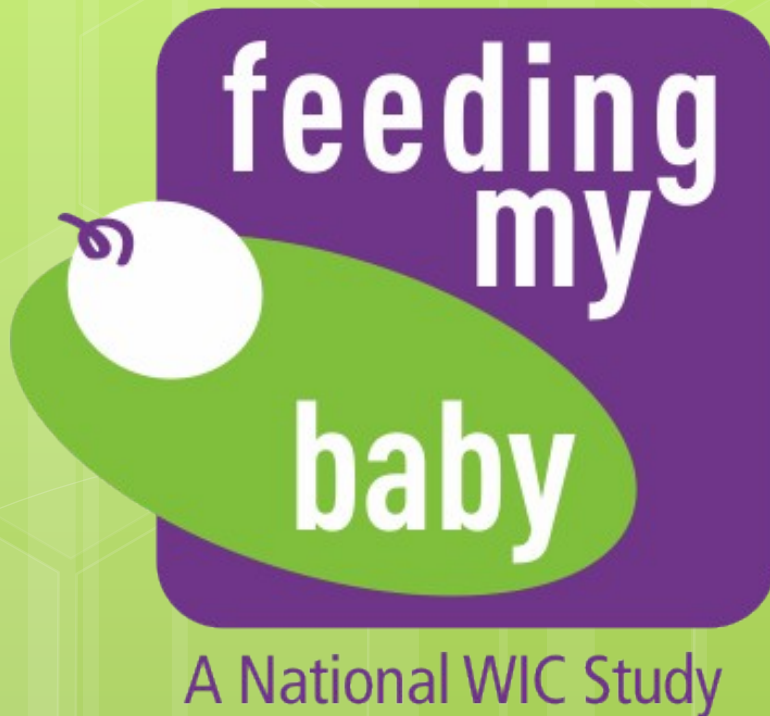


Appendix M Study Extension Webinar Slides

OMB Approval No.: 0584-0580
Approval Expires: XX/XX/20XX



Study Extension Webinar [Insert Date]

According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0580. The time required to complete this information collection is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Services, Office of Policy Support, 3101 Park Center Drive, Room 1014, Alexandria, VA 22302, ATTN: PRA (0584-0580). Do not return the completed form to this address



Greetings from the Feeding My Baby Study Team!

- Westat
- Altarum
- Public Health Foundation Enterprises WIC Program
- Nutrition Policy Institute of the University of California
- USDA Food and Nutrition Service

Webinar Agenda

- Study objectives
- Study timelines
- Study activities
- Study report highlights
- Study activities during the extension
- Role of State Agencies and sites during study extension period
- Questions from State Agencies and sites

Study Objectives

- Update results of WIC infant feeding practices study conducted in 1994-95
- Compare new findings with previous WIC study and other studies of infant and toddler feeding practices
- Assess conditions of overfeeding and overconsumption
- Identify nutrition education influences on infant and child feeding practices
- Assess the impact of WIC on nutrition, health and developmental outcomes
- Determine changes in feeding practices and behaviors as infants transition to toddlers and preschoolers and early childhood (beyond WIC eligibility)
- Identify factors that lead to continued, discontinued, or renewed participation in WIC through age 5 years
- Uncover potential issues such as food insecurity during the gap between WIC and school-based programs



How will the findings be used?

- Provide insight on the factors and influences that impact feeding practices—useful for planning nutrition education
- Describe food and nutrient intake from infancy through age 6 years—useful for assessing WIC food packages
- Identify factors associated with movement in and out of WIC—useful for addressing program retention and outreach
- Inform the nation about the important role WIC plays in early childhood nutrition even beyond the period of eligibility
- Gauge the level of food insecurity during the gap between WIC and school-based programs

Study Timeline

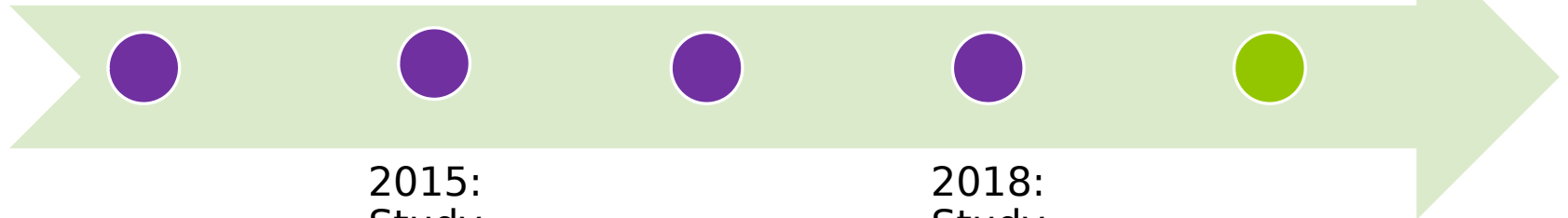
2013:
Study
begins for
prenatal
through 24
months

