

# Arizona WIC Priority Health Indicators

where we are and where we are going

Joan Agostinelli and Kathleen Carlson

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[joan.agostinelli@azdhs.gov](mailto:joan.agostinelli@azdhs.gov)

[kathleen.carlson@azdhs.gov](mailto:kathleen.carlson@azdhs.gov)



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# PedNSS and PNSS

Pediatric Nutrition Surveillance System

Pregnancy Nutrition Surveillance System

- History of PedNSS and PNSS
- Going forward...

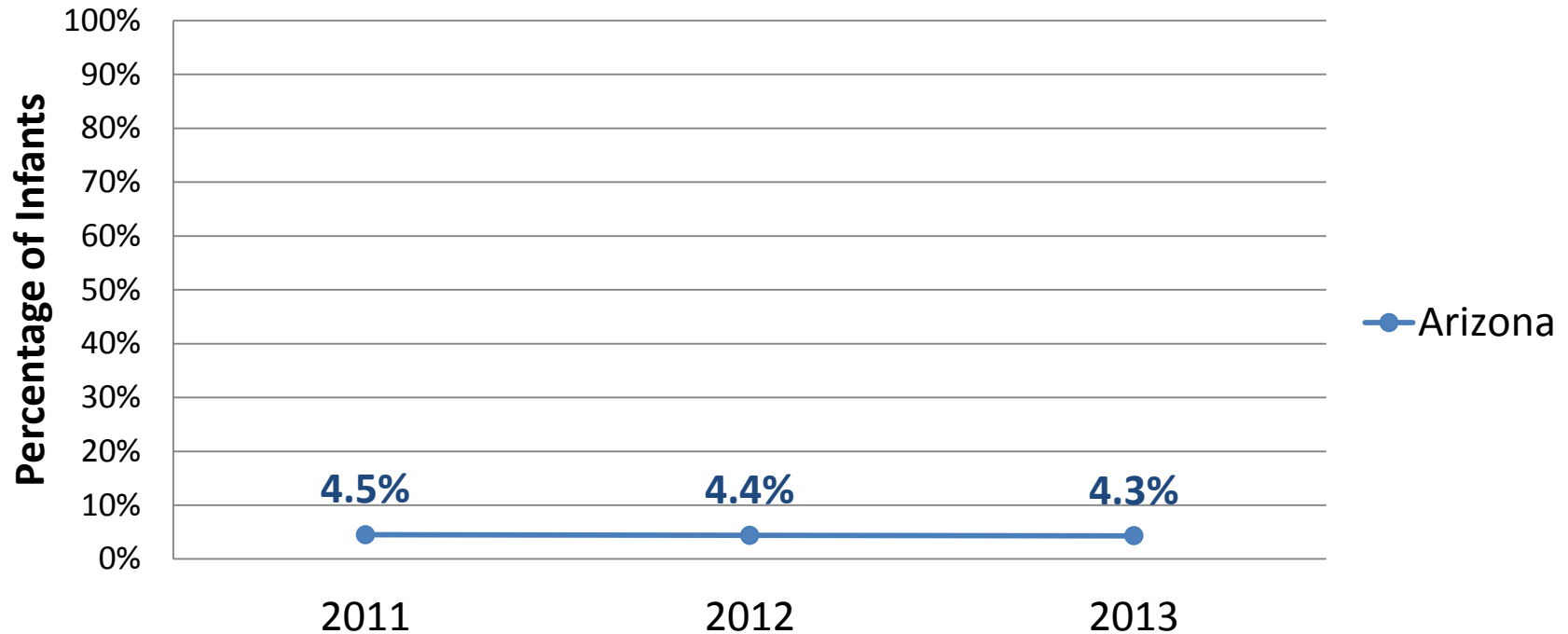
# Priority Health Indicators - Women

- Pre-pregnancy BMI
- Maternal weight gain

# Pre-pregnancy BMI Underweight

- A woman is considered to be underweight prior to pregnancy if her pre-pregnancy BMI was less than 18.5.
- Low pre-pregnancy weight is a risk factor for having an underweight infant, fetal growth problems, and pregnancy complications. In addition, low pre-pregnancy weight may indicate malnourishment in the mother.

# Pre-Pregnancy BMI Underweight Among Low-Income Women in WIC



Source: AIM Database

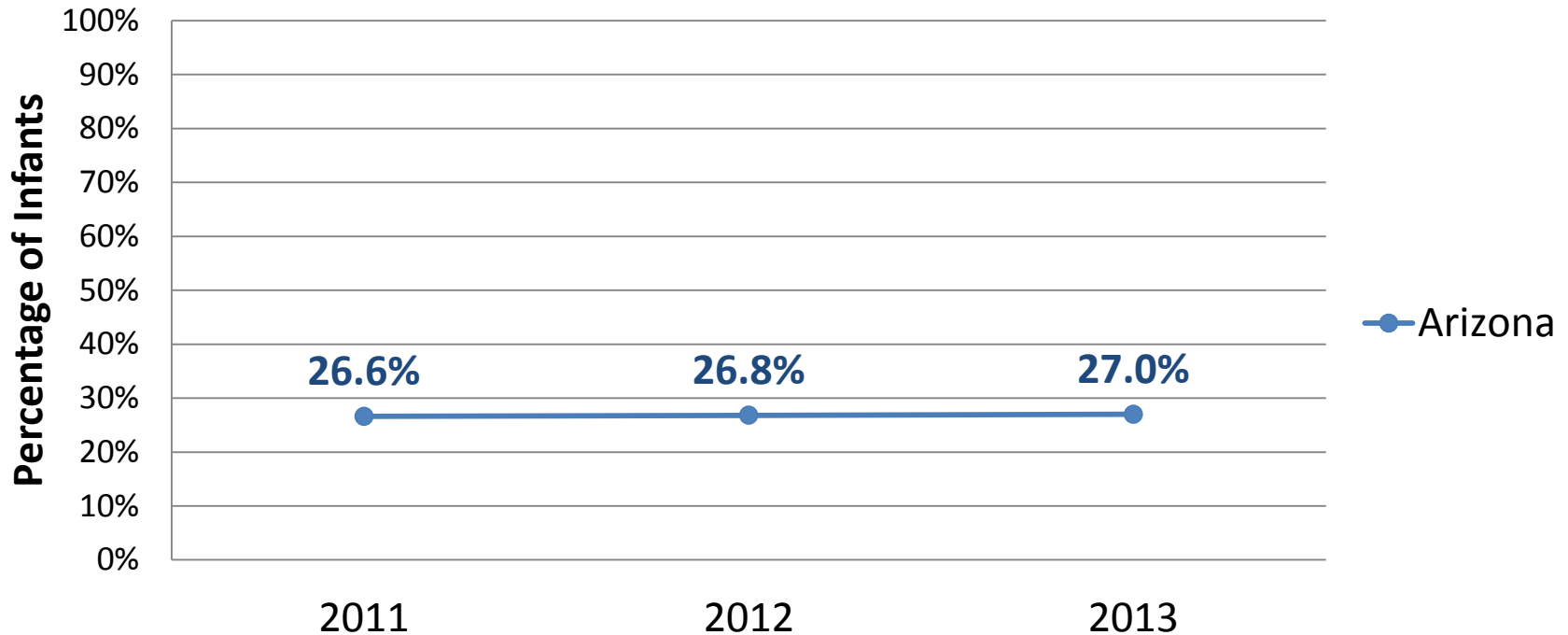


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# Pre-pregnancy BMI Overweight

- A woman is considered to be overweight prior to pregnancy if her pre-pregnancy BMI was between 25.0 and 29.9.
- Being overweight pre-pregnancy is a risk factor for prenatal weight gain and postpartum weight retention.

