



The GEORGIA Pediatrician

A Publication of the Georgia Chapter of the American Academy of Pediatrics

President's Letter

*Greetings from the
Georgia Chapter of the AAP!*



Hugo Scornick, MD, FAAP
Chapter President

This Special Edition featuring the Georgia Special Supplemental Nutrition Program for Women, Infants and Children (WIC) for The Georgia Pediatrician has been created to offer pediatricians and pediatric staff important information

on Georgia WIC policies, procedures, services, and resources that support the women, infants and children eligible for the program. With over half of the state's children receiving nutritional supplemental assistance during the first year of life, WIC plays a critical role in the health of Georgia's children. WIC services are provided at over 200 locations across the state, making it a great opportunity for pediatricians to partner with the Georgia Department of Public Health (DPH), in helping to ensure the health and wellbeing of Georgia families.

Hugo Scornick, MD, FAAP

This special edition will highlight topics that are germane to pediatricians and the pediatric practice, including articles on Georgia WIC:

- Eligibility
- Referrals and how they can impact food insecurity
- Approved foods and the WIC food package
- Infant and Child Formula Algorithms and Resource Guides
- Breastfeeding support services
- Nutrition education
- New Request for Medical Formulas and WIC Supplemental Foods Request form
- New policy:
Medical Documentation Requirements for the Issuance of Nutritional Supplements for Women and Children

We hope you find this special edition helpful. If you have any questions, please contact Kyla Crane, RDN, LD, the Georgia AAP Nutrition Coordinator, at kcrane@gaaap.org or 404-881-5093.

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A Message from the Public Health Commissioner



Kathleen Toomey, MD

Georgia WIC is an essential program within DPH, each month assisting 200,000 women, infants and children up to 5 years-of-age access healthy foods, nutrition counseling, breastfeeding support and immunization screening throughout the state.

Science and data tell us that WIC is effective in reducing premature births, fetal and infant deaths, increasing immunization rates and improving diet quality. The Centers for Disease Control and Prevention (CDC) recently issued results of a study demonstrating statistically significant decreases in obesity prevalence among young children participating in WIC Programs.

**Science and data tell us that WIC
is effective in reducing premature
births, fetal and infant deaths,
increasing immunization rates
and improving diet quality.**

The collaboration between pediatricians and WIC is invaluable to improving health outcomes for Georgia's children. I urge you to talk about WIC at every visit for children up to age 5, especially well visits. By sharing information about WIC resources, you not only show your support for WIC participation, but you assist families facing health risks access critical services in addition to those provided through your own practice.

With at least one WIC clinic in each of Georgia's 159 counties, WIC plays a crucial role in promoting lifetime health for women, infants and children. Working together, pediatricians and WIC help create a healthy and strong foundation for Georgia's children.

Kathleen Toomey, MD

Commissioner,
Georgia Department of Public Health Commissioner



Georgia WIC Participation and Eligibility

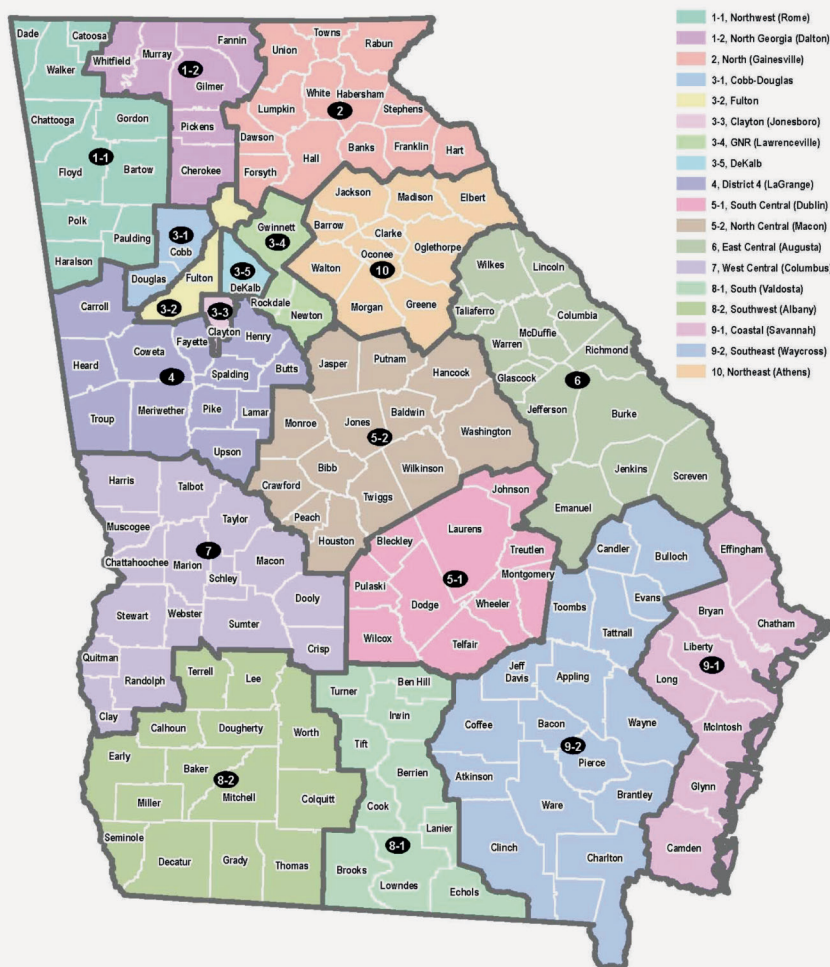
WIC serves pregnant, postpartum and breastfeeding women; infants and children up to their fifth birthday, that meet the following eligibility:

- Families with income at or below 185 percent of the federal poverty level or enrolled in Medicaid, Supplemental Nutrition Assistance Program (SNAP), or Temporary Assistance for Needy Families (TANF).
- Families that reside in the state of Georgia
- Those who are at risk for nutritional deficiencies



Georgia Public Health Districts

For more than 40 years, WIC has provided nutrition education and supplemental foods to low income families. The Georgia WIC Program is one of the nation's largest WIC Programs. The Food and Nutrition Service branch of the U.S. Department of Agriculture (USDA) administers the program at the federal level and provides funds to state agencies for implementation. In Georgia, DPH administers the WIC Program and collaborates with the 18 public health districts throughout the state's 159 counties as well as provides services through Grady Hospital. WIC services are provided at over 200 locations including community health centers, hospitals, military bases, and the Division of Family and Children Services (DFACS) offices. Collaborating with local public health districts can play an important role in the overall health of your patients and community.





Georgia WIC Program at a Glance

WIC Program Background

Mission

WIC was established as a permanent program in 1974 to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk. This mission is carried out by providing nutritious foods to supplement diets, nutrition education (including breastfeeding promotion and support), and referrals to health and other social services.

Program Goals

- Increase annual participation in the Georgia WIC Program
- Improve access to WIC Program services
- Improve health and well-being of Georgia WIC Program participants
- Implement established plans toward Electronic Benefits Transfer (EBT) for the Georgia WIC Program
- Develop an awareness campaign to increase the applicant pool for authorization of vendors in areas that require greater participant access.

Program Benefits

WIC is one of the nation's most successful and cost-effective nutrition intervention programs in protecting and improving the health and nutritional status of low-income women, infants and children. Research shows WIC participation improves diet, pre-conception nutritional status, birth outcomes, cognitive development, infant feeding practices, saves healthcare costs, and children enrolled in the program are more likely to have a regular source of medical care. Not only has WIC made a significant impact in the diets of those who participate in the program, but studies show that recent improvements made to the WIC food packages have contributed to healthier food environments in low-income neighborhoods, and increased access to fruits, vegetables, and whole grains for all consumers regardless of whether they participate in WIC.



Georgia WIC to Implement eWIC in 2022

Georgia DPH WIC is propelling forward into the next phases of the eWIC implementation stages of the Electronic Benefits Transfer (EBT) mandate and is working through the process of procuring providers. While the Healthy, Hunger-Free Kids Act of 2010 (P.L. 111-296) required all WIC State agencies to implement an EBT system by October 1, 2020, Georgia has been granted an exemption by the USDA's Food and Nutrition Service (FNS) to complete implementation by October 2022. All inquiries regarding the implementation can be submitted to the eWIC Project Management Team at EBTMISWIC@dph.ga.gov.



Not only has WIC made a significant impact in the diets of those who participate in WIC, but studies show that recent improvements made to the WIC food packages have contributed to healthier food environments in low-income neighborhoods, and increased access to fruits, vegetables, and whole grains for all consumers regardless of whether they participate in WIC.

Carlson S, Neuberger Z (2017). WIC Works: Addressing the Nutrition and Health Needs of Low-Income Families for 40 Years. Center on Budget and Policy Priorities. www.cbpp.org/sites/default/files/atoms/files/5-4-15fa.pdf



Georgia WIC COVID-19 Update

The Georgia WIC team continues to streamline processes, explore flexible options, and request waivers, of USDA FNS, necessary to expedite and facilitate WIC services in light of the current COVID-19 pandemic. Approval for a waiver of physical presence has been granted along with the ability to issue benefits remotely. Changes applied to the WIC Approved Foods List, due to COVID -19, allow WIC participants increased flexibility when purchasing WIC foods.

