



Health Care Providers
WIC Food Packages:
What You Should Know
2012
Learner Course Guide
FY 2013-2014

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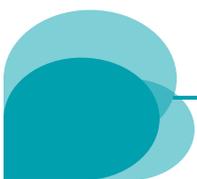




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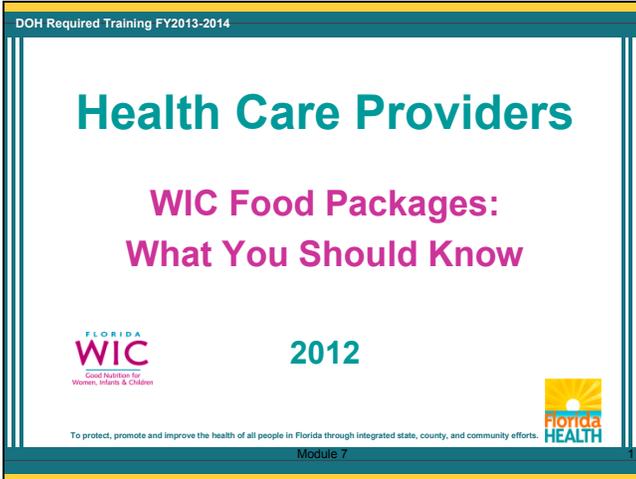


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Slide 1 – Health Care Providers – WIC Food Packages: What You Should Know – 2012

Welcome to this overview of WIC food packages for health care providers.



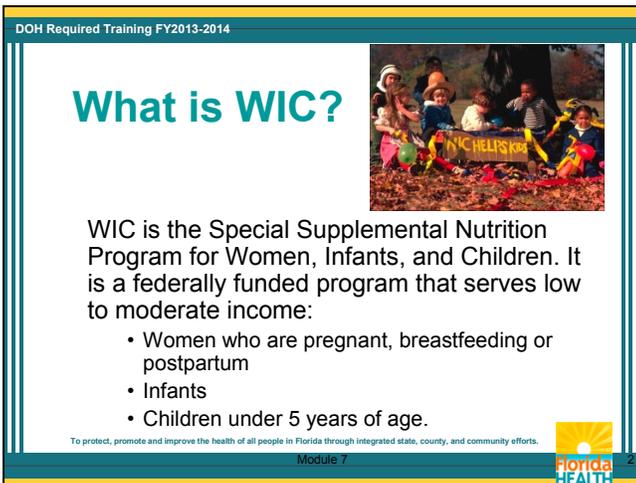
Slide 2 – What is WIC?

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. It is a federally funded program that serves low to moderate income:

Women who are pregnant, breastfeeding or postpartum

Infants

Children under 5 years of age.



Slide 3 – The Purpose of WIC

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The Purpose of WIC

WIC's purpose is to improve the client's health by providing nutritional support during critical periods of growth and development.

- This occurs through the provision of healthy foods, nutrition education and counseling, breastfeeding promotion and support, and referrals to health and social services.
- WIC is effective in preventing and improving nutrition-related health problems.

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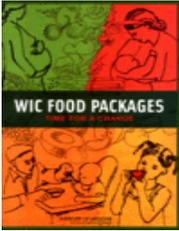
WIC's purpose is to improve the client's health by providing nutritional support during critical periods of growth and development. This occurs through the provision of healthy foods, nutrition education and counseling, breastfeeding promotion and support, and referrals to health and social services. WIC is effective in preventing and improving nutrition-related health problems.

Slide 4 – Institute of Medicine Recommendations 2005

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Institute of Medicine Recommendations 2005

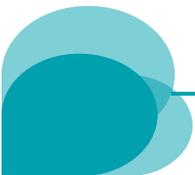
The Institute of Medicine provided USDA with a sound scientific basis for developing a new set of food packages for the WIC Program.



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In 2005, the Institute of Medicine conducted research and developed recommendations for the WIC food packages. The Institute of Medicine provided the United States Department of Agriculture (also known as USDA) with a sound scientific basis for developing the food packages for the WIC Program that were implemented in October of 2009. These recommendations were adopted by the USDA Food and Nutrition Service.



Slide 5 – WIC Food Packages Reinforce Nutrition Education Messages

The WIC food packages reinforce these important nutrition messages:

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WIC Food Packages Reinforce Nutrition Education Messages

- “Babies are meant to be breastfed”
- “Eat more fruits and vegetables”
- “Lower saturated fat”
- “Increase whole grains and fiber”
- “Drink less sweetened beverages and juice”



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- “Babies are meant to be breastfed”
- “Eat more fruits and vegetables”
- “Lower saturated fat”
- “Increase whole grains and fiber”
- AND
- “Drink less sweetened beverages and juice”

Slide 6 – WIC Food Packages

The WIC food packages are designed for pregnant women, breastfeeding women, postpartum women, infants from birth through 11 months, children from 1 year to less than 2 years of age, and children 2 years of age until the 5th birthday.

