

## Nutrition Care Standards Children, Ages 1-2

### Overview

In this section you will find information about how quickly children grow and the important role nutrition plays child growth and development. A focus on varied growth among growing children and how an emphasis on health at any size is the foundation of the information provided in the standards.

The Nutrition Care Standards (NCS) serves a map for WIC Nutrition Educators, guiding them to evidence based data, standards, guidelines as well as tips to completing a full assessment and direction in how to package the message in a participant centered way. This information not only provides the educator with appropriate content to educate clients with confidence, but can be used for employee training.

The nutrition care standards are divided into categories that follow the ABCDE methods of nutrition assessment, creating a document that is recognizable, easy to use and in a format that aligns with the services the Nutrition Educator provides in WIC. These sections are:

[Anthropometrics/Growth & Development](#)  
[Biochemical/Blood Work Including Hemoglobin and Lead](#)  
[Clinical/Medically Related to Food and Nutrition](#)  
[Diet and Nutrition](#)  
[Environmental Factors and Health](#)

Click on any link above to quickly navigate to that section of the standards.

For quick reference, a Nutrition Standards at a Glance will be found in Appendix A of each standard. The quick reference is organized in the ABCDE format and summarizes the main topics of the standards.

**Comment [DWT1]:** The overview contains brief summary of the nutrition standards as related to its respective category. This section will also explain how the standards are organized to easily find the information needed.

**Comment [DWT2]:** The Standards will be a one stop shop for facts, completing an assessment, AND guidance about packaging the nutrition message.

**Comment [DWT3]:** Hyperlinks found in the overview will allow the user to quickly navigate to each section.

**Comment [DWT4]:** Each standard will have a quick reference found in Appendix A. The quick reference will have the look and feel of the ABCDE Guide.



## Anthropometrics/Growth & Development

**Comment [DWT5]:** The section title is a hyperlink from the overview

### Introduction

The introduction will contain content and a summary of the information, standards and guidelines found in this section. The introduction will contain content and a summary of the information, standards and guidelines found in this section. The introduction will contain content and a summary of the information, standards and guidelines found in this section. The introduction will contain content and a summary of the information, standards and guidelines found in this section.

**Comment [DWT6]:** The information, standards and guidelines relating to the particular assessment method will be found here. (This section, for example, will contain information about growth and development.)

### Tools for Screening Growth (1)

- WHO Growth Standards Are Recommended for use in the U.S. for Infants and Children 0 to 2 Years of Age
- The World Health Organization (WHO) released a new international growth standard statistical distribution in 2006, which describes the growth of children ages 0 to 59 months living in optimal conditions
- CDC recommends that health care providers:
  - Use the WHO growth charts to monitor growth for infants and children ages 0 to 2 years of age in the U.S.
  - Use the CDC growth charts to monitor growth for children age 2 years and older in the U.S.

**Comment [DWT7]:** Information will be organized in an easy to read format such as bullet points, charts, tables and graphs. Data will be cited to allow the user to reference the source for additional information.

### Summary of Growth Charts

Tool	Will Asses	Assessed In Arizona WIC
Birth to 24 Months Length-for-age (WHO)	Child's growth in length compared to the standard...	Yes
Birth to 24 Months Weight-for-age (WHO)	Child's weight gain compared to the standard...	No
Birth to 24 Months Weight-for-length (WHO)	Child's weight for length compared to the standard...	Yes
Birth to 24 Months Head Circumference-for-age (WHO)	Child's head circumference compared to....	No

For more information, go to:

[http://www.cdc.gov/growthcharts/who\\_charts.htm#The WHO Growth Charts](http://www.cdc.gov/growthcharts/who_charts.htm#The WHO Growth Charts)

**Comment [DWT8]:** Websites will be listed throughout the standards for the user to reference as well.

### Growth Charts found in Appendix B



## Biochemical/Blood Work Including Hemoglobin and Lead

### **Introduction**

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### **Iron Deficiency Anemia (3)**

- Iron deficiency anemia is the most common form of anemia.
- Red blood cells bring oxygen to the body's tissues. Healthy red blood cells are made in your bone marrow.
- Iron is a key part of red blood cells. Without iron, the blood cannot carry oxygen effectively. Your body normally gets iron through your diet and by re-using iron from old red blood cells.
- You get iron deficiency anemia when your body's iron stores run low. You can get iron deficiency if:
  - You lose more blood cells and iron than your body can replace
  - Your body does not do a good job of absorbing iron
  - Your body is able to absorb iron, but you are not eating enough foods with iron in them
  - Your body needs more iron than normal (such as if you are pregnant or breastfeeding)

### **Screening for Iron Deficiency Anemia**

- Several blood tests may be taken to test for iron deficiency anemia
- WIC staff conducts hemoglobin tests to screen the level of hemoglobin in the red blood
- The test measures the amount of hemoglobin in the red blood cells.
- The hemoglobin test is performed because it is a quick screening tool for iron deficiency anemia.



WIC Code 201: Hemoglobin below the cut-off level

**Comment [DWT9]:** WIC Codes and High Risk Codes will be identified throughout. Icons will be used to quickly find codes.



WIC Code: 201 Hemoglobin below the cut-off level in Nutritionist Range



Approved Materials: THTM Keep Him That Way with Iron

**Comment [DWT10]:** Approved reinforcement materials will be recognized throughout. Icons will be used identify this.

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**References:**

1. WHO Growth Charts. Centers for Disease Control and Prevention.  
Available from: [http://www.cdc.gov/growthcharts/who\\_charts.htm#The WHO Growth Charts](http://www.cdc.gov/growthcharts/who_charts.htm#The WHO Growth Charts)  
(cited September 13, 2013).
2. American Academy of Pediatrics: Children, Adolescents, and Television. *Pediatrics*. 2001; 107(2): 423-426
3. Fake, Person. *A Great Book about Anemia*, 7<sup>th</sup> Edition. New York, NY: Academy of Blood, 2011.

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