

## Resources

<b>WIC Works Resource System</b> .....	126
<b>Anthropometrics</b> .....	127
<b>General</b> .....	127
<b>Alternative/Special Needs Growth Charts</b> .....	128
<i>Achondroplasia</i> .....	128
<i>Brachmann-de Lange Syndrome</i> .....	129
<i>Cornelia de Lange Syndrome</i> .....	129
<i>Down's Syndrome</i> .....	129
<i>Marfan Syndrome</i> .....	130
<i>Prader-Willi syndrome</i> .....	130
<i>Rubinstein-Taybi Syndrome</i> .....	130
<i>Turner Syndrome</i> .....	131
<i>Williams syndrome</i> .....	131
<b>Staff Training</b> .....	132
<b>Biochemical</b> .....	133
<b>Anemia</b> .....	133
<b>Lead</b> .....	134
<b>Clinical/Health/Medical Nutrition</b> .....	135
<b>Allergies &amp; Asthma</b> .....	135
<b>Depression, Eating Disorders, and Stress</b> .....	136
<b>Gastro-Intestinal Disorders</b> .....	137
<b>Infectious Diseases</b> .....	137
<b>Overweight and Obesity</b> .....	138
<b>Professional Organizations Homepages</b> .....	138
<b>Substance Abuse (Alcohol, Drugs and Tobacco)</b> .....	139
<b>Dietary</b> .....	140
<b>Feeding of Infants and Toddlers</b> .....	140
<b>Food Safety</b> .....	142
<b>General Nutrition</b> .....	143
<b>Infant Formula</b> .....	144
<b>Lifestyle for Women</b> .....	145
<b>Nutrient Requirements</b> .....	145
<b>Nutrition for Children</b> .....	146
<b>Nutrition for Special Needs</b> .....	147
<b>Nutrition for Women</b> .....	147
<b>Annual Maternal and Child Health Training Courses</b> .....	148
<b>Other Risks: Adjunct Health, Breastfeeding, Emerging</b>	
<b>Health Issues (Physical Activity/Food Security)</b> .....	149
<b>Breastfeeding</b> .....	149
<b>Child Safety</b> .....	152
<b>Food Security</b> .....	152
<b>Oral Health</b> .....	153
<i>General Resources</i> .....	153
<i>Staff Training</i> .....	154

## Appendix E

<b>Physical Activity</b> .....	155
<b>Immunization</b> .....	155
<b>Policies and Procedures</b> .....	156
<b>Communication Skills and Tools</b> .....	158
<b>Developing Questionnaires and Print Materials</b> .....	158
<b>Nutrition Education and Communication Techniques</b> .....	159
<b>Brief Interventions</b> .....	159
<b>Communication in Medical Encounters</b> .....	160
<b>Cultural Competency</b> .....	161
<i>General Resources</i> .....	161
<i>Staff Training</i> .....	162
<b>Facilitated Group Discussion</b> .....	163
<i>General Resources</i> .....	163
<i>Staff Training</i> .....	163
<b>General Nutrition Education Communication</b>	
<b>Techniques</b> .....	164
<i>General Resources</i> .....	164
<i>Staff Training</i> .....	166
<b>Health Behavior Changes</b> .....	166
<b>Health Belief Model</b> .....	169
<b>Motivational Interviewing</b> .....	169
<i>General Resources</i> .....	169
<i>Staff Training</i> .....	171
<b>Stages of Change Theory</b> .....	171
<b>Multi-Media Programs</b> .....	172
<b>Critical Thinking</b> .....	173
<b>Suggested Maternal and Child Nutrition Resources</b> .....	174
<b>Staff Competencies and Performance Standards</b> .....	177

## Nutrition Assessment Resources

### WIC Works Resource System

The WIC Works Resource System is a website designed specifically for WIC staff and is an excellent resource for all aspects of the Program, including nutrition assessment. The WIC Works Resource System is available from: <http://www.nal.usda.gov/wicworks>. The website features:

- Staff training online learning modules (WIC Learning Online).
- Links to WIC topics and reports.
- State developed materials.
- Online discussion group.
- Databases of WIC materials and infant formulas.

## Anthropometrics

### General

CDC (Centers for Disease Control and Prevention). 2000 *CDC Growth Charts*. [homepage on the Internet]. Hyattsville (MD): U.S. Department Of Health And Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics. Available from:

<http://www.cdc.gov/dnpa/growthcharts>

**Description:** Gateway to the 2000 CDC individual growth charts as well as the corresponding WIC version in PDF format. Also provides links to background information, frequently asked questions, data tables, educational materials, computer programs, and reports on growth charts, etc.

CDC. *Overweight and Obesity: Defining Overweight and Obesity* [homepage on the Internet]. Available from:

<http://www.cdc.gov/nccdphp/dnpa/obesity/defining.htm>

**Description:** Definition of overweight and obesity for adults, children and teens and guidelines for assessing health risks associated with overweight and obesity in adults.

CDC. Sherry B, Mei Z, Grummer-Strawn L, Dietz WH. *Evaluation of and recommendations for growth references for very low birth weight grams infants in the United States - [less than or equal to] 1500 grams*. *Pediatrics*. 2003 Apr;111(4 Pt 1):750-8. Abstract available from:

<http://pediatrics.aappublications.org/cgi/content/abstract/111/4/750>

**Description:** Recommendations on which growth chart to use with VLBW infants – CDC growth charts vs. Infant Health and Development Program (IHDP) charts.

NCEMC (National Center for Education in Maternal and Child Health). Suitor, CW. *Maternal Weight Gain: A Report of an Expert Work Group*. Arlington, VA: National Center for Education in Maternal and Child Health, 1997.

Available from:

<http://www.mchlibrary.info/pubs/PDFs/MtrnlWghtGain.pdf>

**Description:** Determinants of maternal weight gain, maternal outcomes, and infant outcome and addresses other research related issues to maternal weight gain.

## Appendix E

NHLBI (The National Heart, Lung, and Blood Institute). *The Practical Guide. Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. Bethesda, MD: National Heart, Lung, and Blood Institutes; 2000. NIH Publication No. 00-4084. p. 8-13. Available from:

<http://www.nhlbi.nih.gov/guidelines/obesity/practgde.htm>

**Description:** Tools to effectively manage overweight and obese adult patients.

NHLBI, Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. *Executive summary of the clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults*. Available from:

[http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_xsum.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_xsum.htm)

**Description:** Overview of information concerning patient assessment, evaluation, and treatment, including dietary therapy, physical activity, behavior therapy, pharmacological treatments, and surgical intervention.

*WIC Works. Growth Charts for WIC aged children (2 – 5 years of age)* [homepage on the Internet]. Beltsville (MD): WIC Works Resource System, WIC Topics A-Z, Growth Charts [updated 07/09/2004; cited 2005 Sep 26]. Available from:

[http://www.nal.usda.gov/wicworks/Learning\\_Center/WIC\\_growthcharts.html](http://www.nal.usda.gov/wicworks/Learning_Center/WIC_growthcharts.html)

**Description:** WIC-specific clinical growth charts that are viewable, printable, and reproducible.

## Alternative/Special Needs Growth Charts

### *Achondroplasia*

Horton WA, Rotter JI, Rimoin DL, Scott CI, Hall JG. *Standard growth curves for achondroplasia*. J Pediatr. 1978;93:435-8. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=690757](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=690757)

**Description:** Standard curves to assess normal growth in individuals with achondroplasia, to aid in the determination of superimposed disorders, and to assess any growth accelerating therapy.

## Appendix E

### *Brachmann-de Lange Syndrome*

Kline AD, Barr M, Jackson LG. *Growth manifestations in the Brachmann-de Lange Syndrome*. Am J Med Genetics. 1993;47:1042-1049. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=7507292](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=7507292)

**Description:** Developmental data on individuals with the Brachmann-de Lange syndrome.

### *Cornelia de Lange Syndrome*

*Cornelia de Lange Syndrome Foundation* [homepage on the Internet]. Avon (CT): © CdLS-USA Foundation, Inc., 2004, [updated 2004 Aug 19, cited 2005 Sep 26]. Available from:

[www.cdlsusa.org](http://www.cdlsusa.org)

**Description:** Official website of the Cd-LS USA Foundation that contains research, information and resources, as well as information about the foundation.

### *Down's syndrome*

Cronk C, Crocker AC, Pueschel SM, et al. *Growth charts for children with Down syndrome: one month to 18 years of age*. Pediatrics. 1988; 81:102-10. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=2962062](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=2962062)

**Description:** Centile charts for assessment of stature and weight for two age intervals, 1 to 36 months and 2 to 18 years reflecting expected deficient size and growth rate of home-reared children with Down syndrome, based on 4650 observations on 730 children.

*Growth Charts for Children with Down Syndrome* [homepage on the Internet], [updated 2000 Jan 19, cited 2005 Sep 26].

Available from:

<http://www.growthcharts.com/charts/DS/charts.htm>

**Description:** Growth charts for children with Down syndrome, including interpretation instructions and methods for using the chart.

Myrelid A, Gustafsson J, Ollars B, Anneren G. *Growth charts for Down's syndrome from birth to 18 years of age*. Arch Dis Child. 2002 Aug;87(2):97-103.

Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12138052](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12138052)

**Description:** Growth charts for Down's syndrome from birth to 18 years of age.

*Marfan Syndrome*

Erkula G, Jones KB, Sponseller PD, Dietz HC, Pyeritz RE. *Growth and maturation in Marfan Syndrome*. Am J Med Genetics. 2002;109:100-114. Abstract available from: [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11977157&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11977157&dopt=Abstract)  
**Description:** Growth charts for persons with Marfan syndrome.

*Prader-Willi syndrome*

Holm VA. *Growth charts for Prader-Willi syndrome*. In: Greenswag LR and Alexander RC, editors. *Management of Prader-Willi Syndrome*, 2nd ed. New York: Springer-Verlag; 1995. Appendix B.  
**Description:** Growth charts for Prader-Willi syndrome

*Prader-Willi Syndrome (3 years to adult)* [homepage on the Internet]. Rubinstein-taybi.org (USA). ©2001 -[updated 2004 Aug 23, cited 2005 Sep 26]. Available from: [www.pwsausa.org](http://www.pwsausa.org)  
**Description:** Organization of parents and others who are making a difference in the lives of those with Prader-Willi syndrome.

*Rubinstein-Taybi Syndrome*

*Height and Weight charts for children with Rubinstein-Taybi Syndrome* [homepage on the Internet]. Prader-Willi Syndrome Association (USA). © 1996-2001-[updated 2004 May 13, cited 2005 Sep 26]. Available from: <http://www.rubinstein-taybi.org/html/medical.html>  
**Description:** Height and weight charts for children with Rubinstein-Taybi Syndrome.

Stevens CA, et al. *Growth in the Rubinstein-Taybi Syndrome*. Am J Med Genet. 1990;Supp 6:51-55. Abstract available from: [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=2118779](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=2118779)  
**Description:** Growth in the Rubenstein-Taybi Syndrome.

## Appendix E

### Turner Syndrome

Lyon AJ, Preece MA, Grant DB. *Growth curve for girls with Turner syndrome*. Arch Dis Child. 1985;60:932-5. Abstract available from:

[http://abc.bmjournals.com/dgi/content/abstract/60/10/932?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&andorexactfulltext=and&searchid+1096908384368\\_2875&stored\\_search=&FIRSTINDEX=0&sortspec=relevance&volume=60&firstpage=932&resourcetype=1](http://abc.bmjournals.com/dgi/content/abstract/60/10/932?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&andorexactfulltext=and&searchid+1096908384368_2875&stored_search=&FIRSTINDEX=0&sortspec=relevance&volume=60&firstpage=932&resourcetype=1)

**Description:** A growth chart for girls with Turner syndrome. Results indicate that while oestrogen treatment causes an initial acceleration of growth, it has no significant effect on adult height.

*The Turner Syndrome Society* [homepage on the Internet]. Houston (TX): Turner Syndrome Society of the United States. © Copyright 2003 [cited 2005 Sep 26]. Available from: [www.turner-syndrome-us.org](http://www.turner-syndrome-us.org)

**Description:** Official website of the Turner Syndrome Society.

### Williams syndrome

Morris CA, Demsey SA, Leonard CO, Dilts C, Blackburn BL. *Natural history of Williams syndrome: physical characteristics*. J Pediatr. 1988;113:318-26. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=2456379](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=2456379)

**Description:** Investigation of the history of the Williams syndrome, including medical complications, growth patterns, and problems in adulthood.

