

Iowa WIC Program
1-800-532-1579



Your child has you. And you have WIC.

Bureau of Nutrition and Health Promotion

Friday Facts

Week ending Issue: December 18, 2009 – Issue #44

Policy

From the WIC Services Policy and Procedure Manual — 310.13 Registered Nurse Guidelines

A WIC registered nurse (RN) must be registered in the state of Iowa.

Information

Fluoridated Water & Infant Formula

We have recently heard reports that the University of Iowa is advising women not to mix infant formula with fluoridated water. This recommendation is in disagreement with advice commonly provided by WIC to use fluoridated water when reconstituting formula. The discrepancy results from an American Dental Association (ADA) report in November, 2006, that found a small risk of enamel fluorosis in developing teeth when fluoridated water is used in reconstituting formula.

At the time the report was released, the public health community, including the Iowa Department of Public Health and the Iowa WIC Program continued to recommend fluoridated water to be used when mixing infant formula. The reasons behind this recommendation are two-fold: 1) WIC serves a high risk population that may not be receiving regular dental care and are at high risk for dental caries. 2) The enamel fluorosis that could result from the levels of fluoride in Iowa water supplies is mild and only cosmetic in nature (mild fluorosis appears as a white discoloration, severe fluorosis as dark brown. Fluorosis itself does not compromise the structure of the teeth). The difference in approaches arises from the varying needs of the populations targeted by WIC and ADA. WIC must consider the needs of children who may not receive regular dental care and/or practice preventive dental health. The ADA then resolved to study the issue further. Dr. Bob Russell, Chief, Bureau of Dental Health, has provided the following information:

The final ADA fluoridation document has been released (JADA October, 2009) and can be found at <http://www.ada.org/prof/resources/pubs/jada/index.asp> and can be summarized as follows:

The study in the Oct issue of JADA examined the fluoride content of 49 commercially available infant formulas including ready to feed, powdered and liquid concentrate brands. The study also assessed

fluoride content of powdered and liquid concentrate infant formulas when mixed with water containing various levels of fluoride.

- *The study's findings indicated the fluoride content of infant formula itself is very low.*
- *When fluoridated water is used to mix the powdered and liquid concentrate infant formulas, there was a wide range of potential fluoride exposure dependent on the age and weight of the infant, the amount of formula consumed, and the amount of fluoride in the water used to mix the formula.*
- *In this study, the researchers' estimates for fluoride intake from infant formula assumed that babies were only fed formula during the first year of life and were not breast fed. Also, the study did not factor an infant's consumption of baby foods and other beverages, such as juice, that may also contain fluoride.*
- *Infants who are only fed powdered and liquid concentrate formulas mixed with optimally fluoridated water (0.7 to 1.2 ppm) are likely to exceed a fluoride intake level established by the Institute of Medicine designed to reduce the risk of moderate to severe enamel fluorosis. However, the researchers note that the validity of the established intake level is uncertain.*
- *On the other side of the equation, infants 6 months to 1 year who are only fed powdered and liquid concentrate formulas mixed with water with low levels of fluoride such as distilled, demineralized or deionized water (near 0.0 ppm fluoride) will likely not receive an adequate amount of fluoride.*
- *Ready to feed formula had fluoride concentrations that were relatively low and, according to the researchers, would not be expected to contribute significantly to the development of enamel fluorosis.*
- *Increased exposure to fluoride from any source increases the possibility that a child may develop enamel fluorosis. This study does not attribute a causal relationship between consumption or reconstituted infant formula during the first year of life and the development of enamel fluorosis.*

In conclusion, the study report doesn't support retracting our advice that infant formula should be reconstituted with fluoridated water. There simply isn't a fixed opinion about this issue. However, the main problem confronting WIC agencies is providing advice that appears to disagree with the recommendations participants may receive from a physician or clinic. This can cause confusion on the part of the participant. This controversy must be considered in light of recent reports that tooth decay among preschool children is on the rise.

