stock or are able to special order lowfat fluid Meyenberg goat milk.

- Albertsons/Safeway (special order through Dairy Department)
- Fred Meyer
- Market of Choice
- New Seasons
- Ray's
- Sherm's
- Roth's

Here are a couple tips to keep in mind when issuing a specialty item, like goat milk, to a participant.

- If the food is not a Minimum Stock Requirement, it could be difficult to find.
- When issuing a specialty item, make sure it's available at stores in the participant's area. Contact the Vendor Team if you need help.
- Encourage participants to call ahead to stores to make sure the product is available, so they don't make a wasted trip.



# Happy Children's Dental Health Month!



February is National Children's Dental Health Month! The Oregon Health Authority's Oral Health Program is raising awareness about the importance of children's oral health. Good oral health starts with a child's baby teeth! If baby teeth are kept cavity-free, then a child's adult teeth are more likely to not have cavities.

## Having healthy baby teeth helps:

- Allow your child to chew and eat well
- Your child to speak more clearly
- Guide adult teeth into place
- To shape your baby's face
- Keep down the cost of future dental care

## Tips for baby to age 3

- Clean your baby's mouth and gums with a cloth or soft toothbrush after every feeding.
- As teeth begin to break through the gums, use a smear of fluoride toothpaste, about the size of a grain of rice, twice a day.
- It is best to clean them right after breakfast and before bedtime.

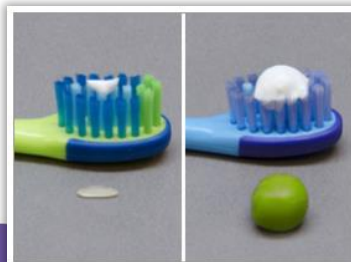
## Tips for children ages 3 and older

- Increase the amount of fluoride toothpaste to a pea-sized amount.
- Brush twice a day for at least two minutes with fluoride toothpaste.

## Tips for all ages:

- See a dentist regularly
- Brush teeth for two minutes, twice daily
- Floss teeth daily
- Use fluoride (toothpaste, water)
- Choose healthy snacks like fruits, vegetables and cheese
- Drink water, low fat milk and milk products (soy)

For more information on how to keep a child's teeth healthy, please visit our [website](#) for more resources and to download our brushing calendar for children.



## More on Measles

With the outbreak of measles still in the news, here are 2 recent media posts.

### Oregon WIC Facebook post 2/7

"We're keeping an eye on the news and how we can support our participants during this time. Here's what we want to share from the [Oregon Health Authority](#):

If you're concerned about the measles and have little ones who are too young to be vaccinated, here are some steps you can take to protect them:

1. Make sure family and friends are vaccinated.
2. Avoid contact with people who are ill.
3. If your infant has been exposed to measles, please contact your medical provider to discuss whether your child should receive the measles vaccine."

### National Public Radio (NPR) 2/11

Check out this national [NPR story](#) on the local measles outbreak.



## Research on WIC

Check out this video summary of a study done by CDC and published in a journal read by many pediatricians - [Pediatrics](#).

It encourages pediatricians to refer to WIC because participation in the WIC program may increase how much children eat nutritious foods like fruits and vegetables.