



DAVID MAXWELL-JOLLY
Director

State of California—Health and Human Services Agency
Department of Health Care Services



ARNOLD SCHWARZENEGGER
Governor

August 20, 2009

CHDP Provider Information Notice: 09-09

TO: ALL CHILD HEALTH AND DISABILITY PREVENTION PROGRAM
PROVIDERS (CHDP)

Subject: Women, Infants and Children (WIC) Supplemental Nutrition Program
Letter to Health Care Providers Regarding WIC Food Package Changes

Attached is a letter from the California WIC Program to health care providers; it provides an overview of WIC's new food package changes which is slated for implementation on October 1, 2009. The new WIC Pediatric Referral Form is also introduced and attached to the letter. WIC is the largest public health nutrition program serving young low-income children and is available in all California counties. Most infants and children under 5 years of age that receive CHDP health assessments also participate in the WIC program. Along with an improved food package for participants, WIC continues to focus on their primary goal of decreasing the risk of poor birth outcomes and improving the health of participants during critical times of growth and development by providing targeted nutrition education services and lactation support.

The Institute of Medicine recently studied WIC food packages and made recommendations for improvements in the food package as a result of new trends in health and disease. This update of WIC food packages is the most dramatic change in food packages since the program was instituted in 1974. New foods have been added, some foods have been eliminated, such as fruit juice to infants and some existing foods are provided in different amounts. The food package changes are a welcomed improvement in WIC supplemental foods and reflect a harmonious alignment with recommendations from the American Academy of Pediatrics and the U. S. Dietary Guidelines for Americans.

In addition to significant changes in the choices of foods in the food packages, there are changes in the issuance of infant formula in the first month of life and in amounts of infant formula for infants who are formula fed during the first 12 months of life. WIC promotes breastfeeding by offering participants access to local breastfeeding coordinators at all local WIC programs and by limiting infant formula issuance in the first month of life which enhances breast milk production.

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The Pediatric Referral Form is changed in order to reflect the new United States Department of Agriculture (USDA) regulations related to special needs' children. For children with special health care needs, the form is a bit longer and more detailed due to the increased number of available foods. The new form is attached to this letter for your review.

Finally, the WIC program lists numerous resources and methods for communication to assist the medical community with understanding WIC food package changes. Please review the list of resources and encourage your office staff to become acquainted with the WIC food package changes.

If you have any questions regarding the WIC food package changes, please call Barbara Longo, MS, RD, Chief of the WIC Program Evaluation and Policy Branch at 916-928-8870 or directly email MD-WIC@cdph.ca.gov with your questions.

Original Signed by Harvey Fry for Luis R. Rico

Luis R. Rico
Acting Branch Chief
Children's Medical Services

Enclosure



MARK B HORTON, MD, MSPH
Director

State of California—Health and Human Services Agency
California Department of Public Health



ARNOLD SCHWARZENEGGER
Governor

August 6, 2009

Dear Health Care Provider:

Exciting changes are coming to the Women, Infants and Children Nutrition (WIC) Program that will affect many of your patients. Beginning on October 1, 2009, WIC will issue checks for new foods, in addition to those already provided to WIC participants, and the program will modify the amounts of some foods to align with American Academy of Pediatrics (AAP) guidelines and with the U.S. Dietary Guidelines for Americans. With these changes come new procedures related to infants and children with special needs to better coordinate patient care between WIC staff and the participant’s healthcare provider. This letter provides information to assist you with these changes.

Background

Following an extensive nutritional review and public comment period, the U.S. Department of Agriculture (USDA) revised WIC regulations in 2007 to implement the first comprehensive revision of WIC foods since the program began. The changes in WIC foods are intended to improve the nutrition and health status of WIC participants and to be consistent with nutrition education and dietary advice. The regulations add new foods and reduce the amounts of several that are currently provided. The table below lists the current WIC foods that will continue, as well as the new foods:

CURRENT WIC FOODS	ADDITIONAL NEW FOODS
<ul style="list-style-type: none"> • Milk, eggs and cheese • 100% fruit and vegetable juice • Beans and peanut butter • Iron-fortified cereals • Iron-fortified infant formula • Tuna, carrots (for breastfeeding women) 	<ul style="list-style-type: none"> • Fruits and vegetables • Whole wheat breads and whole grains • Soy beverages and tofu • Canned sardines and salmon (for breastfeeding women) • Baby food fruits and vegetables



Women, Infants and Children (WIC) Program Division
3901 Lennane Drive, MS 8600, Sacramento, CA 95834
P.O. Box 997375, MS 8600, Sacramento, CA 95899-7375
(916) 928-8500 Internet Address: www.wicworks.ca.gov

Breastfeeding Incentives and Support

Especially positive are changes to encourage mothers to breastfeed their infants. Exclusively breastfeeding women will receive the largest variety and quantity of WIC foods. To support breastfeeding, WIC will not automatically provide formula in the baby's first month to mothers who are breastfeeding unless there are health-based reasons to provide formula. This new policy is important because research shows that mothers need at least four weeks of exclusively breastfeeding to develop a full milk supply for successful breastfeeding.