WIC values the safety of every applicant and participant, therefore social distancing practices are in place to minimize in-person contact. The Georgia WIC Gateway Customer Portal is open and receiving online applications for WIC Services. Opening the Customer Portal helps reduce the need for participants and applicants to go into a WIC Clinic to receive services where remote services are available. WIC benefits are not limited only to food. Participants have access to a number of resources including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more.

Q: How does someone apply for WIC services without coming into the WIC clinic or health department?

A: WIC is available on Georgia Gateway! Applicants can complete the Georgia WIC application online and will be contacted by phone to schedule an appointment for the nutrition assessment and voucher issuance portion of the eligibility process. Online applications can be completed anytime via gateway.ga.gov. The Gateway application site is accessible online twenty-four hours a day. Applications are processed Monday-Friday, during regular business hours. Additionally, while USDA Approved Waivers are in place for COVID-19, many WIC clinic locations are able to complete applications and other services remotely by phone. Applicants and current participants are encouraged to contact their local clinic or call center directly to schedule an appointment by phone. For assistance in determining which WIC clinic to call, applicants may contact 800-228-9173.

Q: How are vouchers provided if a clinic is closed or if a participant cannot come to the clinic?

A: Georgia WIC continues to support participants throughout the state while respecting the CDC's social distancing guidelines. Many clinics are providing the option to mail vouchers for participants actively enrolled in the program. If your patients would like to request to have their vouchers mailed or obtain specific information regarding the receipt of vouchers, they may contact their WIC clinic using the number on the back of their WIC folder, or they may call 800-228-9173 for further assistance.

Q: What should participants do if they cannot find their child's formula in the store?

A: If a participant cannot find the formula listed on their vouchers in the store, we recommend that they first check with a store manager or store employee to determine if the issued formula is in the stock room. They should also ask when the store expects the next delivery of the formula. If they are unable to get the information requested or obtain formula in a timely manner, they should contact 800-228-9173 for further assistance.

Participants with diagnosed medical conditions who are receiving special formula through Georgia WIC may be able to pick up their prescribed formula from a local WIC clinic. If they have been prescribed a special formula, they can contact the local WIC clinic for more information about this process. Receiving a special formula requires documentation from a medical provider. Georgia WIC is not able to arrange clinic pick-up for the following products:

- Enfamil Infant
- Enfamil Prosobee
- Enfamil Gentlease
- Enfamil 24
- EnfaGrow Premium Toddler Transitions
- Enfamil A.R.
- EnfaGrow Toddler Transitions Gentlease



Food Insecurity Screening and Documenting

Referral to Food Assistance Programs

Given the high prevalence of food insecurity among U.S. families with children and the potential health effects, pediatricians need to be aware of resources that can mitigate food insecurity and know how to refer eligible families. Referring to federal programs such as WIC, Supplemental Nutrition Assistance Program (SNAP), childcare meals, school breakfast and lunch, afterschool meals, summer food service program, and local resources like food pantries can be helpful for families that experience food insecurity.

How Can Pediatricians Help Families that Face Issues with Food Insecurity? Refer to WIC, SNAP, and other food assistance programs!

In 2015 the AAP released a policy statement, “Promoting Food Security for all Children,” identifying the short and long-term adverse health impacts of food insecurity. In addition, the AAP recommends that pediatricians become familiar with and refer families to needed community resources, and advocate for federal and local policies that support access to adequate, nutritious food. Food insecurity, the state of limited or uncertain access to enough food, is a critical child health issue that impacts millions of infants, children, youth, and families in all communities across the nation. As many as 16-million U.S. children (21%) live in households without consistent access to adequate food making them more likely to be sick more often, recover from illness more slowly, and be hospitalized more frequently. Food insecurity can affect children in any community, not only traditionally underserved ones. Pediatricians can play a central role in screening and identifying children at risk for food insecurity and in connecting families with needed community resources, including WIC!



Use the validated and AAP-recommended Hunger Vital Sign™ to screen for food insecurity.

Question 1

Within the past 12 months, we worried whether our food would run out before we got money to buy more.

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ Don't know/refused

Question 2

Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true
- ☐ Don't know/refused

Key Indicators

*A patient will screen positive for food insecurity if the response is “often true” or “sometimes true” to either or both of the above statements. Once screened, document and code the administration and results of the food insecurity screening in the patient’s medical record.

Georgia WIC Checklist for Pediatricians

*Collaborating with WIC to
Improve Health Outcomes.*



✓ **ASK**

about WIC at every visit for children up to age 5. Many families think benefits stop after age 1, however, older children may still be eligible.

✓ **REFER**

families for peer support, breastfeeding classes, pumps, and additional services.