*Williams Syndrome Growth Charts* [homepage on the Internet]. Williams Syndrome Association. © 2003, 2004 -[updated 2004 May 13, cited 2005 Sep 26]. Available from:

<http://www.williams-syndrome.org/fordocctors/growthcharts.html>

**Description:** Official site of the Williams Syndrome Association, containing the latest information on Williams syndrome.

## Staff Training

CDC. 2000 Centers for Disease Control and Prevention (CDC) Growth Chart Training Modules and Resources [homepage on the Internet]. Atlanta (GA): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention [updated 2004 Jul 7, cited 2005 Sep 26].

Available from:

[www.cdc.gov/nccdphp/dnpa/growthcharts/training.htm](http://www.cdc.gov/nccdphp/dnpa/growthcharts/training.htm)

&

<http://128.248.232.56/cdcgrowthcharts/module1/text/mainintro.htm>

**Description:** Self-directed, interactive training modules for health care professionals using the pediatric growth charts in clinical and public health settings to assess growth of infants, children, and adolescents.

CDC. Growth Chart Training Modules [homepage on the internet]. Atlanta (GA): United States Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. Services [updated 2002 Aug 29, cited 2005 Sep 26].

Available from:

<http://www.cdc.gov/nccdphp/dnpa/growthcharts/training/modules/module1/text/mainmodules.htm>

**Description:** Overview of the CDC growth charts, using the BMI-for-age growth charts, and overweight children and adolescents: recommendations to screen, assess, and manage, as well as maternal and child health-related modules.

CDC. NHANES III Anthropometric Procedures Video. Hyattsville (MD): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 1996 [out of print]. Available from:

<http://www.cdc.gov/nchs/about/major/nhanes/avideo.htm>

**Description:** Standardized anthropometric procedures used throughout NHANES III for the body measurement component of the survey.

Cogill B. *Anthropometric Indicators Measurement Guide*. Washington (D.C): Food and Nutrition Technical Assistance Project, Academy for Educational Development; 2003 Mar. Available from:

<http://www.fantaproject.org/publications/anthropom.shtml>

**Description:** Information on the anthropometric impact indicators and the annual monitoring indicators for maternal and child health/child survival and income-related activities.



## Appendix E

Maternal and Child Health Bureau (MCHB). *Growth Charts Training Modules* [homepage on the Internet]. Rockville (MD): United States Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau [cited 2005 Sep 26].

Available from: <http://depts.washington.edu/growth/>

**Description:** Training on accurately weighing and measuring infants, children, and adolescents, and using the CDC growth charts for children with special health care needs.

National Heart Lung and Blood Institute (NHLBI).

*Assessment and Management of Overweight and Obese Adult Patients*. Available from: <http://obesitycme.nhlbi.nih.gov/>

**Description:** Continuing education course developed by the National Heart, Lung, and Blood Institute and the North American Association for the Study of Obesity.

## Biochemical

### Anemia

CDC (Centers for Disease Control and Prevention). *Anemia and Iron Status United States* [homepage on the Internet]. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity-[updated 2002 May 20, cited 2005 Sep 26]. Available from:

<http://www.cdc.gov/nccdphp/dnpa/anemiron.htm>

**Description:** This is a CDC homepage on anemia and iron status in young children including a link to the Morbidity and Mortality Weekly Report on 'Recommendations to Prevent and Control Iron Deficiency in the United States' (MMWR 1998;47(No. RR-3)).

CDC. *Recommendations to Prevent and Control Iron Deficiency in the United States*, CDC Morbidity and Mortality Weekly Report (MMWR). 1998 Apr; 47(RR-3):1-36. Available from:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00051880.htm>

**Description:** CDC recommendations emphasizing sound iron nutrition for infants and young children, screening for anemia among women of childbearing age, and the importance of low-dose iron supplementation for pregnant women.

## Lead

AAP (American Academy of Pediatrics). Committee on Environmental Health. *Screening for Elevated Blood Lead Levels*. Pediatrics. 1998 Jun;101(6):1072-1078. Document available from:

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b101/6/1072>

**Description:** AAP support of the CDC's new guidelines and recommendation for health professionals to continue to provide anticipatory guidance to parents in an effort to prevent lead exposure (primary prevention) and increase efforts to screen children at risk for lead exposure to find those with elevated blood lead levels (secondary prevention).

Baum C, Shannon M. *Lead in breast milk*. Pediatrics 1996 Jun;97(6 Pt 1):932.

**Description:** Topics such as environmental monitoring, analysis of lead, lead poisoning and its complications, maternal exposure to lead, and the chemistry of human milk.

CDC. *National Center for Environmental Health Lead Publications* [homepage on the Internet]. Centers for Disease Control and Prevention, National Center for Environmental Health, Childhood Lead Poisoning Prevention Branch- [updated 2004 Feb 5, cited 2005 Sep 26]. Available from: [www.cdc.gov/nceh/lead/publications/pub\\_Reas.htm](http://www.cdc.gov/nceh/lead/publications/pub_Reas.htm)

**Description:** Online resources such as "Managing Elevated Blood Lead Levels Among Young Children: Recommendations from the Advisory Committee on Childhood Lead Poisoning Prevention," "Screening Young Children For Lead Poisoning: Guidance For State And Local Public Health Officials," "Preventing Lead Poisoning In Young Children," etc.

CDC. *Health Topic: Lead* [homepage on the Internet]. Center for Disease Control and Prevention.-[updated 2004 Feb 26, cited 2005 Sep 26]. Available from: <http://www.cdc.gov/lead/>

**Description:** Topic area provides CDC's compiled information on lead basics, exposure prevention, scientific and medical materials, funding, education and training opportunities, recent lead news, and links to conferences/events and programs/campaigns.

EPA. *Fight Lead Poisoning with a Healthy Diet. EPA's Lead Awareness Program*. Available in bulk from: \_

<http://www.epa.gov/lead/leadpbed.htm>

**Description:** Brochure discussing proper nutrition and lead poisoning prevention, and featuring fast, nutritious recipes.

## Appendix E

Mi-Gyung Lee, PhD, Ock Kyoung Chun, PhD and Won O. Song, PhD, RD. *Determinants of the Blood Lead Level of US Women of Reproductive Age*. Journal of the American College of Nutrition. 2005,24(1):1-9.

**Description:** Study aiming to identify sociodemographic, lifestyle, and nutritional determinants for blood lead levels (BLLs) of women of reproductive age in the United States.

Schell L, Denham M, Startk A, Gomez M, Ravenscroft J, Parsons P, Aydermir A, Samelson R. *Maternal blood lead concentration, diet during pregnancy, and anthropometry predict neonatal blood lead in a socioeconomically disadvantaged population*. Env Health Persp. 2003, Feb;111(2):195-200.

Abstract available from:

<http://ehp.niehs.nih.gov/docs/2003/5592/abstract.html?section=children>

**Description:** Study determining influences of maternal anthropometric variables, iron, and vitamin D on neonatal lead levels in mother-infant pairs from lower socioeconomic circumstances.

## Clinical/Health/Medical Nutrition

### Allergies & Asthma

AAP [homepage on the Internet]. *Section on Allergy and Immunology* [about three pages]. Available from:

<http://www.aap.org/sections/allergy/child.cfm>

**Description:** Resources on asthma such as handouts on pediatric asthma for children and families.

ACAAI (American College of Allergy, Asthma and Immunology) [homepage on the Internet]. Arlington Heights (IL): American College of Allergy; ©1996-2002 [updated 2002 Nov 14, cited 2005 Sep 26]. Available from:

<http://allergy.mcg.edu>

**Description:** A-Z Asthma topics, A-Z Allergy topics, and Kids' Asthma Check: For Ages 1-8. Some information available in Spanish.

FDA. *U. S. Department of Health and Human Services, U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition* [homepage on the Internet]. Washington (DC); [updated 2004 Nov 04, cited 2005 Sep 26]. *Information about Food Allergens*. Available from:

<http://vm.cfsan.fda.gov/~dms/wh-argy.html>

**Description:** Food allergens and links to various food allergy-related publications including a resource on food allergies.

## Appendix E

*Food Allergies in Children*. Pediatrics; Suppl.; 2003 Jun; 111(6). Available from: <http://pediatrics.aappublications.org/>  
**Description:** Research articles such as Nutritional Management of Pediatric Food Hypersensitivity (pp1645 – 1653) Food Allergen Avoidance in the Prevention of Food Allergy in Infants (pp1662 – 1671), Daily Coping Strategies for Patients and Their Families (pp1654 – 1661), etc.

*NIAID (National Institute of Allergy and Infectious Diseases). NIAID, National Institutes of Health. Allergies* [homepage on the Internet]. Bethesda (MD): Office of Communications and Public Liaison, National Institute of Allergy and Infectious Diseases [updated 2004 Feb, cited 2005 Sep 26]. Allergies. Available from:

<http://www.niaid.nih.gov/publications/allergies.htm>

**Description:** Links to fact sheets and brochures such as “Food Allergy: An Overview” (including information on how allergic reactions work, common food allergies, exercise-induced food allergy, allergies in infants and children, etc.) as well as news releases.

### Depression, Eating Disorders, and Stress

Bell S, Lee C. *Perceived stress revisited: the Women’s Health Australia project Young cohort*. Psychol Health and Med. 2003; 8(3): 343-353. Available from:

<http://info.newcastle.edu.au/centre/wha/public/papers/2003/perceived.html>

**Descriptions:** Results of testing of the Perceived Stress Questionnaire for Young Women (PSQYW) and its relationship with health and health behaviors such as relationship with partner/spouse, life domain of study, current smoking, and weekly alcohol bingeing, mental health, etc.

NIMH (National Institute of Mental Health Depression). *Depression*.

NIH Publication No. 00-3561. Printed 2000.

Available from:

<http://www.nimh.nih.gov/publicat/depression.cfm>

**Description:** Symptoms, causes, and treatments, with information on getting help and coping.

*Eating Disorders: Facts About Eating Disorders and the Search for Solutions* [homepage on the Internet]. Bethesda (MD): The National Institute of Mental Health (NIMH), National Institutes of Health (NIH), U.S. Department of Health and Human Services [updated 2004 Sep 30, cited 2005 Sep 26]. Available from:

<http://www.nimh.nih.gov/publicat/eatingdisorders.cfm>

**Description:** Symptoms, causes, and treatments, with information on getting help and coping.

## Appendix E

*Harvard Eating Disorders Center* [homepage on the Internet]. Available from: <http://www.hedc.org>  
**Description:** Expanding knowledge about eating disorders, their detection, treatment, and prevention - and promoting the healthy development of children, women, and all at risk.

### Gastro-Intestinal Disorders

AAP. *Guidelines for Evaluation and Treatment of Gastroesophageal Reflux in Infants and Children*. AAP – Practice Guideline Endorsement; 2001. Available from: [http://www.naspghan.org/sub/position\\_papers/GERD.pdf](http://www.naspghan.org/sub/position_papers/GERD.pdf)  
**Description:** Clinical practice guideline for the management of pediatric Gastroesophageal reflux (GER) including information on vomiting and irritable infants, infant with feeding refusal, infant or child with asthma, etc.

Center for Disease Control and Prevention. *Managing Acute Gastroenteritis Among Children*. MMWR 2003; No.21, Vol. 52, No. RR-16 (AAP endorsed Practice Guideline). Available from: <http://www.cdc.gov/mmwr/PDF/RR/RR5216.pdf>  
**Description:** Recommendations for assessing and managing children with acute diarrhea. Common clinical scenarios and traditional practices, especially regarding continued feeding and oral rehydration therapy, micronutrient supplements, and functional foods.

NASPGN (North American Society for Pediatric Gastroenterology and Nutrition). Baker S, Liptak G, Colletti R, Croffie J, DiLorenzo C, Ector W, Nurko S. *Constipation in Infants and Children: Evaluation and Treatment*. A Medical Position Statement of NASPGN. Available from: <http://www.naspghan.org/PDF/constipation.pdf>  
**Description:** Assists providers of medical care in the evaluation and treatment of constipation in older infants and children and treatment of constipation for infants less than one year of age.