# Pre-Pregnancy BMI Overweight Among Low-Income Women in WIC



Source: AIM Database

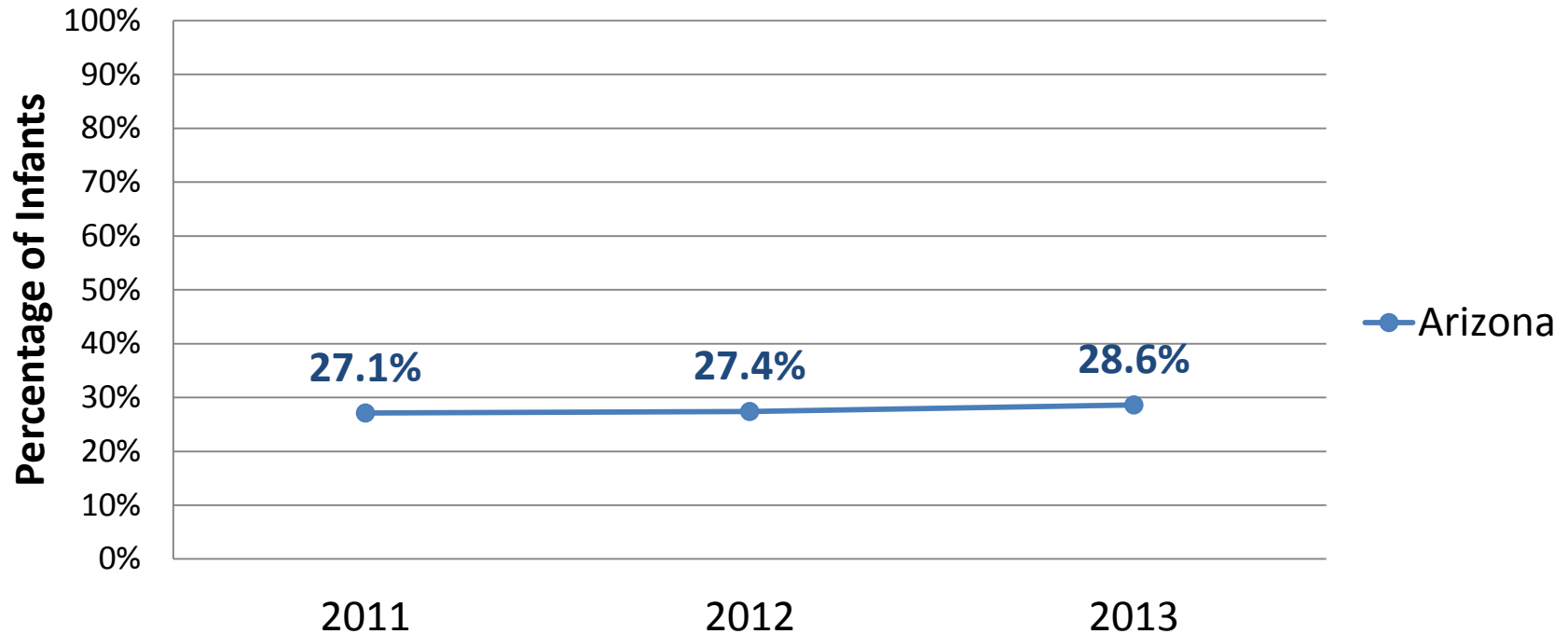


# Pre-pregnancy BMI Obese

- A woman is considered to be obese prior to pregnancy if her pre-pregnancy BMI was greater than or equal to 30.0.
- Obesity prior to pregnancy is a risk factor for developing gestational diabetes. In addition, women who are obese prior to pregnancy may experience problems during birth such as shoulder dystocia.



# Pre-Pregnancy BMI Obese Among Low-Income Women in WIC



Source: AIM Database

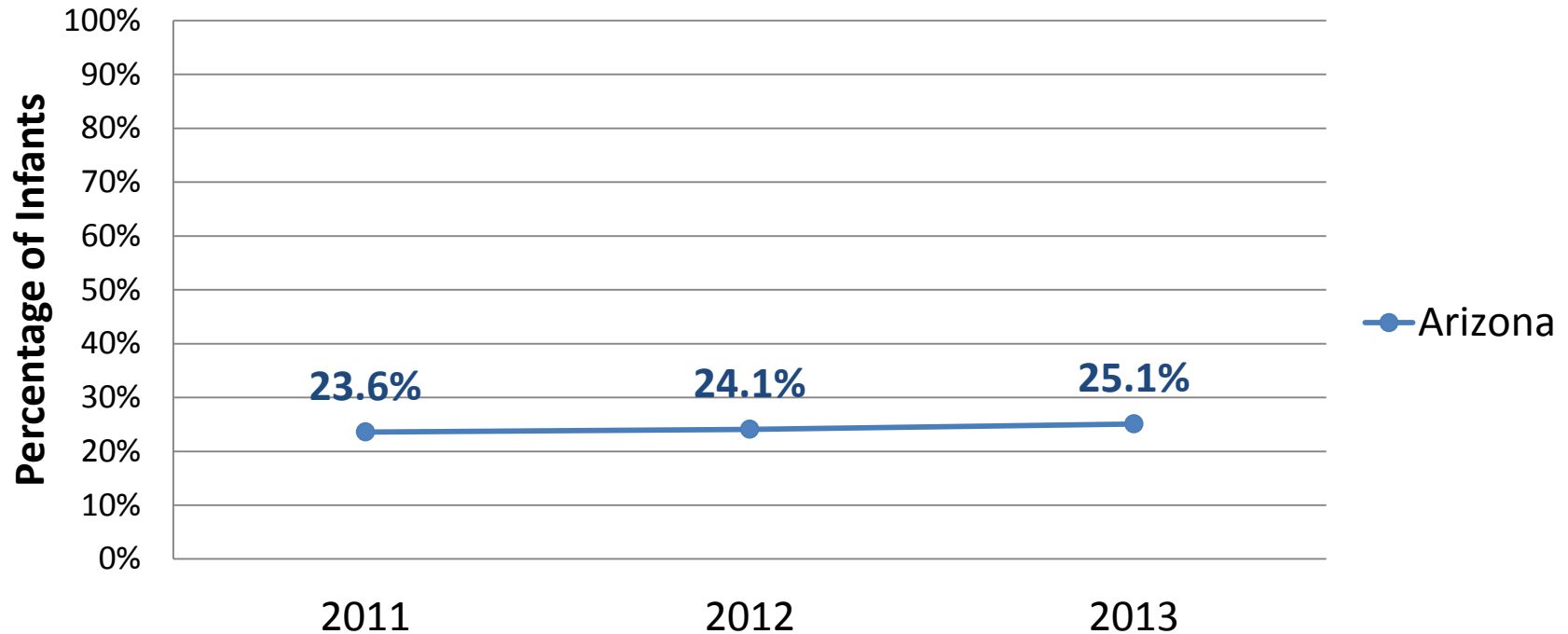


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# Less Than Ideal Maternal Weight Gain

- A woman is considered to have less than ideal maternal weight gain if the total weight gain during pregnancy is less than the recommended amount based on her pre-pregnancy weight status.
- Low maternal weight gain is a determinant of fetal growth and is associated with low birth weight and increased risk of delivering an infant with fetal growth restriction.

