

APPENDIX D

I. Initial Certification appointment (2 years 6 months):

QuickWIC Data:

Height: 36.25 inches 75th percentile
Weight: 37 lbs. >95th percentile
BMI 19.8 99th percentile
Hgb 10.3

Risk Criteria:

Low Hemoglobin
Overweight

Comments:

Initial cert: Both parents working outside of the home, grandma watches her during day; mom considers Angela to be a "picky eater", especially at dinnertime; drinking lots of 2% milk and juice; Angela often complains of a "belly ache"; mom assumes Angela watches TV almost all day (grandma watches her daily and has problems with mobility); no medical conditions; family hx of overweight and type 2 diabetes.

Discussed the need to reduce fluids – suggested that mom reduce the amounts of milk and juice being given at home. Also discussed iron-rich foods and suggested using WIC cereals as snacks.

Goal: Provide milk at meals only and one 6 oz serving of juice every day.

II. Information obtained in follow-up appointment (2 years 9 months):

QuickWIC Data:

Height: 37 inches 75th percentile
Weight: 36 lbs. 93rd percentile
BMI: 18.5 95th percentile

Comments:

Follow up: mom has cut back on milk and juice, but hasn't noticed much change in overall appetite – still picky, especially at dinnertime. Mom took Angie to doctor concerning bellyache, everything looked good, no further problems with this. Mom gave grandma info from last appointment, and grandma says she has cut back on Angela's fluid intake during the day too. Grandma has started giving WIC cereal at snack time.

Reinforced the importance of continuing to limit excessive milk/juice intake due to extra kcal and previous low Hgb, and to continue offering iron-rich foods daily.

Goal: Continue to offer WIC cereal once/day.

III. Information obtained at Recertification appointment (3 years)

QuickWIC Data:

Height: 38 inches 75th percentile
Weight: 35.5 lbs. 85th percentile
BMI: 17.3 85th percentile
Hgb: 11.2

Risk Criteria:

At risk of becoming overweight

Comments:

Recert: Hgb improved. Mom feels better about Angie's growth. She's still concerned with "picky eating", especially overall appetite and amounts of food eaten at dinnertime (says Angie does eat better on the weekends). Angie prefers certain foods (pizza and chicken nuggets) over others. Not sure if grandma is feeding Angie before she comes home. Mom apprehensive about talking with grandma about snacks/feeding schedules. Angie recently more active (goes to park approx. 1-2 times/week with grandma).

Goal:

Potential Care Plan (priority areas/need more info to answer questions): ****in practice questions to show critical thinking? Or should we select some of these and put in the note for them?**

- Child portion sizes
 - o Appears some distortion here
 - o May need more detailed education (already mentioned 1T/year of life)
- "Division of Responsibility": child responsible for choosing whether or not to eat and how much; parent responsible for offering variety foods; at regular intervals; in appropriate amounts.
 - o To what degree is this happening?
 - o Is mom a "short-order cook"?
 - o Offering 10+ times before acceptance?
- Parents as role models
 - o Likes/dislikes – affecting Angie's preference for certain foods?
 - o How often does family eat meals together?
 - o Environment when eating? (TV; "one-bite rule"; etc.)
 - o Frequency of fast-food?
 - o Explore in greater detail common food choices/prep methods of family
 - o How does mom/dad react when Angie refuses to eat? Bribes?
- Explore Angie's role in food selection and preparation
 - o Does Angie have a say in what the family eats?
 - o Does she help pick fruits, veggies, etc. at the store?
 - o Can she help mom with food prep?
- Explore "food jags"
 - o How long has this been going on?
 - o Is there a pattern due to common foods offered (lack of variety, texture, etc.)?
- Explore varied appetite
 - o Is Angie eating/filling up on fluids too close to dinnertime at Grandma's?
 - o Relationship with large portion sizes?
 - o Frequency meals/snacks offered?
- Including caregiver (Grandma) in goals for feeding Angie
 - o Explore ways to include Grandma without offending
- Continue to keep Angie active
 - o Explore ways to encourage Grandma to keep doing with offending
 - o Explore indoor alternatives
 - o Follow up on TV time
- Follow up on Dental Health