### Infectious Diseases

HIV/AIDS Bureau (HAB). *Health Care and HIV: Nutritional Guide for Providers and Clients*. Rockville (MD): Health Resources and Services Administration (HRSA), HIV/AIDS Bureau, AIDS Education and Training Centers, National Resource Center; 2004. Available from: <http://www.aidsetc.org/aidsetc?page=et-30-20-01>  
**Description:** Manual to assist health care providers and people with HIV in the effort to make good nutrition a part of health care. Practical tools and algorithms for providers, and patient handouts.

## Overweight and Obesity

AAP (American Academy of Pediatrics). Committee on Nutrition, American Academy of Pediatrics. *Prevention of Pediatric Overweight and Obesity*. Policy Statement. Pediatrics. 2003;112 (2):424-430

Available from:

[http://aappolicy.aappublications.org/cgi/content/full/pediatrics;112/2/424?fulltext=Prevention+of+Pediatric+Overweight&searchid=QID\\_NOT\\_SET](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;112/2/424?fulltext=Prevention+of+Pediatric+Overweight&searchid=QID_NOT_SET)

**Description:** Strategies for early identification of excessive weight gain by using body mass index, for dietary and physical activity interventions during health supervision encounters, and for advocacy and research.

Mullen MC, Shield J. *Childhood and Adolescent Overweight: The Health Professional's Guide to Identification, Treatment and Prevention*. Chicago, (IL): American Dietetic Association; 2004.

**Description:** In-depth and comprehensive coverage of issues surrounding the onset of childhood obesity, such as genetics, environmental, cultural and socioeconomic conditions.

## Professional Organizations Homepages

*American College of Obstetricians and Gynecologists* [homepage on the Internet]. Washington (DC): ©2004.

Available from: <http://www.acog.org/>

**Description:** Links to publications, membership, practice management and a resource center. Some information available in Spanish.

*American Diabetes Association* [homepage on the Internet].

Available from: <http://www.diabetes.org/home.jsp>

**Description:** Overview of diabetes, information on diabetes risk assessment, and diabetes research and prevention. Information is also available in Spanish.

*American Dietetic Association* [homepage on the Internet].

Chicago (IL): American Dietetic Association; ©2004.

Available from: <http://www.eatright.org/Public/>

**Description:** Food and nutrition information, a link to the ADA Journal website, as well as links to position papers, research, and other nutrition resources.

*American Pediatric Association* [homepage on the Internet].

Elk Grove Village, IL. Available from: <http://www.aap.org/>

**Description:** Official website of the American Pediatric Association containing a bookstore and publications, a parenting center, as well as professional and other education resources.

## Appendix E

*American Public Health Association* [homepage on the Internet]. Washington, DC. Available from:

<http://www.apha.org/>

**Description:** Official website of the American Public Health Association containing a book store, a link to the APHA Journal website, and information about their public health career mart, continuing education opportunities and annual meeting.

*Association of State and Territorial Public Health Nutrition Directors* [homepage on the Internet]. Johnstown, PA.

Available from: <http://www.astphnd.org/>

**Description:** Official website of the Association of State and Territorial Public Health Nutrition Directors that includes a newsletter and information about events, projects and annual meeting.

*Society for Nutrition Education* [homepage on the Internet].

Indianapolis, IN. Available from <http://www.sne.org/>

**Description:** Official website of the Society for Nutrition Education that includes a link to the SNE Journal, position and resolution statement and information about their annual conference and other resources.

## Substance Abuse (Alcohol, Drugs and Tobacco)

*Alcohol Alert: Screen for Alcohol Problems: An Update*

*Bethesda*. Bethesda (MD): The National Institute of Mental Health (NIMH), National Institutes of Health (NIH), U.S. Department of Health and Human, 2002 Apr. Available from:

<http://www.niaaa.nih.gov/publications/aa56.htm>

**Description:** An update on screening for alcohol problems. It explains that clinicians play a key role in detecting alcohol problems and in initiating prevention or treatment efforts. It also discusses types of instruments, screening questionnaires, and biological markers.

*CDC. National Center on Birth Defects and Developmental Disabilities (NCBDDD), Centers for Disease Control and Prevention* [homepage on the Internet]. *Fetal Alcohol Syndrome* [about 2 pages]. Available from:

<http://www.cdc.gov/ncbddd/fas/default.htm>

**Description:** Information on fetal alcohol syndrome addressing issues such as occurrence of FAS, preventing FAS, and characteristics of children with FAS. It includes links to the NCBDDD's FAS Guidelines for referral and diagnosis.

*El Consumo de Alcohol Durante el Embarazo*. Available from: [http://www.nacersano.org/centro/9388\\_9936.asp](http://www.nacersano.org/centro/9388_9936.asp)

**Description:** Hazards and problems of drinking alcohol during pregnancy and breastfeeding and resources of where to get help to stop drinking.

## Appendix E

March of Dimes Birth Defects Foundation [homepage on the Internet]. White Plains (NY): March of Dimes Birth Defects Foundation; ©2004 [updated 2002 Aug, cited 2005 Sep 26]. *Drinking Alcohol During Pregnancy*. Available from: [http://www.modimes.org/professionals/681\\_1170.asp?link=alcohol](http://www.modimes.org/professionals/681_1170.asp?link=alcohol)  
**Description:** Medical reference along with fact sheets on drinking alcohol during pregnancy.

Morse B, Gehshan S, Hutchins E. *Screening for Substance Abuse During Pregnancy: Improving Care, Improving Health*. Arlington (VA): National Center for Education in Maternal and Child Health; 1997. Available from: <http://www.mchlibrary.info/pubs/PDFs/SubAbuse.pdf>  
**Description:** Substance abuse as a major problem during pregnancy. Screening tools as the most effective way to determine risk and their use.

**National Organization on Fetal Alcohol Syndrome** [homepage on the Internet]. Washington (DC): National Organization on Fetal Alcohol Syndrome; ©2001-2004. Available from: <http://www.nofas.org/main/index2.htm>  
**Description:** Development and implementation of innovative ideas in prevention, education, intervention, and advocacy of fetal alcohol syndrome.

IOM. Committee to Study Fetal Alcohol Syndrome, Division of Biobehavioral Sciences and Mental Disorders. Stratton K, Howe C, Battaglia F, eds. *Fetal Alcohol Syndrome: Diagnosis, Epidemiology, Prevention and Treatment*. Washington, DC: National Academy Press, 1996. Document available from: <http://www.nap.edu/books/0309052920/html/>  
**Description:** Diagnosis, surveillance, prevention, and treatment of FAS and other possibly alcohol-related effects. Information on psychological and behavioral consequences of FAS at different ages, education efforts, and family support programs. Helpful to any practitioner involved in serving families and children, especially in high risk populations.

## Dietary

### Feeding of Infants and Toddlers

Briefel RR, Reidy K, Karwe V, Jankowski L, Hendricks K. *Toddlers' transition to table foods: Impact on nutrient intakes and food patterns*. J Am Diet Assoc. 2004 Jan;104(1 Suppl 1):s38-44.  
**Description:** Differential changes in average intakes of nutrients and food groups among higher versus lower table food consumers during the transition from baby foods to table foods.



## Appendix E

Butte N, Cobb K, Dwyer J, Graney L, Heird W, Rickard K. American Dietetic Association; Gerber Products Company. *The Start Healthy Feeding Guidelines for Infants and Toddlers*. J Am Diet Assoc. 2004;104(3):442-54.

**Description:** Focus on parents' and caregivers' major questions concerning complementary feeding. Conclusions of this article form the scientific foundation of the guidelines.

Carruth BR, Ziegler P, Gordon A, Hendricks K. *Developmental Milestones and Self-Feeding Behaviors in Infants and Toddlers*. J Am Diet Assoc. 2004;104:S51-S56.

Available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=14702018](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14702018)

**Description:** Examination of motor skills as they relate to self-feeding and timing for encouragement to self-feeding without concern for jeopardizing energy and nutrient adequacy.

Carruth BR, Ziegler P, Gordon A, Hendricks K. *Prevalence of Picky Eaters among infants and toddlers and their caregivers' decisions about offering a new food*. J Am Diet Assoc. 2004;104:S57-S64. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=14702019](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14702019)

**Description:** Prevalence of infants and toddlers who were considered picky eaters, predictors of picky eater status and its association with energy and nutrient intakes, food group use, and the number of times that caregivers offered a new food before accepting the child's dislike for those foods.

Cox DR, Skinner JD, Carruth BR, Moran J 3rd, Houck KS. *A Food Variety Index for Toddlers (VIT): development and application*. J Am Diet Assoc. 1997 Dec;97(12):1382-6; quiz 1387-8. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=9404334&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9404334&dopt=Abstract)

**Description:** Variety index based on the Food Guide Pyramid that is specific to toddlers and is indicative of dietary adequacy.

Kleinman RE. *American Academy of Pediatrics recommendations for complementary feeding*. Pediatrics. 2000 Nov;106(5):1274.

## Appendix E

Ponza M, Devaney B, Ziegler P, Reidy K, Squatrito C. *Nutrient intakes and food choices of infants and toddlers participating in WIC*. J Am Diet Assoc. 2004 Jan;104(1):s71-9. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=14702021](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14702021)

**Description:** Information on nutrient intakes, foods consumption, and feeding patterns of infants and toddlers participating in the Special Supplemental Nutrition Program for Women, Infants, and Children.

United States Department of Agriculture, Food and Nutrition Service, Office of Analysis, Nutrition, and Evaluation.

*Feeding Infants: A Guide for Use in the Child Nutrition Programs*. FNS-258. Alexandria (VA): 2002 Jul. Available from:

[http://www.fns.usda.gov/tn/Resources/feeding\\_infants.html](http://www.fns.usda.gov/tn/Resources/feeding_infants.html)

**Description:** Information on infant development, nutrition for infants, breastfeeding and formula feeding, preventing tooth decay, feeding solid foods, drinking from a cup, choking prevention, sanitary food preparation, and safe food handling. Commercially prepared and home-prepared baby food, and some of the infant meal pattern requirements.

## Food Safety

FDA Food Information Line 1-888-SAFEFOOD

*Food & Drug Interactions*. U. S. Food and Drug Administration [homepage on the Internet]. Washington (DC): Food and Drug Administration (FDA) & National Consumers League-[hypertext updated 2000-JUN-02, cited 2005 Sep 26] Available from:

<http://vm.cfsan.fda.gov/~lrd/fdinter.html>

**Description:** This lists and discusses all potential food and drug interactions. It also lists major health problems and the types of medications that are used to treat those health problems.

*FightBac* [homepage on the Internet]. Partnership for Food Safety Education. Available from:

<http://www.fightbac.org/main.cfm>

**Description:** Food safety issues such as proper cooking temperatures, cross contamination, cleaning practices, and refrigeration guidelines.

## Appendix E

*National Food Safety Educator's Network monthly electronic newsletter (EdNet)*. United States Department of Agriculture, Food Safety Inspection Service. Available from:  
[http://www.fsis.usda.gov/news\\_and\\_events/food\\_safety\\_educator/index.asp](http://www.fsis.usda.gov/news_and_events/food_safety_educator/index.asp)

**Description:** Periodic newsletter reporting on new food safety educational programs and materials, as well as emerging science concerning food safety risks.

Scheule B. *Food safety education: health professionals' knowledge and assessment of WIC client needs*. J Am Diet Assoc. 2004 May;104(5):799-803. Abstract available from:  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15127067](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15127067)

**Description:** Opportunities and challenges for food safety education in the WIC Program and the health professionals' knowledge and assessment of WIC client needs.

*Thermy* [homepage on the Internet]. United States Department of Agriculture, Food Safety Inspection Service, Food Safety Education. Available from:

<http://www.fsis.usda.gov/>

or e-mail: [mph hotline.fsis@usda.gov](mailto:mph hotline.fsis@usda.gov)

**Description:** Chart listing recommended internal temperatures for cooking at home.

## General Nutrition

DHHS/USDA (DHHS/U.S. Department of Agriculture). 2004. *Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2005 to the Secretary of Health and Human Services and the Secretary of Agriculture*. [Updated 2004 Sep 28, cited 2005 Sep 26]. Available as 2005 Dietary Guidelines for Americans Advisory Committee Report:

<http://www.health.gov/dietaryguidelines/dga2005/report>

**Description:** Recommendations of the 2005 Dietary Guidelines Advisory Committee (DGAC) to the Secretaries of the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA).

