

Eating Foods Away from Home

1. Consider your drink
2. Savor a salad
3. Share a main dish
4. Select from the sides
5. Pack your snack
6. Fill your plate with vegetables and fruit
7. Compare the calories, fat, and sodium
8. Pass on the buffet
9. Get your whole grains
10. Quit the "clean your plate" club

For more information see
DG Tip Sheet No. 41. U.S.
Department of Agriculture

www.choosemyplate.gov



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Kentucky Infant Safe and Strong Award

On Thursday, November 5th, 2015, Norton Women's and Kosair Children's Hospital, became the first hospital in Kentucky to be recognized by the Kentucky Infant Safe and Strong (KISS) Program.

The KISS Program recognizes hospitals that are taking steps to implement evidence based practices that will increase infant safety, reduce the risk of infant mortality and morbidity, and move towards the implementation of the Ten Steps for Successful Breastfeeding.

Hospitals are awarded stars based on the implementation of infant safety goals and breastfeeding goals. A hospital is

awarded 1 star by implementing 1 infant safety step and 2 steps toward successful breastfeeding. The KISS Program will award up to 5 stars. Norton Women's and Kosair Children's Hospital received 4 KISS stars for their implementation of infant safety steps and breastfeeding steps.

Many hospitals have expressed interest in the KISS program. Multiple hospitals have submitted their Intent to Apply and have consulted with the KISS program committee. We hope to have hospitals across the state achieve KISS Recognition in the coming years. For more information on the KISS Program, please visit: <http://chfs.ky.gov/dph/mch/ns/kiss.htm>.

Newborn Breastfeeding Training at Three Rivers Medical Center

Three Rivers Medical Center (TRMC) and the Lawrence County Health Department joined together in August to celebrate National Breastfeeding Awareness Month. “Through education and awareness we can give new mothers the information and support they need to give their babies the benefits of breastfeeding,” said Greg Kiser, CEO with TRMC. “We are excited about promoting Breastfeeding Awareness Month and the opportunity for the staff of our Obstetrics Department to complete the Newborn Breastfeeding training,” said Mr. Kiser.

The Newborn Breastfeeding training at TRMC was provided by the Lawrence County Health Department’s Regional Breastfeeding Coordinator, Jan Johnson, RD, LD, IBCLC; WIC Breastfeeding Peer Counselor, Ashley Wilks, RN, CLS (Certified Lactation Specialist); and Breastfeeding Coordinator, Carolyn McGinn, MS, RD, LD, CLS. “Completing this hands-on Newborn Breastfeeding training provides essential skills to best assist moms and their new babies with breastfeeding,” said Ashley Wilks with the Lawrence County Health Department.

“As more moms are choosing to breastfeed their babies, having the help and support during those first few days of the baby’s life is crucial to successful breastfeeding,” said Ms. Tammy McGinnis, RN, MSN, and Obstetrics Department Supervisor at TRMC. “Our staff member, Tasha Davis, RN is scheduled to complete Certified Lactation Counselor training in October and will be a valuable asset for the OB Department, our new moms, and their babies,” said Ms. McGinnis.

“As an Obstetrician and breastfeeding mom, I strongly encourage the importance of breastfeeding and its vital role in your child's health and growth,” said Dr. Palak Doshi, obstetrician/gynecologist with TRMC. “I’m so glad I am able to continue to breastfeed and know it will provide my daughter with endless benefits.”



Greg Kiser, TRMC CEO; Angela Fitch, RNC with TRMC Obstetrics Dept.; Dr. Palak Doshi, OB/GYN; Ashley Wilks, RN, CLS, Lawrence County Health Dept. WIC Breastfeeding Peer Counselor; and Abigail Ratliff, RN, BSN with TRMC Obstetrics Dept.

In 2011, the Kentucky WIC Program and University of Louisville provided Kangaroo Care training for all birthing hospitals in the state. Kangaroo Care promotes skin-to-skin contact for the mother and her baby immediately after birth and throughout the hospital stay. TRMC completed this training and implements Kangaroo Care as the standard practice for new mothers and their babies. The Kentucky WIC program also coordinates the Breastfeeding Peer Counselor Program that provides education and support for WIC participants that are pregnant or breastfeeding. “Kangaroo Care and the WIC Breastfeeding Peer Counselor Program have helped significantly to increase the number of breastfed babies in our state,” said Ms. Carolyn McGinn, Breastfeeding Coordinator with the Lawrence County Health Department.

