

# Guam WIC Health Status Indicators Five Year Trends

2020 - 2024

# Why Indicators?



Indicators provide a way to monitor risk factors and outcomes of the WIC program.

# Health Status Indicators

- Useful for:
  - Tracking population trends
  - Evaluating progress over time
  - Planning and decision making
  - Demonstrating need for grant proposals
- Always remember:
  - Small agencies will have more fluctuations year to year because their population is smaller.
  - Longer trend lines give us a bigger picture.



# Snapshots

- Capture a point in time, but clients come in and out of WIC, and move from clinic to clinic.
- Pregnancy and birth measures are captured for the year in which the baby was born.
- Agency results include clients who were in their caseload last during the reporting year.
- Low hemoglobin measures are based on lowest value for each child during year.



# Change This Year

- Waivers are no longer in place for capturing bloodwork, heights, and weights from clients due to COVID -19, and the following indicators have been updated:
  - Pre-pregnancy BMI
  - Maternal weight gain
  - Overweight and obesity in children
  - Low hemoglobin
- These measures are based only on clients with in -person visits and may not be representative of all clients during waiver years.
- When fewer than 10 clients are included in a measure, the result is suppressed, indicated by an asterisk after the N.



# Complex Relationship Between Weight and Health

- Weight -focused approaches may do more harm than good.
- Focus on health and consider weight within the context of other factors.
- Respect inherent differences in body shapes and sizes.
- Weight -inclusive and intuitive approaches to eating can be used for people of all sizes.



# Health Status Indicators

## -

## Women

- Pre-pregnancy BMI
- Maternal weight gain

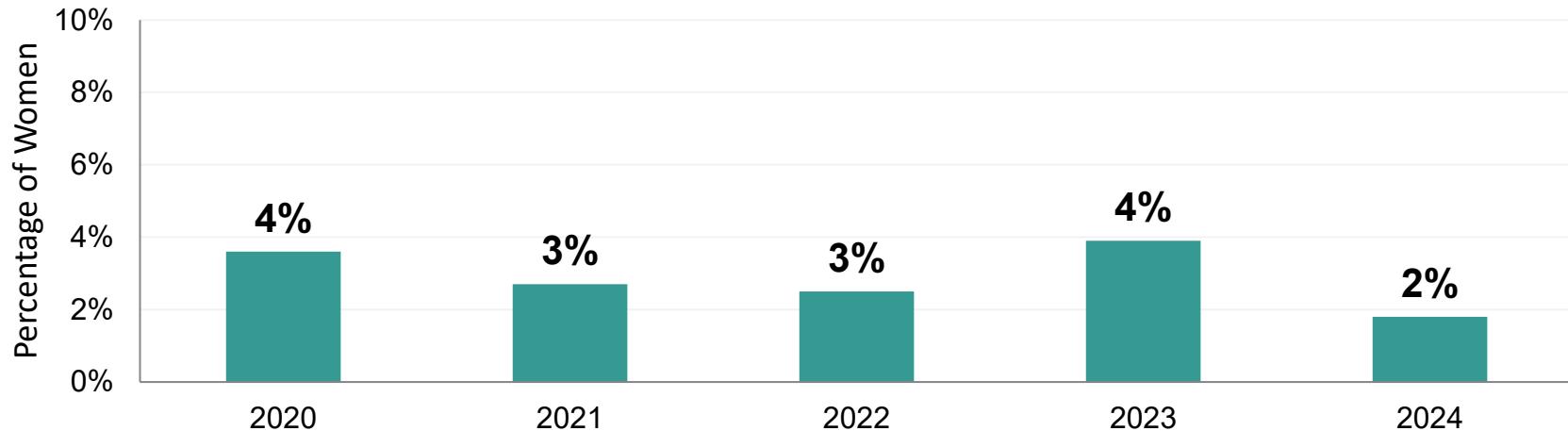


# Pre-pregnancy BMI Underweight

- A woman is considered to be underweight prior to pregnancy if her pre -pregnancy BMI was less than 18.5.
- Low pre -pregnancy weight is a risk factor for having an underweight infant, fetal growth problems, and pregnancy complications. In addition, low pre - pregnancy weight may indicate malnourishment in the mother.



# Pre-pregnancy BMI Underweight Among Women in WIC by Year of Birth

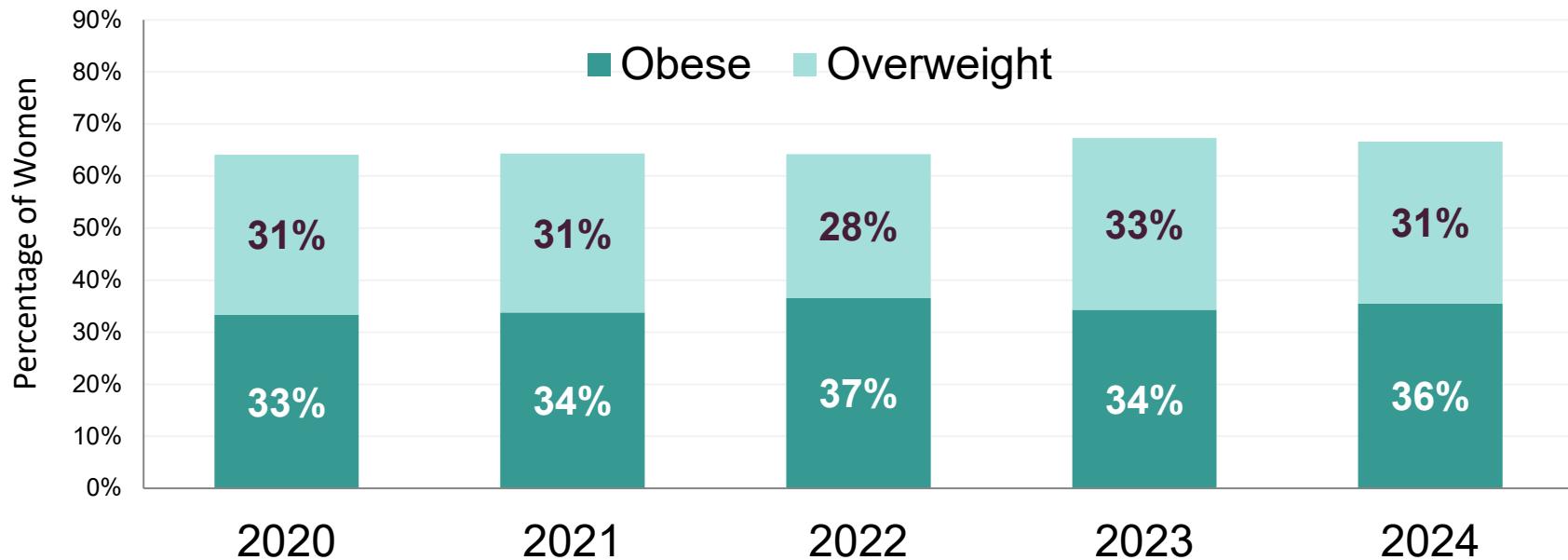


# Pre-pregnancy Overweight or Obese

- A woman is considered to be overweight prior to pregnancy if her pre -pregnancy BMI was 25.0 to 29.9.
- She is considered obese if her pre -pregnancy BMI was greater than or equal to 30.0.
- Being overweight or obese pre -pregnancy is a risk factor for cesarean delivery, macrosomia, and childhood obesity.