✓ **SHARE**

WIC resources and brochures to show your patients that you support WIC participation.

✓ **ADD**

questions about WIC participation in your EMR to encourage discussion about WIC at every visit, especially at well visits.

Visit wic.ga.gov for the latest WIC resources for your practice.



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN
Georgia Chapter



This institution is an equal opportunity provider.

Georgia **WIC** offering Yummy, Healthy Food and More!

Now Enrolling Participants

Visit Georgia **WIC** online at
wic.ga.gov



Georgia **WIC** Provides:

- Healthy Foods
- Nutrition Education
- Breastfeeding Information and Support
- Referrals for Health Services





There are over 1300 WIC authorized retailers
in Georgia where WIC vouchers may be redeemed.

Georgia **WIC** Serves:

- Infants
- Children ages 1 to 5
- Pregnant Women
- Breastfeeding Mothers (up to 1 year)
- Postpartum Women (up to 6 months)

Income Eligibility Guidelines:

July 1, 2021 to June 30, 2022

Household Size	Yearly Income is no greater than	Monthly Income	Weekly Income
 1	\$23,828	\$1,986	\$459
 2	\$32,227	\$2,686	\$620
 3	\$40,626	\$3,386	\$782
 4	\$49,025	\$4,086	\$943
Each Add'l Family Member, add	+\$8,399	+\$700	+\$162

If you are pregnant, you should count yourself as two.

December 2021 - WIC.A5004.Flyer.ENG&SPA-2



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](https://www.usda.gov/oascr/filing-program-discrimination-complaint-usda-customer), (AD-3027) found online at: <https://www.usda.gov/oascr/filing-program-discrimination-complaint-usda-customer> and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Visit Georgia **WIC** online at wic.ga.gov or call 800-228-9173



The WIC Food Package

The WIC food packages provide supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to five years of age who are at nutritional risk. To learn more about the WIC food package we interviewed Caroline Powers, RD, LD, Nutrition Program Specialist, with Georgia WIC.

1. What foods are available on WIC's food package?

The following foods are approved for the food package:

Infants: Infant cereal, infant food fruits and vegetables, infant food meat (exclusively breastfed infants only), infant formula, exempt infant formula

Women & Children: Low fat (1%) or nonfat (skim) milk for women and children two years of age or older, whole milk and whole milk yogurt option for children one to two years of age, cheese, tofu, soy-based beverage, peanut butter, fruits and vegetables, canned fish (breastfeeding women only), beans, whole wheat bread and other whole grains, juice, eggs, whole wheat pasta, and WIC-eligible nutritionals.

[How do I find out more about the foods that are on the approved foods list and how do I access the list?](#)

The most current WIC Approved Foods List is available in English and Spanish and is posted on the Georgia WIC Website at wic.ga.gov.

2. Is the WIC food package considered healthy?

The WIC Food Package offers a variety of healthful foods. In 2009, the food package was revised to incorporate Dietary Guideline Recommendations and AAP Infant Feeding Practices. The improvements included:

- Whole grain options (bread/brown rice/whole grain tortillas)
- Whole grain cereals - at least half of the cereals MUST be whole grains
- Required issuance of low-fat milk for children over 2 years of age and women
- Soy milk and tofu allowed
- Fruit and vegetable voucher (fresh/frozen/canned)
- Baby foods - fruits and vegetables for all infants and meat for exclusively breastfed infants
- Quantities of milk, eggs, and juice and cheese reduced for women and children



3. How does WIC handle food allergies when food packages are assigned?

The local WIC office can tailor the food package to remove the foods the participant is allergic to. Also, the physician can notify WIC of allergens to ensure those foods are not included in the participant's food package.

4. What would you say to pediatricians that don't feel comfortable with juice being provided on WIC?

WIC has made improvements to the food package by removing juice from the infant food packages. WIC has also reduced the quantity of juice provided in the women and children packages. The amount of juice provided averages around 4 oz per day, which is in line with current AAP recommendations. The 100% juice offered on the WIC food package also provides a key source of vitamin C in areas of the state where access to fresh foods is limited and fruits and vegetables may be difficult to obtain.

5. Who do I contact if I have questions about the food package?

If you have any questions about the food package, reach out to your local county WIC office or contact Caroline Powers, RD, LD Nutrition Program Specialist, with Georgia WIC State Office at Caroline.Powers@dph.ga.gov or 404-656-9866.