“As Lawrence County’s breastfeeding rates continue to rise, having trained staff at our local health department and Three Rivers Medical Center helps ensure mommies get the counseling and encouragement they need to reach their breastfeeding goals,” said Ms. Wilks.

2015 Dietary Guidelines

The Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA) will soon release the *2015 Dietary Guidelines*. In anticipation of this release, the Academy of Nutrition and Dietetics featured the panel discussion “How to Make the *2015 Dietary Guidelines* Actionable for Americans” at the Food and Nutrition Conference and Expo (FNCE) in October.

Highlights of this discussion included the following:

- Nutrition guidance should emphasize whole foods.

- Consideration should be given to availability, accessibility, and affordability of healthier food choices.
- Dietary guidance should take into account the tendency for consumers to eat meals away from home.
- Nutrition messages should address the concepts of nutrient density and the impact of added sugars.

For more information about the *2015 Dietary Guidelines*, visit health.gov/dietaryguidelines/2015/.

Gerber Extensive HA

The state WIC office has received information from Gerber regarding Gerber Extensive HA, a hypoallergenic infant formula designed for infants with an allergy to cow’s milk protein. Gerber Extensive HA is comprised of 100 percent whey protein that is extensively hydrolyzed, includes a fat blend consisting of 49 percent medium chain triglycerides, and has the probiotic *B. lactis*. This product is only available in 14.1 oz. powder.

Gerber Extensive HA is an exempt infant formula. Follow the guidelines in the WIC and Nutrition Manual, Clinical Nutrition Section, Policies for Prescribing Food Packages, when issuing this product.

If you have any questions, please contact the state WIC office at 502-564-3827, ext. 4350.

Gerber Good Start Updates

The WIC Program has received information from Gerber regarding a change in the labeling of the Good Start product line and a formulation change to Gerber Good Start Gentle powder.

The Good Start product line’s new label design will include polka dots and a number one (1) plus the age range in the upper right-hand corner. All forms (powder, ready-to-feed, and concentrate) of the following products will be included in the label change: Good Start Gentle, Good Start Soothe, and Good Start Soy. The container size, UPC code, and yield of the products are not changing. The images of the new labels were sent in a memo dated

September 10, 2015. The newly labeled products began shipping in November 2015.

Gerber Good Start Gentle powder will also undergo a formulation change, which includes the addition of the probiotic *B. lactis* and an increase in the vitamin D level. There will not be any changes in the formulation of the ready-to-feed or concentrate forms of Good Start Gentle or in any of the forms of the Soothe or Soy products.

If you have any questions, please contact the Clinical Nutrition Section at 502-564-3827, ext. 4350.

Beech-Nut 4 oz. Just Naturals Infant Fruits and Vegetables

Beech-Nut is transitioning its Beech-Nut Naturals line of infant fruits and vegetables from 4.25 oz. containers to 4 oz. containers. The 4 oz. containers began shipping to retailers on October 1, 2015. The UPC codes for the new 4 oz. containers have been added to the Kentucky Approved Product Listing to allow purchase whenever the products are displayed on the shelves.

As you are aware, the 4 oz. containers of infant fruits and vegetables are eligible for the Kentucky

WIC Program. Review the WIC Approved Food List and Kentucky WIC Vendor Agreement for more specific information concerning the products that are approved for the program.

If you have any questions, please contact the Clinical Nutrition Section at 502-564-3827, ext. 4350, or the Vendor Section at 502-564-3827, ext. 4343.

Nutrition Risk Code Criteria (NRCC) Revision

The state WIC office has received information from the USDA Food and Nutrition Service (FNS) regarding revisions of the Nutrition Risk Code Criterion (NRCC). Please share this information with WIC Certifying Health Professionals at your agency. Below is information regarding the revised NRCCs:

- Elevated blood lead levels (211): Blood Lead Levels of ≥ 5 $\mu\text{g}/\text{deciliter}$ within the past 12 months.
- General Obstetrical Risk - Short Interpregnancy Interval (332): Short Interpregnancy Interval (IPI) is defined as an interpregnancy interval of less than 18 months from the date of a live birth to

the conception of the subsequent pregnancy.

