Articles about the WIC program

Afnan Chikhani

Fontbonne University

 The first article discusses the association between WIC breastfeeding support practices and breastfeeding duration. The Academy of Pediatrics guideline recommendation is breastfeeding for the first six months; health providers are encouraged to breastfeed to 12 months of age. Breastfeeding and support are some of the essential services provided by the WIC program. The breastfeeding support starts during the perinatal periods and continues to postnatal periods. There is an increased rate of breastfeeding in the USA. In 2014 was an increase in breastfeeding, were 82% of infants breastfeed when they were born, 55% were breastfeeding until the age of 6 months, and 34% of the infant were breastfeeding till the age of 12 months (Gleason et al., 2020)

There were1,235 mothers breastfed infants who participated in this study. Most WIC Site that had provided breastfeeding counselors and assesses the participants with board certifying lactation consults. They also offered breast pump education and a postnatal home visit. Some weak sides would not provide formula during the first three days of post-partum to encourage the mom to try breastfeeding (Gleason et al., 2020). All these services I have found to be significantly and independently associated with some or fully breastfeeding. This study concludes that there is a positive association between site-level support at two months, six months, and 12 months and breastfeeding (Gleason et al., 2020).

The second article talks about Lee's dead quality in 24-month-old children and associated with long participation in WIC service. The study was done between 2013 and 2016 when through telephone interviews with the mothers receiving WIC benefit. The study collected the infant and toddler feeding practice through the interview 24month using the healthy eating index of the 2015 total score (Weinfield et al. 2020). This study showed that there is a significant S association between WIC participation duration and the diet quality of children between the ages of 0- 24-month-old children. In conclusion, the clients who received work benefit during most of the first 2 years of her life had a better diet quality at age 24 months than children who did not receive benefits. There is a nutritional benefit for WIC eligible children who stayed in the long-term program (Weinfield et al., 2020).

These two are articles were help the health provider to have a good understanding of the reason behind the services that the WIC program provides. These studies showed correlations between the WIC participation and the health outcome. knowing that motivates the health provider, especially RDs, keeps providing that assessment and nutritional education to participants.

 Reding this article helped me learn the benefits of WIC services; it also explained why WIC have RDs on site. There were seven RDs in the two locations I did my rotation. These researches provide information that can show the impacts of the nutritional education WIC provides on the participants' outcome. It helped me understand the importance of nutritional education and advice can help the community's health outcome. WIC program is a health education program that provides partial supplements. It is set in a smart way of providing nutrition education to populations that some of them cannot be interested in, but they need to get the benefits. It is set this way because it is believed that this nutritional education is impacting the health of the community and these ins of studies support that.

References

Gleason, S., Wilkin, M. K., Sallack, L., Whaley, S. E., Martinez, C., & Paolicelli, C. (2020). Breastfeeding Duration Is Associated With WIC Site-Level Breastfeeding Support Practices. *Journal of Nutrition Education & Behavior*, *52*(7), 680–687. <https://doi.org/10.1016/j.jneb.2020.01.014>

Weinfield, N. S., Borger, C., Au, L. E., Whaley, S. E., Berman, D., & Ritchie, L. D. (2020). Longer Participation in WIC Is Associated with Better Diet Quality in 24-Month-Old Children. *Journal of the Academy of Nutrition & Dietetics*, *120*(6), 963–971. https://doi.org/10.1016/j.jand.2019.12.012