## Infant Formula

American Academy of Pediatrics: Committee on Nutrition. *Hypoallergenic Infant Formulas*. Policy Statement. Pediatrics 2000, 106 (2) 346-349. Available from:

[http://aappolicy.aappublications.org/cgi/content/full/pediatrics;106/2/346?fulltext=Hypoallergenic+Infant+Formulas&searchid=QID\\_NOT\\_SET](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;106/2/346?fulltext=Hypoallergenic+Infant+Formulas&searchid=QID_NOT_SET)

**Description:** Issues of infant formula, specifically as it relates to protein hypersensitivity (protein allergy). Proper use of hypoallergenic formulas and infant formula labeling, specifically hypoallergenic-labeled formulas.

American Academy of Pediatrics: Committee on Nutrition. *Iron Fortification of Infant Formulas*. Pediatrics 1999;104(1):119-123. Available from:

<http://pediatrics.aappublications.org/cgi/content/full/105/6/1370>

**Description:** Iron fortification of infant formulas to help prevent iron-deficiency anemia. Recommendations for primary intervention of iron deficiency anemia during the crucial second year of life by routine daily iron supplementations.

American Academy of Pediatrics: Committee on Nutrition. *Soy Protein-based Formulas: Recommendations for Use in Infant Feeding*. Policy Statement. Pediatrics 1998; 101 (1) 148-153. Document available from:

[http://aappolicy.aappublications.org/cgi/content/full/pediatrics;101/1/148?fulltext=Soy+Proteinbased+Formulas%3A+Recommendations+for+Use+in+Infant+Feeding&searchid=QID\\_NOT\\_SET](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;101/1/148?fulltext=Soy+Proteinbased+Formulas%3A+Recommendations+for+Use+in+Infant+Feeding&searchid=QID_NOT_SET)

**Description:** How the use of soy protein-based infant formulas has nearly doubled in the past decade. Important recommendations on the indications and appropriate use of soy-protein based formulas.

Fox MK, Pac S, Devaney B, Jankowski L. *Feeding infants and toddlers study: What foods are infants and toddlers eating?* J Am Diet Assoc. 2004 Jan;104(1):s22-30. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=14702014&query\\_hl=2](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14702014&query_hl=2)

**Description:** Description of the food consumption patterns of US infants and toddlers, 4 to 24 months of age.

## Lifestyle for Women

ADA. *Nutrition and lifestyle for a healthy pregnancy outcome*. J Am Diet Assoc. 2002;102:1470-1490 (Expires December 2007). Available from:

[http://www.eatright.org/Public/NutritionInformation/92\\_adar1002b.cfm](http://www.eatright.org/Public/NutritionInformation/92_adar1002b.cfm)

**Description:** Key components of a health-promoting lifestyle during pregnancy that include appropriate weight gain; consumption of a variety of foods in accordance with the Food Guide Pyramid; appropriate and timely vitamin and mineral supplementation; avoidance of alcohol, tobacco, and other harmful substances; and safe foodhandling.

Ball K, Crawford D, Warren N. *How feasible are healthy eating and physical activity for young women?* Public Health Nutrition. 2004 May;7(3):433-441(9). Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15153274](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15153274)

**Description:** Feasibility of physical activity and healthy eating behaviors, and how these vary by socio-economic status, domestic characteristics and weight status.

CDC (Centers for Disease Control and Prevention). National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System Questionnaires*. Available from:

<http://www.cdc.gov/brfss/questionnaires/english.htm>

**Description:** Questionnaires have three parts: 1) the core components such as questions on exercise, environmental factors, tobacco use, alcohol consumption, asthma, diabetes, oral health, immunization, etc. 2) optional modules, and 3) state-added questions.

## Nutrient Requirements

AAP. American Academy of Pediatrics: Committee on Nutrition. *Calcium Requirements of Infants, Children, and Adolescents*. Policy Statement. Pediatrics 1999; 104 (5) 1152-1157. Available from:

[http://aappolicy.aappublications.org/cgi/content/full/pediatrics;104/5/1152?fulltext=Calcium+Requirements+of+Infants+%2C+Children+%2C+Adolescents&searchid=QID\\_NOT\\_SET](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;104/5/1152?fulltext=Calcium+Requirements+of+Infants+%2C+Children+%2C+Adolescents&searchid=QID_NOT_SET)

**Description:** Recommendations on the nutritional needs of calcium of infants, children, and adolescents. Review of the physiology of calcium metabolism and data about the relationship between calcium intake and bone growth and metabolism.

## Appendix E

*Appendix B: Physical Signs Suggestive of Nutrient Deficiency.* In: *Clinical Nutrition: A Resource Book for Delivering Enteral and Parenteral Nutrition for Adults.* Seattle (WA): University of Washington Medical Center; 1997. Available from:

<http://healthlinks.washington.edu/nutrition/section9.html#b>

**Description:** A chart listing nutrient deficiencies, their symptoms and their location.

Gartner LM, Greer FR. Section on Breastfeeding and Committee on Nutrition. *Prevention of Rickets and Vitamin D Deficiency: New Guidelines for Vitamin D Intake.* Pediatrics. 2003;111(4):908-910. Available from:

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;111/4/908>

**Description:** Prevention of rickets and Vitamin D deficiency. It also provides recommended daily Vitamin D intake to prevent deficiency.

IOM. 2004d. Dietary Reference Intakes Tables - The Complete Set. Washington, DC: National Academies Press. [Updated 2005 May 3, cited 2005 Sep 26]. Available from:

<http://www.iom.edu/board.asp?id=3788>

**Description:** Tables include elements, vitamins, macronutrients, and electrolytes and water.

## Nutrition for Children

ADA. American Dietetic Association. *Dietary guidance for healthy children aged 2 to 11 years.* J Am Diet Assoc. 2004;104:660-677. Available from:

[http://www.eatright.org/Public/NutritionInformation/92\\_adap0199.cfm](http://www.eatright.org/Public/NutritionInformation/92_adap0199.cfm)

**Description:** Review of what US children are eating and trends in food and nutrient intakes. Dietary recommendations and guidelines and the benefits of physical activity and the roles of parents and caregivers in influencing the development of healthy eating behaviors. Specific recommendations to improve the nutritional well-being of children for dietetics professionals, parents, and caregivers.

AAP (American Academy of Pediatrics). Committee on Nutrition. *The Use and Misuse of Fruit Juice in Pediatrics.* Pediatrics. 2001;107(5):1210-1213. Available from:

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b107/5/1210>

**Description:** Benefits of juice as well as the potential detrimental effects.

## Appendix E

*WIC Works Educational Materials Database* [database on the Internet]. Beltsville (MD): National Agricultural Library, WIC Works Resource. Childhood Feeding Disorders: Biobehavioral Assessment and Intervention; 1998. Available from:

<http://peaches.nal.usda.gov/wicworks/wicform4b.asp?title=Childhood+Feeding+Disorders:+Biobehavioral+Assessment+and+Intervention>

**Description:** Contains ordering, publishing, and catalog information about the book *Childhood Feeding Disorders: Biobehavioral Assessment and Intervention*.

### Nutrition for Special Needs

ADA. *Providing nutrition services for infants, children, and adults with developmental disabilities and special health care needs*. J Am Diet Assoc. 2004;104(1):97-107. (in effect until December 31, 2008)

Available from:

[http://www.eatright.org/Public/NutritionInformation/92\\_18463.cfm](http://www.eatright.org/Public/NutritionInformation/92_18463.cfm)

**Description:** Nutrition problems such as growth alterations (e.g., failure to thrive, obesity, and growth retardation), metabolic disorders, poor feeding skills, medication-nutrient interactions, and partial or total dependence on enteral or parenteral nutrition.

### Nutrition for Women

Brown JE, Carlson M. *Nutrition and Multifetal Pregnancy*. J Am Diet Assoc. 2000;100:343-348. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10719409](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10719409)

**Description:** Overview of the incidence of and risks associated with multifetal pregnancy and nutrition during multifetal gestation and guidelines for weight gain for twin and triplet pregnancies, dietary intake, and supplements.

Calfas KJ, Zabinski MF, Rupp J. *Practical nutrition assessment in primary care settings: a review*. Am J Prev Med. 2000;18(4):289-299. Abstract available at:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10788731&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10788731&dopt=Abstract)

**Description:** Review of 18 dietary measures to assess current dietary patterns for use in primary care that were brief and easy to administer, score, and interpret.

## Appendix E

Chang MW, Nitzke S, Brown RL, Baumann LC, Oakley L. *Development and validation of a self-efficacy measure for fat intake behaviors of low-income women*. J Nutr Educ Behav. 2003 Nov-Dec; 35(6):302-7. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=14642215](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14642215)

**Description:** How information obtained from a revised instrument can be used among low-income women to measure self-efficacy for eating low-fat diets. Development of more targeted and thus more effective education messages to help low-income women modify their fat-intake behaviors.

Story M, Stang J, eds. *Nutrition and the Pregnant Adolescent: A Practical Reference Guide*. Minneapolis (MN): Center for Leadership, Education, and Training in Maternal and Child Nutrition, University of Minnesota; 2000. Available from:

<http://www.epi.umn.edu/let/pubs/nmpa.shtm>

**Description:** Resource for health professionals and educators on nutrition and adolescent pregnancy. The book focuses on clinical application of current knowledge on adolescent pregnancy.

### Annual Maternal and Child Health Training Courses

*Annual Intensive Course in Pediatric Nutrition*. Iowa Memorial Union, University of Iowa; Iowa City, IA. For more information see:

<http://www.medicine.uiowa.edu/PediatricNutrition/>

**Description:** Registration and course description information on the intensive course in pediatric nutrition. Also contains a printable course description and registration form.

*Annual Maternal and Child Health Leadership Conference*. University of Illinois-Chicago. For more information see:

[http://www.uic.edu/sph/mch/ce/mch\\_leadership/](http://www.uic.edu/sph/mch/ce/mch_leadership/)

**Description:** Provides a link to all the planning committee members, sponsors, and conference highlights, as well as information about continuing education units.

*Annual National Maternal Nutrition Intensive Course*.

Centers for Public Health Education and Outreach, University of Minnesota. For more information see:

<http://www.publichealthplanet.org/mnic>

**Description:** This continuing education program focuses on the improvement of maternal and infant health through the delivery of risk-appropriate high-quality nutrition services. This course is available to onsite attendees and select sessions are also available through online video streaming over the Internet.



## Other Risks: Adjunct Health, Breastfeeding, Emerging Health Issues (Physical Activity/Food Security)

### Breastfeeding

AAP (American Academy of Pediatrics). *A Woman's Guide to Breastfeeding*. Elk Grove Village (IL): American Academy of Pediatrics; 1998. Available from:

<http://www.aap.org/family/brstguid.htm>

**Description:** Information on the following breastfeeding issues: why breastfeeding is so good for your baby and you, the first feeding, nursing after the first feeding, medications, illnesses, breastfeeding after you go back to work, weaning your baby from the breast, etc.

AAP. Committee on Drugs. *The Transfer of Drugs and Other Chemicals into Human Milk*. *Pediatrics* 2001;108(3):776-789. Abstract available from:

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;108/3/776>

**Description:** Supply of data, if known, concerning the excretion of drugs into human milk. Special review of nicotine, psychotropic drugs, and silicone implants.

AAP. Section on Breastfeeding. American Academy of Pediatrics. *Breastfeeding and the Use of Human Milk*. Policy Statement. *Pediatrics* 2005; 115 (2) 496-506 Available from:

[http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496?fulltext=Breastfeeding+Use+of+Human+Milk&searchid=QID\\_NOT\\_SET](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496?fulltext=Breastfeeding+Use+of+Human+Milk&searchid=QID_NOT_SET)

**Description:** Summary of benefits of breastfeeding for the infant, the mother, and the community, and recommendations to guide health care professionals in assisting mothers in the initiation and maintenance of breastfeeding for healthy term infants and high-risk infants.

AAPF (American Academy of Family Physicians). *Breastfeeding (Position Paper)*. Leawood (KS): American Academy of Family Physicians; 2004.