WIC staff is trained to help a WIC mother through these early weeks, but we need your help to reassure new mothers and honor their decision to breastfeed. Your referrals to WIC for breastfeeding support are invaluable as is your reassurance to mothers that:

- breastfeeding is a normal process;
- it is normal for newborn infants to sleep often and for brief periods; and
- babies cry for many reasons other than hunger.

A local WIC contact is available to assist you in identifying lactation consultants and support for your patients.

Changes in Formula Amounts and Foods for Infants

For infants who are formula fed or who receive both breastmilk and formula, there are changes as well. Formula amounts will fluctuate over the course of the year to meet the infant's nutritional needs and support appropriate introduction of solids as follows:

Age of Infants	Amount of Formula	
	Formula Fed	Combination Fed*
0-3 mos	9 cans powder	Up to 4 cans powder
4-5 mos	10 cans powder	Up to 5 cans powder
6-12 mos	7 cans powder	Up to 4 cans powder

*Combination – providing at least half of the infant's nutritional needs with breastmilk.

WIC will continue to offer concentrate formula in amounts equivalent to the powdered form. To align with AAP guidelines, WIC will no longer provide juice to infants, but will provide all babies 6 months and older with baby food fruits and vegetables. Fully breastfed infants will receive infant meats in addition to fruits and vegetables. We are confident you will welcome these changes as beneficial in making WIC consistent with the guidance that you provide parents.

Infants and Children with Special Needs

Under the new regulations, infants and children with special needs will be able to receive all WIC foods not contraindicated by their healthcare provider, in addition to the therapeutic formula products they receive through their health plan or the WIC Program. To make the process easier for healthcare providers, we have worked with representatives from the medical community to revise WIC's Pediatric Referral Form by adding a section for Special Dietary Requests (See Attachment). This form may be accessed from our website. We encourage you to begin using the new form now.

New Requirement: While soy beverage and tofu will be options for WIC participants, the federal regulations require WIC to notify and receive approval from a child's healthcare provider to issue checks for soy beverage or tofu, even if the reason is cultural preference. The new Pediatric Referral Form includes a check box for this purpose.

Resources

- A WebEx seminar, "WIC Food Changes for Medical and Nursing Care Providers" will be presented on August 26, 2009 between 12:30 and 1:30 p.m. To register for this webinar, please go to www.calwic.org and click on the Events Menu to reach the link to "Food Package Webinars".
- A copy of this letter and other information about WIC and these changes is on our website, www.wicworks.ca.gov at the Health Professionals link.
- You can access the revised WIC Pediatric Referral and Dietary Request Form at the WIC website: <http://www.cdph.ca.gov/programs/wicworks/Documents/WIC-Forms-CDPH-247A-PediatricReferral.pdf>
- You can locate a Local California Health Jurisdiction Breastfeeding Coordinator at: <http://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-LocalHealthJurBFCoor.pdf>
- You can locate further information on the USDA revised WIC regulations - the interim rule on the new WIC food packages and medical documentation at: <http://www.cdph.ca.gov/programs/wicworks/Documents/USDA-WIC-FoodPackageRevisions-InterimRule.pdf>
- You can view a two minute video sponsored by the California WIC Program and AAP, highlighting "Important WIC Changes" presented by a past AAP chapter president on our website, www.wicworks.ca.gov at the News and Updates link.

- You may locate a WIC Contact in your area by going to: <http://www.cdph.ca.gov/programs/wicworks/Documents/WIC-MDNetwork-Contacts.pdf>. A WIC contact can assist you with additional questions and issues that may occur as you transition to these new WIC changes.
- Finally, if you have further questions regarding the new WIC foods or other WIC requirements, please write us at MD-WIC@cdph.ca.gov or call Barbara Longo, MS, RD, Chief of the WIC Program Evaluation and Policy Branch at 916-928-8870.

We welcome questions and comments from you and your staff during this transition.

Sincerely,

A handwritten signature in blue ink that reads "Linnea Sallack".

Linnea E. Sallack, MPH, RD, Chief
Women, Infants and Children (WIC) Program Division



Pediatric Referral and Special Dietary Requests

WIC Agency:

WIC ID #:

The information below is only for use by the intended recipient and contains confidential information. Any unauthorized review, use, disclosure or distribution is prohibited. If you are not the intended recipient, please contact the sender and destroy all copies of the original form. If you have questions, contact your local WIC agency at www.wicworks.ca.gov or State Agency at 916-928-8652.

- Routine referral (Complete Section I only) Special dietary request (Complete Sections I and II)

SECTION I: Complete this section to assist WIC with patient eligibility, providing WIC services, and making appropriate referrals.