- Inappropriate Nutrition Practices for Children - Routinely feeding reduced fat milk to a child one to two years of age (425.1): This risk is not assigned when reduced fat milks are issued to children (one to two years of age) for whom overweight or obesity is a concern.

These revisions became effective on October 13, 2015. If you have any questions, please contact the Clinical Nutrition Section at 502-564-3827, ext. 4350.

March is National Nutrition Month[®]!

Get a head start now by planning activities for National Nutrition Month[®] in 2016 and help people in your community “*Savor the Flavor of Eating Right.*” The National Nutrition Month catalog has what you need to make your celebration a success. Visit www.eatright.org/nnm for more information and to view the catalog online visit: <https://www.jimcolemanstore.com/nnm/>.

Voter Registration Changes

The automated Voter Registration Application produced in the Clinic Management System (CMS) has been updated to be consistent with the State Board of Elections hard copy form (SBE01).

As a reminder, the county clerk cannot process a Voter Registration Application and assign the correct voting precinct without a residential address. The CMS Registration screen allows for two

address lines. If a Post Office Box is provided during the registration process, a residential address should also be included in the secondary address field, and the residential address will print on the automated application.

If you have questions regarding this update, contact the WIC Help Desk at 502-564-3827, option 1.

Voter Registration Training Module

A training module titled “Voter Registration and the WIC Program” is now available to assist WIC staff in understanding the voter registration process. The module provides a general overview of policy and procedure references, time frames for offering voter registration, and instructions for how to process an application once it is complete.

Adobe Connect technology will allow you or clinic support staff to view the module from a desktop computer. Follow the steps below:

1. You will receive an e-mail notification from Adobe.

2. Click on the link in the e-mail.
3. You will be prompted to enter your login ID and password.
4. Once you enter your login ID and password, you will be able to begin viewing the module.

Note: Those who need to establish a user account login ID or password may contact Nikki Lingala at Niharika.Lingala@ky.gov or 502-564-3827, ext. 4335. You are encouraged to share this training module with all support staff who offer voter registration.

WIC Users Authorization Request Form for E-Reports

The WIC Users Authorization Request Form currently being used to request access for E-Reports is now obsolete. The updated form can be obtained here: <http://chfs.ky.gov/NR/rdonlyres/5DA3A521-8975-4C8A-8DBE-80A928D99E6E/0/WICUserAuthorizationRequest.pdf>

If access to e-reports is being requested, complete all information on this form and fax to the Nutrition Services Branch at 502-564-8389.

If additional assistance is needed, please contact the WIC Help Desk at 877-597-0367 or via e-mail at wic.helpdesk@Ky.gov.

Resources

Heart Age Calculator

www.cdc.gov/vitalsigns/cardiovascular-disease/heartage.html

Your heart may be older than you are, according to a recent *Centers for Disease Control and Prevention (CDC) Vital Signs* report. “Heart Age” is the calculated age of a person’s cardiovascular system based on his or her risk factor profile. The risks include high blood pressure, cigarette smoking, diabetes status, and obesity.

The heart age concept was created to more effectively communicate a person’s risk of dying from heart attack or stroke and to show what can be done to lower that risk.

Pediatric Weight Management Care Coordination Resources

www.eatrightpro.org/resource/about-us/alliances-and-collaborations/healthier-generation-benefit/

These resources were designed to help Primary Care Providers (PCPs) and Registered Dietitian Nutritionists (RDNs) provide comprehensive and coordinated weight management care for pediatric patients and their families. Materials include webinars, suggested protocols, and forms for PCPs and RDNs to summarize and document office visits.

Guidance on the Food and Drug Administration’s (FDA) Fortification Policy

www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/ucm470756.htm

In response to questions and comments from other government agencies and from the food industry, the FDA is providing information on fortification of foods with essential nutrients. The publication “Questions and Answers on FDA’s Fortification Policy” addresses existing policies and compiles information on fortification in a single document.