Available from: <http://www.aafp.org/x6633.xml>

**Description:** Health effects, special issues (medication & substance; occupational exposure & pollutants), infectious diseases, maternal and infant illnesses, breast surgery, nursing beyond infancy, employment, breastfeeding multiples, diverse populations, etc.

## Appendix E

ADA (American Dietetic Association). *Position of the American Dietetic Association: Breaking the barriers to breastfeeding*. J Am Diet Assoc. 2001;(10): 1215-1220. (Expires 2004). Available from:  
[http://www.eatright.org/Public/NutritionInformation/92\\_8236.cfm](http://www.eatright.org/Public/NutritionInformation/92_8236.cfm)

**Description:** Breastfeeding trends in the United States, barriers to extended breastfeeding, rationale: benefits of breastfeeding, clinical considerations, roles and responsibilities of dietetics professionals.

Cadwell K, Turner-Maffei C. *Case Studies in Breastfeeding: Problem-Solving Skills & Strategies*. Sudbury (MA): Jones and Bartlett; 2004.

**Description:** This book contains case studies that address some of the complex breastfeeding counseling issues such as assessment of problems, reconciling problems, family relationships, and connecting with women.

Ertem IO, Votto N, Leventhal JM. *The timing and predictors of the early termination of breastfeeding*. Pediatrics. 2001;107(3):543-548. Abstract available from:  
<http://pediatrics.aappublications.org/cgi/content/abstract/107/3/543>

**Description:** Determination of the prevalence and correlates of the early discontinuation of breastfeeding by mothers eligible for the Women, Infants, and Children Program (WIC).

Hörnell A, Hofvander Y, Kylberg E. *Solids and Formula: Association with Pattern and Duration of Breastfeeding*. Pediatrics. 2001;107(3):e38. Abstract available from:  
<http://pediatrics.aappublications.org/cgi/content/abstract/107/3/e38>

**Description:** Changes in pattern and duration of breastfeeding associated with the introduction of solids and formula.

International Lactation Consultant Association. *Evidence-based guidelines for breastfeeding management during the first fourteen days*. Raleigh (NC): International Lactation Consultant Association; 1999 Apr.

**Description:** 24 key strategies to guide professionals in providing optimal care to mothers and infants during the crucial first 14 days, when many mothers discontinue breastfeeding.

Institute of Medicine. *Nutrition during Lactation*. Washington (D.C.): National Academy Press; 1991. Available from:  
<http://www.nap.edu/books/0309043913/html>

**Description:** Chapters on: Nutritional status and usual dietary intake of lactating women, milk volume, milk consumption, maternal health effects of breastfeeding, and meeting maternal nutrient needs during lactation.

## Appendix E

Lawrence, Ruth A., Lawrence, Robert M. *Breastfeeding: A Guide for the Medical Profession, 6th ed.* St. Louis (MS): CV Mosby, 2005.

**Description:** Coverage of anatomy and physiology, composition of human breast milk, family-centered counseling and guidance on lactation management, equipment, pumps, and other devices, contraindications to breastfeeding, new drugs and herbal products, infections, and much more.

Mitra AK, Khoury AJ, Carothers C, Foretich C. *Evaluation of a comprehensive loving support program among state Women, Infants, and Children (WIC) program breast-feeding coordinators.* South Med J. 2003 Feb;96(2):168-71. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12630643](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12630643)

**Description:** Describes the Mississippi Breastfeeding Promotion Campaign. The project included patient and family education, staff training, public awareness activities, health professional outreach, and partnerships with the community.

Mohrbacher N, Stock J. *The Breastfeeding Answer Book, 3rd Revised Ed.* Franklin Park (IL): La Leche League International; 2003.

**Description:** This is a complete resource guide on the art and technique of breastfeeding for those persons who want to help mothers breastfeed. It includes information such as prescription and herbal medications to increase milk supply, timing of starting solids, breastfeeding the baby with reflux disease, cleft palate babies, importance of human milk for premature babies, hormonal approaches to induced lactation, new approaches to positioning and latch-on, and much more.

Riordan J. *Breastfeeding and Human Lactation, 3rd edition.* Sudbury (MA): Jones & Bartlett Publishing; 2005.

**Description:** Five sections that cover the socio-cultural context of infant feeding, anatomy and biological imperatives, the prenatal, perinatal and postnatal periods, beyond postpartum and contemporary issues. Helps readers prepare for the certification examination in lactation in combination with the Study Guide for Breastfeeding and Human Lactation, 3rd ed.

U.S. Department of Agriculture, Best Start Social Marketing. *Loving Support Makes Breastfeeding Work* [homepage on the Internet]. Beltsville: National Agricultural Library, WIC Works Resource System [updated 2004 Apr 6; cited 2005 Sep 26]. Available from:

[http://www.nal.usda.gov/wicworks/Learning\\_Center/loving\\_support.html](http://www.nal.usda.gov/wicworks/Learning_Center/loving_support.html)

**Description:** Promotional materials, goals and key messages and a resource for loving support projects in action.

## Appendix E

Wilson-Clay B, Hoover K. *The Breastfeeding Atlas*. 2nd ed. Austin (TX): LactNews Press; 2002 Jul.

**Description:** Clinical breastfeeding situations, case studies, evidence-based breastfeeding management information, as well as pictures with mini-case histories, explanations and references.

### Child Safety

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care. *Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs*. 2nd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2002. Available from:

<http://nrc.uchsc.edu/CFOC/>

**Description:** Resource for child care providers, parents, health consultants, and regulators on National Health and Safety Performance Standards including information on SIDS.

### Food Security

Basiotis PP, Lino M. (2002) *Food insufficiency and prevalence of overweight among adult women*. Nutrition Insight No. 26 [A Publication of the USDA Center for Nutrition Policy and Promotion]. Available from:

<http://www.usda.gov/cnpp/insights.html>

**Description:** Link to all the Nutrition Insight Publications produced by the Center for Nutrition Policy and Promotion.

Bhattacharya J, Currie J, Haider S. *Poverty, Food Insecurity, and Nutritional Outcomes in Children and Adults*. J Health Econ. 2004 Jul;23(4):839-62. Available from:

[http://www.econ.ucla.edu/people/papers/currie/more/bch\\_oct03.pdf](http://www.econ.ucla.edu/people/papers/currie/more/bch_oct03.pdf)

**Description:** Relationship between nutritional status, poverty, and food insecurity for household members of various ages.

Bickel G, Nord M, Price C, Hamilton W, Cook J. *Guide to Measuring Household Food Security*. Alexandria, VA: USDA, Food and Nutrition Service, Office of Analysis, Nutrition, and Evaluation. Revised 2000. Available from:

<http://www.fns.usda.gov/fsec/FILES/FSGuide.pdf>

**Description:** Chapters on: food security measure, food security questionnaire, implementing the food security scale, and preliminary guidance on sampling local population groups for food security surveys.

## Appendix E

Cook et al. *Food insecurity is associated with adverse health outcomes among human infants and toddlers*. *J. Nutr.* 2004;134:1432-1438. Available from:

<http://www.nutrition.org/cgi/content/full/134/6/1432>

**Description:** New measures to examine associations between food insecurity and health outcomes in young children.

Nord M, Andrews M, Carlson S. *Household Food Security in the United States, 2003*. Economic Research Service, U.S. Department of Agriculture. ERS Research Brief. 2004 Oct;FANRR42:1-69. Available from:

<http://www.ers.usda.gov/publications/fanrr42/>

**Description:** Report on household food security in the United States. Sections include: household spending on food, household responses to questions in the food security scale, and use of federal and community assistance food programs.

## Oral Health

### General Resources

ADA. *American Dietetic Association: Oral health and nutrition*. *J Am Diet Assoc.* 2003;103(5):615-625. Available from: [http://www.eatright.org/Public/Files/Oral\\_Health.pdf](http://www.eatright.org/Public/Files/Oral_Health.pdf)

**Description:** Nutrition and oral health, supports collaboration between dietetics and dental professionals for oral health promotion and disease prevention and intervention.

CDC. National Center for Chronic Disease Prevention and Health Promotion [homepage on the Internet]. *Oral Health Resources : Fact Sheet: Dietary Fluoride Supplement Schedule*. Atlanta: Centers for Disease Control and Prevention [updated 2002 August 07]. Available from:

<http://www.cdc.gov/OralHealth/factsheets/fl-supplements.htm>

**Description:** Dietary fluoride supplement schedule.

Hale KJ; American Academy of Pediatrics Section on Pediatric Dentistry. *Oral health risk assessment timing and establishment of the dental home*. *Pediatrics.* 2003 May;111(5 Pt 1):1113-6. Abstract available from:

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;111/5/1113>

**Description:** Guidance on preventing caries in children by identifying high-risk individuals at an early age (preferably high-risk mothers during prenatal care), and adopting aggressive strategies, including anticipatory guidance, behavior modifications (oral hygiene and feeding practices), and establishment of a dental home by 1 year of age for children deemed at risk.

## Appendix E

Marshall TA, et al. *Dental caries and beverage consumption in young children*. *Pediatrics*. 2003 Sep;112(3 Pt 1):e184-91.

Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12949310&query\\_hl=2](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12949310&query_hl=2)

**Description:** Associations among caries experience and intakes of dairy foods, sugared beverages, and nutrients and overall diet quality in young children (4 to 7 years).

National Center for Education in Maternal and Child Health. *Bright Futures in Practice: Oral Health*. Casamassimo PS, chairman. Arlington (VA): National Center for Education in Maternal and Child Health; 1996. Available from:

<http://www.brightfutures.org/oralhealth/about.html>

**Description:** Help for health professionals to implement specific oral health guidelines during pregnancy and postpartum, infancy, early childhood, middle childhood, and adolescence.

### Staff Training

*A Health Professional's Guide to Pediatric Oral Health Management: Pediatric Oral Health Management* [homepage on the Internet]. Washington (DC): National Maternal and Child Health Resource Center; ©2004. Available from:

<http://www.mchoralhealth.org/PediatricOH/index.htm>

**Description:** Seven self-contained online modules designed to assist health professionals in managing the oral health of infants and young children.

OHRC (National Maternal and Child Oral Health Resource Center). *Open Wide: Oral Health Training for Health Professionals*. Katrina Holt, M.P.H., M.S., R.D., and Ruth Barzel, M.A. Washington, DC: National Maternal and Child Oral Health Resource Center, 2005. Online modules available from:

<http://www.mchoralhealth.org/OpenWide/index.htm>

**Description:** Online training on oral health consists of four modules (Tooth Decay, Risk Factors for Tooth Decay, Prevention of Tooth Decay, What to Do and How to Do It) that were designed to help health and early childhood professionals working in community settings (for example, Head Start and WIC staff) promote oral health to infants, children, and their families.

## Physical Activity

*Bright Futures in Practice: Physical Activity.* Patrick K, Spear B, Holt K, Sofka D, eds. Arlington, VA: National Center for Education in Maternal and Child Health, 2001.

**Description:** Provides developmental guidelines on physical activity for the periods of infancy through adolescence. It provides current information on screening, assessment, and counseling to promote physical activity to meet the needs of health professionals, families, and communities.

CDC. *Physical Activity for Everyone: Making Physical Activity Part of Your Life: Overcoming Barriers to Physical Activity* [homepage on the Internet]. Atlanta (GA):

Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity-[updated 2003 May 29, cited 2005 Sep 26]. Available from:

<http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm>

**Description:** Environmental and personal barriers to being more physically active, quiz on assessing the barriers to being active and suggestions for overcoming physical activity barriers.

*Get moving: For the health and fun of it!: Putting the Guidelines into Practice.* Alexandria (VA): Center for Nutrition Policy and Promotion, United States Department of Agriculture, 2003 Oct. Home and Garden Bulletin No.: 267-5. Available from: <http://www.cnpp.usda.gov/Pubs/Brochures/>

**Description:** Various publications produced by the Center for Nutrition Policy and Promotion such as: “Get Moving for the Fun and Health of it,” “Fabulous Fruits, Versatile Vegetables,” and “Get on the Grain Train.”

