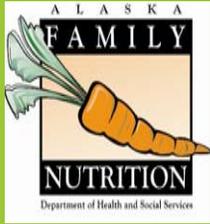


The New WIC Food Packages

Time for a change





Learning Objectives

At the conclusion of this session, participants will be able to:

1. Develop a basic knowledge of the reasons for the WIC New Food Packages changes
2. List at least 4 WIC New Food Package changes
3. Explain the 5 New Medical Documentation Medical Requirements included on the WIC & Medicaid Enteral Nutrition & Supplemental Foods Prescription Form (Rev. 8.1.09)
4. Identify WIC Approved Contract and Non-Contract Formulas
5. Understand WIC's and Medicaid's collaborations

Food Package Beginnings...1974



The WIC food packages were designed to supplement participants' diets with foods rich in five target nutrients known to be lacking in the diets of the WIC target population — **vitamins A and C, calcium, iron and protein.**

History of WIC Foods

Since 1980, the only significant change made in the WIC food packages occurred in 1992, when the set of foods provided for breastfeeding women was expanded.



Requests for Change

Over the years USDA received numerous requests to revise the WIC food packages.

- WIC Program administrators
- Medical and scientific communities
- Advocacy groups
- Congress
- WIC Participants

Why Revise the WIC Food Packages?

Changes have occurred in the major health and nutrition risks faced by WIC's target population, including:

- diets lacking in whole grains and fruit and vegetables
- short duration of breastfeeding
- overweight and obesity



Why Revise the WIC Food Packages?

A substantial shift in the ethnic composition of the WIC population.



- Hispanics made up 39 percent of the WIC caseload in 2004, up from 21 percent in 1988.
- Asians and Pacific Islanders have become a substantial part of the WIC population in several states over the same period.

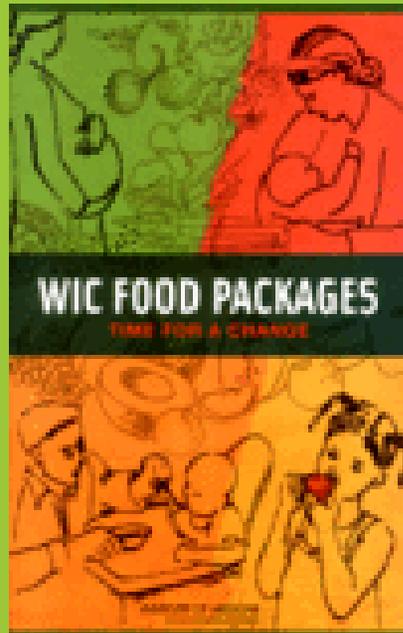
Review of WIC Food Packages



- USDA contracted with the Institute of Medicine (IOM) to independently review the WIC Food Packages.
- USDA charged the IOM with reviewing the nutritional needs of the WIC population, and recommending cost-neutral changes to the WIC food packages.

Institute of Medicine Recommendations 2005

The Institute of Medicine provided USDA with a sound scientific basis for developing a new set of food packages for the WIC Program.



The New WIC Food Packages.....

The New WIC Food Packages

- Revises infant food packages
- Adds fruits and vegetables
- Adds whole grains (cereals, bread, and other whole grains, e.g. tortillas, brown rice)
- Reduces some food allowances, including milk, eggs and juice
- Adds soy-based beverage and tofu as milk alternatives

Reinforce Nutrition Education Messages

“Eat more fruits and vegetables”

“Lower saturated fat”

“Increase whole grains and fiber”

“Drink less sweetened beverages and juice”

“Babies are meant to be breastfed”



Revise Food Packages for Infants

- Formula amounts tied to feeding practice and age of infant
- Complementary foods delayed to 6 months
- Juice eliminated
- Baby food fruits and vegetables for infants
- Baby food meat for fully breastfed babies



Provide Breastfeeding Incentives and Support

New changes in the WIC food packages help WIC more actively promote and support breastfeeding through the food packages provided to participants.



Provide Breastfeeding Incentives and Support

- Fully breastfeeding mothers receive most variety and largest quantity of food, including \$10 cash-value voucher for fruits and vegetables.
- Fully breastfeeding infants > 6 months receive larger quantities of baby food fruits and vegetables; also baby food meat.