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WIC Food Packages

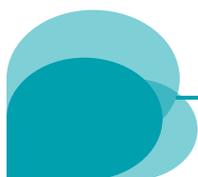
- Women
 - Pregnant
 - Breastfeeding
 - Postpartum
- Infants
- Children
 - 1 year
 - 2 to 5 years






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Slide 7 – WIC Foods for Women & Children

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WIC Foods for Women & Children

- **Milk:** Whole milk for 1 year olds
1% low fat or fat free milk for women and children 2 years and older
- **Cheese**
- **Soy milk**
- **100% Fruit Juice**
- **Breakfast Cereal**
- **Whole Grain Choices:** 100% Whole Wheat Bread, Brown Rice, and Corn Tortillas
- **Eggs**
- **Beans and/or Peanut Butter**
- **Fruits and Vegetables:** fresh, frozen or canned

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Based on the Institute of Medicine recommendations and a participant survey, Florida WIC has determined our WIC eligible foods for women and children.

WIC gives whole milk to children 1 year of age to less than 2 years of age. All women and children 2 years of age and older will be given 1% lowfat or fat free milk.

Most women and children will have the option of one pound of cheese in place of some of their milk allowance. Soy milk for women and children 2 years of age and older can be provided. Children receiving soy milk must have a request from a health care provider prior to its issuance. Children under 2 years of age can receive soy formula with medical documentation from a health care provider.

Most women receive between 96 and 144 oz of 100% fruit juice per month, while most children receive 128 oz of 100% fruit juice per month.

Most clients receive these monthly amounts of other foods: 36 oz of cereal; 1 dozen eggs; 1 to 2 pounds of whole grain choices; beans and/or peanut butter; and a cash value voucher for fruits and vegetables. Fresh, frozen or canned fruits and vegetables are allowed.

Slide 8 – WIC Foods for Infants at 6 months of age

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WIC Foods for Infants at 6 months of age

- Baby Cereal
- Baby Fruits and Vegetables
- Baby Meats (for fully breastfed babies)
- No Fruit Juice for Infants



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At 6 months of age, WIC offers infants checks for baby foods such as cereal, fruits, and vegetables. Fully breastfed infants are also offered baby food meats, in addition to the baby cereal and baby fruits and vegetables.

These baby foods add some of the extra calories and other nutrients that babies need at this age. WIC does not provide fruit juice to infants. By providing baby fruits and vegetables, additional nutrients and fiber are consumed and this is better for babies.



Slide 9 – Breastfeeding

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Breastfeeding

- WIC supports the American Academy of Pediatrics' Statement on Breastfeeding and encourages mothers to exclusively breastfeed for at least six months.
- WIC is committed to the Healthy People 2020 goals for improving the health and nutritional status of children.



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WIC supports the American Academy of Pediatrics' Statement on Breastfeeding and encourages mothers to exclusively breastfeed for at least six months. WIC is committed to the Healthy People 2020 goals for improving the health and the nutritional status of infants and children.

Local WIC agencies have staff that can assist WIC mothers with breastfeeding or make appropriate referrals.

Slide 10 – Infant Food Package

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Infant Food Package

Determined by age and breastfeeding status

Fully Breastfed – no formula from WIC

- birth to 6 months
- 6 to 11 months

Partial Formula – only ½ of full formula amount

- Birth to 1 month
- 1 month to 3 months
- 4 to 5 months
- 6 to 11 months

Full Formula – will change based on age of infant

- birth month to 3 months
- 4 to 5 months
- 6 to 11 months

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The amount of artificial baby milk – infant formula - will vary based on the breastfeeding status and the age of the infant. Fully breastfed infants do not need formula and will not be given any by WIC. Newborn infants who are partially breastfed may receive only 1 can of powdered formula in their first month of life. WIC encourages and supports mothers' breastfeeding plans. After a baby is 1 month old, breastfed infants can receive up to a maximum of no more than half the amount of formula that a fully formula fed infant receives.

Infants require different amounts of calories as they grow. They will receive different amounts of formula depending on their age. WIC is a supplemental nutrition program and is not able to meet the total formula or food needs of some infants. It is critical that WIC mothers understand that their baby's health depends on carefully following the mixing directions on the formula can label or the mixing directions given by the health care provider.