## Immunization

Shefer A, Mezoff J, Caspari D, Bolton M, Herrick P. *What mothers in the Women, Infants, and Children (WIC) program feel about WIC and immunization linkage activities. A summary of focus groups in Wisconsin.* Arch Pediatr Adolesc Med. 1998 Jan;152(1):65-70 & Comment in: Arch Pediatr Adolesc Med. 1998 Jul;152(7):714-5. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=9452710](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9452710)

**Description:** Gaining a better understanding of how parents using WIC resources feel about the association of WIC and immunization services, factors that may cause clients to drop out of the program, and effects of racial background on parent attitudes.

## Policies and Procedures

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *WIC Policy Memo #92-10: Bloodwork Protocol*, July 1992. WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** Provides guidance related to the hematological testing requirement for WIC certification.

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *WIC Policy Memo #92-13: WIC: Proof of Pregnancy*, July 1992. WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** Clarifies questions regarding whether a State or local agency may require documented proof of pregnancy from a WIC Program applicant.

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *WIC Policy Memo #93-3A: WIC's Role in Screening for Childhood Lead Poisoning*. WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** Clarifies questions concerning WIC's role in screening for childhood lead poisoning and allowable costs associated with this screening.

WIC Program Regulations; Section 246.7(e) Nutritional risk.

**Description:** WIC Regulations describing all aspects of participant eligibility. Available from:

<http://www.fns.usda.gov/wic/lawsandregulations/default.htm>.

WIC Regulations are published by the Federal Register in the Code of Federal Regulations, 7 C.F.R. Part 246. The CFR is updated in January each year. The CFR, in print or on-line, represents updates as of January and will not include changes which have been subsequently published.

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *WIC Policy Memo #93-7: WIC: Verification of Certification Cards*, July 1993.

WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** Explains the requirement that transferring WIC participants receive continuous benefits during their certification periods, within the funding limitations of the receiving local agency.



## *Appendix E*

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *WIC Policy Memo # 98-9: Revision 8, Nutrition Risk Criteria*, April 2005. WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** This memorandum lays out a change about how the WIC Program will determine nutrition risk eligibility.

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *FNS Instruction 803-11, Rev.1: WIC Program-Certification: Verification of Certification (VOC) Cards*. WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** This instruction describing verification of certification cards for participants who are members of a family in which there is a migrant farmworker or any other participant likely to relocate during his or her certification period, such as homeless individuals.

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *FNS Instruction 803-16: WIC Program – Certification: Participation of Breastfeeding Women and Their Infants*. WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** This instruction discusses that states have the option to establish procedures whereby a breast-feeding woman is determined to be at nutritional risk if her breast-fed infant has been determined to be at nutritional risk.

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *WIC Policy Memo #2001-2: WIC Bloodwork Requirements*, Jan 2001. WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** This policy memo serves to clarify questions regarding WIC bloodwork requirements, as well as to provide an update on the status of all policy memoranda previously issued that addressed bloodwork requirements.

U.S. Department of Agriculture, Food and Nutrition Service, Supplemental Food Programs Division: *WIC Policy Memo #2001-7: Immunization Screening and Referral in WIC*, August 2001. WIC State agencies can obtain a copy of this memorandum from their respective FNS Regional Offices.

**Description:** This policy memo is to assure that children served by WIC are screened for immunization status and, if needed, referred for immunizations.

## Appendix E

WIC Nutrition Services Standards, U.S. Department of Agriculture, Food and Nutrition Service, October 2001.

Available from:

<http://www.fns.usda.gov/wic/benefitsandservices/nutritionservicesstds.HTM>

**Description:** Designed to help State and Local WIC agencies self-assess how well they currently deliver a wide range of nutrition services and how to improve the delivery and quality of nutrition services.

## Communication Skills and Tools

### Developing Questionnaires and Print Materials

*Clear and Simple: Developing Effective Print Materials for Low Literate Readers.* Bethesda (MD): Department of Health and Human Services, National Institute of Health, National Cancer Institute; 1994. Available from:

<http://cancer.gov/cancerinformation/clearandsimple>

**Description:** Link to the National Cancer Institute website containing: career topics, clinical trials, cancer statistics, research and funding, and news.

*Developing Effective Wording and Format Options for a Children's Nutrition Behavior Questionnaire for Mothers of Children in Kindergarten.* ORC Macro. Contractor and Cooperator Report No.10. United States Department of Agriculture, Economic Research Service. August 2005. Study is available at: See

<http://www.ers.usda.gov/Publications/CCR10/>

**Description:** Set of eating habit questions proposed for inclusion in the U.S. Department of Education's Early Childhood Longitudinal Survey, Birth Cohort. Assessment of wording and format of a series of questions for mothers of children in kindergarten and/or first grade regarding the child's food consumption habits.

*Developing Health Education Materials for Special Audiences: Low Literate Adults* [audiocassette]. Chicago(IL): American Dietetic Association; 1992

**Description:** Self-study program including an audiotape and 56-page study guide that reviews planning, developing, and evaluating health education materials for low-literate adults. The SMOG readability technique for evaluating reading level of materials is described. Guidelines are provided for adapting existing materials to meet clients' needs.

## Appendix E

WIC Works Resource System [homepage on the Internet], Beltsville (MD): *Learning Center, Counseling and Educational Methods, Developing Educational Materials* [updated 07/09/2004; cited 2005 Sep 26]. Available from: [http://www.nal.usda.gov/wicworks/Learning\\_Center/Education\\_Counseling\\_develop.html](http://www.nal.usda.gov/wicworks/Learning_Center/Education_Counseling_develop.html)

**Description:** Developing Educational Materials divided into three categories: general, low literacy, and readability assessment.

## Nutrition Education and Communication Techniques

### Brief Interventions

Fleming M, Manwell LB. *Brief intervention in primary care settings: A primary treatment method for at-risk, problem, and dependent drinkers*. *Alcohol Res & Health*. 1999;23(2):128-137. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10890807&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10890807&dopt=Abstract)

**Description:** method of “brief interventions”, a technique that is a time-limited, patient-centered counseling strategy that focuses on changing a variety of patient behaviors (e.g., to modify dietary habits; stop smoking; and reduce weight, cholesterol levels, or blood pressure) and increasing patient compliance with therapy.

Berg-Smith SM, Stevens VJ, Brown KM, Van Horn L, Gernhofer N, Peters E, Greenberg R, Snetselaar L, Ahrens L, Smith K. *A brief motivational intervention to improve dietary adherence in adolescents*. The Dietary Intervention Study in Children (DISC) Research Group. *Health Educ Res*. 1999 Jun;14(3):399-410. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10539230](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10539230)

**Description:** Brief motivational intervention model to improve and renew dietary adherence with adolescents in the Dietary Intervention Study in Children (DISC).

*Motivating Change: The Motivating Change Worksheet & Motivating Change: The 5-R Model*. Rochester (NY): Cardiovascular Health Practitioners' Institute; © 2002 Scott McIntosh, PhD. [cited 2005 Sep 26]. Available from:

<http://cvhpinstitute.org/aafp/motiv.html>

**Description:** Worksheet designed for patients' and physicians' use to help determine a patient's readiness to quit smoking. It also discusses the 5-R model: Relevance, Risks, Rewards, Roadblocks, and Repetition.

*The 5-A Model*. Rochester (NY): Cardiovascular Health Practitioners' Institute; © 2002 Scott McIntosh, PhD. [cited 2005 Sep 26]. Available from:

<http://cvhpinstitute.org/aafp/5amodel.html>

**Description:** Structured intervention with patients that is feasible to implement in a short period of time using the 5-A Model (Ask, Advise, Assess, Assist, and Arrange).

Rollnick S, Heather N, Bell A. *Negotiating behavior change in medical settings: the development of brief motivational interviewing*. J Ment Health. 1992;1:25-37.

## Communication in Medical Encounters

Beck RS, Daughtridge R, Sloane PD. *Physician-patient communication in the primary care office: A systematic review*. J Am Board Fam Pract. 2002, Jan Feb;15(1):25-38.

Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11841136](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11841136)

**Description:** Physician-patient interview as a key component of all health care, particularly of primary medical care. Evaluation of existing primary-care-based research studies to determine which verbal and nonverbal behaviors on the part of the physician during the medical encounter have been linked in empirical studies with favorable patient outcomes.

Coulehan JL, Platt FW, Egener B, Frankel R, Lin CT, Lown B, Salazar WH. *"Let me see if I have this right": words that help build empathy*. Ann Intern Med. 2001 Aug 7;135(3):221-7. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11487497](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11487497)

**Description:** Words that help build empathy, empathy in theory, empathy in practice, active listening, and culture and empathy.

Makoul G. *Essential elements of communication in medical encounters: the Kalamazoo consensus statement*. Acad Med. 2001, Apr;76(4):390-3. Abstract available at:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11299158&dopt=Citation](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11299158&dopt=Citation)

**Description:** Leaders and representatives from major medical education and professional organizations met to delineate a coherent set of essential elements in physician-patient communication resulting in the identification of seven essential steps for effectively communication with patients: (1) build the doctor-patient relationship; (2) open the discussion; (3) gather information; (4) understand the patient's perspective; (5) share information; (6) reach agreement on problems and plans; and (7) provide closure.

## Appendix E

Seidel R. *How effective communication promotes better health outcomes*. American Academy of Physician Assistants (JAAPA). 2004, Nov;17:22-24.

<http://www.jaapa.com/issues/j20041101/articles/seidel.html>

**Description:** Describe four communication tasks (engagement, empathy, education, enlistment) that must be performed during medical encounters.

Platt FW, Gordon GH. *Review chapter 26: The Non-Compliant Patient*. In: *Field Guide to the Difficult Patient Interview*. Hagerstown (MD): Lippincott Williams & Wilkins; 1999.

**Description:** Dealing with difficult situations in the communication between physicians and patients by presenting a hypothetical scenario, describing effective communication techniques, and identifying pitfalls to avoid. Examples of physician-patient dialogue and illustrations of body language.

Platt FW, Gordon GH. *Review chapter 16: The Ambivalent Patient*. In: *Field Guide to the Difficult Patient Interview*. Hagerstown (MD): Lippincott Williams & Wilkins; 1999.

**Description:** Resource for dealing with difficult situations in the communication between physicians and patients. Hypothetical scenario, describes effective communication techniques, and identifies pitfalls to avoid. It includes examples of physician-patient dialogue and depicts illustrations of body language.

## Cultural Competency

### General Resources

*Counseling the Culturally Different: Theory and Practice, 3rd ed.* [database on the Internet]. Beltsville (MD): WIC Works Resource System, The WIC Works Database [cited 2005 Sep 26]. For more information see:

<http://peaches.nal.usda.gov/wicworks/wicform4b.asp?title=Counseling+the+Culturally+Different:+Theory+and+Practice,+3rd+edition> and [http://www.nal.usda.gov/wicworks/WIC\\_Learning\\_Online/support/references/multicultural.htm](http://www.nal.usda.gov/wicworks/WIC_Learning_Online/support/references/multicultural.htm)

**Description:** Reference book on multi-cultural counseling includes individual chapters on counseling African Americans, Asian Americans, Latino/Hispanic Americans, and Native Americans.

Eliades DC, Sutor CW. *Celebrating diversity: Approaching families through their food*. Arlington (VA): National Center for Education in Maternal and Child Health.

**Description:** Communication of nutrition education messages to people from a variety of cultural backgrounds. Discussion on changing food patterns, how food choices are made, communicating with clients and families, and working within the community.

## Appendix E

Pedersen PB, Draguns JG, Lonner WJ, Trimble JE, eds. *Counseling Across Cultures*. Thousand Oaks: Sage Publications; 2002.

**Description:** Comprehensive examination of the increasing priority of culture in the counseling process. Examination of the cultural context of accurate assessment and appropriate interventions in counseling, highlighting work with groups including African Americans, Asian Americans, Hispanics, American Indians, refugees, and international students. Chapters also consider culturally appropriate counseling methods as they relate to gender, aged populations, health psychology, and school settings.

Quervalu JV, Nunes H, Gonzales F, Lecca Pedro J (ed). *Cultural Competency in Health, Social & Human Services: Directions for the 21st Century*. New York (NY): Garland Publishing; 1998.

**Description:** Latest information and techniques for improving cultural competency in the delivery of health, social, and human services to multicultural populations in the United States including African-American, Anglo-American, Asian American and Hispanics/Latinos. Cultural values, religion and beliefs of the four major ethnic groups that come to health professionals for help and chapter on cultural competency and Child and Family Services.