# Pre-pregnancy BMI Overweight or Obese Among Women in WIC by Year of Birth

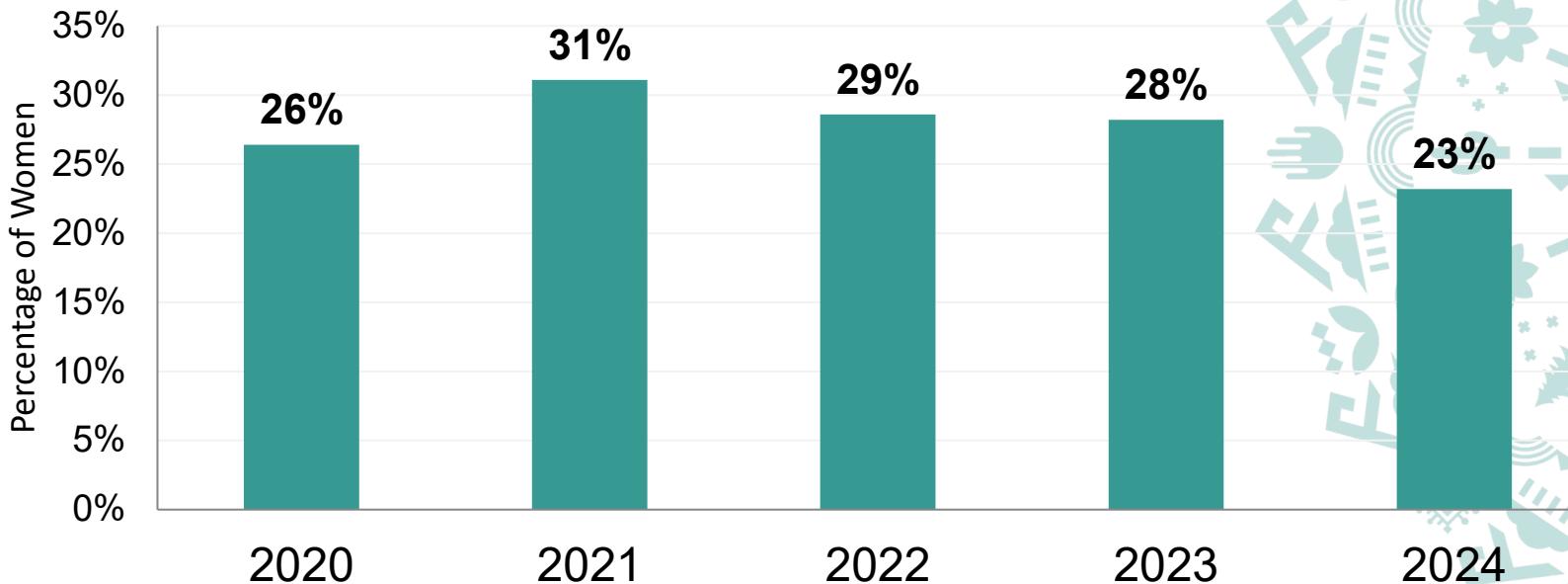


# Less Than Ideal Maternal Weight Gain

- A woman is considered to have less than ideal maternal weight gain if the total weight gain during pregnancy is less than the recommended amount based on her pre -pregnancy weight status.
- Low maternal weight gain is a determinant of fetal growth and is associated with low birth weight and increased risk of delivering an infant with fetal growth restriction.



# Less Than Ideal Maternal Weight Gain Among Women in WIC by Year of Birth Excluding women with risk code 335 (multi-fetal gestation)



# Greater Than Ideal Maternal Weight Gain

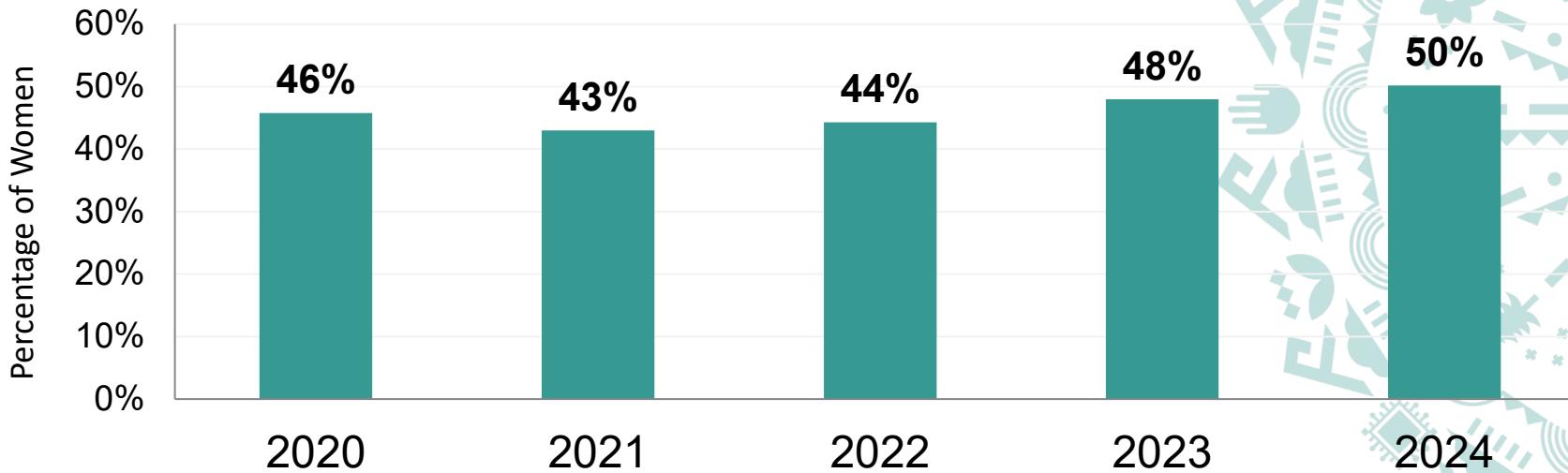
- A woman is considered to have greater than ideal maternal weight gain if the total weight gain during pregnancy is greater than the recommended amount based on her pre pregnancy weight status.
- Greater than ideal weight gain is associated with higher rates of cesarean deliveries and neonatal complications.



