

Pregnant & Breastfeeding: Food Packages 7 & 7M

What?

Women certified as pregnant who are fully or partially mostly breastfeeding a baby (0 through 11 months) will be issued food package 7 (or food package 7M if breastfeeding multiples). This includes a pregnant woman who is a wet nurse.

Definitions:

- **Breastfeeding:** the practice of feeding a mother's breast milk to her infant(s) on the average of at least once a day.
- **Fully breastfeeding:** a woman's baby is receiving no formula from the WIC Program.
- **Partially mostly breastfeeding:** a woman's baby is receiving a 50% or less formula food package from the WIC Program.
- **Wet nurse:** a woman who provides breast milk for another's baby.
- **Multiples:** multiple infants from the same pregnancy (i.e. twins, triplets).

Why?

Breastfeeding while pregnant is safe in most cases. A woman needs to increase her calorie intake to provide for a growing fetus and a breastfeeding infant. To help meet these increased needs and to support breastfeeding, the *2014 WIC Final Rule: Revisions in the WIC Food Packages* allows an increased food package for a pregnant woman also breastfeeding (baby receiving 50% or less formula food package).

When?

Currently nutrition risk 338 *Pregnant Woman Currently Breastfeeding* can be manually assigned on the certification check screen in WISPr. Risk 338's definition isn't specific to breastfeeding a baby less than 12 months old (the baby can be older) and isn't specific to fully or partially mostly breastfeeding. **Starting October 1, 2014** risk 388 will include sub-risks (338.01 and 338.02) to assist with identifying women eligible for food package 7 or 7M.

How?

A woman who is both pregnant and breastfeeding will be certified as pregnant. This will allow a woman to receive the increased breastfeeding food package and for staff to track her pregnancy using the weight gain chart and nutrition assessment tools specific for pregnant women.

When a woman is certified or refreshed as pregnant, 2 new check box options will appear (also see the Quick Reference Card – Assign Food Package Pregnant and Breastfeeding Food Package 7 & 7M):

- Pregnant and breastfeeding an infant less than 12 months old** (selecting this option will trigger WISPr to automatically assign both risk 338 and the new sub-risk 338.01 allowing food package 7 to be issued)
- Pregnant and breastfeeding multiples less than 12 months old** (selecting this option will trigger WISPr to automatically assign risk 338 and the new sub-risk 338.02 allowing food package 7M to be issued)

If one of the above boxes is checked, WISPr will then prompt staff to enter the breastfed infant's date of birth. In the case of multiple infants (must be infants from the same pregnancy such as twins, triplets), staff will enter the birth date of the youngest infant.

If a pregnant woman is a wet nurse, risk 92 *Wet Nurse* will need to be manually assigned on the certification check screen.

Assigning a Food Package:

To assign food package 7 (or 7M) for a pregnant breastfeeding woman with sub-risk 338.01 (or 338.02) enter the woman's breastfeeding % on her Assign Food Package screen. Food package 7 (or 7M) will appear if she is breastfeeding enough to qualify for it (breastfeeding 50%, 75% or 100 %). If a woman is pregnant with multiple fetuses, food package 7 will appear regardless of the breastfeeding % entered.

WISPr will also cross-check the woman's infant (if she has an infant in WISPr) regarding breastfeeding %. WISPr may not show food packages that don't match the infant's breastfeeding % and will issue an error at printing if the breastfeeding %'s don't match. If you're unable to resolve printing issues by entering accurate (matching) breastfeeding %'s, please phone the WIC help desk.

If a pregnant woman stops breastfeeding mid-certification, the box appearing on the pregnancy tab will need to be unchecked (which will remove the breastfeeding % box on her Assign Food Package screen, and food packages 7-7M won't appear). Both risk 338 and the sub-risk 338.01 or 338.02 will continue to appear on the certification history and historical care plans. New care plans created during the remainder of the certification will contain risk 338 but won't show sub-risks 338.01 or 338.02.

(Note: If the box on the pregnancy tab isn't unchecked and instead staff enters breastfeeding 0% on the Assign Food Package screen, that will stop food package 7 or 7M from appearing - but WISPr will continue prompting for the breastfeeding % at future appointments until the pregnancy tab box is unchecked or the infant reaches 12 months of age.)

How Will This Appear in WISPr?

For more information about completing these steps in WISPr, see the Quick Reference Card.

Questions? Please contact:

BJ Bjork 208-334-5836 bjorkc@dhw.idaho.gov	Marie Collier 208-334-5953 collierm@dhw.idaho.gov	MarLee Harris 208-334-4937 harrism@dhw.idaho.gov
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Thank You!!!