# Less Than Ideal Maternal Weight Gain Among Low-Income Women in WIC



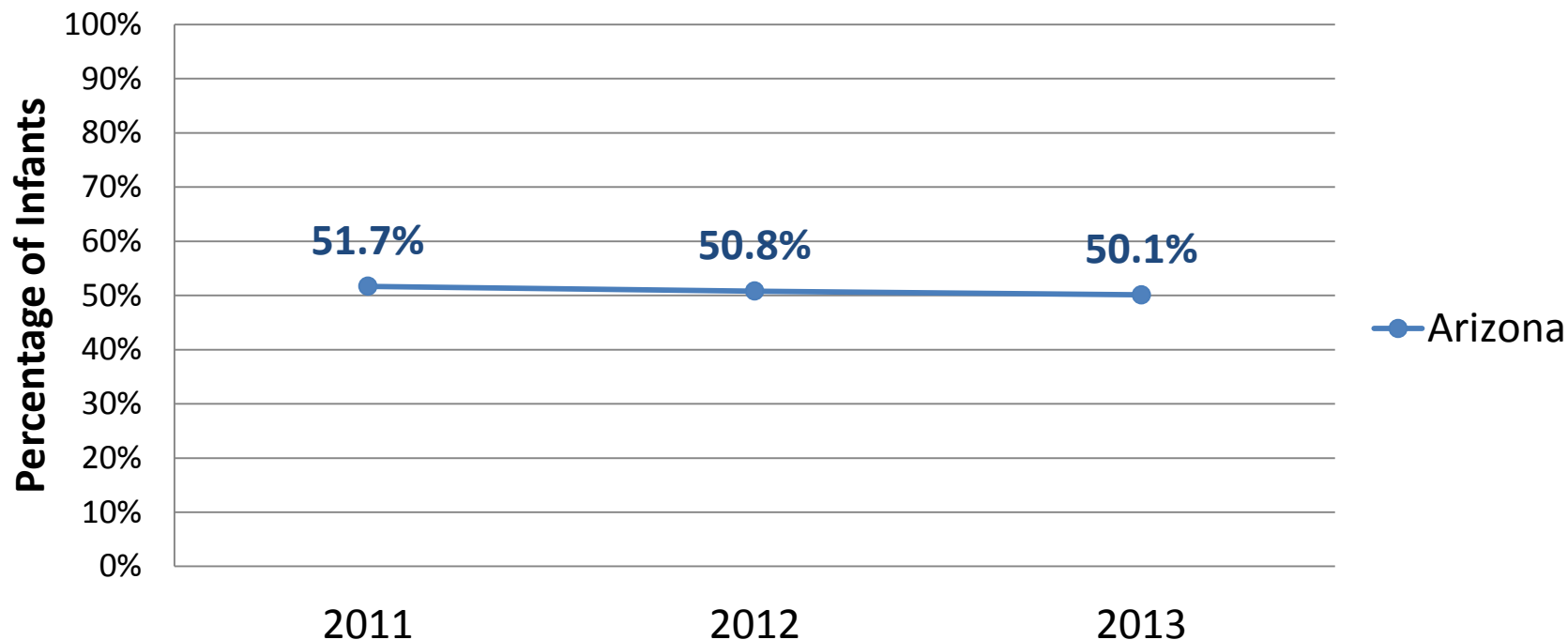
Source: AIM Database



# Greater Than Ideal Maternal Weight Gain

- A woman is considered to have greater than ideal maternal weight gain if the total weight gain during pregnancy is greater than the recommended amount based on her pre-pregnancy weight status.
- Greater than ideal weight gain is associated with higher rates of cesarean deliveries and neonatal complications.

# Greater Than Ideal Maternal Weight Gain Among Low-Income Women in WIC



Source: AIM Database



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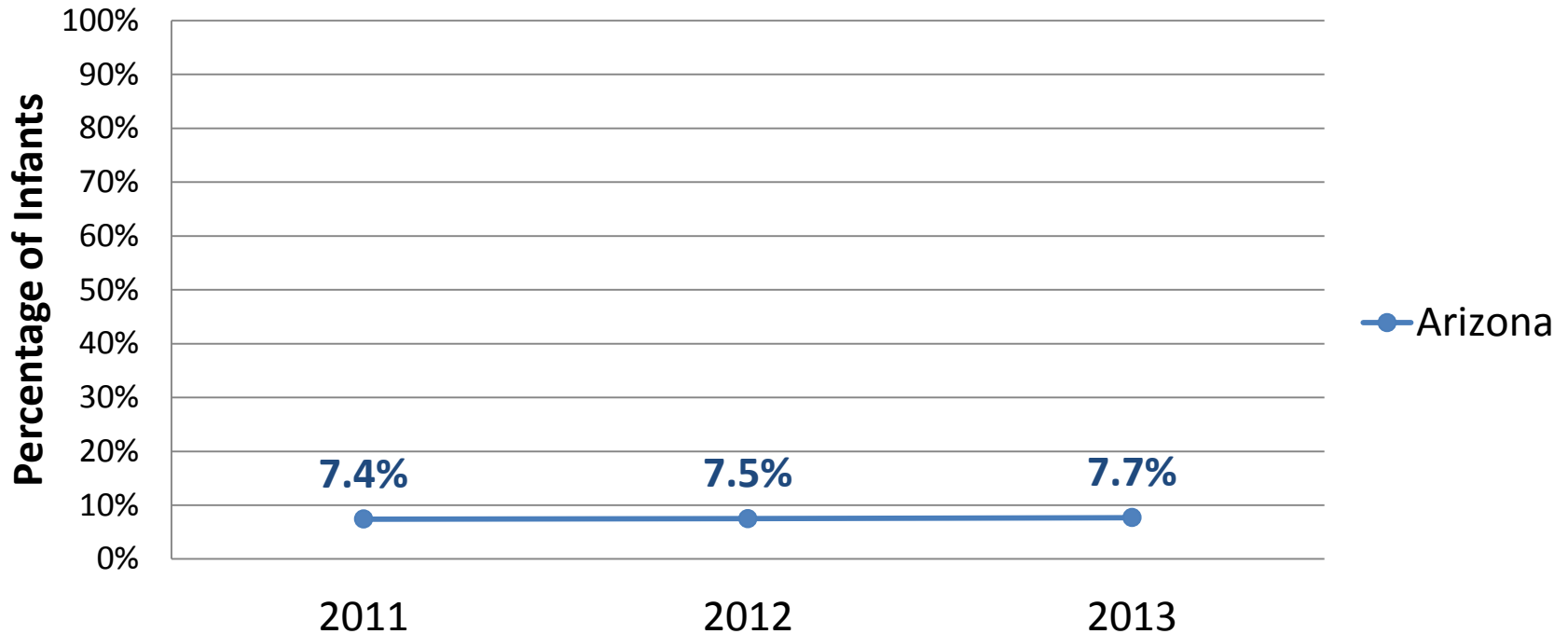
# Priority Health Indicators - Children

- Birth Weight
- Short Stature
- Overweight/Obesity in children 2 – 5 years old
- Anemia in children
- Breastfeeding Initiation, duration, exclusivity

# Low Birth Weight

- An infant is considered to have low birth weight if their weight at birth is less than 2500 g (about 5.5 lb).
- Low birth weight is the most important factor affecting neonatal mortality and is a determinant of post-neonatal mortality.