Slide 11 – Example of Maximum Formula Amounts

How much formula does this equate to?

From birth to 3 months, WIC provides 9 cans of powder or approximately 26 ounces of reconstituted formula a day.

Months 4 and 5, WIC provides 10 cans of powder or approximately 30 ounces of reconstituted formula a day.

At age 6 months, when most infants are consuming solid foods, WIC provides 7 cans of powder or approximately 20 ounces of reconstituted formula a day.

Parents who want to use concentrate formula get a corresponding amount per month.

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Example of Maximum Formula Amounts

Fully Formula Fed Infant

- Birth to 3 months
9 cans of powder
- 4 to 5 months
10 cans of powder
- 6 to 11 months
7 cans of powder



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Slide 12 – Medical Documentation

There will be some instances when WIC clients will not be able to consume the regular WIC foods or the WIC contract formula. WIC will be allowed to make some limited exceptions with proper medical documentation. The new Medical Documentation for Formula and Food form is where this information can be documented. The form can be downloaded from www.FloridaWIC.org under the “health providers” tab.

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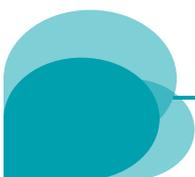
Medical Documentation

Form available at www.FloridaWIC.org



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Slide 13 – Summary of When Medical Documentation is Needed for Women and Children

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Summary of When Medical Documentation is Needed for Women and Children

- Whole milk for women and children 2 years of age and older
- Soy milk for children 2 years of age and older
- Soy formula for children under 2 years of age
- All cheese and no milk

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Here are some examples of when exceptions to the regular WIC foods can be made for women and children. In all of these cases, medical documentation will need to be provided.

Whole milk for women and children 2 years of age and older

Soy milk for children 2 years of age and older

Soy formula for children under 2 years of age

All cheese and no milk

Slide 14 – Cow's Milk for Women and Children

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Cow's Milk for Women and Children

- Children 1 year to less than 2 years of age
 - whole milk only
- Women and Children 2 years of age and older
 - 1% lowfat or fat free milk only unless a medical condition requires 2% or whole milk.
- Only the health care provider can assess and approve the need for whole milk for women or children over 2 years of age.
- WIC needs medical documentation from the health care provider.

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Children 1 year to less than 2 years of age are only able to receive whole milk in accordance with current United States Department of Agriculture regulation. 1% lowfat or 2% reduced fat milk are not allowed for these children even if requested by a health care provider.

Women and children 2 years of age and older receive 1% lowfat or fat free milk. 2% reduced fat milk can only be provided based on medical or nutritional need to be determined by the WIC nutritionist. An assessment of a need for additional calories and fat due to poor weight gain or growth, or a medical condition that is usually treated with additional dietary fat can qualify a woman or a child 2 years of age and older to receive 2% reduced fat milk.

A Physician, PA, or ARNP needs to assess and request whole milk for women or children 2 years of age and older. Federal requirements state WIC must have documentation of the qualifying medical condition that necessitates whole milk. The Medical Documentation for Formula and Food form can be used for this documentation.



Slide 15 – Soy Milk for Women & Children Over 2 Years

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Soy Milk for Women & Children Over 2 Years

May be requested for:

- lactose intolerance
- allergies
- vegan diets
- preference reasons



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WIC can provide soy milk to women and children 2 years of age and older who have lactose intolerance, allergies, follow a vegan diet, or have a personal preference for this type of milk. Women can request soy milk without written approval from a health care provider. However, children 2 years of age and older will need a written request from the health care provider to receive soy milk. Due to the nutritional differences between cow's milk and soy milk, WIC wants the health care provider to know and approve the provision of soy milk for children 2 years of age and older.

The only soy milk at this time that meets federal nutrition guidelines is 8th Continent Soymilk Original.

Slide 16 – Soy Formula for Children Under 2 Years

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Soy Formula for Children Under 2 Years

- Children under the age of 2 can only receive soy formula, not soy milk.
- Medical documentation from a health care provider is required.

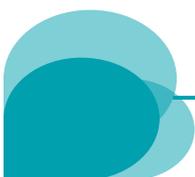


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The 8th Continent Soymilk Original is a 1% fat product that is lower in calories per ounce than whole milk. Therefore, it is not appropriate for children under the age of 2 years. If a health care provider feels that a child under the age of 2 years needs to continue with a soy formula, WIC offers Good Start 2 Soy (a product for ages 9 to 24 months) or Bright Beginnings Soy Pediatric drink (a product for children 1 to 10 years of age). Both of these products will require medical documentation from a health care provider.