### *Staff Training*

*Towards Culturally Competent Care: A Toolbox for Teaching Communication Strategies*. San Francisco, (CA): Center for Health Professions, University of California; 2002. Available for order at:

<http://www.futurehealth.ucsf.edu/cnetwork/resources/curricula/diversity.html>

**Description:** Curriculum focusing on teaching clinicians to recognize cultural differences in patient interactions and to use specific communication skills to improve patient care that can be adapted for sequential one-hour sessions or for day-long seminars. Each section includes: exercises, learning objectives and teaching instructions, time requirements, overheads and handouts.

## Facilitated Group Discussion

### General Resources

Abusabha R, Peacock AR, Achterberg C. *How to make nutrition education more meaningful through facilitated group discussions*. J Am Diet Assoc. 1999 Jan 99(1):72-76.

Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=9917735](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9917735)

**Description:** Alternative method to lecture and one-on-one approaches for conducting educational interventions at clinic sites.

*Facilitator's Guide for Nutrition Education: Listen, Share, and Support*. Santa Fe (NM): New Mexico WIC Program, 1994. [Kit can be borrowed from the National Agricultural Library:

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/wicpub.html>]

**Description:** Compilation of materials produced or used by the WIC program published between 1995 and 2001 currently available at the National Agricultural Library for loan.

Sigman-Grant, M. Facilitated Discussions. *University of Nevada Cooperative Extension Continuing on the Road to Excellence Newsletter*. Issue 1; June 2001. (not a journal article)

**Description:** This guide provides a thorough explanation of facilitated dialogue, the steps involved in having a successful facilitated discussion, and numerous self-learning activities.

WIC Works Resource System [homepage on the Internet], Beltsville (MD): *Learning Center, Counseling and Educational Methods, Facilitated Group Discussion* [updated 2004 Jul 9; cited 2005 Sep 26]. Available from:

[http://www.nal.usda.gov/wicworks/Learning\\_Center/Education\\_Counseling\\_methods.html#Facilitated](http://www.nal.usda.gov/wicworks/Learning_Center/Education_Counseling_methods.html#Facilitated)

**Description:** Link to the facilitated dialogue resources on the WIC Works Resource System.

### Staff Training

*Beyond Nutrition Counseling: Reframing the Battle Against Obesity*. Video Script, Version 1.1 and Discussion Guide, Version 1.01, September 2002

**Description:** Provides a basic structure for a 60-minute facilitated group discussion with the video "Beyond Nutrition Counseling: Reframing the Battle Against Obesity"

## Appendix E

Facilitated Dialogue Basics: *Let's Dance: A Self-Study Guide for Nutrition Educators*. Madeleine Sigman-Grant, PhD, RD. University of Nevada Cooperative Extension, 2004. SP-04-21. Full text available from:

<http://www.unce.unr.edu/publications/SP04/SP0421.pdf>

**Description:** Self-study guide entitled: Facilitated Dialogue Basics: Let's Dance was created in order to balance the needs of nutrition educators and participants. Incorporated into the guide are various learner-centered education techniques to assist educators in promoting dialogue and improving critical thinking skills among participants.

WIC Works Resource System [homepage on the Internet], Beltsville (MD): *References used for WIC Learning Online, Lesson 2: Counseling Skills, Using Facilitated Discussion* [updated 07/09/2004; cited 2005 Sep 26]. Available from:

[http://www.nal.usda.gov/wicworks/WIC\\_Learning\\_Online/support/references/facilitated\\_discussion.htm](http://www.nal.usda.gov/wicworks/WIC_Learning_Online/support/references/facilitated_discussion.htm)

**Description:** Provides a link to the WIC Learning Online support center.

## General Nutrition Education Communication Techniques

### General Resources

Moreland JC, Lloyd L, Braun SB, Heins JN. *A new teaching model to prolong breastfeeding among Latinos*. J Hum Lact. 2000 Nov;16(4):337-41. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11155611](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11155611)

**Description:** Latino women in Salt Lake City, Utah, and how their breastfeeding rates are the lowest in the state of Utah. New teaching model for pregnant Spanish speaking participants.

Bauer KD, Sokolik CA. *Basic Nutrition Counseling Skill Development*. Belmont (CA): Wadsworth/Thomson Learning; 2002.

**Description:** Step-by-step guide to the fundamental skills of counseling strategies and protocol, including action-based worksheets and practical case studies.

Bensley R, Brookins-Fisher J. *Community Health Education Methods: A Practitioner's Guide*. Sudbury (MA): Jones and Barlett Publisher, 2001.

**Description:** Written by and for health education practitioners from a real-world perspective. Useful and practical information that can be easily applied to real health education situations.



## Appendix E

Crawford PB, Gosliner W, Anderson C, Strode P, Becerra-Jones Y, Samuels S, Carroll AM, Ritchie LD. *Counseling Latina mothers of preschool children about weight issues: Suggestions for a new framework*. J Am Diet Assoc. 2004;104:387-394.

**Description:** Latina mothers' health beliefs and attitudes regarding early childhood weight issues.

Moe EI, Elliot DL, Goldberg L, Kuehl KS, Stevens VJ, Breger RK, DeFrancesco CL, Ernst D, Duncan T, Dulacki K, Dolen S. *Promoting Healthy Lifestyles: Alternative Models' Effects (PHLAME)*. Health Educ Res. 2002,Oct;17(5): 586-96. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12408203](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12408203)

**Description:** Efficacy of two intervention strategies for improving nutrition and physical activity practices in fire fighters: a team-centered program and a one-on-one format targeting the individual.

Nestor B, McKenzie J, Hasan N, Abusabha R, Achterberg C. *Client Satisfaction with the Nutrition Education Component of the California WIC Program*. J Nutr Educ Behav. 2001 Apr;33(2):83-90. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12031188](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12031188)

**Description:** Quantitatively and qualitatively examine client satisfaction with the nutrition education component of the California WIC Program.

Vella, J. *Learning To Listen, Learning to Teach: The Power of Dialogue in Educating Adults (Revised Edition)*. San Francisco, CA: Jossey-Bass; 2002.

**Description:** Twelve principles of dialogue education with a new theoretical perspective gleaned from the discipline of quantum physics.

WIC Works Resource System [homepage on the Internet], Beltsville (MD): Learning Center, Counseling and Educational Methods: Other Educational/Counseling Methods [updated 2005 June 22; cited 2005 Sep 26].

Available from:

[http://www.nal.usda.gov/wicworks/Learning\\_Center/Education\\_Counseling\\_methods.html](http://www.nal.usda.gov/wicworks/Learning_Center/Education_Counseling_methods.html)

**Description:** Contains resources on counseling and education methods including: ethnic and cultural, feeding relationship, facilitated discussion, and motivational interviewing.

## Appendix E

WIC Works Resource System [homepage on the Internet], Beltsville (MD): *WIC Topics A-Z, Health Literacy* [updated 07/09/2004; cited 2005 Sep 26]. Available from: [http://www.nal.usda.gov/wicworks/Topics/Health\\_Literacy.html](http://www.nal.usda.gov/wicworks/Topics/Health_Literacy.html)

**Description:** This link provides information on health literacy provided by the WIC Works Resource System. It contains resources including: health and adult literacy, health literacy and outcomes, and improving health literacy.

### *Staff Training*

Curry KR, Jaffe A. Nutrition Counseling and Communication Skills. Philadelphia: WB Saunders Co; 1998. p. 89-111; 119-132.

**Description:** Effective nutrition education strategies and techniques across the lifespan and in a cross-cultural context that are practical and that offer a hands-on approach to developing these skills. Psychological element of counseling addressing issues such as emotional factors and eating disorders.

Osborne H. *Overcoming Communication Barriers in Patient Education*. Frederick (MD): Aspen Publishers, Inc.; 2001.

**Description:** Guide for health care professionals on how to improve health communication with people who have difficulty reading, people who are older adults, people with visual or hearing impairment, and people who speak little or no English or are from other cultures.

WIC Works Resource System [homepage on the Internet], Beltsville (MD): National Agricultural Library/Food and Nutrition Information Center, USDA/Food and Nutrition Service, and the University of Maryland. *WIC Learning Online*. For more information see:

[http://www.nal.usda.gov/wicworks/WIC\\_Learning\\_Online/index.html](http://www.nal.usda.gov/wicworks/WIC_Learning_Online/index.html)

**Description:** WIC Learning Online - a series of 12 modules designed to train all levels of staff working in the WIC Program. (Need to register).

### **Health Behavior Changes**

Achterberg C, Miller C. *Is one theory better than another in nutrition education?*

*A viewpoint: more is better.* J Nutr Educ Behav. 2004 Jan-Feb;36(1):40-2. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=14756981](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14756981)

**Description:** Health behavior theories and how they may or may not predict behavior or behavior change.

## Appendix E

Ammerman AS, Lindquist CH, Lohr KN, Hersey J. *The efficacy of behavioral interventions to modify dietary fat and fruit and vegetable intake: a review of the evidence*. *Prev Med*. 2002 Jul;35(1):25-41. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12079438](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12079438)

**Description:** Evaluation of the overall effectiveness of behavioral dietary interventions in promoting dietary change related to chronic disease risk reduction.

Baranowski T, Cullen KW, Nicklas T, Thompson D, Baranowski J. *Are current health behavioral change models helpful in guiding prevention of weight gain efforts? [review]*. *Obes Res*. 2003;11(Suppl.):23S-43S. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=14569036](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14569036)

**Description:** Seven categories of theories and models to define the concepts used to identify the motivational mechanism and the resources that a person needs to promote change.

Carpenter RA, Finley C, Barlow CE. *Pilot test of a behavioral skill building intervention to improve overall diet quality*. *J Nutr Ed*. 2004;36:20-26

**Description:** Effect of a cognitive and behavioral skills building intervention delivered via a small group or correspondence on improvement in total diet quality.

Elder JP, Ayala GX, Harris S. *Theories and intervention approaches to health-behavior change in primary care*. *Am J Prev Med*. 1999 Nov;12(4):275-284. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10606196](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10606196)

**Description:** Health-belief model, the social learning theory, and the transtheoretical model as they relate to behavior modification and patient compliance.

Elder JP, Geller ES, Hovell MF. *Motivating Health Behavior*. Albany (NY): Delmar Publishing; 1994.

**Description:** Difference between marketing and social marketing and examples of specific ways to apply the theory of social marketing to public health problems such as tobacco, nutrition, injury prevention, and teen sexual behavior.

Feldman M, Christensen J. *Section III: Health Related Behavior*. Guide Section III. In: Behavioral Medicine in Primary Care: A Practical. Stamford (CT): Appleton & Lange; 1997.

**Description:** Guide that discusses: health literacy, the culture of medicine, behavior change, and obtaining and using community health data.

Keller VF, White MK. *Choices and changes: a new model for influencing patient health behavior*. Journal of Clinical Outcomes Management. 1997;4(6):33–6. Abstract available at: <http://www.acgme.org/outcome/comp/refCom2.asp#4>

**Description:** Author's model for influencing behavior change in patients and techniques to promote the physician-patient dialogue.

Kristal AR, Hedderson MM, Patterson RE, Neuhauser. *Predictors of self-initiated, healthful dietary change*. J Am Diet Assoc. 2001;101:762-766.

**Description:** Demographic and psychosocial factors that predict healthful dietary change. Results suggest that food labels are useful for helping people reduce fat intake, that interventions should target persons at all stages of dietary change, and that new efforts are needed to reach men and persons who are less well educated.

NCI (National Cancer Institute). *Theory at a Glance: A Guide for Health Promotion Practice*. [updated 2003 Feb 27, 2005 Sep 26]. Bethesda (MD): National Institutes of Health, National Cancer Institute, 2003. Document available from:

<http://www.cancer.gov/aboutnci/oc/theory-at-a-glance/page1>

**Description:** Seven theories of health-related behaviors, the processes of changing behaviors, and community and environmental factors that influence behavior (Stages of Change, Health Belief Model, Consumer Information Processing-Individual level, Social Learning Theory-Interpersonal level, Diffusion of Innovations, Organizational Change Theory, Community Organization Theories-Community level). Useful to health promotion practitioners who design and implement programs that seek to change health behaviors.