# Low Birth Weight (<2500g) Among Low-Income Infants in WIC



Source: AIM Database

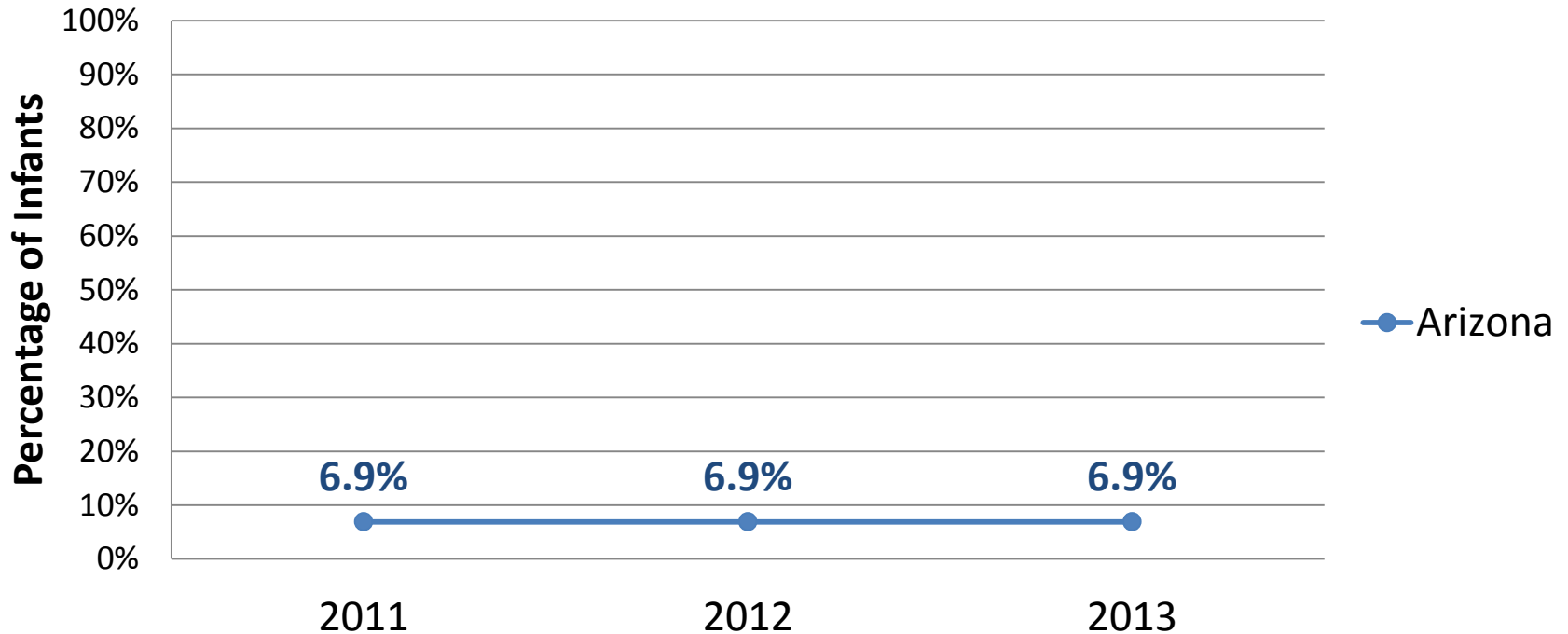




# High Birth Weight

- An infant is considered to have high birth weight if their weight at birth is greater than 4000 g (about 8.8 lb).
- High birth weight puts infants at risk for birth injuries such as shoulder dystocia. Infant mortality rates for infants with birth weights greater than 4000 g are higher than infants with birth weights between 3000 and 4000 g.

# High Birth Weight (>4000g) Among Low-Income Infants in WIC



Source: AIM Database

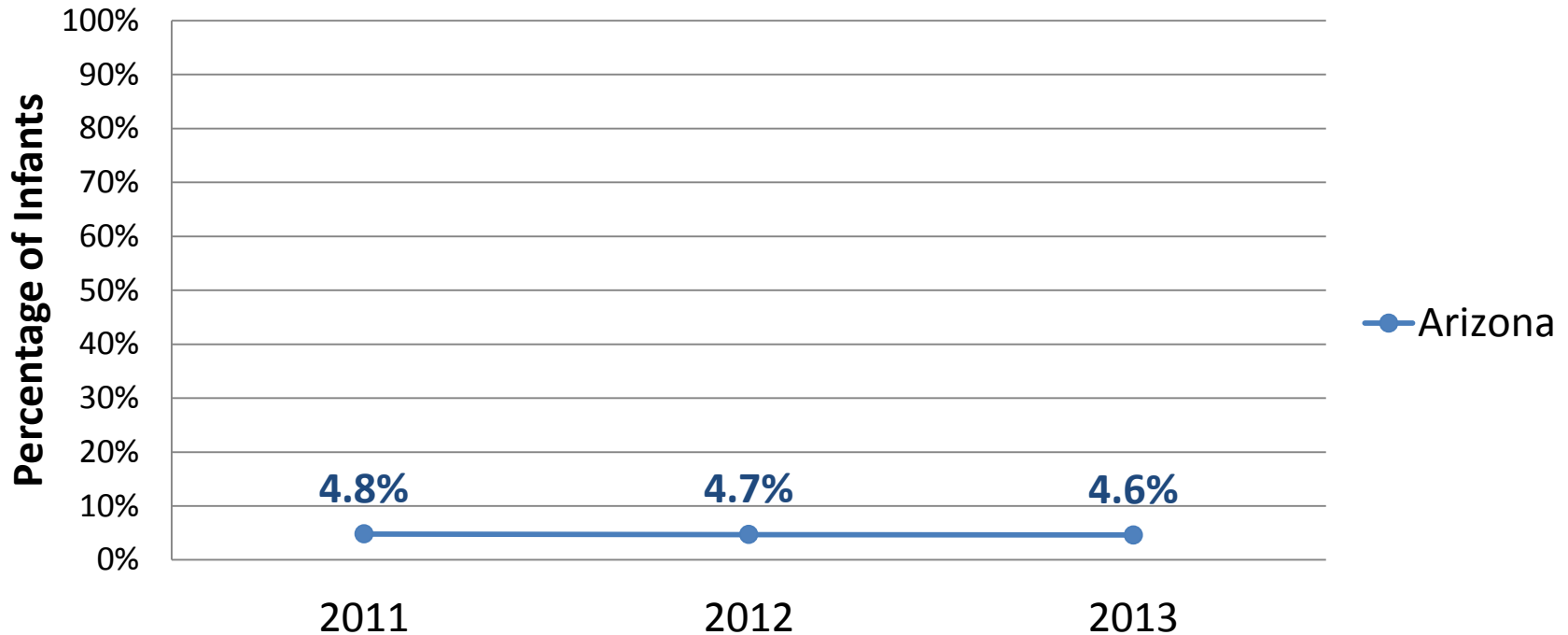


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# Short Stature

- A child is considered to be of short stature when their length/height is less than the 5th percentile for their age based on the CDC gender- and age-specific stature reference.
- Short stature is used as an indicator of chronic malnutrition. In addition, short stature may indicate a history of infections.