2016:
Study
extended
through 60
months

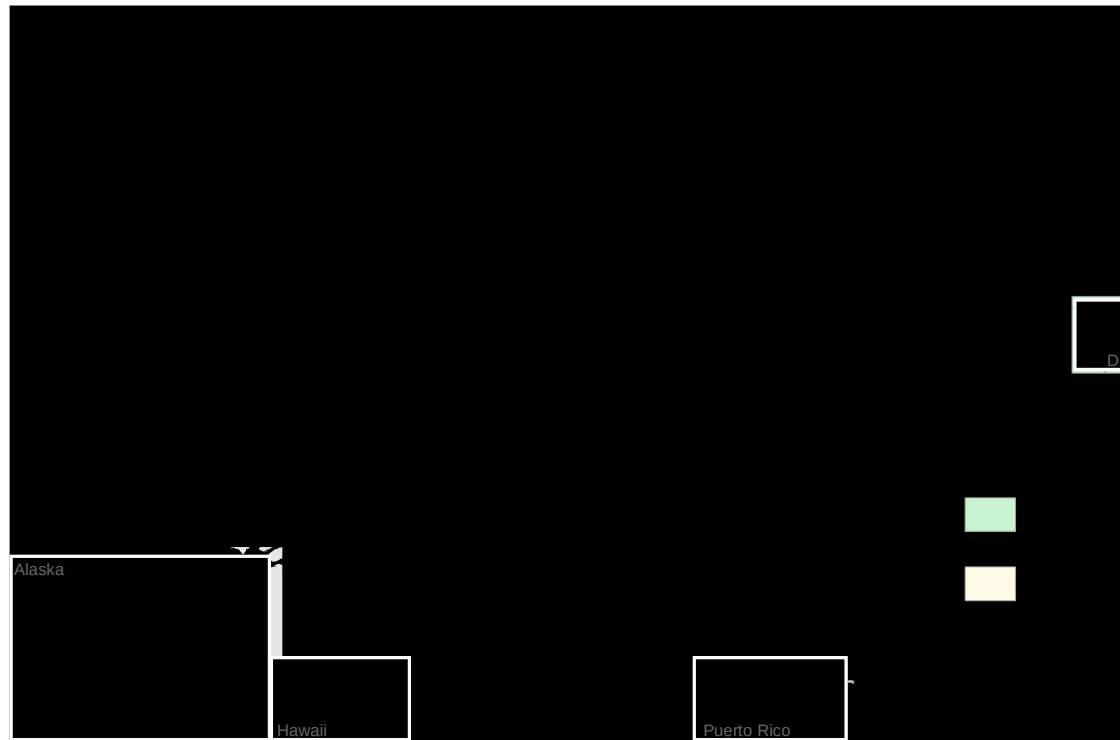
2022:
Study ends

2015:
Study
extended
through 36
months

2018:
Study
extended
through 72
months



Study States and Sites



Study Activities

- **2013:** Recruitment of prenatal women and infants into study; WIC staff interviews and survey
- **2013-2016:** Interviews of prenatal women and infants from birth through 24 months; infant measurements at 6, 12 and 24 months
- **2015-2017:** Interviews for children at 30 and 36 months; measurements at 36 months
- **2016-2019:** Interviews for children at 42 through 60 months; measurements at 48 and 60 months
- **2019-2020:** Interviews for children at 72 months; measurements at 72 months
- **2022:** Final report



Recruitment of Study Participants

- Recruited 4,367 participants
 - Prenatal women
 - Mothers of infants up to 2.5 months old



Interviews with Parents/Caregivers

| Interview | Upcoming | In Progress | Complete | Not Complete | Cooperation Rate** |
|-----------|----------|-------------|----------|--------------|--------------------|
| Prenatal | 0 | 0 | 2645 | 298 | 90% |
| 1-Month | 0 | 0 | 3428 | 316 | 92% |
| 3-Month | 0 | 0 | 2904 | 447 | 87% |
| 5-Month* | 0 | 0 | 2656 | 429 | 86% |
| 7-Month | 0 | 0 | 3186 | 629 | 84% |
| 9-Month* | 0 | 0 | 2487 | 553 | 82% |
| 11-Month* | 0 | 0 | 2365 | 646 | 79% |
| 13-Month | 0 | 0 | 2852 | 877 | 76% |
| 15-Month* | 0 | 0 | 2109 | 833 | 72% |
| 18-Month* | 0 | 0 | 2031 | 866 | 70% |
| 24-Month | 0 | 0 | 2497 | 1070 | 70% |
| 30-Month | 0 | 0 | 2643 | 815 | 76% |
| 36-Month | 0 | 0 | 2627 | 717 | 79% |
| 42-Month | 0 | 0 | 2636 | 601 | 81% |
| 48-Month | 1 | 8 | 2573 | 596 | 82% |
| 54-Month | 1638 | 175 | 1070 | 239 | 82% |
| 60-Month | 1167 | 68 | 58 | 1 | 98% |
| All | 2806 | 251 | 40767 | 9933 | 80% |

*Core sample only.

**Cooperation rate is calculated on eligible and finalized cases.

Measurements of Infants/Children

- WIC data requests to State Agencies for measurements at 6, 12, 24, 36 and 48 months
- Feeding My Baby measurement cards—started using these for children at 36 months
- Also accepted copies of recent health care provider reports with height and weight

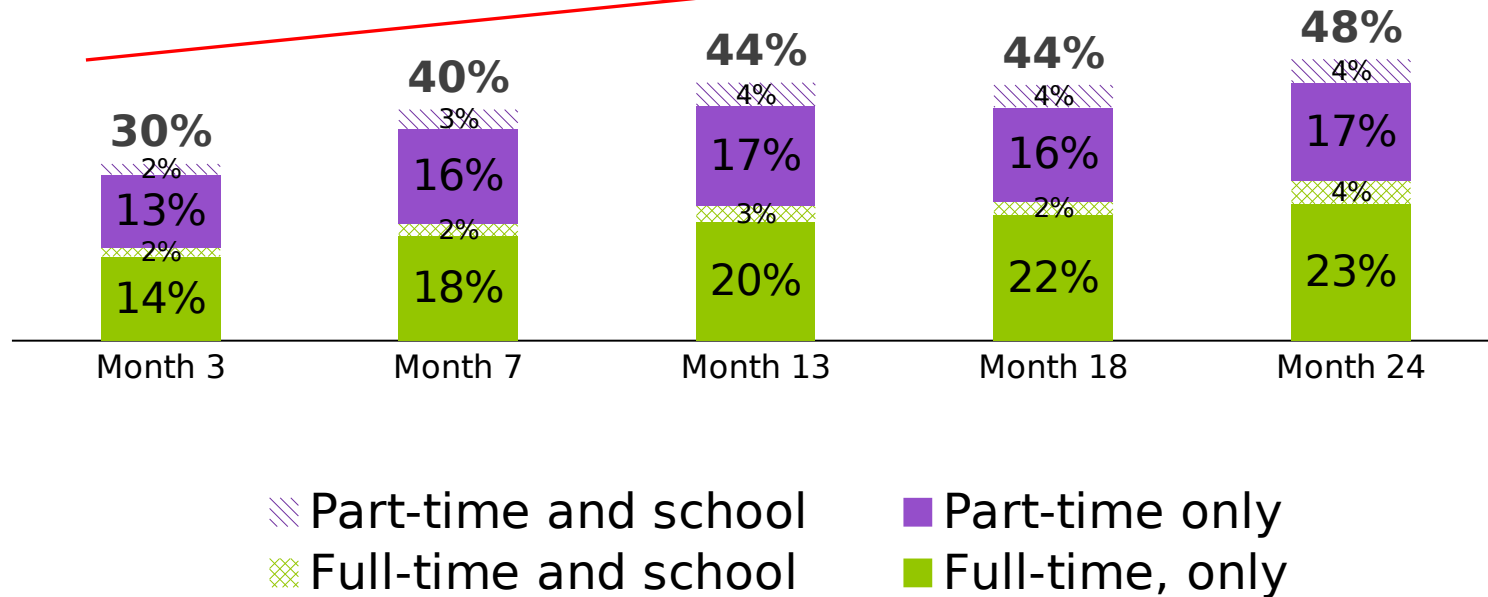


Second Year Report Topics

- Work, child care, and feeding practices
- Complementary feeding practices
- Food intake
- Energy and nutrient intake
- Weight and growth