In the News

Eight Healthy Food Trends to Watch in 2016 That Could Influence Children’s Eating

<http://www.foodnavigator-usa.com/Manufacturers/8-healthy-food-trends-in-2016-that-could-influence-children-s-eating>

Weight Gain Between Pregnancies Raises Risks for Babies, Study Says

<http://www.wsj.com/articles/weight-gain-between-pregnancies-raises-risks-for-babies-study-says-1449099371>

Brain Stimulation Limits Calories Consumed in Adults with Obesity

www.nih.gov/news-events/news-releases/brain-stimulation-limits-calories-consumed-adults-obesity

More Belly Fat in First Trimester Linked to Diabetes Risk Later in Pregnancy

www.nlm.nih.gov/medlineplus/news/fullstory_155504.html

Many New Moms Still Lack Breast-Feeding Support at Work

www.nlm.nih.gov/medlineplus/news/fullstory_155151.html

Only Four Percent of Americans are Eating Enough Vegetables

<http://www.sfgate.com/news/article/Only-4-Percent-of-Americans-Are-Eating-Enough-6642245.php>

Journal Review

***Nutrition Bulletin*, December 2015**

<http://dx.doi.org/10.1111/nbu.12173>

Update on the Role of Maternal Diet in Pregnancy and the Programming of Infant Body Composition

***Nutrition in Clinical Practice*, December 2015**

<http://dx.doi.org/10.1177/0884533615610081>

Bugs and Guts: Practical Applications of Probiotics for Gastrointestinal Disorders in Children

***Annals of Internal Medicine*, November 24, 2015, Online First**

<http://dx.doi.org/10.7326/M15-0807>

Lactation and Progression to Type 2 Diabetes Mellitus After Gestational Diabetes Mellitus: A Prospective Cohort Study

***Journal of Human Lactation*, November 20, 2015, Online First**

<http://dx.doi.org/10.1177/0890334415618936>

Association Between History of Gestational Diabetes and Exclusive Breastfeeding at Hospital Discharge

***American Journal of Clinical Nutrition*, November 4, 2015, Online First**

<http://dx.doi.org/10.3945/ajcn.115.109397>

Effects on Weight Loss in Adults of Replacing Diet Beverages with Water During a Hypoenergetic Diet: a Randomized, 24-wk Clinical Trial

***Lancet Diabetes & Endocrinology*, October 29, 2015, Online First**

[http://dx.doi.org/10.1016/S2213-8587\(15\)00367-8](http://dx.doi.org/10.1016/S2213-8587(15)00367-8)

Effect of Low-Fat Diet Interventions Versus Other Diet Interventions on Long-Term Weight Change in Adults: A Systematic Review and Meta-analysis

***British Journal of Nutrition*, October 28, 2015, Online First**

<http://dx.doi.org/10.1017/S0007114515003980>

Early Pregnancy Vitamin D Status and Risk for Adverse Maternal and Infant Outcomes in a Bi-Ethnic cohort: The Behaviors Affecting Baby and You (B.A.B.Y.) Study

From the Academy of Nutrition and Dietetics

Nutrition Management of Gastrointestinal Symptoms in Children with Autism Spectrum Disorder: Guidelines from an Expert Panel

Free CEU available for Academy members

<http://dx.doi.org/10.1016/j.jand.2015.05.016>

Early Pregnancy Cravings, Dietary Intake, and Development of Abnormal Glucose Tolerance

<http://dx.doi.org/10.1016/j.jand.2015.04.018>

Dietary Self-Monitoring in Weight Management: Current Evidence on Efficacy and Adherence

<http://dx.doi.org/10.1016/j.jand.2015.04.005>

Where Can I Find Resources to Assist Clients with At-Home Meal Planning for Therapeutic Diets?

<http://dx.doi.org/10.1016/j.jand.2015.10.003>

The Impact of the 2009 Special Supplemental Nutrition Program for Women, Infants, and Children Food Package Revisions on Participants: A Systematic Review

<http://dx.doi.org/10.1016/j.jand.2015.06.381>

Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fiber

<http://dx.doi.org/10.1016/j.jand.2015.09.003>

Including “Added Sugars” on the Nutrition Facts Panel: How Consumers Perceive the Proposed Change

Free CEU available for Academy members

<http://dx.doi.org/10.1016/j.jand.2015.04.017>

Dates to Remember

March 7-11, 2016

**Lactation Counselor Training Course and
CLC Certification Exam**

Cincinnati, OH

www.healthychildren.cc

Save The Date

March 22, 2016

Kentucky Breastfeeding Summit

Lexington, KY

May 23-27, 2016

**Lactation Counselor Training Course and
CLC Certification Exam**

Louisville, KY

www.healthychildren.cc



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