<http://www.cdc.gov/nchs/pressroom/07newsreleases/oralhealth.htm>

The Iowa WIC program encourages agencies to continue to emphasize the role that fluoride plays in strengthening tooth enamel. Advice to the parent or caregiver should be based on an assessment of the household's oral health practices. This may be an opportunity to talk about the other measures that can be taken to protect the infant's emerging teeth:

- *Routinely see a dentist beginning at age one!*

- Fluoride strengthens teeth.
- If preventive measures are being followed (regularly cleaning teeth, avoiding sweetened beverages, avoiding unlimited access to a bottle or sippy cup, avoiding putting infant to sleep with a bottle) it may be reasonable to follow the ADA recommendations.
- If the family cannot guarantee that they regularly follow the above named preventive measures, a small discoloration on the teeth is a small price to pay for strong teeth.

Other resources from CDC:

http://www.cdc.gov/fluoridation/safety/infant_formula.htm

<Http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>

CURRENT JOB OPENING

DATE: December 16, 2009

POSITION: Community Health Consultant (Job #6937BR)

PAY GRADE: 30 \$1,756.80 Minimum - \$2,724.80 Maximum Biweekly

LOCATION: Lucas State Office Building, Des Moines

SHIFT: 8:00 AM to 4:30 PM, Monday thru Friday

WORK UNIT: Division of Health Promotion and Chronic Disease Prevention

Bureau of Nutrition and Health Promotion

STATUS: Permanent Full-Time

DESCRIPTION: This position will serve as a community health consultant for the Supplemental Nutrition Program for Women, Infants, and Children (WIC). The applicant must be a registered licensed dietitian. Preference will be given to applicants that are familiar with the WIC management information system (IWIN).

This Community Health Consultant will perform the following duties:

Consultation:

Provide technical assistance to local agencies that administer the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) to assure that quality services are provided in compliance with federal and state regulations. Technical assistance may include interpreting policies, program planning, and recommendations for the coordination of services, program administration, fiscal accountability, employee relations, and community partnerships.

Monitoring and Evaluation:

--Evaluate the effectiveness, accessibility, accountability and quality of WIC services in assigned local agencies.

Education:

--Coordinate and/or assist in training local agency staff to improve local WIC agency operations and nutrition knowledge of professionals working in the field of maternal and child nutrition.

--Interpret and transmit current scientific information regarding maternal and child nutrition as well as new intervention strategies, legislation, and program developments to peers and local WIC agencies.

--Participate in state training and administrative meetings to improve operations and nutrition knowledge of professionals working in the field of public health nutrition.

Program Administration:

--Review and update Iowa WIC Program Policy and Procedure Manuals (300-Services and 400-State Operations) on an annual basis and submit policy revisions to the Mountain Plains Regional Office.

Applicants must qualify for the 890 Licensed Dietician Selective.

QUALIFICATIONS: As shown on the Community Health Consultant specification sheet available at www.das.hre.iowa.gov

DEADLINE: Reply in writing by Tuesday, December 22, 2009, by 4:30 p.m. to:

Iowa Department of Administrative Services

Walnut and East 14th

Hoover State Office Building

Des Moines, Iowa 50319

Other

2008 National PNSS Data

Each year the Centers for Disease Control and Prevention releases the national PNSS data based on information submitted by individual states and territories. The 2008 data has been posted to the WIC website at www.idph.state.ia.us/wic/data_reports.asp.

Web –based Fun for Families

If you are looking for some fun new interactive ideas for participants, PBS Kids has a new interactive webpage called Fizzy's Lunch Lab. This web-only series provides families with information on good nutrition, a balanced diet, and physical activity. Each week you will find a new short video, with a recipe for children and their parents. You can also find outdoor activities for families. To check out Fizzy's Lunch Lab go to www.PBSKIDSGO.org/lunchlab.

Save the Date Iowa Governor's Conference on Public Health



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