# Short Stature (<5<sup>th</sup> percentile) Among Low-Income Infants in WIC



Source: AIM Database

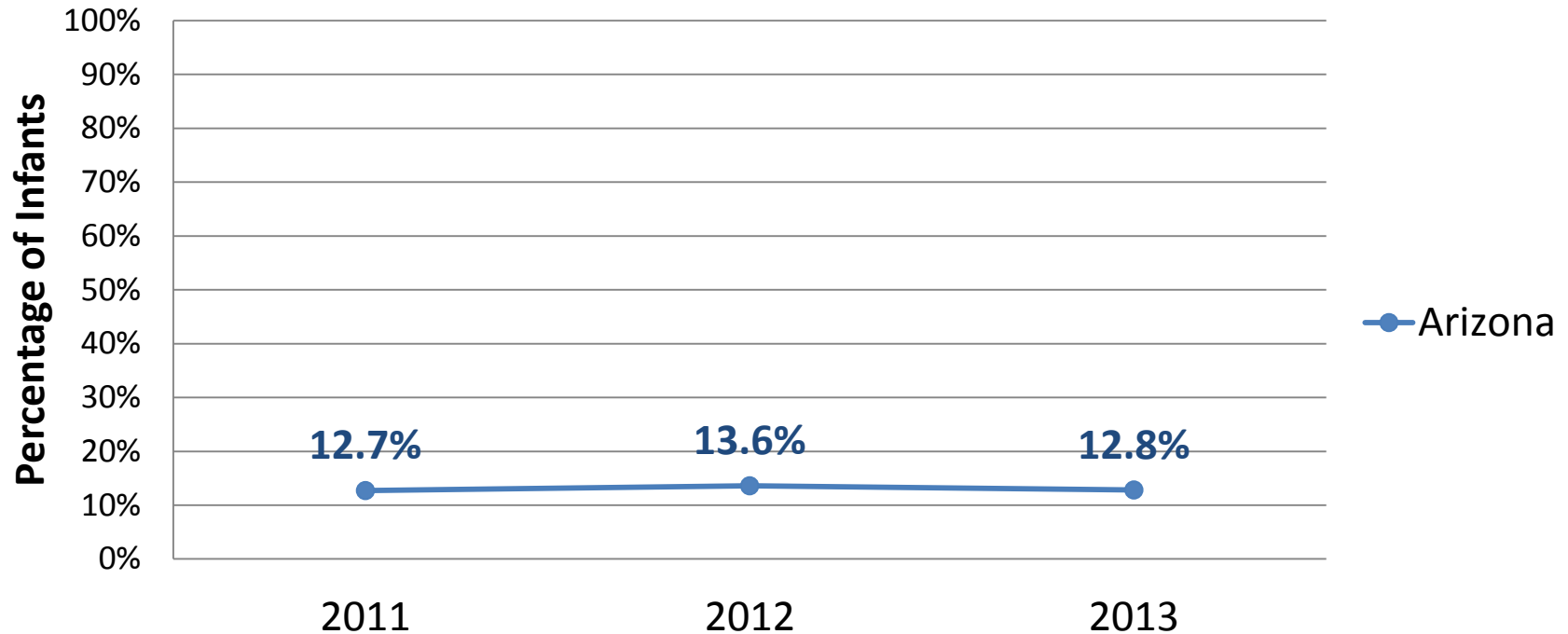


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# Anemia in Children

- A child 6 months to 5 years of age is considered anemic if their hemoglobin value is less than the 5th percentile for their gender and age.
- Anemia is used as an indicator of iron deficiency, which is a risk factor for developmental delays and behavioral disturbances in children.

# Anemia Among Low-Income Children in WIC



Source: AIM Database

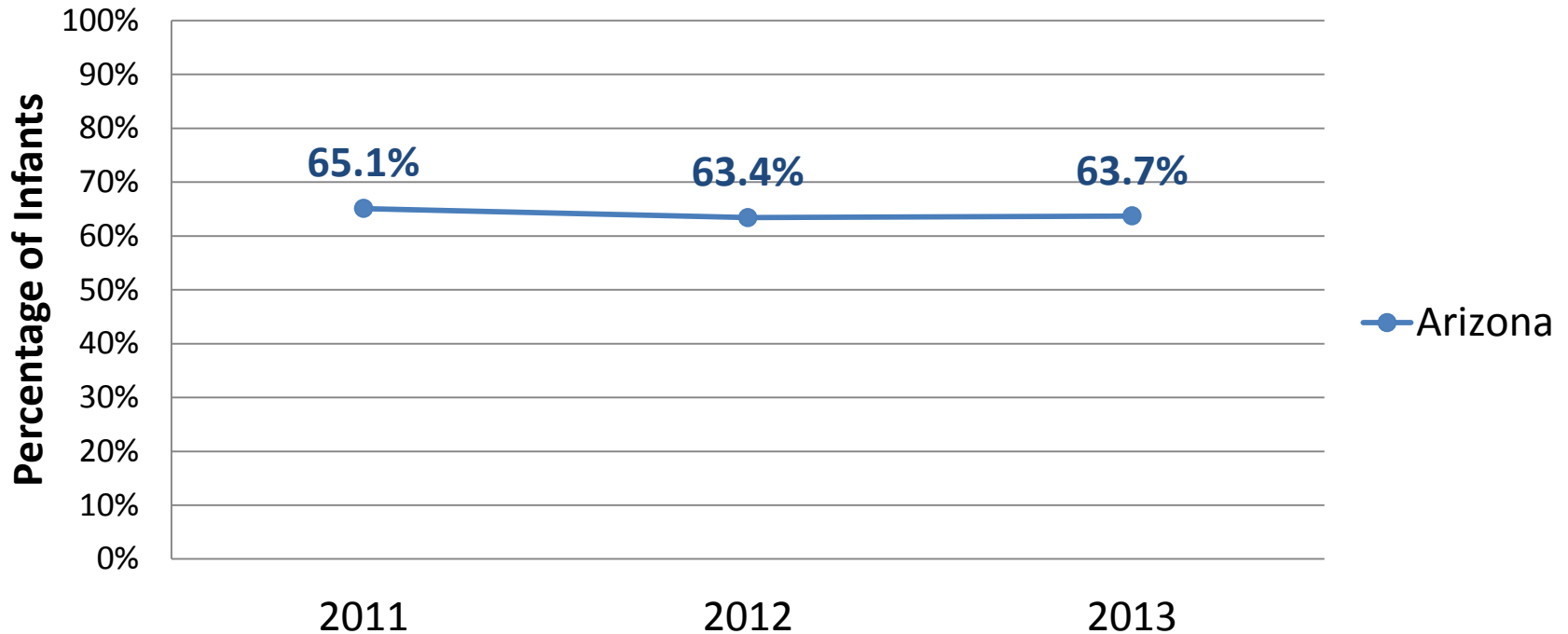


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# Breastfeeding Initiation

- An infant is considered to have ever been breastfed if they were reported to have been breastfed at one point in time, whether or not they are currently being breastfed.
- Breast milk is considered superior to alternative forms of infant nutrition. In addition, breastfeeding contributes to immunity against many viral and bacterial diseases and is associated with reduced risk of respiratory and diarrheal diseases.

# Breastfeeding Initiation Among Low-Income Infants in WIC



Source: AIM Database

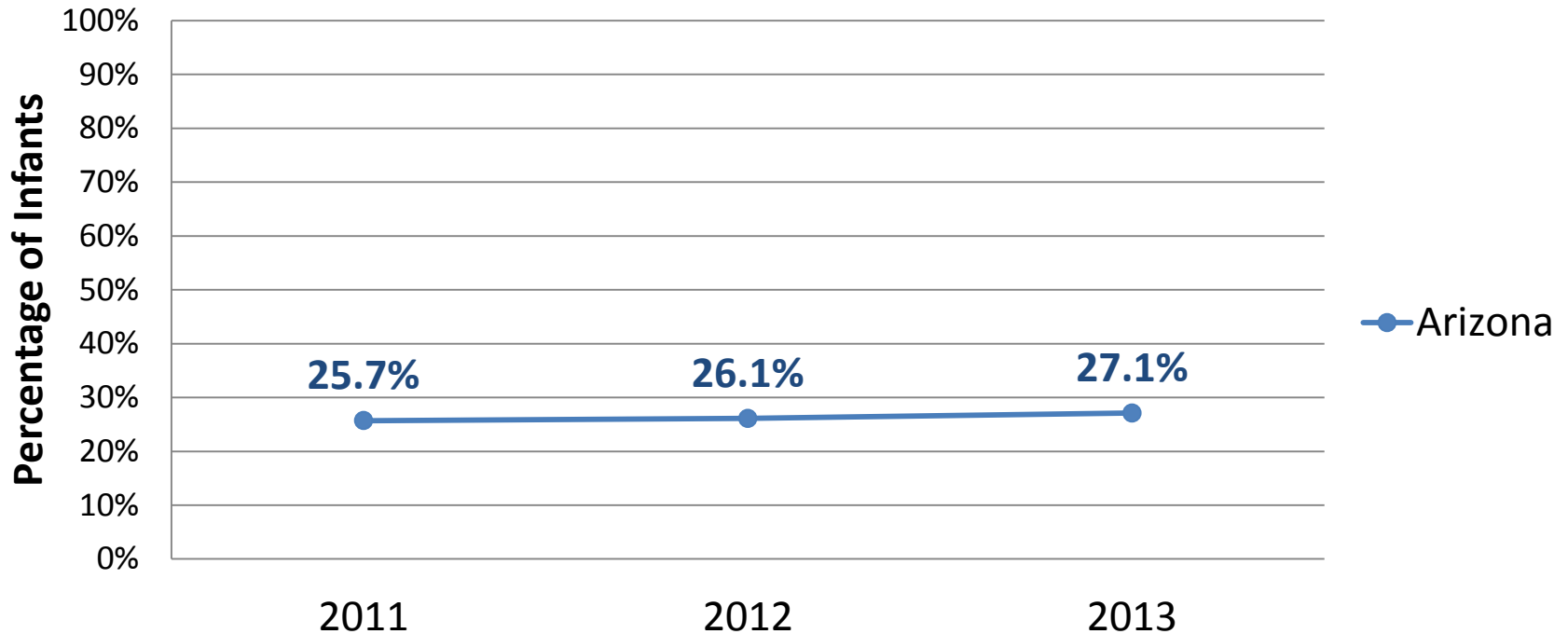




# Breastfed at least 6 months

- Infants who have been breastfed for at least 6 months, whether or not they are currently being breastfed.
- Breast milk is considered superior to alternative forms of infant nutrition. In addition, breastfeeding contributes to immunity against many viral and bacterial diseases and is associated with reduced risk of respiratory and diarrheal diseases.