# Greater than Ideal Maternal Weight Gain Among Women in WIC by Year of Birth

Excluding women with risk code 335 (multi

-fetal gestation)



# Health Status Indicators - Children

- Birth Weight
- Weight status in children 2 through years old
- Low hemoglobin for children 1 – 4 years old
- Breastfeeding Initiation, duration, exclusivity

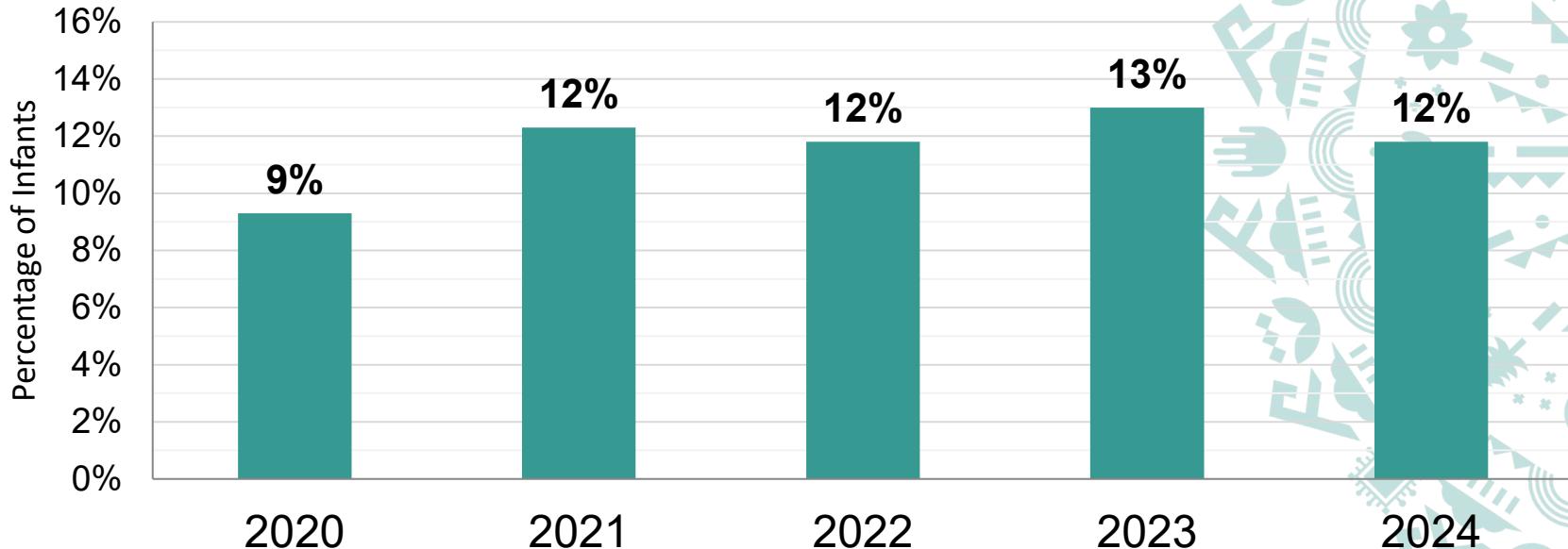


# Low Birth Weight

- An infant is considered to have low birth weight if their weight at birth is less than 2500 g (about 5.5 lb).
- Low birth weight is the most important factor affecting neonatal mortality and is a determinant of post -neonatal mortality.



# Low Birth Weight (<2500g) Among Infants in WIC by Year of Birth

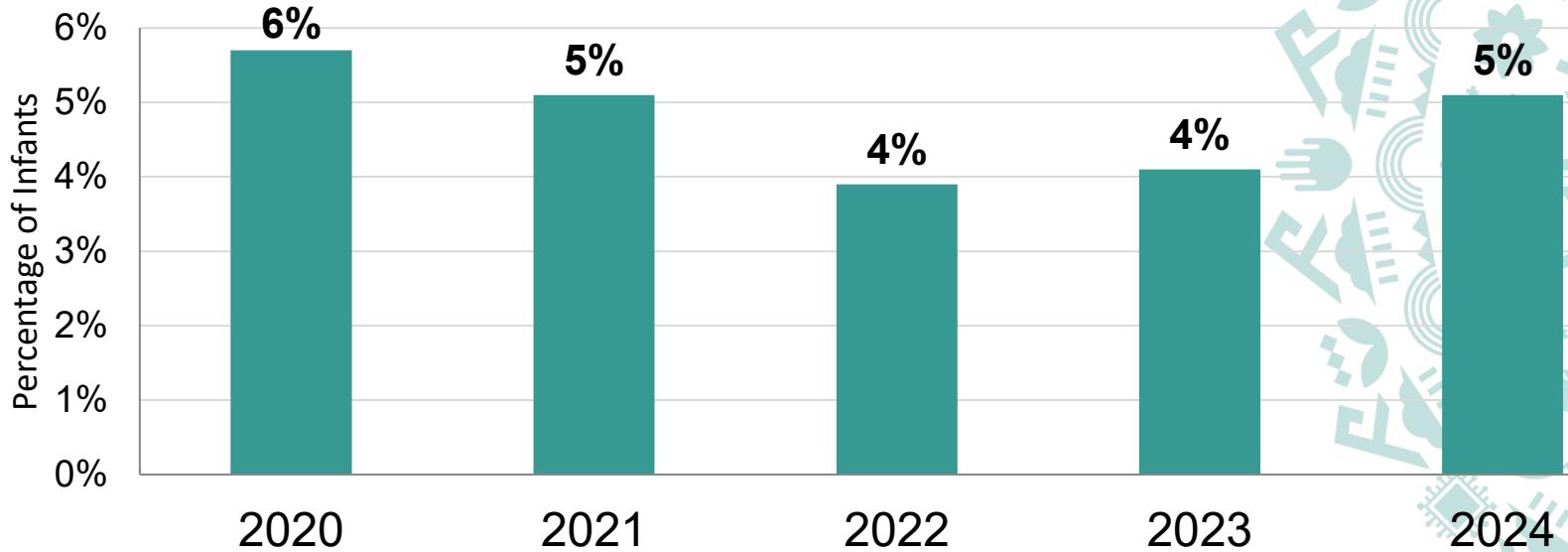


# High Birth Weight

- An infant is considered to have high birth weight if their weight at birth is greater than 4000 g (about 8.8 lb).
- High birth weight puts infants at risk for birth injuries such as shoulder dystocia. Infant mortality rates for infants with birth weights greater than 4000 g are higher than infants with birth weights between 3000 and 4000 g.