Slide 17 – Milk Substitutes for Women and Children

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Milk Substitutes for Women and Children

- Lactose-free milk
- Acidophilus or bifidus milk
- Religious dietary patterns



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WIC will provide lactose-free milk for clients who are lactose intolerant. WIC also has acidophilus and bifidus milk available if needed by the client. No medical documentation from a health care provider is required. The nutritionist can authorize these milks when a request is made by the client. WIC can also provide milks and formulas that meet certain religious dietary patterns.

Slide 18 – Cheese for Women and Children

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Cheese for Women and Children

- 1 pound of cheese is provided in the standard monthly food package for most women and children
- Some women may receive 3 or more pounds of cheese each month in a standard food package
- Additional cheese to replace all of the cow's milk may be provided for women and children with medical documentation of lactose intolerance



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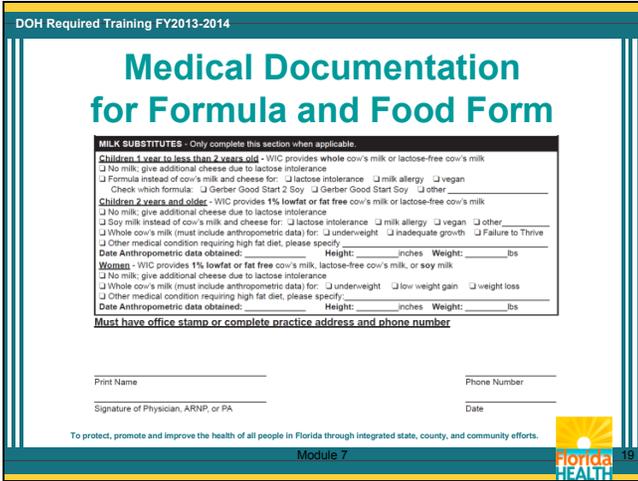


WIC provides most women and children 1 pound of cheese per month. Some women and children with lactose intolerance who cannot tolerate cow's milk and do not want lactose-free cow's milk or soy milk, can be provided additional cheese to replace all of the cow's milk. WIC requires medical documentation from the health care provider to offer the additional cheese above the standard amounts.



Slide 19 – Medical Documentation for Formula and Food Form

When medical authorization is required for women or children, the bottom portion of the form must be completed. The medical professional must print their name, provide a signature, title such as MD, DO, PA, or ARNP, and date. The form must have the office stamp or complete practice address and phone number in case the WIC office needs to contact the health care provider for additional information.



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Medical Documentation for Formula and Food Form

MILK SUBSTITUTES - Only complete this section when applicable.

Children 1 year to less than 2 years old - WIC provides whole cow's milk or lactose-free cow's milk
 No milk; give additional cheese due to lactose intolerance
 Formula instead of cow's milk and cheese for: lactose intolerance milk allergy vegan
 Check which formula: Gerber Good Start 2 Soy Gerber Good Start Soy other _____

Children 2 years and older - WIC provides 1% lowfat or fat free cow's milk or lactose-free cow's milk
 No milk; give additional cheese due to lactose intolerance
 Soy milk instead of cow's milk and cheese for: lactose intolerance milk allergy vegan other _____
 Whole cow's milk (must include anthropometric data) for: underweight inadequate growth Failure to Thrive
 Other medical condition requiring high fat diet, please specify _____

Women - WIC provides 1% lowfat or fat free cow's milk, lactose-free cow's milk, or soy milk.
 No milk; give additional cheese due to lactose intolerance
 Whole cow's milk (must include anthropometric data) for: underweight low weight gain weight loss
 Other medical condition requiring high fat diet, please specify _____

Date Anthropometric data obtained: _____ Height: _____ inches Weight: _____ lbs

Must have office stamp or complete practice address and phone number

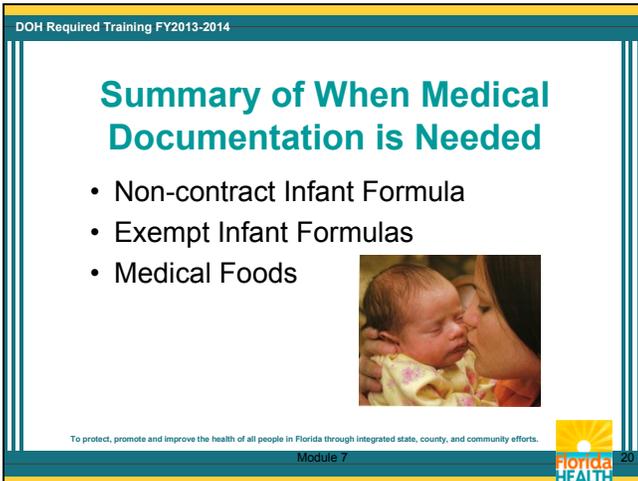
Print Name _____ Phone Number _____
 Signature of Physician, ARNP, or PA _____ Date _____

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Slide 20 – Summary of When Medical Documentation is Needed

There are requirements for infants who do not receive a WIC contract infant formula. All non-contract infant formulas, exempt infant formulas, and medical foods require medical documentation.