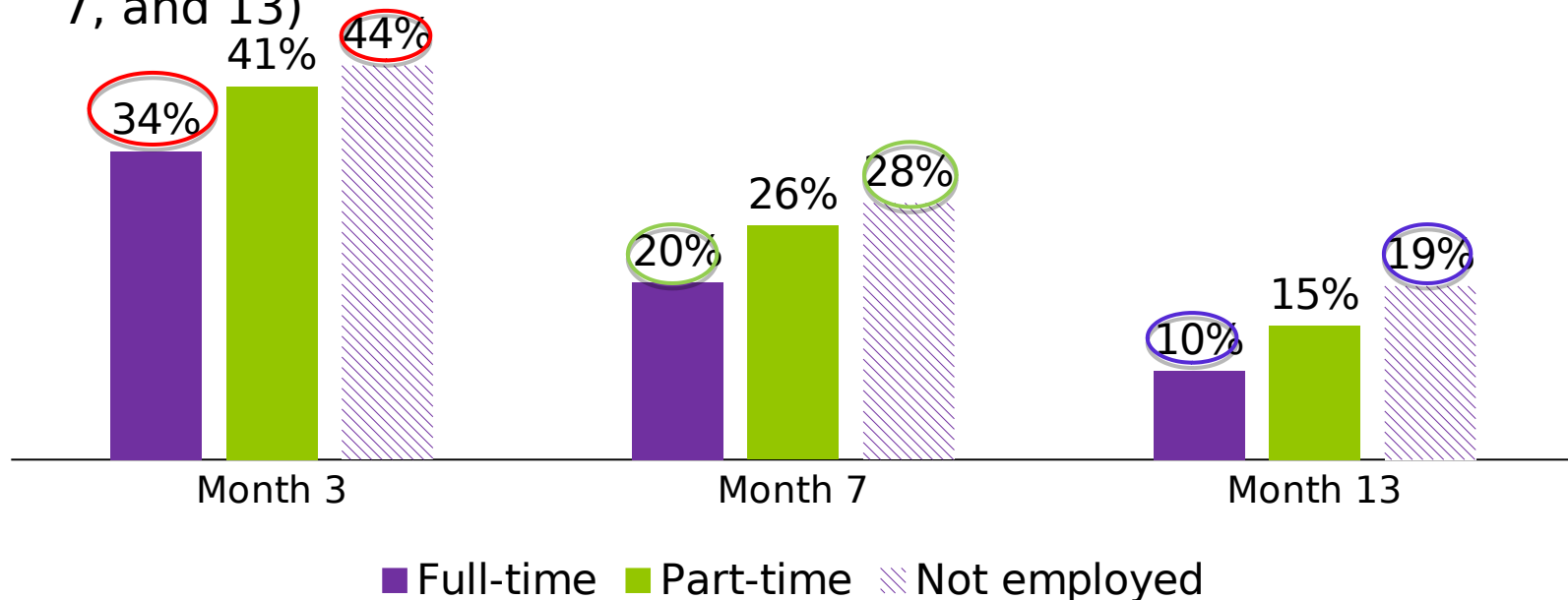
Mothers enrolled in WIC are returning to work

The percentage of ITFPS-2 mothers working and going to school by work status (Months 3-24)



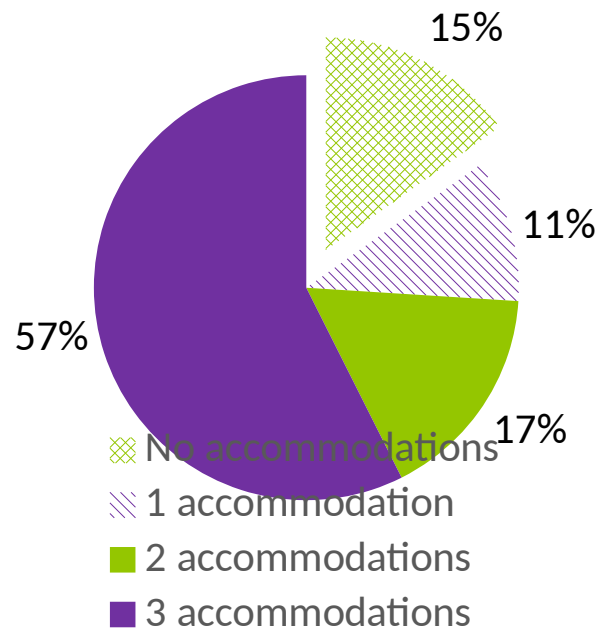
Mothers who work full-time are less likely to be breastfeeding than are mothers who are not employed at each time point

Breastfeeding rates by employment status groups (Months 3, 7, and 13)