WIC Breastfeeding Services

U.S. Department of Agriculture's Food and Nutrition Service (FNS) "New" WIC Breastfeeding Promotion and Support Campaign

WIC Breastfeeding Support Learn Together. Grow Together. is a national social media marketing campaign that targets the new generation of WIC mothers through a collection of web-based resources available at wicbreastfeedingsupport.gov and social media engagements on Facebook and Instagram. Launched in 2018, the new breastfeeding support campaign replaces the Loving Support Makes Breastfeeding Work campaign that had been in use since 1997. WIC Breastfeeding Support Learn Together. Grow Together. emphasizes breastfeeding as a journey that may have challenges, but moms should take it day by day, setting small goals for themselves. They are further encouraged by messaging that WIC is there every step of the way, and highlights family members and partners as important parts of the breastfeeding team.

An agreement between USDA and the University of Nevada Reno was established to implement and evaluate the new campaign. Georgia WIC was one of seven states awarded grant funding to begin activities the summer of 2020. Implementation activities help promote WIC's digital presence, breastfeeding and nutrition classes and access to WIC breastfeeding resources (i.e. peer counselors and lactation specialists). Georgia WIC chose to focus the campaign's projects in Clayton and DeKalb Counties due to their robust diversity. The subgrantees aim to expand awareness of services and resources within the WIC Program through use of the campaign's key messages, photography, graphics, website and a new program titled "the Buddy Program".

Everyone has a role to play in making breastfeeding the easiest, most convenient way for a mom to feed her baby. From hospital systems and retail stores to child care centers and faith-based groups - we can all work together to make breastfeeding the norm, by creating comfortable spaces for moms to breastfeed their babies in public, setting up lactation rooms for moms to pump at work, and more.

We invite you to partner with WIC to help ensure moms have the support they need to breastfeed successfully. Here are some ideas for creating breastfeeding-friendly communities.



Health Professionals and Organizations

- Provide continuity of care in your community after a WIC mom is discharged from the hospital.
- Support and encourage the Baby-Friendly Hospital initiative in your community.
- Promote access to breastfeeding experts in your community.
- Distribute WIC Breastfeeding Support resources to healthcare providers.
- Participate as a guest speaker at in-service breastfeeding trainings for WIC, Early Head Start, Healthy Start, and/or hospital labor and delivery, postpartum, and newborn nursery staff.
- Spread the word about breastfeeding by writing a blog, sharing social media messages, or authoring a column for a hospital newsletter. Follow Clayton and DeKalb Counties social media campaigns by following the links below.

Clayton County

- Facebook: facebook.com/claytoncountywic
- Instagram: instagram.com/claytoncountywic

DeKalb County

- Facebook: facebook.com/HealthyDeKalb
- Instagram: instagram.com/HealthyDeKalb
- Twitter: twitter.com/HealthyDeKalb

wicbreastfeeding.fns.usda.gov/sites/default/files/2018-08/Partnering%20with%20WIC_final%20508c.pdf



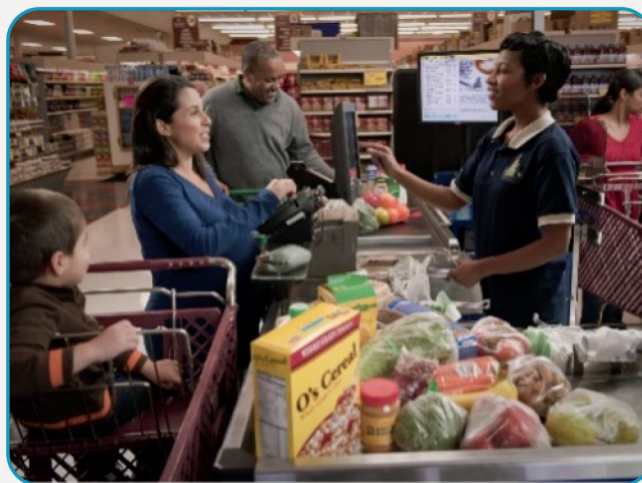
WIC Formulas and Medical Nutritionals

Infant Formula Rebate Contract

State WIC agencies are required to contract with formula manufacturers for standard milk based, soy and lactose reduced formulas. Mead Johnson Nutrition was awarded the bid to be the contractor of infant formulas for Georgia WIC as of October 29, 2018.

Contract formulas do not require medical documentation for infants (< 12 months) and are as follows:

- Enfamil Infant
- Enfamil Gentlease
- Enfamil ProSobee



Medical Documentation & Prescribing Special Formulas/Medical Nutritionals

Federal WIC regulations require state agencies to receive medical documentation to request special formulas and/or medical foods for patients with qualifying medical conditions. Diagnosis of a medical condition (e.g., failure to thrive) must be consistent with the patient's anthropometric data. Additional clarification or documentation may be necessary to complete the approval process.