# High Birth Weight (>4000g) Among Infants in WIC by Year of Birth

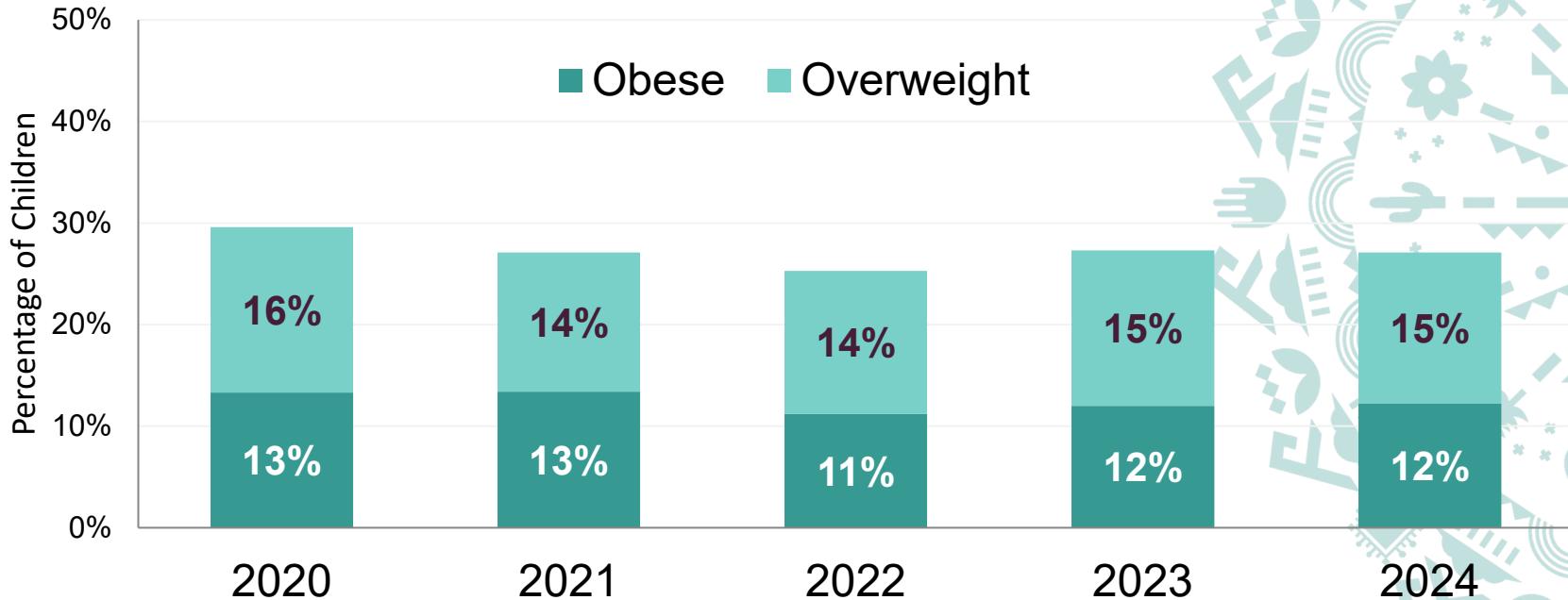


# Overweight and Obesity in Children 2 through 4 Years Old in WIC

- A child 2 through 4 years of age is considered to be overweight if their gender -specific BMI -for -age is between the 85th and 95th percentile.
- They are considered obese if their gender -specific BMI -for -age is greater than or equal to the 95th percentile.
- Childhood overweight and obesity is associated with a higher risk of asthma, diabetes, bone and joint problems, depression, and obesity as an adult.



# Overweight and Obesity Among Children 2 through 4 Years Old in WIC

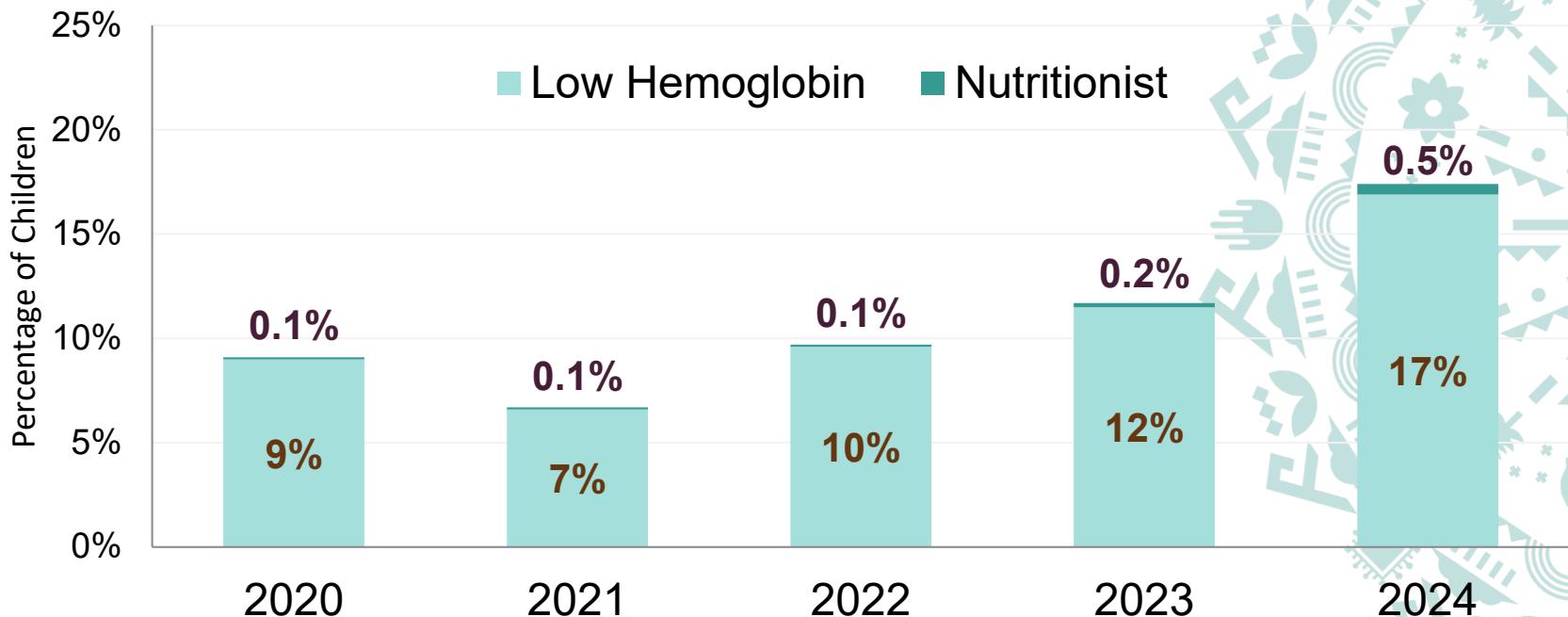


# Low Hemoglobin

- Low hemoglobin values are used as an indicator of iron deficiency, which is a risk factor for developmental delays and behavioral disturbances in children.
- WIC requires children with very low hemoglobin values to be seen by a nutritionist.



# Low Hemoglobin Among Children Ages 1-4



# Breastfeeding Statistics Report

Available in January as a HANDS report that agencies can run for each calendar year.

This report provides the breastfeeding status of Infants by breastfeeding category who visited WIC during the reporting year. Each measure includes Infants who were old enough to be included in the measure and for whom valid breastfeeding data was provided at the time when they were old enough to be included in the measure.