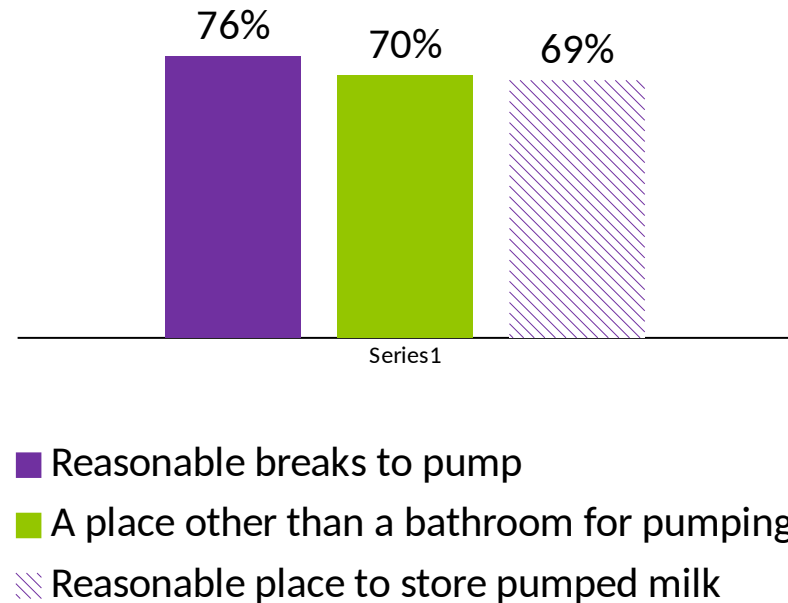


Many breastfeeding mothers report workplace accommodations for breastfeeding

Number of workplace accommodations reported by employed, breastfeeding

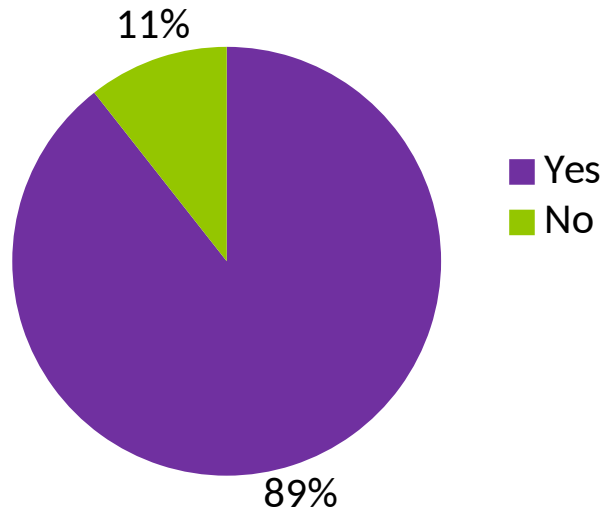


Percentage of employed, breastfeeding mothers reporting each type of workplace

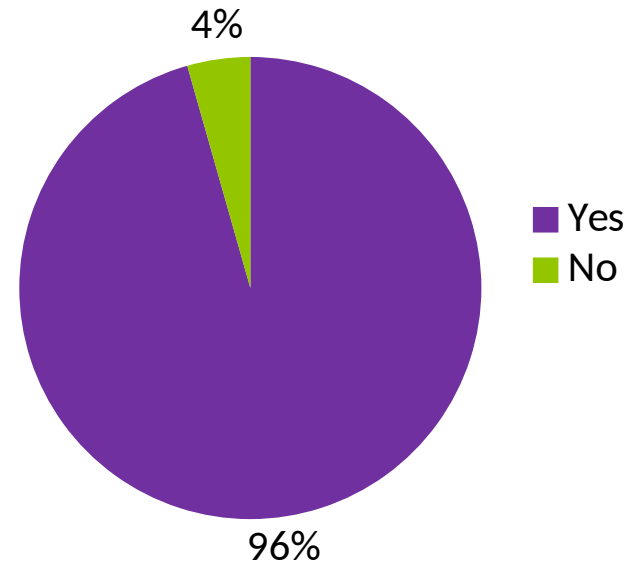


Caregivers say that the WIC food package allows them to purchase foods they typically feed their child

7 months



15 months





Top foods and beverages consumed at breakfast at 13 and 24 months

| Month 13 | | Month 24 | |
|---|-------------------------------------|--|-------------------------------------|
| Top five foods or beverages | Percent of study children consuming | Top five foods or beverages | Percent of study children consuming |
| Breakfast | | Breakfast | |
| ☐ Milk and milk products | 50.4% | ☐ Milk and milk products | 61.2% |
| ☐ Any fruit (excluding juice) | 28.6 | ☐ Non-infant cereal (not presweetened) | 31.8 |
| ☐ Non-infant cereal (not presweetened) | 25.1 | ☐ Eggs | 29.1 |
| ☐ Infant cereals | 23.5 | ☐ 100 percent fruit juice | 27.5 |
| ☐ Eggs | 20.5 | ☐ Any fruit (excluding juice) | 23.8 |
| ☐ Type of food available in the WIC food packages | | | |
| Unweighted n | 2,613 | Unweighted n | 2,375 |
| Weighted n | 410.041 | Weighted n | 428.368 |



Top foods and beverages consumed at lunch at 13 and 24 months

| Month 13 | | Month 24 | |
|-----------------------------|-------------------------------------|-----------------------------|-------------------------------------|
| Top five foods or beverages | Percent of study children consuming | Top five foods or beverages | Percent of study children consuming |
| Lunch | | Lunch | |
| Any vegetables | 30.5% | Non-baby food meat | 34.7% |
| Milk and milk products | 28.3 | 100 percent fruit juice | 34.6 |
| Any fruit (excluding juice) | 28.0 | Any vegetables | 28.1 |
| 100 percent fruit juice | 27.1 | Milk and milk products | 25.3 |
| Non-baby food meat | 23.9 | Any fruit (excluding juice) | 24.7 |
| Unweighted n 2,459 | | Unweighted n 2,280 | |
| Weighted n 383,586 | | Weighted n 410,871 | |

□ Type of food available in the WIC food packages



And top foods and beverages consumed at dinner at 13 and 24 months

| Month 13 | | Month 24 | |
|-----------------------------|-------------------------------------|-----------------------------|-------------------------------------|
| Top five foods or beverages | Percent of study children consuming | Top five foods or beverages | Percent of study children consuming |
| Dinner | | Dinner | |
| Any vegetables | 42.9% | Non-baby food meat | 45.5% |
| Non-baby food meat | 32.0 | Any vegetables | 43.6 |
| Milk and milk products | 29.5 | Milk and milk products | 30.1 |
| 100 percent fruit juice | 19.1 | 100 percent fruit juice | 24.4 |
| Any fruit (excluding juice) | 13.7 | Rice and pasta | 16.1 |
| Unweighted n | 2,491 | Unweighted n | 2,309 |
| Weighted n | 389,063 | Weighted n | 415,502 |