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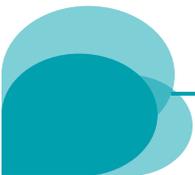
Summary of When Medical Documentation is Needed

- Non-contract Infant Formula
- Exempt Infant Formulas
- Medical Foods



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Slide 21 – What are Infant Formulas?

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What are Infant Formulas?

- FDA definition in the Infant Formula Act
- Standard formulas typically found in the grocery store
- Contract Formulas
- Non-Contract Formulas

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The Food and Drug Administration or FDA has definitions for different types of formulas. Artificial baby milk is referred to as infant formula in the Infant Formula Act of 1980 as amended. Infant formulas must meet certain nutritional requirements. These are the majority of formulas found on grocery store shelves. These products include both contract and non-contract infant formulas.

Slide 22 – Florida's Contract Formulas: Gerber

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Florida's Contract Formulas: Gerber

- Good Start Gentle
- Good Start Soy
- Good Start Protect
- Good Start Soothe

9 months and older only:

- Good Start 2 Gentle
- Good Start 2 Soy
- Good Start 2 Protect

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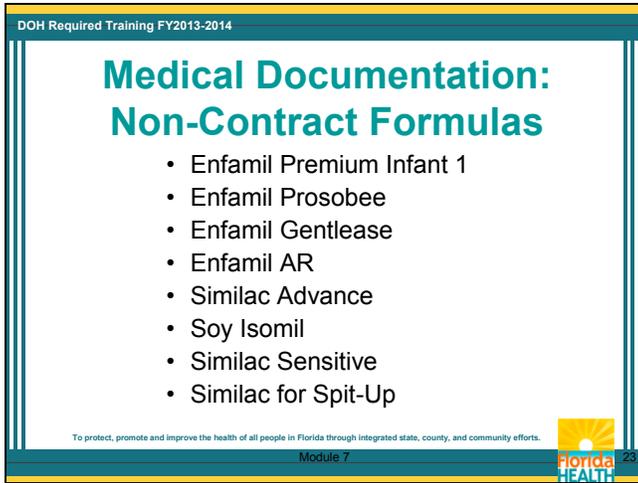
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Gerber is the contract provider of infant formula for the Florida WIC Program. The formulas at this time include: Good Start Gentle, Good Start Soy, Good Start Protect and Good Start Soothe. The Good Start number 2 formulas can be provided beginning at 9 months of age if needed. The rebates WIC receives from use of these contract formulas allows the Florida WIC Program to serve approximately 30 percent more eligible women and children. WIC clients who are not fully breastfeeding will receive one of these formulas unless they have a qualifying medical condition which warrants the use of a different formula.



Slide 23 – Medical Documentation: Non-Contract Formulas



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Medical Documentation: Non-Contract Formulas

- Enfamil Premium Infant 1
- Enfamil Prosobee
- Enfamil Gentlease
- Enfamil AR
- Similac Advance
- Soy Isomil
- Similac Sensitive
- Similac for Spit-Up

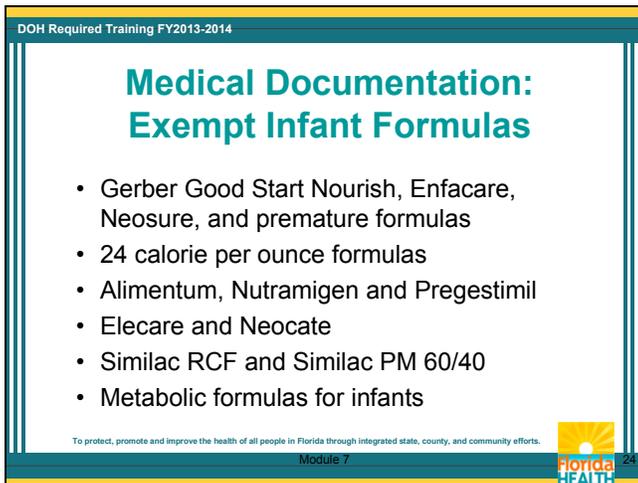
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WIC does not want to compromise the health of clients so we do allow non-contract formulas. WIC requires documentation of a qualifying medical condition from the health care provider for any formula other than a contract formula. This includes Mead Johnson formulas Enfamil Premium Infant 1, Enfamil Prosobee, Enfamil Gentlease, and Enfamil AR. Abbott formulas include Similac Advance, Soy Isomil, Similac Sensitive, and Similac for Spit-Up.

