

# Welcome!

February 28, 2023

## Local Agency WIC Nutritionists meeting



- Local updates
- State updates
- - Break -
- Continuing education topic: Nutritional Supplements

# Local agency updates





## Welcome Meredith McDonald, MPH, RDN, CLC Jackson County WIC dietitian

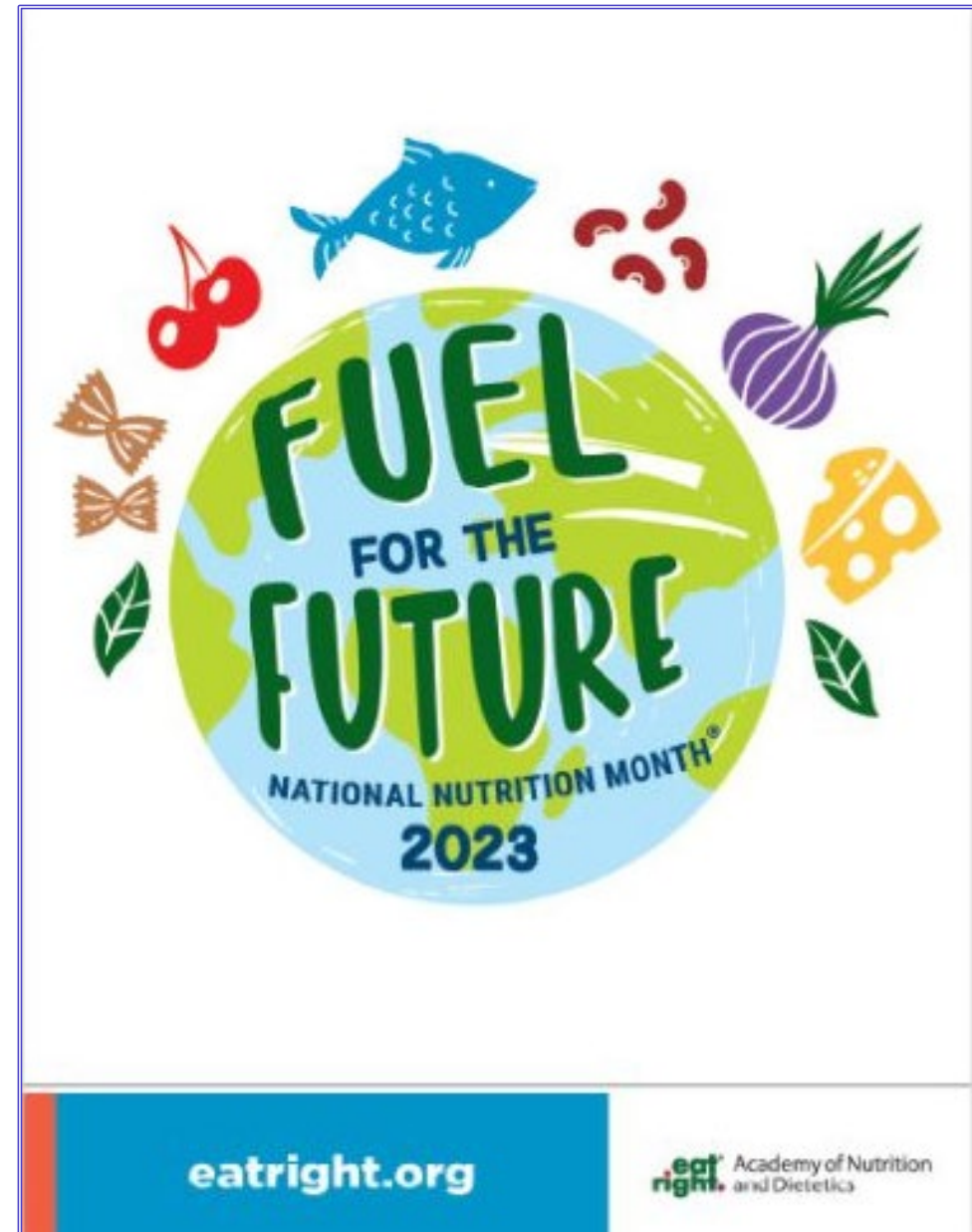
- I completed my Bachelors in Food and Nutrition at Montana State University and then my MPH in Nutrition and dietetic internship at Tulane University in New Orleans.
- I previously worked as a certifier for WIC in Bozeman, MT right after my undergrad. There I was able to expand my breastfeeding knowledge by becoming a CLC.
- I worked briefly as an inpatient dietitian at Tulane Medical Center, but I realized that position was not for me! I was excited when I found the Jackson County WIC RD position and was able to get back to what I love most - supporting and educating families!
- I grew up in Montana and love exploring the outdoors. I am excited to be in Southern Oregon, with the abundance of forests, waterfalls, and beautiful spaces, and close to the coast! I also enjoy trying new recipes, puzzles, reading, and spending time with my cat, Jellybean.