Report Date: 03/20/2019 09:52:52 AM



## ARIZONA WIC Program

### BREASTFEEDING STATISTICS

Report Type: State Summary  
Local Agency: All Local Agencies  
Clinic: All CLINICS  
Report Year: 2016

Database: HNDAZ  
Version: 20150924  
User: SHERNAND  
Page 1 of 1

#### State Summary:

Breastfeeding Category	Potential Clients_Earliest DOB	Potential Clients_Latest DOB	# Potential Clients	# of Clients	Percent of Total Clients
Ever Breastfed	01/01/2018	12/31/2018	36288	27761	77%
3 Months Breastfed	10/01/2017	09/30/2018	27920	11190	40%
6 Months Breastfed	07/01/2017	06/30/2018	28936	7500	26%
12 Months Breastfed	01/01/2017	12/31/2017	24427	3500	14%
18 Months Breastfed	07/01/2016	12/31/2017	19191	1574	8%
3 Months Exclusively Breastfed	10/01/2017	09/30/2018	27920	3589	13%
6 Months Exclusively Breastfed	07/01/2017	06/30/2018	28936	923	3%

# Breastfeeding Measure Changes

- Refinements were implemented to the methodology that produces the HANDS Breastfeeding Statistics Report, beginning with the rates produced for 2023.
- On a statewide basis for most measures, this resulted in little or no change; however, 6 -month exclusive breastfeeding rates increased more significantly (for 2022, changed from 2% to 8%).
- So that local agencies can compare trendlines to the new 2023 rates, measures for 2020 through 2022 were recalculated for the following slides using the same logic as the new methodology.

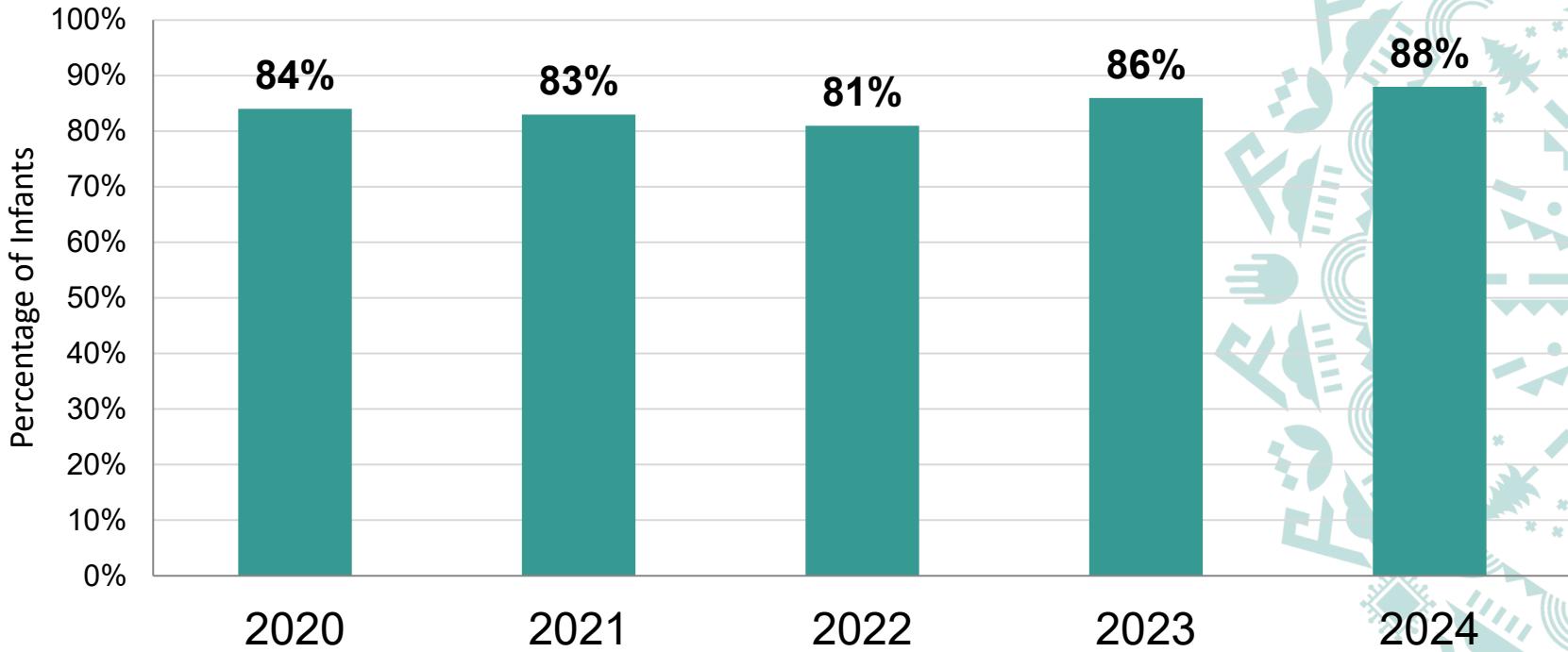


# Breastfeeding Initiation

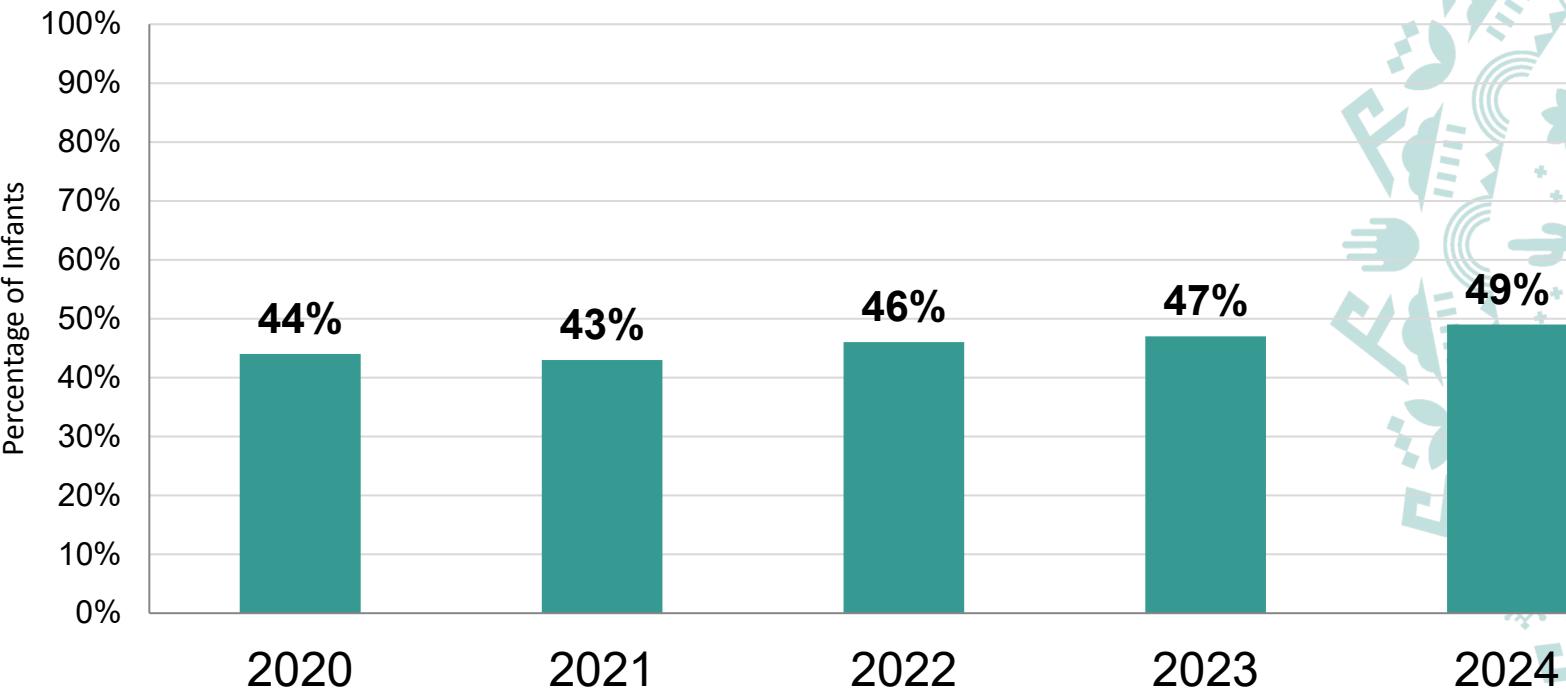
- An infant is considered to have ever been breastfed if they were reported to have been breastfed at one point in time, whether or not they are currently being breastfed.
- Breast milk is considered superior to alternative forms of infant nutrition. In addition, breastfeeding contributes to immunity against many viral and bacterial diseases and is associated with reduced risk of respiratory and diarrheal diseases.