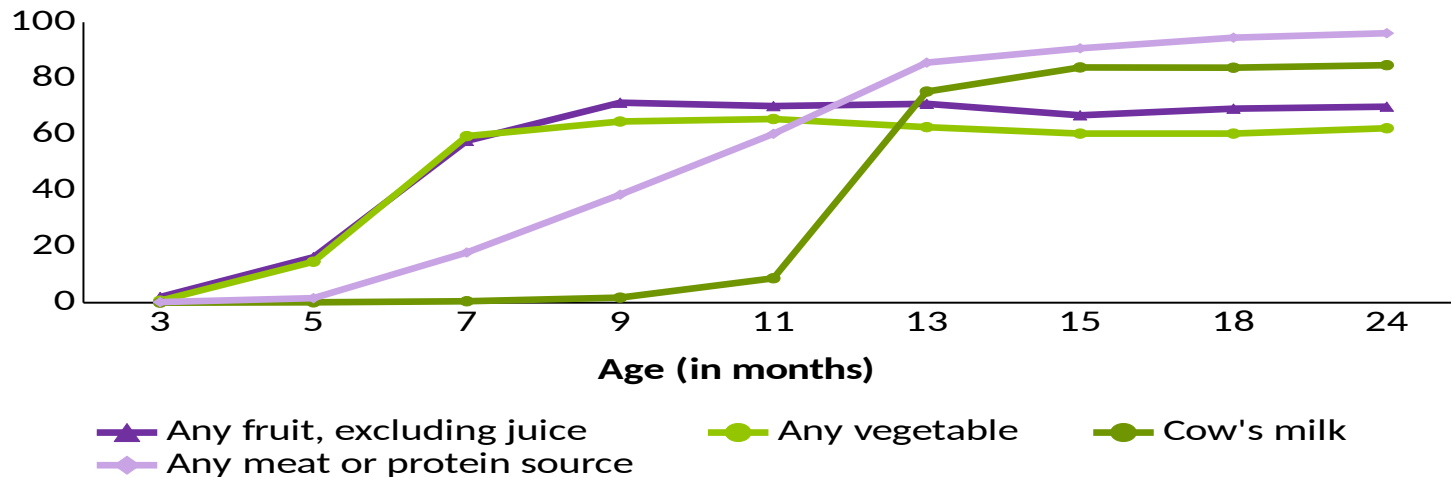
□ Type of food available in the WIC food packages

Top five foods and beverages consumed as snacks at 13 and 24 months

| Month 13 | | Month 24 | |
|--------------------------------|-------------------------------------|--------------------------------|-------------------------------------|
| Top five foods or beverages | Percent of study children consuming | Top five foods or beverages | Percent of study children consuming |
| Snacks | | Snacks | |
| □ Any fruit (excluding juice) | 42.1% | □ Any fruit (excluding juice) | 50.0% |
| □ Milk and milk products | 38.5 | □ Milk and milk products | 39.0 |
| Crackers, pretzels, rice cakes | 34.1 | Crackers, pretzels, rice cakes | 29.1 |
| □ 100 percent fruit juice | 19.5 | □ 100 percent fruit juice | 20.7 |
| Baby food desserts | 15.6 | Salty snacks | 19.9 |
| Unweighted n | 2,160 | Unweighted n | 1,999 |
| Weighted n | 329,421 | Weighted n | 351,307 |

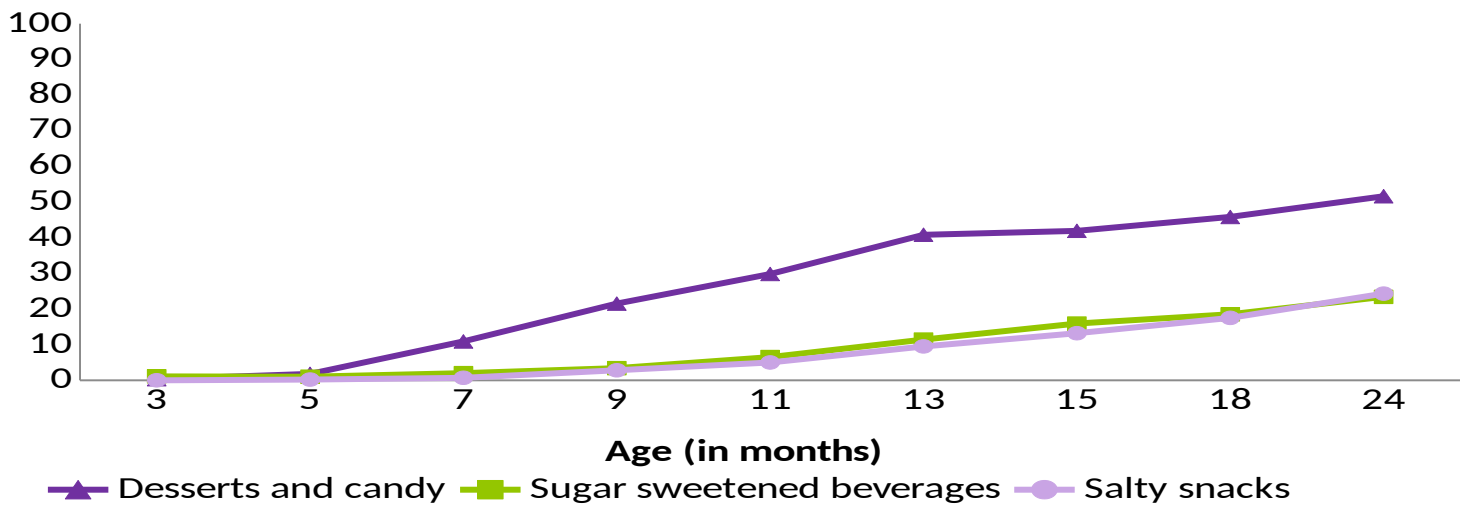
Children enrolled in WIC are increasing consumption of fruits, vegetables, cow's milk, and meats and other proteins...

Percentage of Study Children Consuming on a Given Day



...but are also increasing consumption of desserts, sugar-sweetened beverages, and salty snacks

Percentage of Study Children Consuming on a Given Day



Macronutrient and micronutrient intakes mostly meet or exceed recommended levels through the first year of life



- At each month, median macronutrient levels meet or exceed the recommended levels for that age.
- At each month, most median micronutrient levels also exceed the recommended levels for that age. The exceptions are:
 - Median vitamin D intake is below adequate intake levels throughout infancy.
 - 20% of children have intakes of iron below the estimated average requirement at month 7, 16.7% at month 9, and 14.7% at month 11.
 - 17.4% of children have intakes of zinc below the estimated average requirement at month 7, 11.4% at month 9, and 6.9% at month 11.