Slide 24 – Medical Documentation: Exempt Infant Formulas



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Medical Documentation: Exempt Infant Formulas

- Gerber Good Start Nourish, Enfacare, Neosure, and premature formulas
- 24 calorie per ounce formulas
- Alimentum, Nutramigen and Pregestimil
- Elecare and Neocate
- Similac RCF and Similac PM 60/40
- Metabolic formulas for infants

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Exempt infant formulas are formulas made specifically for infants but these formulas do not meet the FDA defined nutritional requirements of an infant formula. It may be that the calorie levels are not 20 calories per ounce or the protein, carbohydrates, fats, or mineral amounts do not meet the defined levels. It may be because the protein is hydrolyzed – broken down from its complete form. The more medically involved infants may need an exempt infant formula. WIC will require documentation of a qualifying medical condition from a health care provider to provide these formulas. Some examples of exempt infant formulas include:

Gerber Good Start Nourish, Enfacare, Neosure and other premature formulas,

Formulas that are 24 calories per ounce, Alimentum, Nutramigen and Pregestimil, Elecare and Neocate,

Similac RCF and Similac PM 60/40, and metabolic formulas for infants.



Slide 25 – Medical Documentation: Medical Foods

Medical foods include all formulas made for women or children and modular products that are not nutritionally complete. WIC has many products available and should be able to assist with the nutritional needs of individuals with complex medical conditions. Documentation of the qualifying medical condition from a health care provider is required. Some examples of these medical foods are:

- Neocate Junior
- Pediasure Peptide and Vivonex Pediatric,
- Peptamen Junior,
- Pediasure, Boost Kid Essentials, and Nutren Junior
- Metabolic formulas for children and women and modular products such as Polycose, Microlipid, and MCT Oil.

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Medical Documentation: Medical Foods

- Neocate Jr
- Pediasure Peptide and Vivonex Pediatric
- Peptamen Junior
- Pediasure, Boost Kid Essentials, Nutren Junior
- Metabolic formulas for children and women
- Polycose, Microlipid, MCT Oil

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Slide 26 – Medical Documentation for Formula and Food Form

A request can be made using the top portion of the Medical Documentation for Formula and Food form. Please make sure the form is completed with all information. This will help to avoid a delay in meeting the patient's needs. Without all required information, WIC may need to call the office or send the patient back to their health care provider's office for the needed information.

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Medical Documentation for Formula and Food Form

FORMULA(S) and FOOD OPTIONS

Please read the back of this form for Florida WIC policies and list of qualifying medical conditions.

The WIC Program provides Good Start formulas. To request a substitute, complete **all** fields below.

Have Good Start formulas been tried? yes no Are they contraindicated? yes no Why? _____

Formula Name: _____ maximum amount allowed OR specify ounces required per day _____

Formula Name: _____ maximum amount allowed OR specify ounces required per day _____

Issue full provision of age-appropriate WIC supplemental foods.
 Do not issue WIC supplemental foods; provide formula only.

Issue a modified food package omitting the WIC supplemental foods checked below:

Infants: No baby cereal at 6 months of age No baby fruits and vegetables at 6 months of age
 Women and Children 1 year and older: No milk No cheese No fruit juice No beans No cereal
 No whole wheat bread, brown rice, or corn tortillas No eggs No fruits and vegetables
 No peanut butter (only provided for 2 years and older) No canned fish (only provided for some women)

Any special instructions or additional restrictions: _____

Length of use (cannot exceed 6 months): 1 month 3 months 6 months other, please specify _____

Qualifying medical condition(s): _____

Date Anthropometric data obtained: _____ Height or Length: _____ inches Weight: _____ lbs
Failure to Thrive must be accompanied by current height or length and weight.

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Slide 27 – Required Information

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Required Information

- Name of formula or medical food
- Amount of formula/medical food needed each day
- Additional supplemental foods if any
- Qualifying medical condition
- Length of time not to exceed 6 months
- Signature, date, contact information
- Must have office stamp or complete practice address

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The documentation must include the name of the formula or medical food and the amount requested each day. A specific amount per day can be indicated or the maximum amount allowed box can be checked. The health care provider must print their name, provide a signature, title such as MD, DO, PA, or ARNP, and date. The form must have the office stamp or complete practice address and phone number in case the WIC office needs to contact the health care provider for additional information.