## Welcome Meghan Carney, MS, RDN Multnomah County WIC dietitian

- I completed my dietetic internship at Louis Stokes VA Medical Center and my Master's degree at Case Western Reserve University.
- I'm new to the WIC community after spending the last 4 years as an inpatient and outpatient dietitian at PeaceHealth Southwest Medical Center. I worked with a wide variety of patients including those undergoing chemotherapy and radiation at the cancer center.
- Last year, I took a break from the nutrition world to spend 5 months hiking the Pacific Crest Trail from Mexico to Canada. I reached the Canadian border on August 14th.

# National Nutrition Month 2023



# State WIC updates



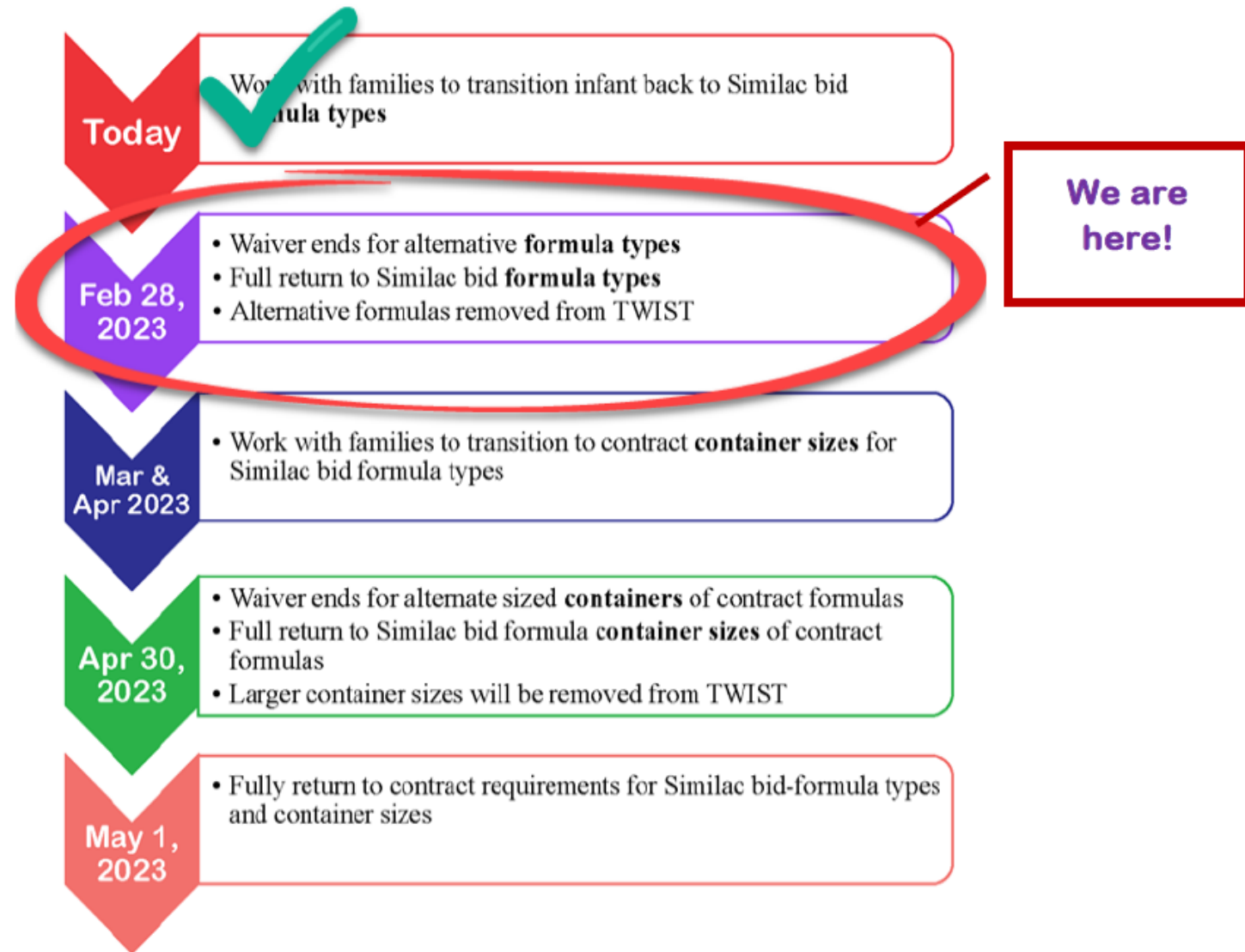


# Welcome Lauren Simmons, RDN, to the State WIC team!

- Before joining the state WIC team, Lauren was the WIC coordinator in Crook county since 2019.
- Grew up in Boise, Idaho and moved to Central Oregon with husband in 2019.
- Completed degree and dietetic internship at the University of Idaho.
- Prior to Oregon WIC, worked as an inpatient clinical dietitian.
- Loves to travel, cook and spend time with husband exploring new places!

# Formula transition

## Formula Transition Dates at – a – Glance (v2)





# Formula: shortages, discontinued products

## **Discontinued:**

- Similac for Spit Up

## **Shortages:**

- Enfamil AR
- Alimentum
- Total Comfort

# Formula: Changes in TWIST- March 1st


- Store brand “added rice” formulas will be assigned to Enfamil AR
- Store brands of Alimentum will be assigned to Alimentum
- Gentlease will be its own formula with its own template
  - ~~Assign using the modify function on the Food Package Assignment (FPA) screen~~
  - Requires medical documentation form
- Because of the changes, these formulas may not be available to purchase for the first 2-3 days in March, depending on the store

# Formula: medical documentation form

March 1<sup>st</sup> revision

Providers have been notified to discontinue using earlier versions of the MDF

Available online and through WIC shopify



**WIC OREGON**  
Women, Infants and Children (WIC)  
Medical Documentation Form

Local WIC Clinic:

Phone #:

Fax #:

Contact Name:

• This request is subject to WIC approval and provision based on program policy and procedure.  
 • Please fax or return the completed form to your [local WIC clinic](#).  
 • Patient must be under the medical supervision of the provider signing this form.

**A. Patient information**

Patient's name (Last, First, MI):  DOB:

Patient/Caregiver's name (Last, First, MI):  Phone #:

Provide WIC Dietitian consult     Patient on tube feeding (provide name of formula, enteral company in section C)

**B. Medical formula - Check all that are acceptable**

1 ► Medical diagnosis or qualifying condition:

2 ► Length of issuance:  3 months     6 months     until 12 months of age     other:  (not to exceed 12 months)