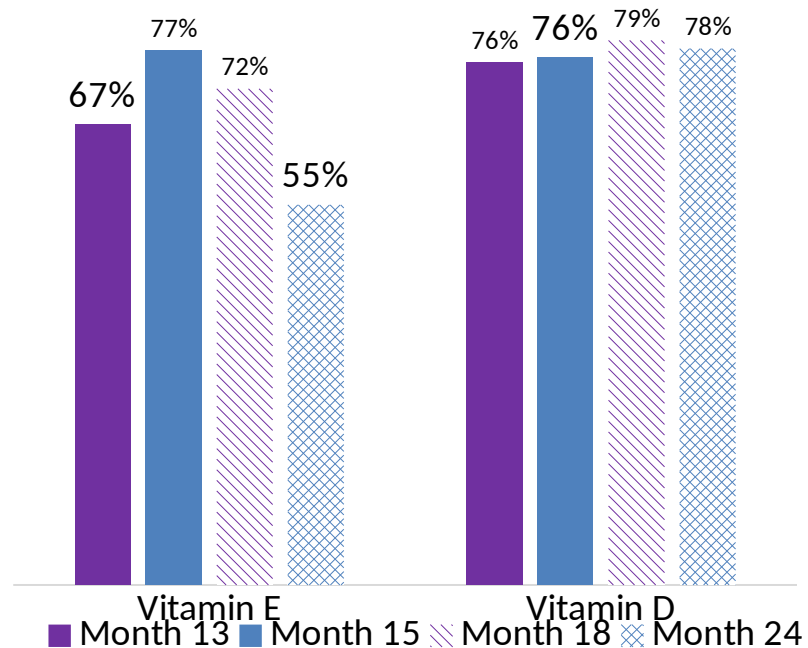
Macronutrient and micronutrient intakes mostly meet or exceed recommended levels through the second year of life

- From months 13-24, median macronutrient levels exceed the recommended levels for each age.
- From months 13-24, prevalence of inadequate intakes (below the estimated average requirement) for most micronutrients is less than 5%.
- Inadequate intakes of iron and zinc decrease as children age, and less than 5% have inadequate intakes in the second year.