# Breastfed at least 6 months Among Low-Income Infants in WIC



Source: AIM Database

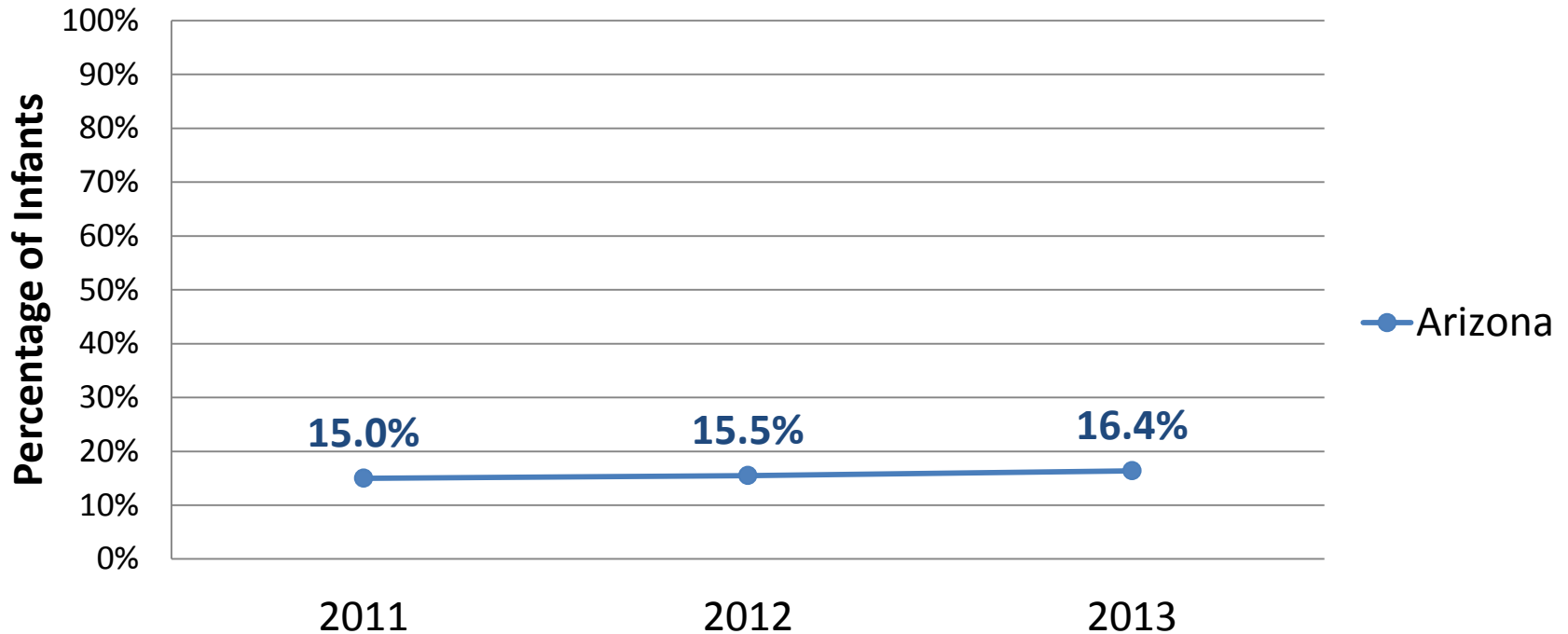


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# Breastfed at least 12 months

- Infants who have been breastfed for at least 12 months, whether or not they are currently being breastfed.
- Breast milk is considered superior to alternative forms of infant nutrition. In addition, breastfeeding contributes to immunity against many viral and bacterial diseases and is associated with reduced risk of respiratory and diarrheal diseases.

# Breastfed at least 12 months Among Low-Income Infants in WIC



Source: AIM Database

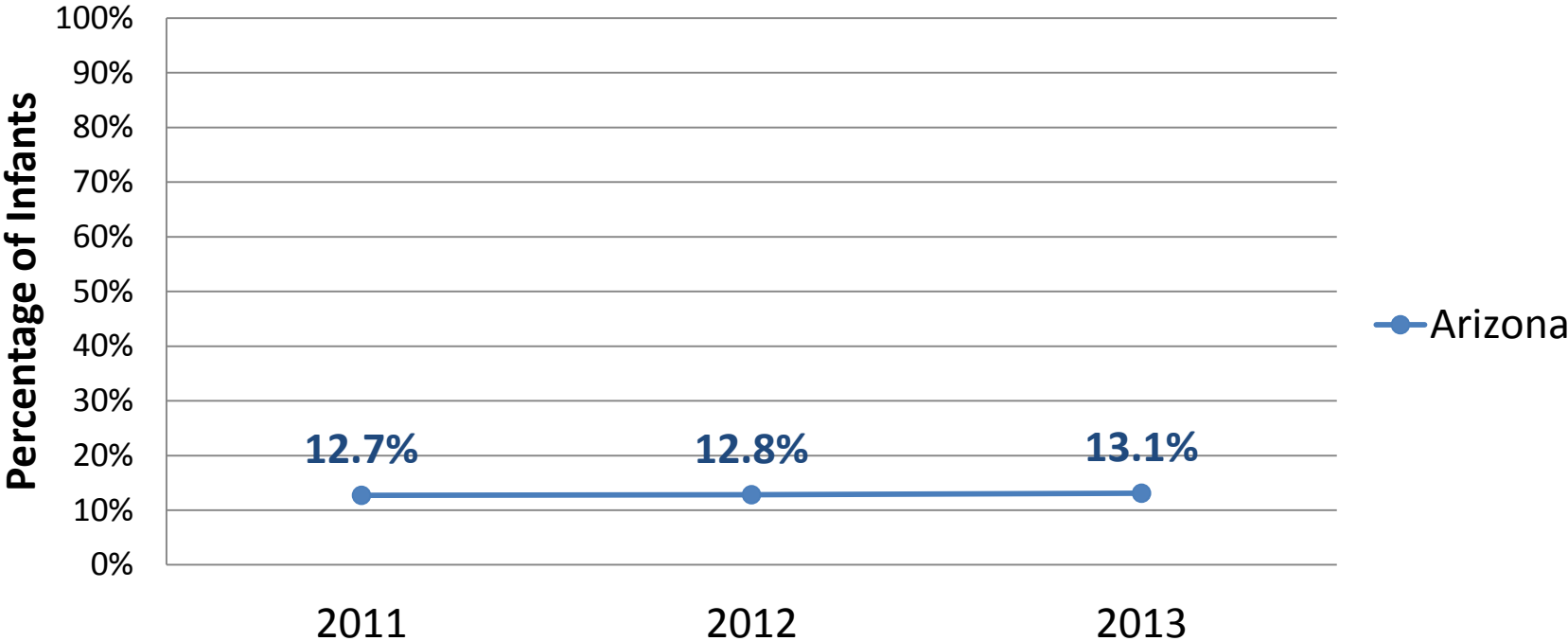


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# Exclusive Breastfeeding at least 3 months

- Infants are considered to be exclusively breastfed at least 3 months if they turned 3 months by/at their date of visit and consumed only breast milk during that time.
- Breast milk is considered superior to alternative forms of infant nutrition. In addition, breastfeeding contributes to immunity against many viral and bacterial diseases and is associated with reduced risk of respiratory and diarrheal diseases.