Slide 28 – Qualifying Medical Conditions?

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Qualifying Medical Conditions?

- Premature birth until 1 year of age
- Low birth weight until 6 months of age
- Inborn errors of metabolism
- Metabolic disorders
- Immune system disorders
- Life threatening disorders

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Qualifying medical conditions that will be considered include:

- Premature birth until 1 year of age for premature formulas,
- Low birth weight until 6 months of age for premature or higher calorie formulas,
- Inborn errors of metabolism,
- Metabolic disorders,
- Immune system disorders,
- And life threatening disorders.



Slide 29 – More Qualifying Medical Conditions

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More Qualifying Medical Conditions

- Gastrointestinal disorders and malabsorption syndromes that impair ingestion, digestion, absorption or utilization of nutrients that could affect nutritional status.
- Must be specific

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If a gastrointestinal disorder or malabsorption syndrome impairs ingestion, digestion, absorption or utilization of nutrients to the degree that it will adversely affect the nutritional status of an individual, WIC will consider the health care provider's request for an alternative formula. The exact disorder or syndrome must be specified.

Slide 30 – More Qualifying Medical Conditions

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More Qualifying Medical Conditions

- A hydrolyzed or amino acid based formula can be provided for a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein, or soy protein.
- Non-contract infant formulas cannot be provided for one of these reasons.

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A hydrolyzed or amino acid based formula can be provided for a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein, or soy protein. However, non-contract infant formulas cannot be provided for one of these reasons.



Slide 31 – More Qualifying Medical Conditions

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More Qualifying Medical Conditions

- Failure to Thrive documented by
 - drop in one growth channel over last 6 months
 - \leq 5th percentile weight-for-length (< 24 months of age using WHO Growth Charts)
 - \leq 5th percentile BMI-for-age (\geq 24 months of age using CDC Growth Charts)
- Current weight and length/height must be included

→ Date Anthropometric data obtained: _____ Height or Length: _____ inches Weight: _____ lbs
Failure to Thrive must be accompanied by current height or length and weight.

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Infants and children diagnosed with Failure to Thrive require more information and documentation. Failure to Thrive for WIC purposes is defined as a drop in one growth channel over the last 6 months; below or at the 5th percentile weight-for-length under 24 months of age; or below or at the 5th percentile BMI-for-age 24 months of age and older. Current weight and length or height information must be included along with a diagnosis of Failure to Thrive.

Slide 32 – Non-Qualifying Conditions

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Non-Qualifying Conditions

- Colic, spitting up, fussiness or gassiness
- Diarrhea, vomiting, or constipation that is of short duration or intermittent
- Feeding difficulty without a medical diagnosis
- Medically necessary without a medical diagnosis
- Participant preference
- Enhancing nutrient intake/managing body weight
- Non-specific formula or food intolerances

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These symptoms are not considered qualifying conditions and will therefore not be accepted by WIC to provide any formula other than our contract formulas. WIC will not be able to approve a request solely for one or more of these reasons.

- Colic, spitting up, fussiness or gassiness;
- Diarrhea, vomiting, or constipation that is of short duration or intermittent;
- Feeding difficulty without giving a medical diagnosis;
- Medically necessary without giving a medical diagnosis;
- Participant preference;
- Enhancing nutrient intake or managing body weight;
- And non-specific formula or food intolerances.



Slide 33 – Back of Form

The back of the Medical Documentation for Formula and Food form lists the allowable qualifying medical conditions and non-qualifying conditions.

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Back of Form

- Qualifying medical conditions
- Non-qualifying medical conditions

Qualifying Medical Conditions – formula approvals will be considered for one or more of these reasons:	Non-qualifying Conditions – formulas will not be approved solely for one or more of these reasons:
<ul style="list-style-type: none"> • Premature birth until 1 year of age (for premature formulas). • Low birth weight until 6 months of age (for high calorie formulas). • Inborn errors of metabolism and metabolic disorders. • Must specify gastrointestinal disorder or malabsorption syndrome that impairs ingestion, digestion, absorption, or utilization of nutrients that could adversely affect nutritional status. • GER or GERD only with an additional qualifying medical condition. • Immune system disorders. • Life threatening disorders, diseases, or conditions. • A hydrolyzed or amino acid based formula can be provided for a diagnosed formula intolerance or food allergy to lactose, sucrose, milk protein, or soy protein. • Failure to Thrive only when child is documented with one or more of the following: at or below 5th percentile weight-for-length on WHO growth charts for ages under 24 months OR at or below 5th percentile BMI-for-age on CDC Growth Charts for ages 24 months and older OR has dropped one growth channel in a 6-month time period. • Current anthropometric data required. 	<ul style="list-style-type: none"> • Colic, spitting up, gassiness, or fussiness. • Diarrhea, vomiting, or constipation that is of short duration or intermittent. • Feeding difficulty without giving medical diagnosis. • Medically necessary without giving medical diagnosis. • Participant preference. • Enhancing nutrient intake or managing body weight. • Non-specific formula or food intolerance. <p><i>A milk-based or soy-based infant formula, other than a Gerber Good Start formula, cannot be provided to a WIC participant for formula intolerance or food allergy to lactose, sucrose, milk protein, or soy protein.</i></p> <p><i>No type of formula can be provided to a child or woman with lactose intolerance who is able to drink lactose-free milk and/or eat cheese.</i></p>