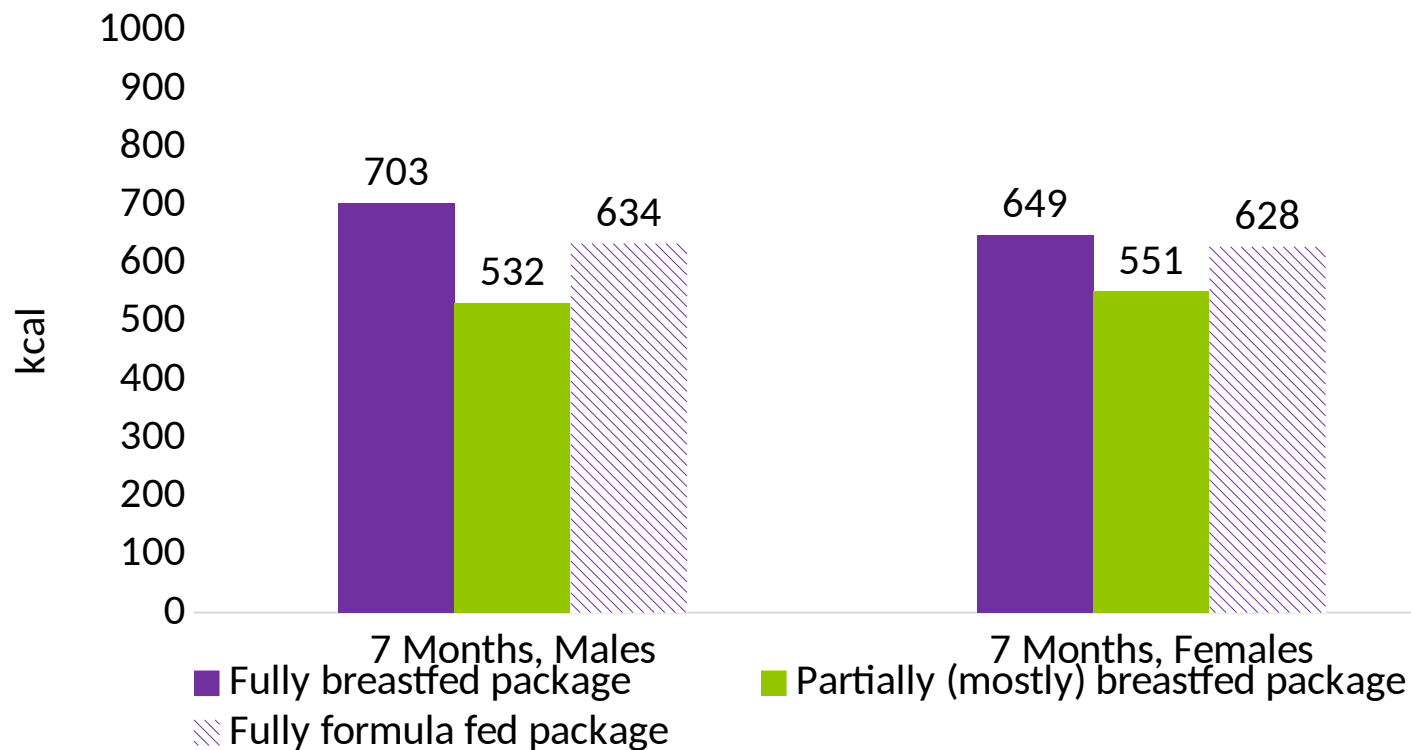
Vitamins E and D are the exceptions

Prevalence of inadequate intakes of vitamins E and D, months 13 to 24

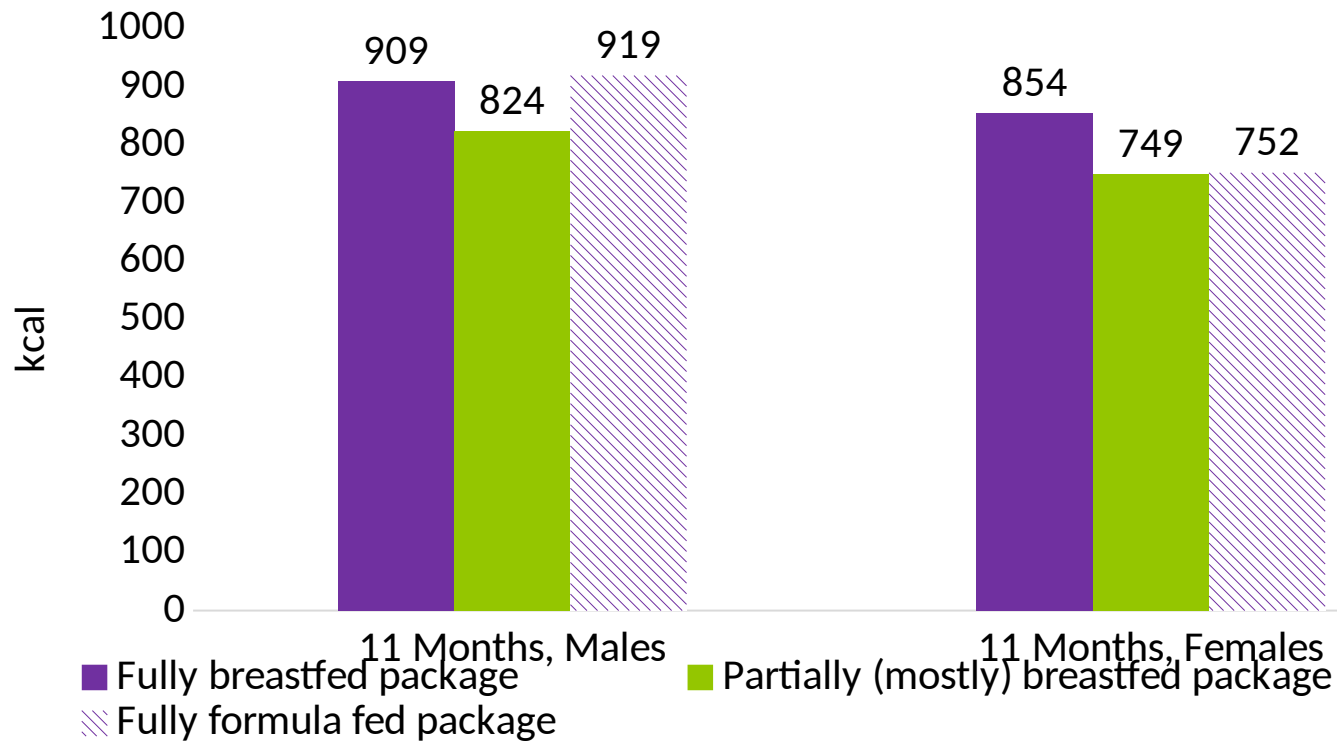
- Vitamins E and D have high prevalences of inadequate intakes in the second year.



At 7 months, median caloric intake is lowest among infants issued the partially (mostly) breastfed food package at 6 months



But by 11 months, those differences are smaller in magnitude

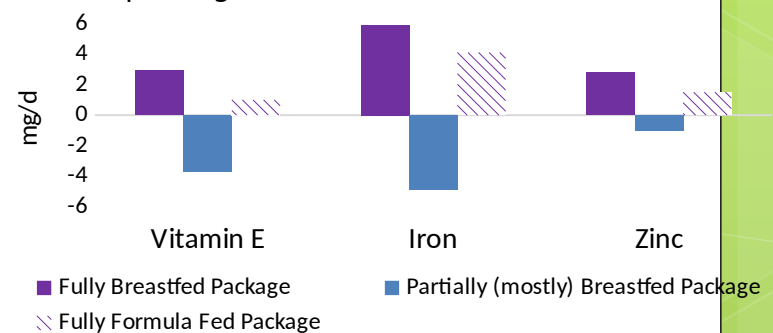


Infants who receive the partially (mostly) breastfed package at 6 months are at risk for not meeting some nutrient needs

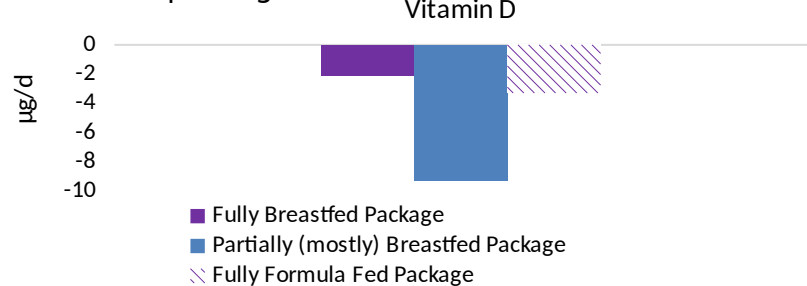


- Median macronutrient intake levels are similar across the three food package groups.
- Median micronutrient intake levels, however, are lower for the partially (mostly) breastfed package group.
- Controlling for energy intake suggests that the problem may be rooted in low energy intake for the partially (mostly) breastfed package group.
- Nutrient levels return to higher levels by 11 months.