# Exclusive Breastfeeding at least 3 months Among Low-Income Infants in WIC



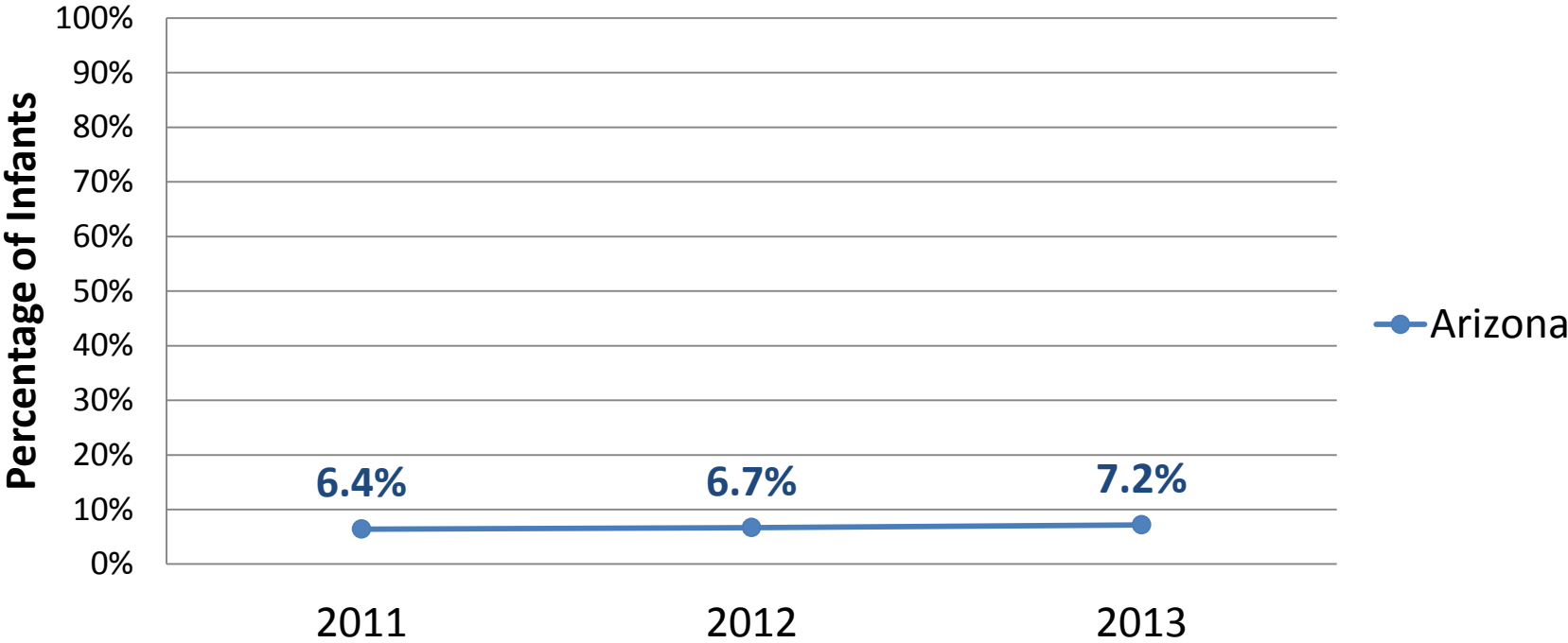
Source: AIM Database



# Exclusive Breastfeeding at least 6 months

- Infants are considered to be exclusively breastfed at least 6 months if they turned 6 months by/at their date of visit and consumed only breast milk during that time.
- Breast milk is considered superior to alternative forms of infant nutrition. In addition, breastfeeding contributes to immunity against many viral and bacterial diseases and is associated with reduced risk of respiratory and diarrheal diseases.

# Exclusive Breastfeeding at least 6 months Among Low-Income Infants in WIC



Source: AIM Database





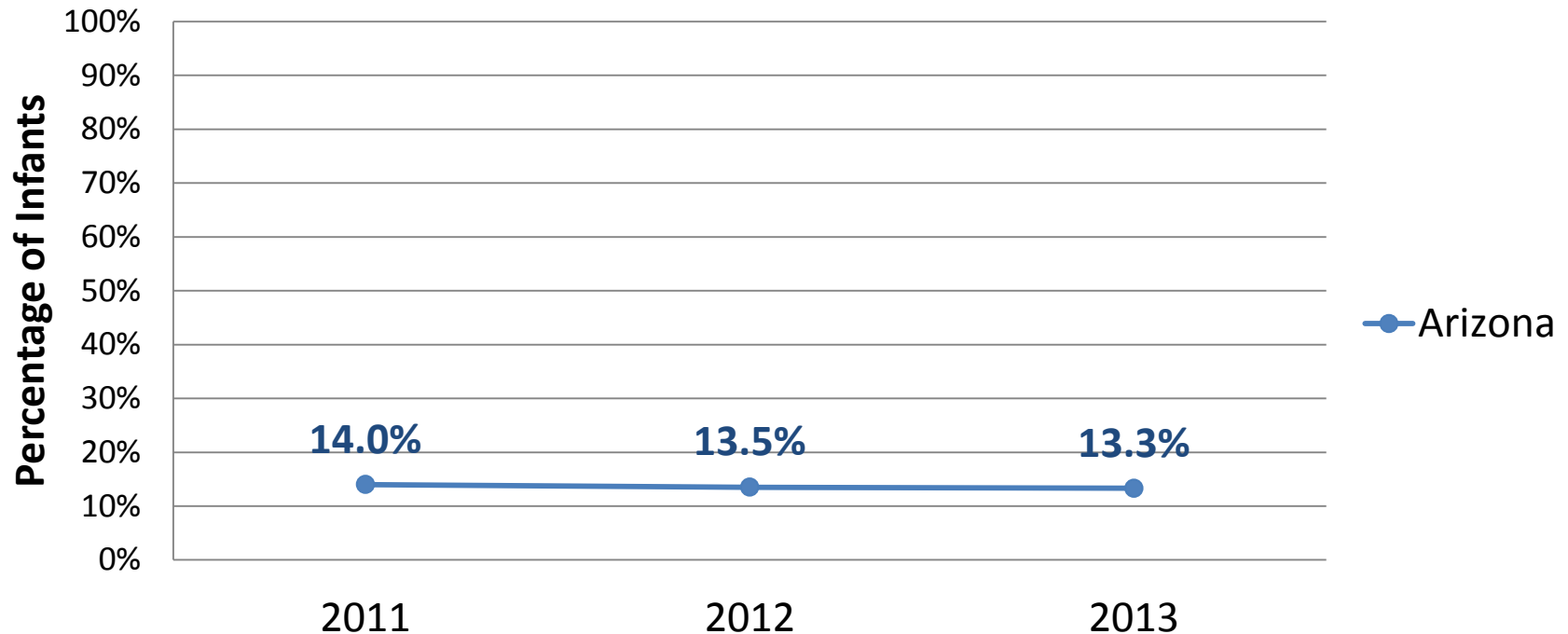
# Celebration Time!!!!



# Overweight in Children 2-5 Years Old

- A child 2 to 5 years of age is considered to be overweight if their gender-specific BMI-for-age value is between the 85th and 95th percentile.
- Overweight may indicate low calorie expenditure and/or high calorie intake. Overweight in children over age two is associated with high blood pressure, high cholesterol, and glucose intolerance. In addition, overweight in children over age two is associated with overweight and obesity as an adult.