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Slide 34 – Food Options

All clients must have the Food Options section completed when a formula or medical food is requested.

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Food Options



Issue full provision of age-appropriate WIC supplemental foods.

Do not issue WIC supplemental foods; provide formula only.

Issue a modified food package omitting the WIC supplemental foods checked below:

Infants: No baby cereal at 6 months of age No baby fruits and vegetables at 6 months of age

Women and Children 1 year and older: No milk No cheese No fruit juice No beans No cereal

No whole wheat bread, brown rice, or corn tortillas No eggs No fruits and vegetables

No peanut butter (only provided for 2 years and older) No canned fish (only provided for some women)

Any special instructions or additional restrictions: _____

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Slide 35 – Medical Documentation

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Medical Documentation

- Medical documentation for additional WIC supplemental foods with formula must indicate one of the following:
 - Provide all age appropriate foods
 - Provide no foods, provide formula only
 - Omit specific foods

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WIC can provide WIC foods in addition to the formula or medical food for women, infant, and children. The responsibility for medical oversight and instruction remains with the health care provider. WIC is responsible for ensuring that only the amounts and types of supplemental foods requested are issued in the participant's food package. Therefore, WIC will ask the health care provider to indicate one of the following on the Medical Documentation for Formula and Food form:

Issue full provision of age-appropriate WIC supplemental foods, or

Do not issue WIC supplemental foods; provide formula only, or

Issue a modified food package omitting the WIC supplemental foods checked below

Slide 36 – What if an infant needs more formula?

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What if an infant needs more formula?

- There are some circumstances when WIC can provide more formula to infants 6 through 11 months of age. However, they will not be able to receive any of the baby foods when this happens and the additional amount of formula is approximately 10 ounces a day.
- A qualifying medical condition must be documented with a written request from the health care provider.

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Some infants have such serious medical conditions that they require more exempt infant formula or medical food than WIC typically provides. In these situations, it may be in the best interest of the patient to provide an additional amount of exempt infant formula or medical food and forgo the provision of the infant foods (cereal, fruits, and vegetables). This is possible for infants 6 through 11 months of age with a written request from the health care provider. WIC can only offer approximately 10 additional ounces of reconstituted exempt infant formula or medical food per day. WIC cannot provide additional amounts of contract or non-contract infant formula, nor can WIC provide a healthy infant with more formula for monetary or preference reasons.



Slide 37 – What if a child needs more formula?

WIC cannot provide additional formula for children or women above the maximum amount. WIC can provide additional WIC foods when not contraindicated by situations such as allergies or tube feedings.

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What if a child needs more formula?

- Food Package Regulations do not allow additional formula for children or women above our maximum amount.
- Additional WIC foods with the formula when not contraindicated by allergies or tube feedings.

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Slide 38 – When is formula for children not allowed?

Some children simply do not gain weight at a steady rate and this may be due to “pickiness”. WIC is not allowed to give formulas only to manage weight or to address picky eating. WIC has professional nutritionists and dietitians who can work with the caregiver to increase the calories in the child’s diet and help them gain more weight with regular foods. WIC reserves the formula and food combination for the more medically involved children.

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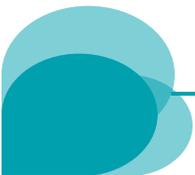
When is formula for children not allowed?

- Not allowed only to manage weight
- Not allowed for picky eaters



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Slide 39 – Questions?

If you have specific questions, please call the local WIC office in your county or the State WIC Office at 1-800-342-3556 and speak with a Licensed Dietitian/Nutritionist. Thank you for your time and assistance.

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Questions?

If you have specific questions, please call the local WIC office in your county or the State WIC Office at 1(800)342-3556 and speak with a Licensed Dietitian/Nutritionist.



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END