3 ► Prescribed amount:   per day    OR     maximum

INFANTS	CHILDREN AND ADULTS
<b>Prematurity:</b> <input type="checkbox"/> EnfaCare <input type="checkbox"/> Neosure	<b>Milk-based, lactose free:</b> <input type="checkbox"/> PediaSure <input type="checkbox"/> Nutren Jr. <input type="checkbox"/> Boost Kid Essentials 1.0 <input type="checkbox"/> Boost Kid Essentials 1.5
<b>Extensively Hydrolyzed:</b> <input type="checkbox"/> Nutramigen <input type="checkbox"/> Pregestimil <input type="checkbox"/> Extensive HA <input type="checkbox"/> Alimentum <input type="checkbox"/> Allow store brand Alimentum	<b>Extensively Hydrolyzed:</b> <input type="checkbox"/> PediaSure Peptide <input type="checkbox"/> Peptamen Jr. 1.0 <input type="checkbox"/> Peptamen Jr. 1.5
<b>Whey-based:</b> <input type="checkbox"/> Enfamil Gentlease	<b>Amino Acid:</b> <input type="checkbox"/> Elecare Jr <input type="checkbox"/> Alfamino Jr. <input type="checkbox"/> Neocate Jr. <input type="checkbox"/> Neocate Splash
<b>Added rice starch:</b> <input type="checkbox"/> Enfamil AR <input type="checkbox"/> Allow store brand Enfamil AR	<b>Other specialty products:</b> <input type="checkbox"/> Ketocal 3:1 <input type="checkbox"/> Ketocal 4:1 <input type="checkbox"/> Duocal <input type="checkbox"/> Monogen <input type="checkbox"/> Portagen <input type="checkbox"/> Liquigen <input type="checkbox"/> Compleat Pediatric <input type="checkbox"/> Ensure Clear
<b>Amino Acid:</b> <input type="checkbox"/> Elecare Infant <input type="checkbox"/> PurAmino <input type="checkbox"/> Neocate Infant <input type="checkbox"/> Neocate Syneo <input type="checkbox"/> Alfamino <input type="checkbox"/> Neocate Nutra	<b>ADULTS ONLY</b> <input type="checkbox"/> Ensure <input type="checkbox"/> Ensure Plus <input type="checkbox"/> Boost Plus <input type="checkbox"/> Boost High Protein <input type="checkbox"/> Glucerna <input type="checkbox"/> Suplena CarbSteady
<b>Renal:</b> <input type="checkbox"/> Similac PM 60/40	
<b>MCT:</b> <input type="checkbox"/> EnfaPort	

# News to share: EPSDT

EPSDT stands for [Early and Periodic Screening, Diagnosis and Treatment](#) - a nationwide, federally mandated health coverage for all children under age 21 enrolled in Medicaid (Oregon Health Plan, OHP)

**Early:** Assess and identify problems early, starting at birth

**Periodic:** Check children's health at periodic, age-appropriate intervals in comprehensive well-child visits

**Screening:** Provide physical, dental, mental, developmental, hearing, vision, and other screening or laboratory tests to detect potential problems

**Diagnosis:** Perform diagnostic tests and assessments to follow up when a risk is identified during screening and examinations

**Treatment:** Control, correct or ameliorate any problems that are found

- Oregon had waivers in effect to opt out of certain elements of EPSDT until now.
- EPSDT is being implemented in Oregon, effective **January 1, 2023**
- It includes screenings, checkups, tests and follow-up care and treatment
- Services specific to nutrition include nutrition screening, assessment, referrals for nutrition counseling to improve health outcomes, and to correct or ameliorate conditions, nutritional supplements and/or medical foods

# News to share: AAP guidelines

- In January 2023, the [American Academy of Pediatricians released guidelines](#) recommending intentional weight loss for higher-weight children via "Intensive Health Behavior and Lifestyle Training" starting as early as age two with intensive behavioral approaches and drugs and surgeries starting as early as age 13
- Reactions to the new guidelines have been mixed
- WIC is a prevention program focused on participant centered services, strength-based support of our families, to improve health behaviors (vs. healthy weight)
- Weight stigma and weight bias have long term impacts and needs to be addressed in health care
- Encourage you to explore the issue, read the guidelines
- Resources to assist families:
  - Jessica Setnick: <https://www.jessicasetnick.com/preparing-parents-for-the-weight-loss-conversation/>
  - Sunny Side Up Nutrition: <https://sunnysideupnutrition.com/parent-resource-navigating-pediatric-care-in-light-of-the-new-american-academy-of-pediatrics-aap-guidelines/>

# Future LAWN meetings

May 23<sup>rd</sup>: Sarah Sahl, OHSU/CDRC

August 22<sup>nd</sup>: Breastfeeding Coordinators and WIC Nutritionists

November 28<sup>th</sup>: TBD, statewide roll-out of OTIS





**Return in 5 minutes**