New Food Packages for Partially Breastfeeding Infants

- Compared to previous food packages, partially breastfed infants receive less infant formula to allow mothers to feed more breast milk to their infants.
- No routine issuance of formula in first month to help mother maintain milk supply.

Add Fruits and vegetables

- Cash value-vouchers (\$6, \$8, or \$10) for fruits and vegetables for children and women
- Participants may choose from a wide variety of fruits and vegetables
- Fresh, frozen and canned allowed



Cash-value vouchers for Fruits and vegetables

- For use at authorized grocery stores



Add Whole Grains

- Whole wheat or whole grain bread for children and women
- Whole grain options
 - Brown Rice
 - Soft Corn Tortillas
 - Whole Grain Tortillas



Add Foods to Appeal to Diverse Populations

- Tortillas
- Brown rice and other whole grains
- Soy beverage
- Tofu
- Wide choice of fruits and vegetables for ethnic variety
- Canned salmon, sardines, mackerel



Require Whole Grain Cereals

At least half of the cereals on a State agency's food list must be whole grain.



Reduce Juice Allowance for Children and Women

- Reduces quantities of juice for children and women
- Amounts align with the 2005 Dietary Guidelines for Americans and recommendations of the American Academy of Pediatrics



Reduce Milk and Dairy Allowances

Reduces quantities of milk and cheese for children and women to align with 2005 Dietary Guidelines for Americans.*

*Medical documentation required for women & children to receive increased quantities of milk or cheese.



Only Skim or Low-Fat Milk



Only skim or low-fat milk is authorized for women and children > 2 years of age.*

*Medical documentation required for women & children > 2 years to receive whole milk.

Reduce Quantities of Eggs

Reduces quantity of eggs to align with 2005 Dietary Guidelines for Americans.



Add New Canned Fish for Fully Breastfeeding Women

- Continues to allow canned **light tuna** (no albacore)
- Allows other canned fish identified as lower in mercury
 - **Salmon**
 - **Sardines**
 - **Mackerel**



Other Changes...Legumes

- Adds legumes (beans or peanut butter) to food package for postpartum women to improve the intake of iron, folate, Vitamin E, and fiber.



- Allows canned beans to be substituted for dried beans for all children and women.

Add New Milk and Dairy Alternatives

- Soy-based beverage*
- Tofu



*Medical documentation required for children to receive soy-based beverage and tofu as alternatives to milk.

Continue to Serve Medically Fragile Participants

- Continues to provide exempt infant formula and medical foods
- Now authorizes medically fragile participants to receive other WIC supplemental foods



*Summary of Changes
to
Medical Documentation*

**WIC & Medicaid Enteral Nutrition &
Supplemental Foods Prescription
(Rev.) 8.19.09**



Technical Requirements

Current

- Name of authorized WIC formula prescribed

New

- Name of authorized WIC formula prescribed, including
- Amount needed per day

Health Care Provider Use Only (Items 1-5)

1. Client Name _____ DOB _____
Medicaid Eligible (check one) Y N End Date _____
Medicaid Recipient # ____
2. Parent's/Caregiver's Name: _____
3. Formula Name: _____ Amount of formula needed/day _____(oz)
Duration of Use _____
Was another formula tried and it didn't work? (check one) Y N
Formula tried _____

Technical Requirements

Current

- Medical Diagnosis for issuing the WIC formula

New

Medical Diagnosis for issuing the WIC formula **and/or supplemental food**

4. Medical Diagnosis ICD-9-CM (Circle at least one or write in space provided)

Infants and Children

- a. Failure to Thrive (**783.41**) 134^[i]
- b. Inadequate Growth (**783.40**) 135
- c. **Underweight (783.22)**
- d. Prematurity (**765.10**) 142
- e. Low Birth Weight (LBW) (**765.10**) 141
- f. Anemia (**281.9**) 201
- g. Severe Gastrointestinal Disorders (**536.9**) 342
- h. Malabsorption Syndromes (**579.9**) 349
- i. Genetic-Congenital Disorders (**740-759**) 349
- j. Metabolic Disorders or Inborn Errors of Amino Acid Metabolism (**277.9**) 351
- k. Severe Food Allergies (**693.1**) 353 l
- l. Milk, Soy or Corn Allergies (**693.1**) 353
- m. Lactose intolerance (**271.3**) 355