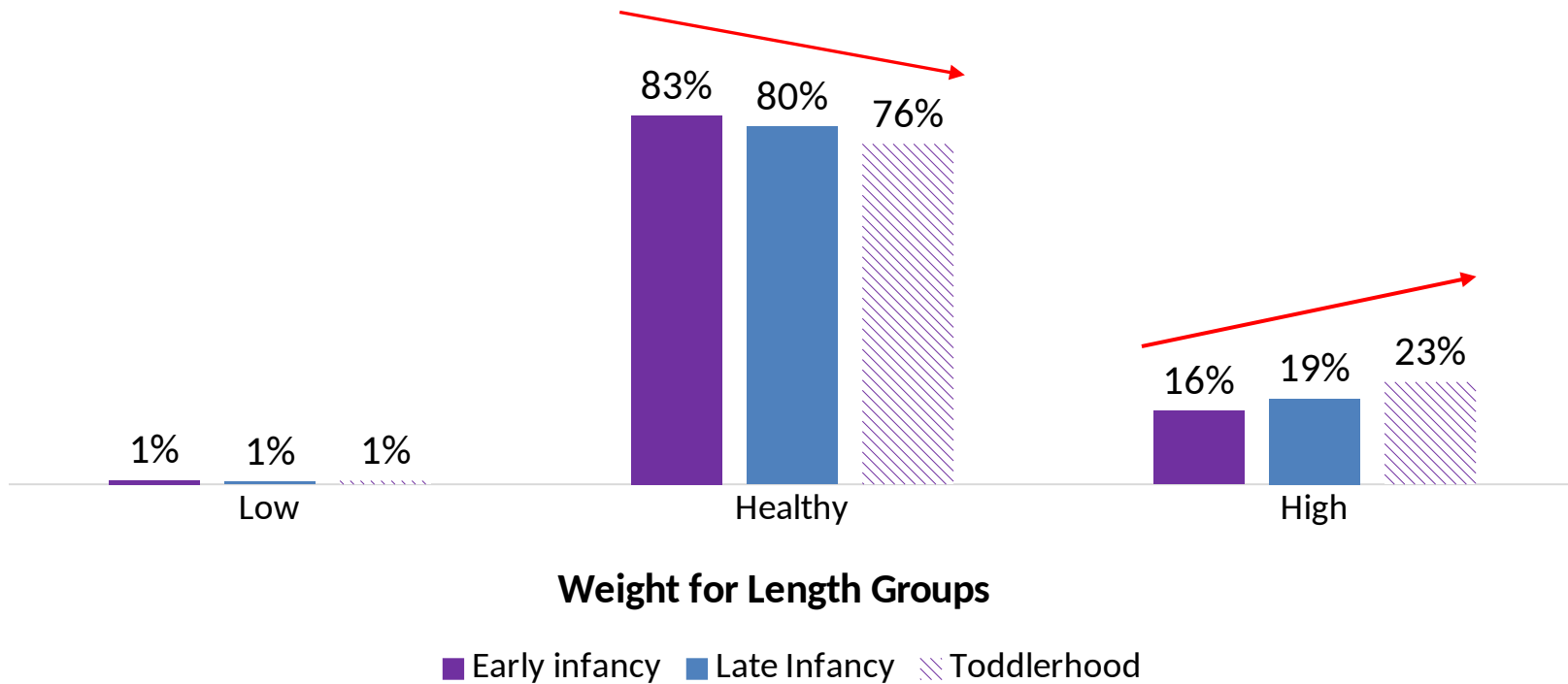
Difference between recommended levels and 7-month median intake of vitamin E, iron, and zinc by 6-month food package



Difference between recommended levels and 7-month median intake of vitamin D by 6-month food package



While most children are healthy weight-for-length, the percentage who are high weight-for-length increases with age



Next Report (Age 3)

- Work, child care, medical care, federal food benefit receipt
- Healthy food purchasing, feeding beliefs, rules, and practices
- Food intake
- Energy and nutrient intake
- Weight and growth



Study Activities during Extension

- Obtain State/local IRB approvals
- Notify parents/caregivers and ask them to continue with study
- Stay in contact with parents/caregivers
- Conduct one additional interview at 72 months
- Obtain weight and height measurements at 72 months

Study Participation during Extension

Estimates of number and percent of completed interviews*

| | Number | Percent Interviews Completed |
|-----------|--------|------------------------------|
| 42 Months | 2,636 | 65% |
| 48 Months | 2,573 | 64% |
| 54 Months | 2,087 | 52% |
| 60 Months | 1,980 | 49% |
| 72 Months | 1,901 | 47% |

* Children remain in study regardless of WIC enrollment status

Keeping Parents/Caregivers Engaged

- Extension flyer, birthday cards, thank you notes, phone calls, text messages
- Proposed incentives
 - \$60 (plus \$10 for use of cell phone) for 72 month interview
 - \$60 (plus \$10 for transportation) for obtaining measurements at 72 months



Assistance from States and Sites

- Obtaining measurements at 72 months (age 6 years)
- All parents/caregivers will be asked to take child to WIC site or healthcare provider for measurements
- Measurement cards will be provided to all parents/caregivers to obtain measurements and return to Westat

Measurement Card

RV2453
~8967.04.09.01~

APPENDIX F1
72-mo HW measurement card - English

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 433 ROCKVILLE, MD

POSTAGE PAID BY ADDRESSEE

Westat
1600 Research Boulevard
Rockville, Maryland 20850-9973



Fold along the dotted line. Pull off adhesive strip to seal.



Measurement Card



Measurement Card Instructions

CPHS Approval No. 0354-0202
Approval Expires:

This child is taking part in the WIC Feeding My Baby Study sponsored by the United States Department of Agriculture (USDA), Food and Nutrition Service. The purpose of this study is to understand health, growth, and feeding practices of children between birth and 6 years of age. To study growth, we are obtaining the height and weight measurements for these children during this critical development period. For any questions, please call 855-328-1282 (toll free).

Please complete and return this postage-paid card to Westat by mail. The parent/caregiver will receive an incentive for bringing the child in for measurements when the card is received by Westat.

| | |
|--|-------------------|
| Child's First and Last Name | Child's Birthdate |
| Parent/Caregiver's First and Last Name | |

To be completed by WIC/Health Care Provider staff only

| | |
|---|--|
| Provider Type (check box) | |
| <input type="checkbox"/> WIC Program | <input type="checkbox"/> Healthcare Provider/Clinic <input type="checkbox"/> Other |
| Provider Address Stamp OR | |
| WIC/Health Care Provider Name | |
| Address Phone | |
| Number | |
| Measurements | |
| Height | _____ in OR _____ cm |
| Weight | _____ lb _____ oz OR _____ kg |
| I _____ (PRINT NAME) certify that the measurements were completed in the office | |
| on _____ (DATE) | |
| Signature of staff completing measurements _____ Title _____ | |

According to the Privacy Protection Act of 1974, no persons are required to respond to a collection of information unless it displays a valid OPIE number. The valid OPIE control number for this information collection is 0354-0202. The time required to complete this information collection is estimated to average 30 minutes, including one day for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.



Measurements at WIC Sites

- All children in the study who choose to come to WIC for measurements
- All parents/caregivers will be offered incentive to have measurement card completed and returned
 - Identify convenient WIC site for parent/caregiver

What if.....?

- Original study site has closed?
- Family has relocated within study site area?
- Family has relocated outside of study site area?



Measurement Data Alternatives

- Parent/caregiver sends in copy of record from healthcare provider if within 3 months of child's 6th birthday.

Other Assistance from WIC

- Help with locating parents/caregivers of children in the study if....
 - They can't be located through other means
 - They are believed to have participated in WIC through age 5 (other family members may still be participating)



Thank you for your support!



What are your questions?