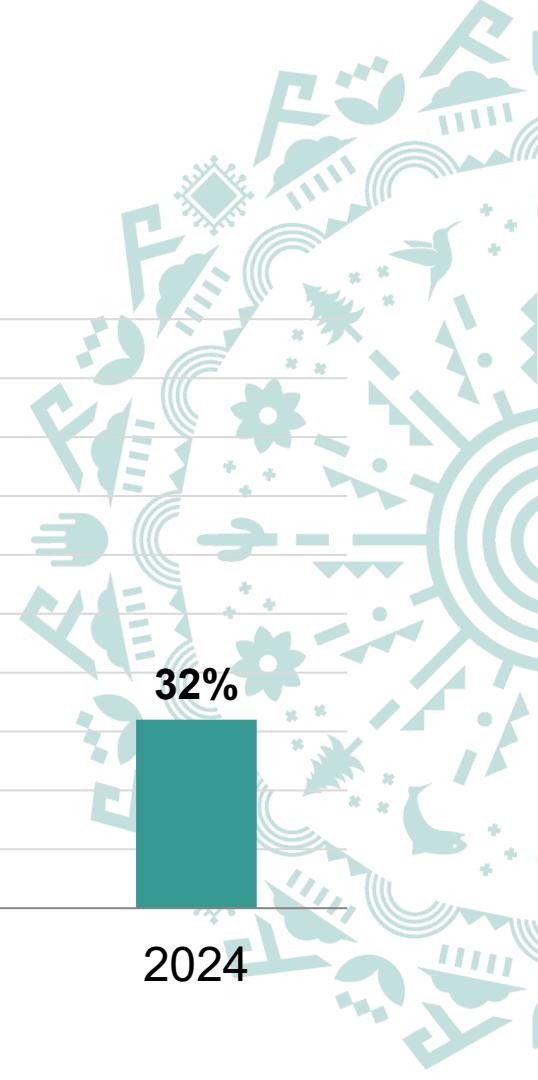
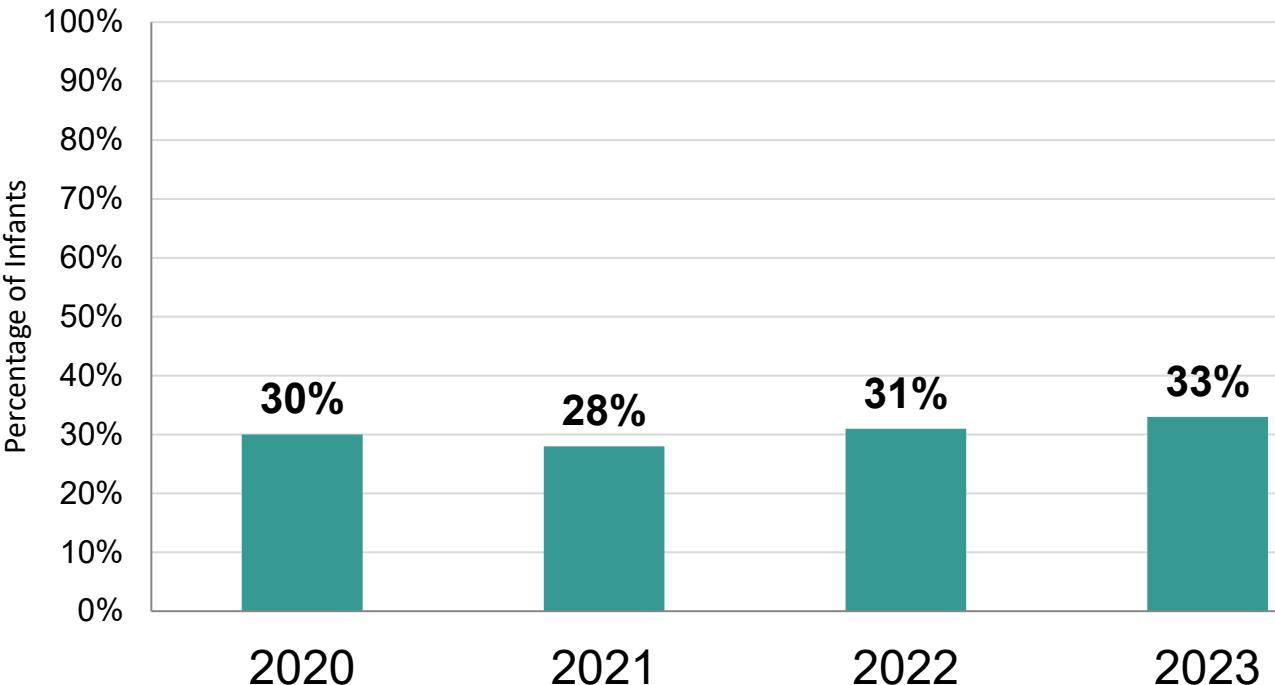
# Breastfeeding Initiation Among Infants in WIC