Local agency WIC staff will review requests for special formulas and medical foods according to federal regulations and Georgia WIC Program policies and procedures. Denial of a request does not imply that WIC Program staff question the health care provider's clinical judgment. However, federal policy limits the issuance of special formulas and medical foods to cases of serious diagnosed medical conditions. Provision of special formulas and medical foods by the Georgia WIC Program occur at intervals of one (1) to twelve (12) months. At a minimum, a new medical authorization is required must be provided within 30 days of each renewal or formula change. It is valid for 30 days after the date it is signed and dated by the prescribing authority.

Medical Documentation can be provided on the preferred Georgia WIC Medical Documentation Form (MDF), or the new Request for Medical Formulas and Supplemental Foods (RMF). This newly updated RMF form will be replacing the Medical Documentation Form (MDF), as feedback indicated physicians wanted a simpler way to share information. This form is expected to be available by Summer 2021.

Georgia Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
Request for Medical Formulas and WIC Supplemental Foods
Approval and provision of medical formulas and supplemental foods are based on Georgia WIC Program policies and procedures.

Participant's First & Last Name: _____ Date of Birth: _____
Parent/Caregiver's First & Last Name: _____

1. Qualifying Diagnosis/Medical Condition(s) – Please select all that apply

☐ Low Birth Weight ☐ Prematurity* (weeks gestation: _____) ☐ Genetic/Metabolic Condition (specify below): _____
☐ Failure to Thrive ☐ Cow's Milk Protein Allergy/Sensitivity ☐ Oral Motor Feeding Problems (specify below): _____
☐ Malabsorption ☐ Severe Food Allergies (specify each below): _____ ☐ Other (specify below): _____
Other diagnosed condition(s) or ICD-10 code(s): _____

*Prematurity: With documentation, premature infants can receive infant formula past one year of age to account for adjusted age.

2. Medical Formula Requested

Name of formula/medical food requested: _____
Prescribed daily amount: _____ oz/day Form: ☐ Powder ☐ Concentrate ☐ Ready-to-feed!
Special instructions/comments: _____
If Applicable: Flavor: _____ With Fiber: ☐ Yes ☐ No ☐ N/A ☐
Planned length of use: _____ months (1 - 12 months)
! The use of ready-to-feed products requires additional justification unless ready-to-feed is the only available product form.

3. Authorized Supplemental Foods – Select one (All age appropriate foods will be provided unless indicated below)

☐ No food restrictions – All WIC supplemental foods allowed
☐ Formula only – Do not provide any WIC supplemental foods
☐ Baby foods, infant cereal, and formula only (also available to women and children as part of a soft/pureed diet)
☐ Foods allowed with restrictions (specify below): _____

Infants 6 - 12 months:
☐ No Infant Cereal ☐ No Baby Food Fruits and Vegetables ☐ If premature, provide after _____ months of age

Women and Children ≥ 12 months (1 year):
☐ No milk ☐ No eggs ☐ No cereal ☐ No peanut butter
☐ No cheese ☐ No juice ☐ No fruits/vegetables ☐ No whole grains (wheat bread, brown rice, pasta, or whole grain tortillas)
☐ No yogurt ☐ No beans/peas ☐ No fish

Comments: Please describe any other prescribed restrictions or special requests in the 'Comments' section below. (Developmental readiness, allergies, labeled, NPO, etc.)

4. Health Care Provider Information – All sections required

Office Name: _____
Street Address: _____
City/State/Zip: _____
Phone Number: _____

Authorized Provider's Name and Title (Please Print): _____
Authorized Provider's Signature: _____ Date: _____

5. Release of Information: To be completed by participant / parent / caregiver.
I authorize the above prescribing health care provider and State of Georgia WIC Agency to discuss information regarding feeding needs. This permission is valid through the planned length of use indicated in Section 2 (Medical Formula Requested) of this form. I understand that I may cancel this permission at any time. This release is not a condition of WIC eligibility. All information is considered confidential.
Participant/Parent/Caregiver Name (Please Print): _____ Date: _____
Participant/Parent/Caregiver Signature: _____

Revised December 2020

New Medical Documentation Form:
Request for Medical Formulas and WIC Supplemental Foods



Georgia WIC Supporting and Promoting Breastfeeding

Georgia WIC breastfeeding services provide families with nutritious food packages, peer support, and knowledge to be successful in their breastfeeding efforts. WIC services include education with nutrition classes (individual and group), the Peer Counselor Support Program, and access to breast pumps.

To learn a little more about WIC's breastfeeding services we interviewed Shlonda Smith, IBCLC, WIC Breastfeeding Program Specialist with Georgia WIC.