- n. Celiac Disease (**579.0**) 354
- o. Heart/circulatory or respiratory diseases (**390-519**) 355
- p. Persistent dermatological condition (**692.9**) 353
- q. Anaphylactic shock (**995.60-995.69**) 353
- r. Other Medical Conditions (**ICD-9 _____**)
- s. Developmental Sensory/Motor Delays (**783.4**) 362
- t. Fetal Alcohol Syndrome (**760.71**) 382

Women Pregnant/Breastfeeding

- a. Low Maternal Weight Gain (**646.8**) 131
- b. Maternal Weight Loss During Pregnancy (**783.2**) 103
- c. Multi fetal Gestation (**651**) 335
- d. Milk, Soy or Corn Allergies (**693.1**) 353
- e. Lactose intolerance (**271.3**) 355
- f. Other Medical Conditions (**ICD-9 _____**)

■ WIC Risk Codes http://www.hss.state.ak.us/dpa/programs/nutri/downloads/Admin/Manuals/riskcodes_v9_sec1sm.pdf

Technical Requirements

Current

- Length of time the prescribed WIC formula is medically required by the participant

New

- Length of time the prescribed WIC formula **and/or supplemental food** is required by the participant

Technical Requirements

New

Name of authorized supplemental food(s) appropriate for the medical diagnosis and their prescribed amounts

Infants (6-11 months)^[i]

Full Food Package or Food Restricted

Infant Cereal

Infant Fruits/Vegetables

Formula Only-No Solids

Duration _____

Children & Women^[ii]

Full Food Package or Food Restricted

Fruits/Vegetables Juice Milk-Fat Reduced

Eggs Cheese Breakfast Cereal

Fish (canned) Fruits/Vegetables

Whole Wheat Bread or Other Whole Grains

Legumes and/or Peanut Butter

Milk Substitutes^[iii]

Soy Based Beverage Tofu Whole Milk

Cheese (monthly amount 3# 4#)

Duration _____

Supplemental Foods

Check **Full Food Package** when client can eat all foods

Food Restricted and the appropriate food item boxes
when indicated

Milk Substitutes and the appropriate food item boxes
when indicated

Technical Requirements

Current

- Signature of the requesting health care provider

New

- Signature, **date and contact information** of the requesting health care provider

5. Medical Provider Signature Date Provider's Medicaid or Alaska License #

Print Medical Provider's Name

Print or Stamp Address and Phone #

Contract

§

Non-Contract Formulas

Current Contract Formulas

-



Approved List of Non-Contract Formulas & Medical Foods

- Enfamil AR Lipil
- Enfamil Gentlease Lipil
- Good Start Gentel Plus Soy
- Good Start Gentle Plus
- Elecare
- Enfacare Lipil
- Enfamil Nutramigen Lipil
- Neocate Infant Formula
- Similac Neosure
- Similac Alimentum
- Carnation Instant Breakfast
- Ensure & Ensure w/Fiber
- Neocate Junior
- Pediasure & Pediasure w/Fiber



Alaska WIC
&
Medicaid Working Together

- Medicaid and WIC provide nutritional products and services to participants that have medical documented needs.
- Includes oral and tube-fed administered products/services
- WIC provides them through an approved medical justification, Alaska WIC & Medicaid Enteral Nutrition & Supplemental Foods Prescription
- Medicaid provide them under the Durable Medical Equipment (DME) Program

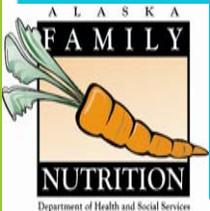
Subject: Medicaid Primary Payor for WIC Exempt Infant Formulas & Medical Foods

- WIC Local Agencies (LA) inform Medicaid WIC participants how to obtain WIC-eligible exempt infant formulas or medical foods (i.e. Non-contract formula) from Medicaid.
- Medicaid is the primary payor. This is a USDA Food and Nutrition Services Western Region (WR) policy based on a review of the WIC regulation.

Food For Thought...



WIC Makes A Difference



In Collaboration with Health Care Providers



The changes to the WIC food packages hold potential for improving the nutrition and health of the nation's low-income pregnant women, new mothers, infants, and young children

Institute of Medicine, 2005



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Alaska Department of Health and Social Services

Division of Public Assistance/Family Nutrition Programs/WIC