# Overweight in Low-Income Children 2-5 Years Old in WIC (85<sup>th</sup>-95<sup>th</sup> percentile)



Source: AIM Database

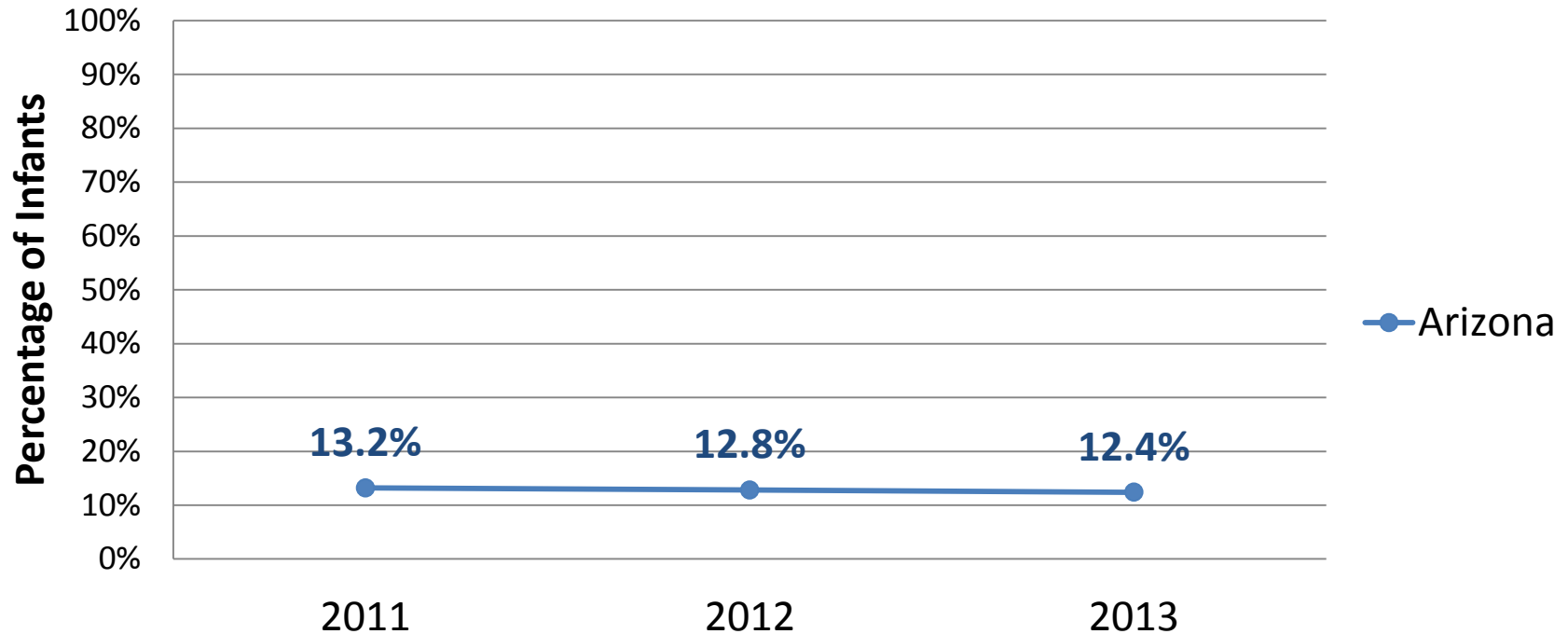


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# Obesity in Children 2-5 Years Old

- A child 2 to 5 years of age is considered to be obese if their gender-specific BMI-for-age value is greater than or equal to the 95th percentile.
- Obesity may indicate low calorie expenditure and/or high calorie intake. Obesity in children over age two is associated with high blood pressure, high cholesterol, and glucose intolerance. In addition, obesity in children over age two is associated with overweight and obesity as an adult.

# Obesity Among Low-Income Children 2-5 Years Old in WIC ( $\geq 95^{\text{th}}$ percentile)

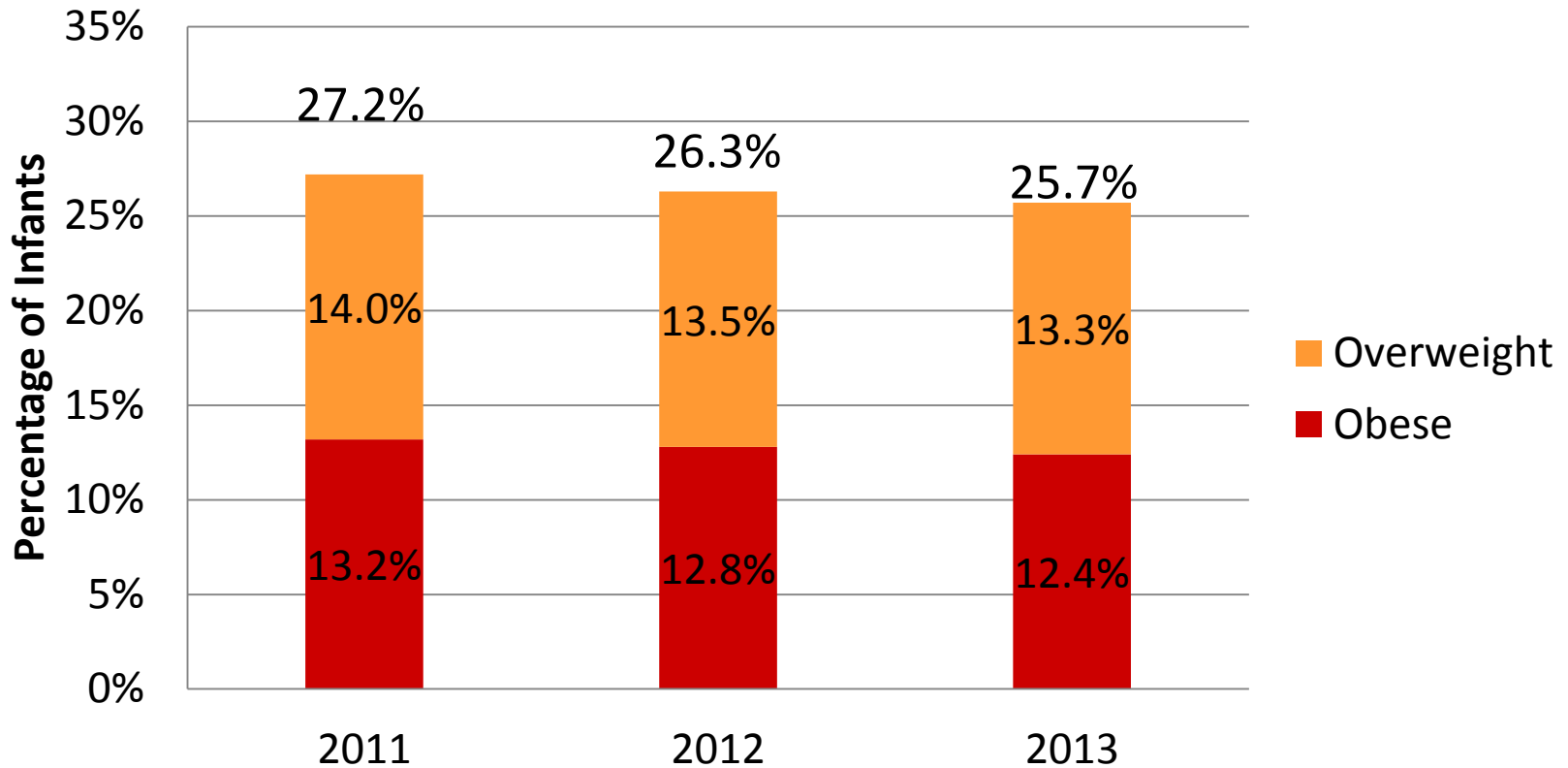


Source: AIM Database



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# Obesity and Overweight in Low-Income Children 2 – 5 Years Old in WIC



# Moving Forward

- Data Quality
  - Continuing Indicator Surveillance
  - PC Extract
- Client Satisfaction Survey – April 2014
- Monthly Reports
  - How are you using these reports?
  - Which ones do you use?

# Questions?