PATIENT NAME (First) _____ (Last) _____		DATE OF BIRTH: _____																			
CURRENT HEIGHT/LENGTH: _____ inches	CURRENT WEIGHT: _____ lb _____ oz	DATE OF MEASUREMENTS _____	BIRTH WEIGHT/LENGTH: _____ lb _____ oz / _____ inches																		
<p>Hgb or hct test is <u>required annually</u> and every 6 months if abnormal.</p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th>Age</th> <th>Recent Hgb or Recent Hct</th> <th>Date of test</th> </tr> </thead> <tbody> <tr> <td>6 – 13 mo</td> <td style="text-align: center;">.</td> <td style="text-align: center;">%</td> </tr> <tr> <td>> 13 – 23 mo</td> <td style="text-align: center;">.</td> <td style="text-align: center;">%</td> </tr> <tr> <td>> 23 – 35 mo</td> <td style="text-align: center;">.</td> <td style="text-align: center;">%</td> </tr> <tr> <td>> 35 – 47 mo</td> <td style="text-align: center;">.</td> <td style="text-align: center;">%</td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>		Age	Recent Hgb or Recent Hct	Date of test	6 – 13 mo	.	%	> 13 – 23 mo	.	%	> 23 – 35 mo	.	%	> 35 – 47 mo	.	%				<p>BREASTFEEDING ASSESSMENT:</p> <p><input type="checkbox"/> Fully breastfeeding per AAP and AAFP recommendations <input type="checkbox"/> Discontinued breastfeeding; Date: _____</p> <p><input type="checkbox"/> Combination feeding breastmilk and formula <input type="checkbox"/> Never breastfed</p> <p>SOY REQUEST (≥1 yr): Check a qualifying condition to substitute soy & tofu for cow's milk & cheese.</p> <p><input type="checkbox"/> Cow's milk allergy <input type="checkbox"/> Lactose intolerance</p> <p><input type="checkbox"/> Vegan <input type="checkbox"/> Does not apply</p> <p><input type="checkbox"/> Other: _____</p>	
Age	Recent Hgb or Recent Hct	Date of test																			
6 – 13 mo	.	%																			
> 13 – 23 mo	.	%																			
> 23 – 35 mo	.	%																			
> 35 – 47 mo	.	%																			
<p>LEAD TEST(recommended at 1 - 2 yrs of age): <input type="checkbox"/> Normal <input type="checkbox"/> Abnormal</p> <p>IMMUNIZATIONS (up-to-date): <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not available</p>		OFFICE / CLINIC NAME AND LOCATION OR OFFICE STAMP																			
HEALTH PROFESSIONAL NAME _____																					
HEALTH PROFESSIONAL SIGNATURE _____																					
PHONE NUMBER _____	TODAY'S DATE _____																				

SECTION II: ONLY complete if there are special dietary needs. Incomplete information may delay issuance of WIC foods.

<p>DIAGNOSIS:</p> <p><input type="checkbox"/> Prematurity <input type="checkbox"/> Allergy: _____ <input type="checkbox"/> Dysphagia</p> <p><input type="checkbox"/> Failure to thrive <input type="checkbox"/> Other: _____</p>	<p>WIC FOOD RESTRICTIONS:</p> <p>The WIC foods and amounts/month listed below may be issued to this patient unless NOT APPROPRIATE for the diagnosis.</p> <p><input type="checkbox"/> No food restrictions</p> <p>INFANT (6-11 mo) – DO NOT provide the WIC foods checked below:</p> <p><input type="checkbox"/> Infant cereals, 24 oz <input type="checkbox"/> Infant meats, 77.5 oz</p> <p><input type="checkbox"/> Infant fruits and vegetables, up to 256 oz</p> <p>CHILD (1-5 yr) – DO NOT provide the WIC foods checked below:</p> <p><input type="checkbox"/> Cow's milk, 13 qt plus formula or medical food</p> <p><input type="checkbox"/> Cheese, 1 lb</p> <p><input type="checkbox"/> Eggs, 1 dozen</p> <p><input type="checkbox"/> Peanut butter, 18 oz</p> <p><input type="checkbox"/> Whole grains*, 2 lb</p> <p><input type="checkbox"/> Dry beans, peas or lentils, 1 lb</p> <p><input type="checkbox"/> Breakfast cereals, 36 oz</p> <p><input type="checkbox"/> Vegetables and fruits</p> <p><input type="checkbox"/> Juice, 128 fl oz</p> <p>* whole wheat bread, corn/wheat tortilla, brown rice, barley, bulgur, or oatmeal</p>															
<p>NAME OF FORMULA/MEDICAL FOOD: _____</p> <p>Note: Refer patient to health plan or Medi-Cal for all medically necessary formulas and medical foods. WIC only provides when <u>NOT AVAILABLE FROM OTHER SOURCES.</u></p>																
<p>DURATION _____ months</p>	<p>AMOUNT _____ oz / day</p>															
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Private Insurance		Submitted justification to health plan														
<p>CHECK ALL THAT APPLY regarding provision of prescribed formula:</p> <p><input type="checkbox"/> Referred patient to health plan <input type="checkbox"/> Gave formula samples</p> <p><input type="checkbox"/> No insurance; referred patient to Medi-Cal <input type="checkbox"/> Referred patient to WIC (WIC requires Rx every 3 months)</p>																
<p>QUESTIONS: Call 916-928-8652; (WIC staff <u>only</u>: 916-440-5581 fax)</p>																