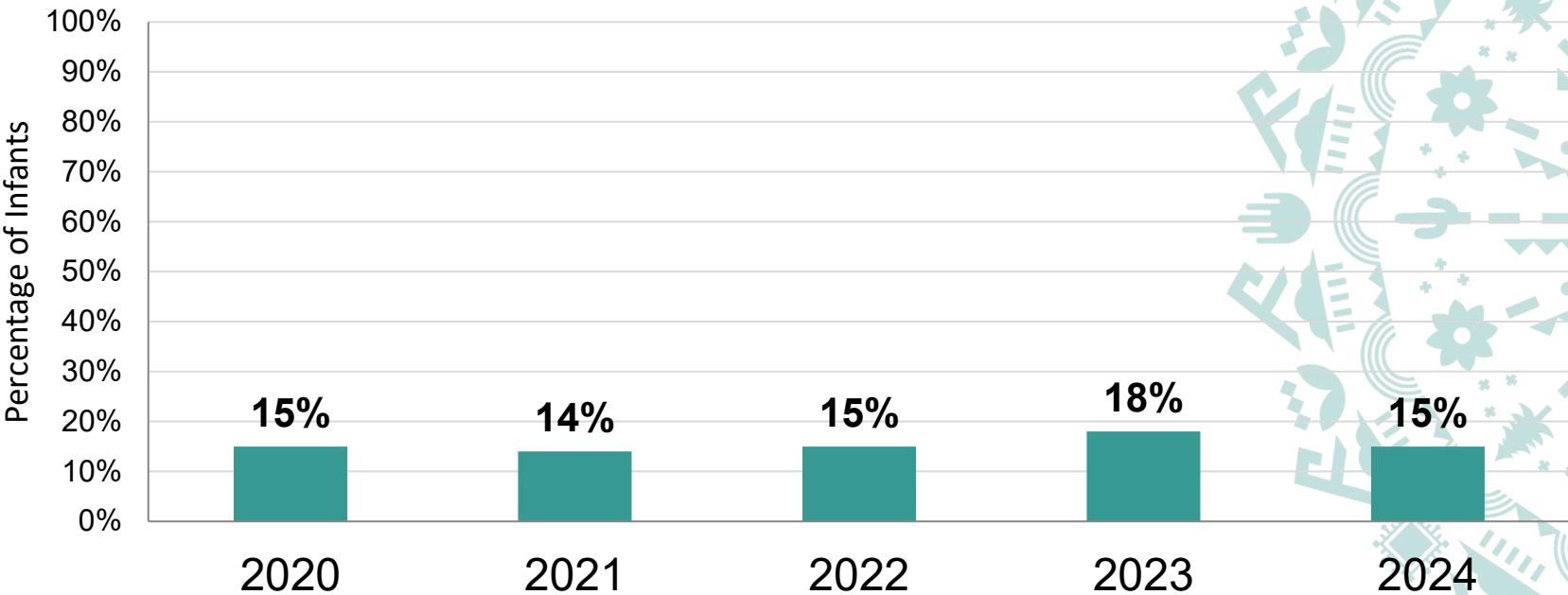
# Breastfed at Least 3 months Among Infants in WIC



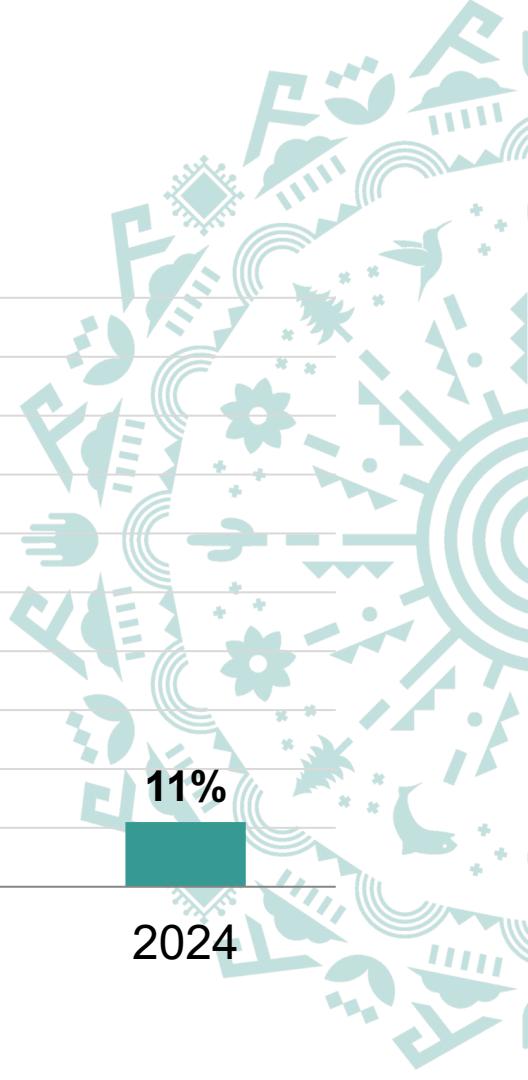
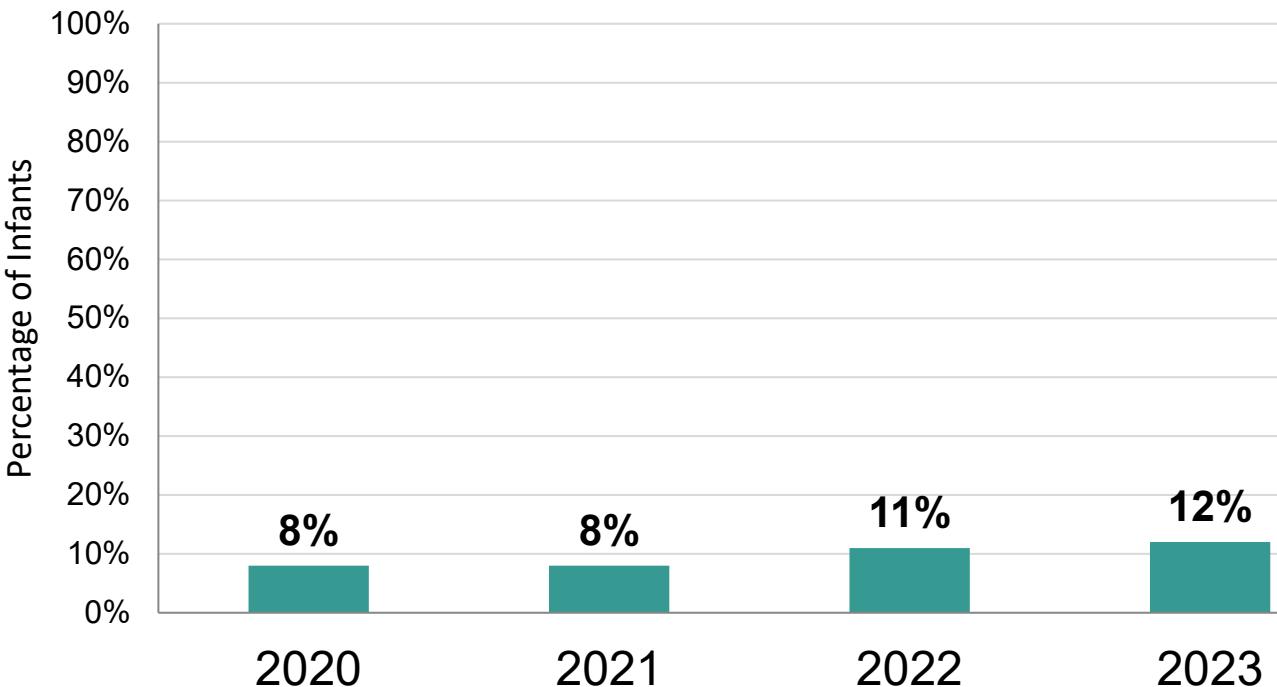
# Breastfed at Least 6 months Among Infants in WIC



