



GROWING HEALTHY FUTURES

Responding to COVID-19 questions

Everyone is trying to figure out how the COVID-19 (the Coronavirus) is going to impact the WIC program. Is it more than handwashing and keeping surfaces clean?

Just the facts!

Make sure you are only sharing accurate information with participants. All the stories in the media can be pretty scary, so make sure you have your facts straight.

- Check out the [COVID-19 webpage](#) from Oregon Health Authority (OHA) for all the latest information.
- OHA has determined that the Oregon Health Plan's (OHP) Citizen/Alien Waived Emergency Medical (CAWEM) benefit includes emergency services related to the coronavirus (COVID-19).

What can we do to limit the spread of COVID-19 in the clinic?

They call that “community spread.” Community spread refers to how easily COVID-19 spreads from person to person, like at a WIC clinic. Look at what OHA says and think about what you can do in your clinic to make it safer. Health experts believe the virus spreads mainly from person-to-person:

- Between people in close contact within about 6 feet, or
- Through droplets when an infected person coughs or sneezes, or
- From contact with surfaces or objects recently contaminated by respiratory secretions from someone ill with COVID-19. Experts do not think this is the main way the virus spreads.

People who have not had close contact with a person with COVID-19 and who have not traveled to an affected region in the past 14 days should follow routine health practices. Those with fever, cough or respiratory symptoms should stay home and minimize contact with others if their illness is mild. Those with more severe illness should seek medical care.”

Shopping Tip



Having 2 cardholders may make it easier during emergencies

When families are dealing with illness or other problems, having a second cardholder who can lend a hand with shopping may really help. The second cardholder can also bring children to the clinic for appointments if the first cardholder can't come in.

Don't forget to offer this option to families as one strategy to deal with an emergency situation.

eWIC at Walmart Self-checkout

Beginning March 16, 2020, WIC shoppers will be able to use their eWIC cards at self-checkout at all 41 Oregon Walmart stores. We will be updating the online map so that “Use self-checkout” says yes. There are 74 other stores that allow eWIC at self-checkout - Fred Meyer, QFC, and Winco.



Breastfeeding Beyond the First Year

By Aria Baker, MS, IBCLC,
Clackamas County Breastfeeding
Peer Counseling Coordinator

Have you ever had a mom ask how long she should breastfeed? Perhaps she heard that WIC recommends

transitioning from formula to cow's milk at 12 months and wondered what the recommendation was for breastfed babies? Or maybe she is curious because [recommendations](#) for what babies over 12 months should drink sometimes overlook human milk.

Anthropologist [Kathy Dettwyler](#) has studied the natural age of weaning in humans according to developmental milestones such as attainment of one-third adult weight, immune system development, and permanent molar eruption. Dr. Dettwyler determined that from a biological perspective it is normal for human babies to breastfeed for 2.5 to 7 years.

Current recommendations from health organizations for minimum duration of breastfeeding range from 1 to 2 years, with all organizations encouraging continued breastfeeding as desired beyond that minimum:

- [World Health Organization](#): 2 years of age or beyond
- [American Academy of Pediatrics](#): at least 1 year, then continuing for as long as mom and baby desire
- [American Academy of Family Physicians](#): at least 1 year, 2 years ideal, longer as desired
- [American College of Obstetricians and Gynecologists](#): at least 1 year or longer as mutually desired
- [Healthy People 2020 Goal](#): Increase proportion of infants who are continuing to breastfeed at 1 year to 34.1%

These recommendations affirm that there are health and nutritional benefits of breastmilk as part of a healthy toddler diet, and these benefits [add up over time](#). Babies continue to receive the social/emotional, nutritional, and immunological benefits of breastfeeding for as long as they breastfeed. For moms, continuing to lactate means increasing the dose dependent health benefits, as well as maintaining one of their most valuable mothering tools during toddlerhood: breastfeeding solves almost all toddler mishaps!

Toddler formulas are being marketed to caregivers

From CalWICA e-newsletter

Accessible in grocery stores and online, [toddler formulas](#) are the fastest growing artificial milk substitute, even though they are not recommended for toddler nutrition. As infant formula sales have declined, [marketing](#) of toddler formula has increased from \$5 million to \$20 million annually, and sales have increased from \$39 to \$92 million, from 2006 to 2015. Nutrients, such as DHA, provided in the formulas are available in complementary foods appropriate for toddlers. Powdered milk, corn syrup, and vegetable oil, main ingredients of the formulas are additional reasons toddler formulas are not recommended for establishing healthy nutrition habits.

Read more - [Formula Companies are cashing in on "Toddler Milk." Don't fall for it.](#)



Toddlers
breastfeeding?
Toddler formulas?
What are your
thoughts?

WIC moms may ask about breastfeeding or pregnancy with COVID-19

Guidance on breastfeeding for mothers with confirmed COVID-19 or under investigation for COVID-19 from CDC:

Breast milk is the best source of nutrition for most infants. However, much is unknown about COVID-19. Whether and how to start or continue breastfeeding should be determined by the mother in coordination with her family and healthcare providers. A mother with confirmed COVID-19 or who is a symptomatic person under investigation should [take all possible precautions](#) to avoid spreading the virus to her infant, including washing her hands before touching the infant and wearing a face mask, if possible, while feeding at the breast. If expressing breast milk with a manual or electric breast pump, the mother should wash her hands before touching any pump or bottle parts and follow [recommendations](#) for proper pump cleaning after each use. If possible, consider having someone who is well feed the expressed breast milk to the infant.

Use the CDC webpage for the most current information as it is updated as new information becomes available.

CDC webpage on COVID-19 and pregnancy
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

CDC webpage on COVID-19 and breastfeeding
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html>



If you have questions for one of the state breastfeeding coordinators, email them at Oregon.wic.breastfeeding@dhsosha.state.or.us and one of them will get back to you.

WIC Welcomes Kristen Chatfield!



I joined the Oregon WIC team as the new Research Analyst last month. I am looking forward to helping to tell our story and supporting decision making with data. I earned a Master of Public Policy degree from Oregon State University with a focus on food security and economics and have spent most of my career serving rural communities. Outside of work I enjoy fly-fishing, snowboarding, listening to classical music with my husband, and exploring the world through the eyes of our baby.

Take a look at this video about the limitations of current research on weight and health. It's [Poodle Science!](#)