Q. What services do you provide that people would be surprised to know?

A: WIC provides an enhanced food package to breastfeeding women enrolled in the program to provide more foods and added nutrients for the lactating woman. Also, the Breastfeeding Peer Counselor Program is a critical component of WIC services designed to encourage breastfeeding mothers through unique mother-to-mother support. A WIC peer counselor is a mother in the community with personal breastfeeding experience who is trained to give breastfeeding information and support to new moms.

Q. How does WIC enhance breastfeeding in the local community?

A: WIC is in the business of promoting breastfeeding. There can never be enough breastfeeding images in WIC clinics. It is crucial to show breastfeeding represented in real life, in its many forms inclusive of all families. We need to see images of mothers nursing in stores, pumping at work, nursing at parks, bus stops, restaurants and of course in the comfort of their homes. The point is to see ALL types of mothers and babies in a variety of settings.

Q. How do we encourage longer breastfeeding duration in WIC?

A: Mothers who are breastfeeding are eligible for WIC up to 12 months postpartum, as opposed to 6 months, if her baby is not receiving formula from WIC. Breastfed babies can receive infant meats at six months of age. Breastfeeding Peer Counselors are available to mothers through their breastfeeding journey to continue to provide anticipatory guidance and support as babies grow.

Q. What is the top question you receive from physicians and practices about WIC and breastfeeding?

A: The number one question I get is, "Are there breast pumps available?" This question often comes up when speaking with practices. The answer is YES. Breast pumps are available for WIC enrolled participants that show a need for a pump. Georgia WIC has three different types of pumps that can be issued depending on the situation. These include a manual pump, personal double pumps, and multi-user hospital grade pumps. The manual pump is usually given for short term use, such as engorgement, or the request of breastfeeding mothers. The double pump is used for longer separation of mom and baby such as work or daycare. The multi-user hospital grade breast pump is used for premature or medically fragile infants, or for multiples to increase milk production. For additional information we have included the Georgia WIC's *Quick Reference to Issuing Breast Pumps*.

Q. Who and how do pediatricians contact someone at WIC if they have breastfeeding questions?

A: Practices are encouraged to contact their local county WIC office if there are any WIC related questions or concerns. For additional assistance with WIC breastfeeding services, see the list of the District Breastfeeding Coordinators.

WIC Supporting and Promoting Breastfeeding

Continued from previous page.

Georgia WIC District Breastfeeding Coordinators

Rome (District 1-1)

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Fulton (District 3-2)

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East Metro

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Georgia Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Quick Reference to Issuing Breast Pumps

Breast Pump Issuance Guidelines: Breast Pump issuance must be provided only by WIC authorized personnel trained on breast pump competency. Staff must determine which pump best fits the participant's need. After issuance, staff must complete an initial follow-up by contacting participants within one to five business days. When breast pump usage is not going well, staff must refer participants to a Designated Breastfeeding Expert (DBE) for additional support and guidance. See Policy BF-1260.06 Breast Pump Issuance for further details. Note: Multi-user Breast Pumps are loaned free of charge.

Type of Pump / Criteria for Issuing Breast Pumps	Pump Issuance: All Pumps
Manual Pump: This pump is for participants who <ul style="list-style-type: none"> Will have a short-term separation from their baby. Are looking for work. Are working or going to school less than 10 hours a week. Have limited access to electricity when pumping. Requests a pump due to engorgement and referred to the DBE. 	<ul style="list-style-type: none"> Assess the individual needs of the participant and select the appropriate pump for her situation. Demonstrate Hand Expression. Demonstrate the assembly and use of the pump, as well as milk collection kit Provide instructions for cleaning. Allow participant to repeat and demonstrate what they understand. Discuss human milk storage guidelines Complete appropriate form and tracking guidance within policy BF-1260.06 Breast Pump Issuance.
Multi-user Breast Pump: This pump is for participants who <ul style="list-style-type: none"> Have a premature or medically fragile infant currently unable to feed at the breast. Are unable to feed at the breast due to their own medical issues. Are having problems breastfeeding and must use pump to provide breast milk. Have multiples and need to increase milk production. Unsure of participant's long term commitment to breastfeeding and will be separated from her infant a significant part of the day. 	
Personal Double Breast Pump (PDP): This pump is for participants who Plan to breastfeed exclusively for at least four (4) to six (6) months, will not be expecting formula from WIC and one of the following: <ul style="list-style-type: none"> Works or goes to school more than 10 hours per week. Plans to return to work within the next two (2) weeks Have exclusively breastfed an infant for at least four (4) weeks. 	
	Follow Up After Issuance: All Pumps <ul style="list-style-type: none"> ✓ Contact participants issued breast pumps within one (1) to five (5) business days of pump issuance, to ensure pump usage is going well. ✓ Document follow-up on the appropriate form or within the breast pump tracking inventory system. ✓ Refer participants who need additional help to the DBE. ✓ Follow-up with the participant monthly to determine that the multi-user breast pump is still needed. ✓ Document the: <ul style="list-style-type: none"> Continued use of the pump within the breast pump inventory tracking system. Need to return the pump in the participant's medical file.