IV. Information obtained at Recertification appointment (3 years 6 months)

QuickWIC Data:

Height: 39 ½ inches 75th percentile
Weight: 37 pounds 85th percentile
BMI: 16.7 80th percentile

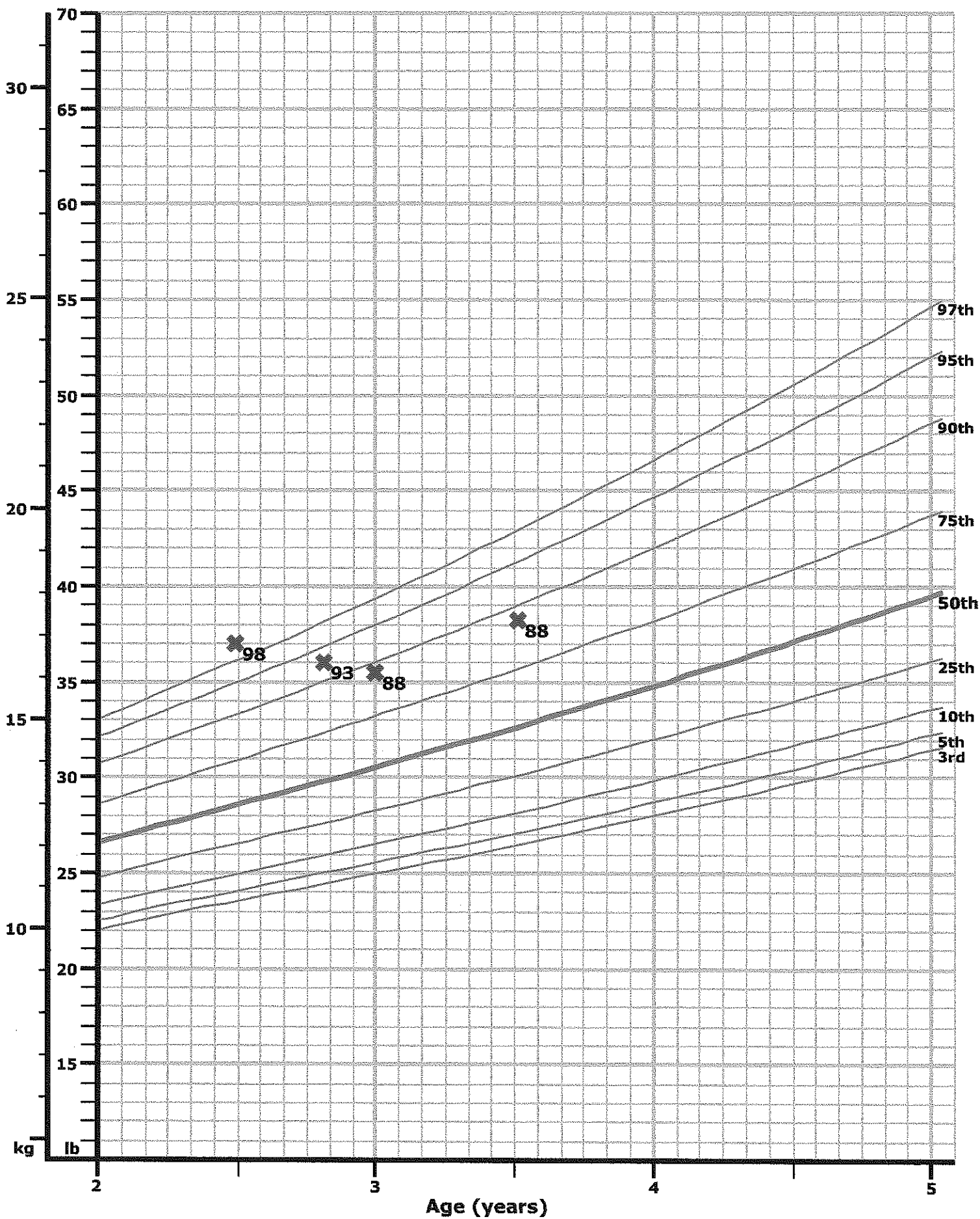
Risk Criteria:

Comments:

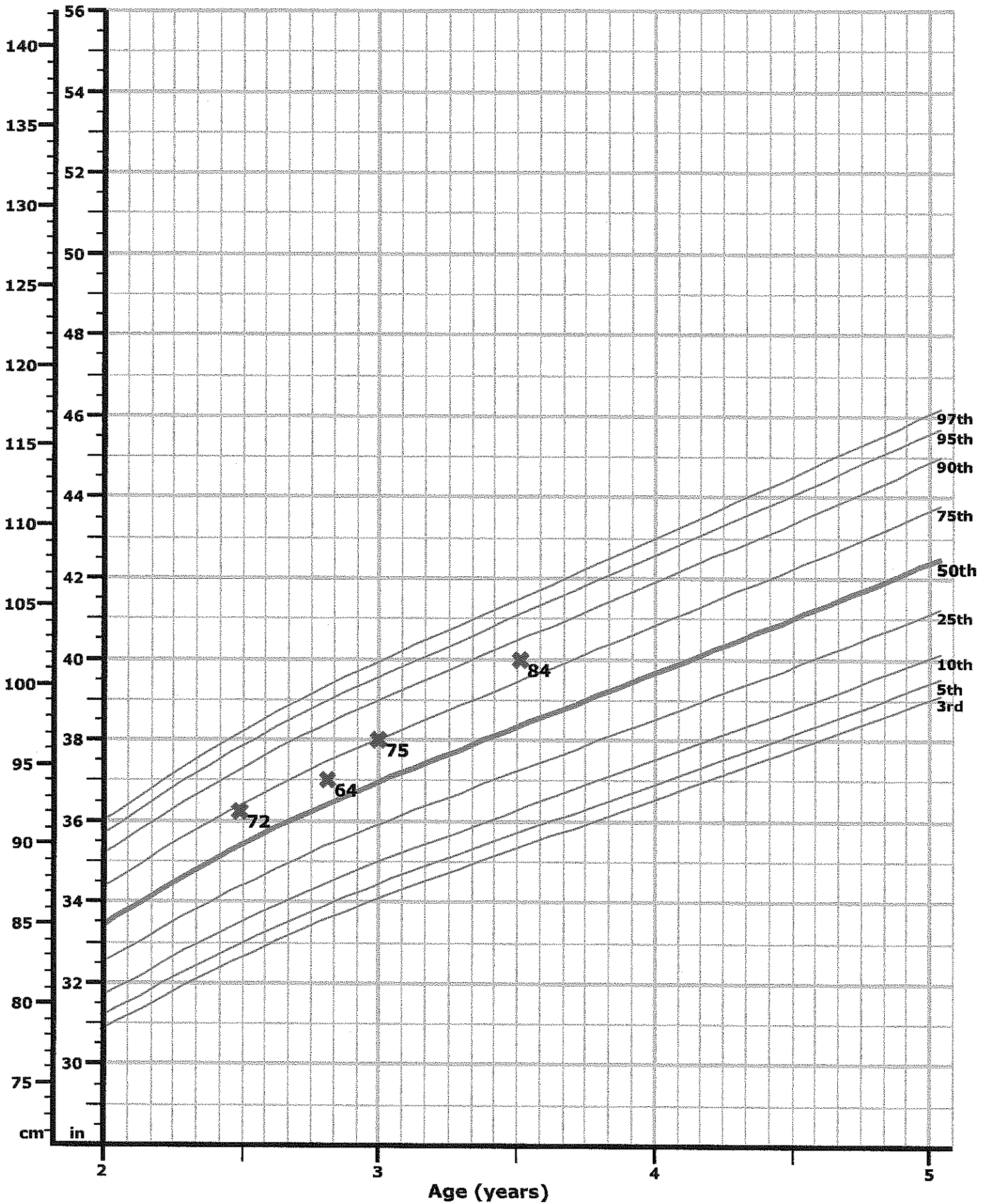
Goal:

Note: Highlighted areas currently not in anthro storyboard or video script

Female Child Weight For Age Chart - Angela ***



Female Child Stature For Age - Angela ***



Female Child Body Mass Index (BMI) For Age Chart - Angela ***