# Breastfed at Least 12 months Among Infants in WIC



# Breastfed at Least 18 months Among Infants in WIC

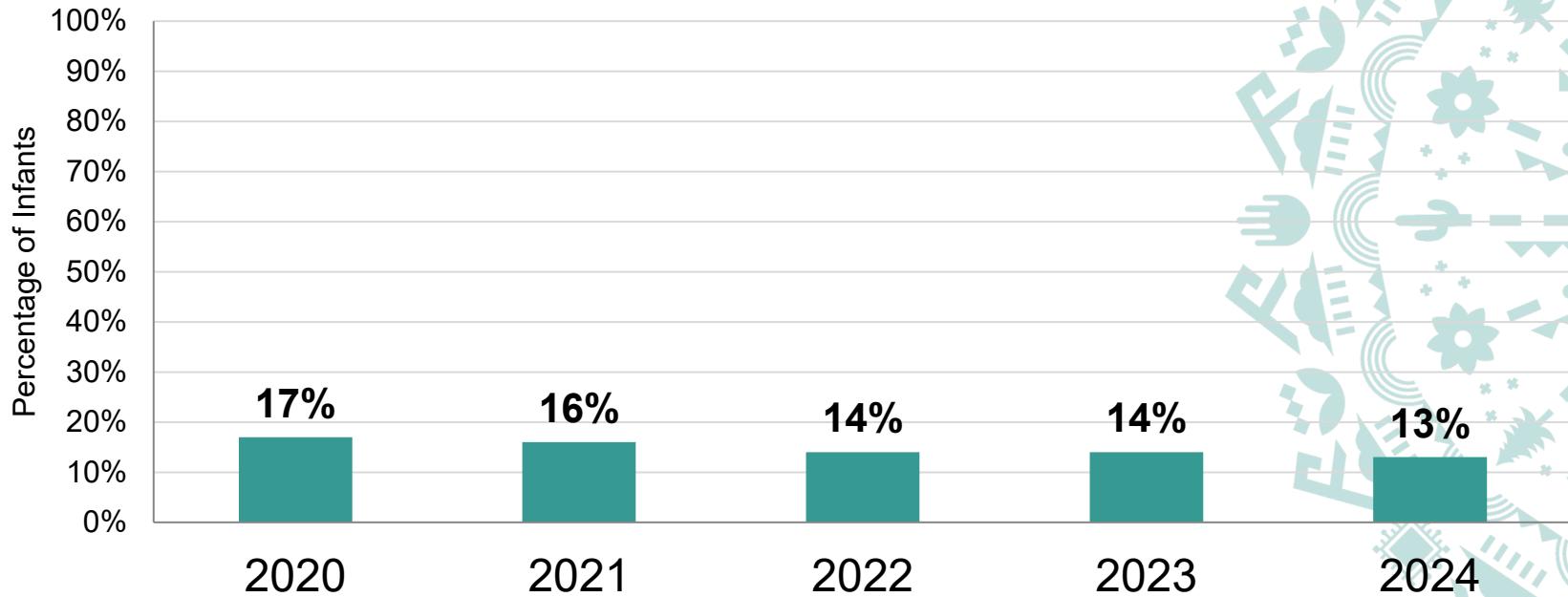


# Exclusive Breastfeeding

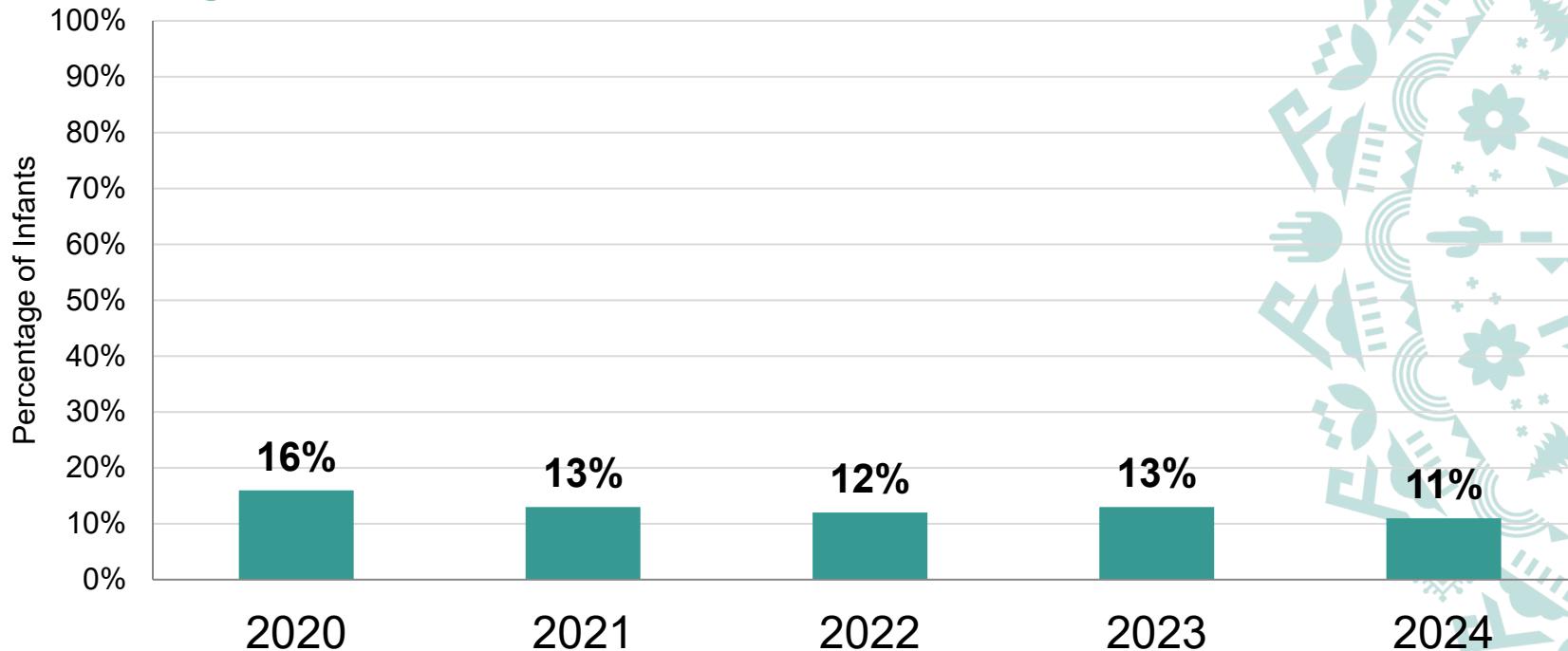
- Infants are considered to be exclusively breastfed if they consumed only breastmilk during that time.
- Breast milk is considered superior to alternative forms of infant nutrition.
- In addition, breastfeeding contributes to immunity against many viral and bacterial diseases and is associated with reduced risk of respiratory and diarrheal diseases.



# Exclusive Breastfeeding at Least 3 months Among Infants in WIC



# Exclusive Breastfeeding at Least 6 months Among Infants in WIC



# Thank you

[azhealth.gov](http://azhealth.gov)

 [@azdhs](https://twitter.com/azdhs)

 [facebook.com/azdhs](https://facebook.com/azdhs)