New Medical Documentation Requirements for the Issuance of Nutritional Supplements (Enhanced Calorie) for Children & Women

Nutritional Supplements (Enhanced Calorie) for Children & Women

Georgia WIC in Collaboration with the Georgia AAP WIC Medical Advisory Committee has developed guidelines to assist in the prescribing and issuance of enhanced calorie formulas. This guidance was developed based on feedback from questions regarding prescribing formulas for diagnoses such as failure to thrive, oral motor feeding problems or developmental disorders, hypermetabolic conditions, and low maternal weight gain.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) requires documentation of one of the following medical conditions for the issuance of a nutritional supplement. Georgia WIC defines a nutritional supplement as a concentrated source of nutrients for children and adults, often in the form of a beverage, providing supplemental or complete nutrition intended for oral or tube feedings. Participants with diagnoses requiring enhanced nutrient intake for the management of body weight, without an underlying medical condition, will be provided with nutrition education and dietary counseling on increased and adequate intake of conventional foods.

A. Failure to Thrive (FTT)

The FTT diagnosis requires a growth assessment meeting any of the conditions detailed below. Growth measurements must be taken within the last 6 months and may be provided by the medical office or determined from the WIC medical record.

1. Gender specific weight for length or BMI <5th percentile
2. Two or more consecutive weight for age measurements below the 5th percentile (must reflect the most recent measures taken at least 1 month apart)
3. A progressive decrease to below the 5th percentile for weight for age
4. Weight for length decreasing across at least one major percentile channels in children with established growth patterns at less than or equal to the 50th percentile.
5. No weight gain for three or more months
6. Weight loss in children with established growth patterns less than the 10th percentile for BMI or weight for age

B. Oral motor feeding problems or developmental disorders

Causing severely restricted or limited and inadequate food intake (i.e. tube feedings, dysphagia, and food aversions).

C. Hypermetabolic conditions

Conditions to include, but not limited to: cancer, cystic fibrosis, and cardiac/pulmonary conditions.”

D. Low maternal weight gain with:

1. Intrauterine growth restriction (IUGR)
2. Hyperemesis gravidarum
3. Cystic fibrosis (CF)
4. HIV/AIDS
5. Any hypermetabolic disease conditions





WIC Formula Resources

Georgia WIC in collaboration with the Georgia Chapter of the American Academy of Pediatrics have created resources to assist healthcare professionals with identifying special WIC approved formulas for common medical conditions. The Infant Formula Algorithm and Resource Guide (first edition 2012, second edition 2017) and the Child Formula Algorithm and Resource Guide (first edition 2017) were developed based on the following rationale:

- Formula prescriptions should be medically indicated
- Evidence based
- Not influenced by commercial marketing or parent's preference

The Georgia Infant and Child Formula Algorithms and resource guides can be used as a guide to assist the decision-making process of prescribing formulas through Georgia WIC. Additional information can be found at dph.georgia.gov/WIC/wic-formula-resources.



Message from Sean Mack, Georgia WIC Director

As the WIC Director for the State of Georgia, I am excited to play a role in fulfilling the mission to promote healthy eating and nutrition literacy to Georgia families. Research studies and data show WIC works! In a recent CDC report, children participating in WIC showed a decrease in obesity across the U.S. For Georgians, this meant a decrease from 14.4% in 2010 to 12.5% in 2016 among children ages 2 – 4 participating in WIC.

In 2021, we look forward to our continued partnership with GA AAP in expanding the Georgia WIC Program to bolster participation and health outcomes for the Georgians we serve.

Please visit www.gaaap.org/nutrition/ for more information on how you can assist your patients in receiving WIC assistance.





Georgia Chapter

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Looking Ahead:



Join us for our upcoming events!



**Jim Soapes Charity Golf Classic
– Pediatric Foundation of Georgia**

October 20, 2021
Cherokee Run Golf Course, Conyers, GA



GPNA & GPPMA Winter Meeting

December 9, 2021
Cobb Energy Center, Atlanta, GA



**Pediatrics on the Parkway
Fall CME Meeting**

November 11-13, 2021
Cobb Galleria Centre, Atlanta, GA



Legislative Day at the Capitol

Thursday, March 3, 2022
Georgia Railroad Depot & Georgia State Capitol

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Visit the Chapter Website for details on Chapter events. www.GAaap.org
Call (404) 881-5020 for more information.