Peterson KE, Sorensen G, Pearson M, Hebert JR, Gottlieb BR, McCormick MC. *Design of an intervention addressing multiple levels of influence on dietary and activity patterns of low-income, postpartum women*. Health Educ Res. 2002 Oct; 17(5):531-40. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12408198](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12408198)

**Description:** Efficacy of an educational model delivered by community-based paraprofessionals in improving diet, activity and weight loss among new mothers over a 12-month postpartum period and a 6-month maintenance period.

## Appendix E

*WIC Nutrition Education: On the Road to Excellence.*

Teleconference sponsored by the Southwest Region of the United States Department of Agriculture; 2001 Apr 26-27. Available from:

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/statedev\\_ontheroad-excellence.html](http://www.nal.usda.gov/wicworks/Sharing_Center/statedev_ontheroad-excellence.html)

**Description:** Addresses nutrition education techniques such as relationship-building, recognizing and removing barriers, and using motivational messages to help clients receive nutrition information and change their lifestyles.

### Health Belief Model

Kloeblen AS, Batish SS. *Understanding the intention to permanently follow a high folate diet among a sample of low-income pregnant women according to the Health Belief Model.* Health Educ Res. 1999 Jun;14(3):327-38. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10539225](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10539225)

**Description:** Applicability of the Health Belief Model (HBM) to understanding the intention to permanently follow a high folate diet among low-income pregnant women.

### Motivational Interviewing

#### *General Resources*

Miller WR, Rollnick S. “*Conviction Confidence*”. Section of Motivational Interviewing Professional Training Videotape Series. Tape E. “Motivational Interviewing in Medical Settings (48 min)”. Moyers TB, directed. Albuquerque, NM: University of New Mexico; 1998. Order information available from:

<http://motivationalinterview.org/training/miorderform.pdf>

**Description:** Introduction to motivational interviewing. Videos are intended to be used as a resource in professional training, offering six hours of clear explanation and practical modeling of component skills

Miller WR, Rollnick S. *Motivational Interviewing: Preparing People for Change.* 2nd ed. New York: Guilford Press; 2002.

**Description:** Detailed guidelines for using the authors approach to facilitating change and reflection on the process of learning motivational interviewing. Stages of change model, applications in medical, public health, and criminal justice settings, and using the approach with groups, couples, and adolescents.

## Appendix E

*Motivational Interviewing: resources for clinicians, researchers, and trainers* [homepage on the Internet].

Motivational Interviewing. Richmond (VA): Mid-Atlantic Addiction Technology Transfer Center, Virginia Commonwealth University, Dept. of Psychiatry; c1999-2004 [updated 2004 July 19]. Available from:

<http://www.motivationalinterview.org/>

**Description:** Provides resources for those seeking information on motivational interviewing. It includes general information about the approach, as well as links, training resources, and information on reprints and recent research.

Resnicow K, DiIorio C, Soet JE, Borrelli B, Ernst D, Hecht J, Thevos AK. *Motivational Interviewing in Medical and Public Health Settings*. In: Miller WR, Rollnick S, editors. *Motivational Interviewing: Preparing people for change*. 2nd ed. New York: Guilford Press; 2002

**Description:** Chapter within the book on Preparing People for Change.

Resnicow K, Jackson A, Wang T, De AK, McCarty F, Dudley WN, Baranowski T. *A motivational interviewing intervention to increase fruit and vegetable intake through Black churches: results of the Eat for Life trial*. *Am J Public Health*. 2001 Oct;91(10):1686-93. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11574336](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11574336)

**Description:** Multi-component intervention to increase fruit and vegetable consumption among African Americans that was delivered through Black churches.

Rollnick S, Mason P, Butler C. *Health Behavior Change: A Guide for Practitioners*. New York, NY: New York, NY: Churchill Livingstone 1999.

**Description:** For health professional to become more flexible and skillful in the consultation of behavior changes including over-eating, physical inactivity.

WIC Works Resource System [homepage on the Internet], Beltsville (MD): *Learning Center, Counseling and Educational Methods, Motivational Interviewing* [updated 2004 Jul 9; cited 2005 Sep 26]. Available from:

[http://www.nal.usda.gov/wicworks/Learning\\_Center/Education\\_Counseling\\_methods.html#motivational](http://www.nal.usda.gov/wicworks/Learning_Center/Education_Counseling_methods.html#motivational)

**Description:** Provides resources for motivational interviewing and facilitated discussion, and other counseling education methods.

### Staff Training

WIC Works Resource System [homepage on the Internet], Beltsville (MD): *References used for WIC Learning Online, Lesson 2: Counseling Skills, Applying Motivational Interviewing* [updated 2004 Jul 9; cited 2005 Sep 26].

Available from:

[http://www.nal.usda.gov/wicworks/WIC\\_Learning\\_Online/support/references/MI.htm](http://www.nal.usda.gov/wicworks/WIC_Learning_Online/support/references/MI.htm)

**Description:** Provides references of books, articles, and internet resources, for applying motivational interviewing.

### Stages of Change Theory

Kristal AR, Glanz K, Curry SJ, Patterson RE. *How can stages of change be best used in dietary interventions?* J Am Diet Assoc. 1999;99:679-684.

**Description:** Key findings from research on stages of dietary change, and controversies regarding use and interpretations of the construct.

Molaison EF. *Stages of change in clinical nutrition practice [review]*. Nutrition Clinical Care. 2002 Sep-Oct; 5(5):251-7. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12455227](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12455227)

**Description:** Stages of change and tailoring education methods to meet the needs of the patient and helping to promote life-long dietary change through identification of an individual's stage.

Prochaska JO, DiClemente CC. (1984). *The transtheoretical approach: Crossing the traditional boundaries of therapy*. Melbourne, Florida: Krieger Publishing Company. January 1994. (Reprint of book first published by the Dorsey Press in 1984).

**Description:** Shift in the field of behavior change from an action paradigm to a stage paradigm in which changing behavior involves progressing through six stages of change: precontemplation, contemplation, preparation, action, maintenance and termination.

James Prochaska, Ph.D., Professor of Clinical and Health Psychology at the University of Rhode Island, Director of Cancer Prevention Research Consortium. *Helping Populations Progress Through Stages of Change*.

Webcast produced January 10, 2001. Webcast is available from: <http://www.bu.edu/cpr/webcast/change.html>

**Description:** Live broadcast of Dr. Prochaska's discussion about the Transtheoretical Model for behavior change on January 10, 2001, at 1:00 PM eastern standard time.

## Appendix E

Taylor T, Serrano E, Anderson J, Kendall P. *Knowledge, skills, and behavior improvements on peer educators and low-income Hispanic participants after a stage of change-based bilingual nutrition education program.* J Community Health. 2000 Jun;25(3):241-62. Abstract available from: [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10868817](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10868817)  
**Description:** improvement of nutrition related knowledge, skills and behaviors that lead to healthy lifestyles in a low-income Hispanic population.

Zimmerman GL, Olsen CG, Bosworth MF. *A Stages of Change Approach to Helping Patients Change Behavior.* American Family Physician, 2000, Mar;61(5):1409-1416. Abstract available at: [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10735346&dopt=Citation](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10735346&dopt=Citation).  
**Description:** Review of Transtheoretical Model of Change (Stages of Change model) and its application to the medical setting. Includes two tools that can help promote dialogue: The Readiness to Change Ruler and the Agenda-Setting Chart.

### Multi-Media Programs

Black MM, Siegel EH, Abel Y, Bentley ME. *Home and videotape intervention delays early complementary feeding among adolescent mothers.* Pediatrics. 2001 May;07(5):E67. Abstract available from: <http://pediatrics.aappublications.org/cgi/content/full/107/5/e67>  
**Description:** Efficacy of an intervention to delay the early introduction of complementary feeding among first-time, black, adolescent mothers living in multigenerational households.

Carlton DJ, Kicklighter JR, Jannalagadda SS, Shoffner MB. *Design, development, and formative evaluation of "Put Nutrition Into Practice," a multimedia nutrition education program for adults.* J Am Diet Assoc. 2000 May; 100(5):555-63. Abstract available from: [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10812381](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10812381)  
**Description:** Design, development, and formative evaluation of a computer-based multi-media nutrition education program for adults based on the Dick and Carey model of instructional design. Four phases of study included: analysis, design, development, and evaluation.



## Appendix E

Campbell MK, Carbone E, Honess-Morreale L, Heisler-Mackinnon J, Demissie S, Farrell D. *Randomized trial of a tailored nutrition education CD-ROM program for women receiving food assistance*. J Nutr Educ Behav. 2004 Mar-Apr; 36(2):58-66. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15068753](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15068753)

**Description:** Development and randomized evaluation of a tailored nutrition education CD-ROM program for participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) in North Carolina.

Gross SM, Caulfield LE, Bentley ME, Bronner Y, Kessler L, Jensen J, Paige VM. *Counseling and motivational videotapes increase duration of breast-feeding in African-American WIC participants who initiate breast-feeding*. J Am Diet Assoc. 1998 Feb;98(2):143-8. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12515413](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12515413)

**Description:** Evaluation of relative effects of introducing motivational videotapes and/or peer counseling in Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) clinics serving African-American women have on breast-feeding duration.

## Critical Thinking

Elder L, Richard P. A Miniature Guide for Students and Faculty to The Foundation Of Analytic Thinking. *How To Take Thinking Apart and What To Look For When You Do. The Elements of Thinking and The Standards They Must Meet*. Based on Critical Thinking Concepts & Tools. Dillon Beach (CA): The Foundation of Critical Thinking; 2003.

**Description:** Guide on analytical thinking containing sections on: Understanding the Basic Theory of Analysis, Getting Started, Using analysis to figure out the logic of anything, taking your understanding to a deeper level and more.

Ennis RH. *A Super-Streamlined Conception of Critical Thinking*. Champaign (IL): University of Illinois, 2002.

**Description:** Critical thinking dispositions and abilities that may serve as a set of comprehensive goals for critical thinking curriculum and its assessment.

Halpern DF. *Thought and knowledge: An Introduction to Critical Thinking*. Mahwah (NJ): Lawrence Erlbaum Associates, Inc.; 1996.

**Description:** Theories and research of cognitive psychology to the development of critical thinking and learning skills.

## Appendix E

Mariorana VP. *Critical Thinking Across the Curriculum: Building the Analytical Classroom*. Bloomington, IN: Eric; 1992.

**Description:** Understanding of how conventional pedagogical practices inhibit the teaching of cognitive skills, and to introduce a thorough, practical, and assessable classroom methodology for reaching cognitive skills.

Norris SP. *Synthesis of Research on Critical Thinking*. Educational Leadership. 1985 May;42(8):40-45.

**Description:** Review of the elements of critical thinking; the nature, merits, and flaws of various critical thinking tests, and frequently encountered errors in reasoning. Critical thinking must be coupled with content knowledge and better assessments are needed to determine accurately the effectiveness of critical thinking instruction (taken from a research article written by Kathleen Cotton, see <http://www.nwrel.org/scpd/sirs/6/cu11.html>).

Richard P, Elder L. *The Miniature Guide to Critical Thinking Concepts & Tools*. Dillon Beach (CA): The Foundation of Critical Thinking; 2003.

**Description:** Critical thinking including chapters on the elements of thought, a checklist for reasoning, the problem of egocentric thinking, etc.

Shuster P, McHugh. *Concept mapping: A critical thinking approach to care planning*. Philadelphia: FA Davis Co; 2002.

**Description:** Promotion of critical thinking and clinical reasoning by helping to clearly visualize priorities and identify relationships in patient data when assessing patients' problems. Use of concept mapping allows the educator to quickly assess a student's critical thinking skills and progress

## Suggested Maternal and Child Nutrition Resources

Charney P, Malone A, eds. *ADA Pocket Guide to Nutrition Assessment*. Chicago (IL): American Dietetic Association; 2004.

**Description:** Guide with convenient, reliable information on the tools and techniques of nutrition assessment. It includes: laboratory assessment, anthropometrics, and determining protein and energy requirements.

Duyff RL. American Dietetic Association. *The American Dietetic Association's complete food and nutrition guide*. Minneapolis (MN): Chronimed Pub; 1996.

**Description:** Resource on healthful eating. Practical, accurate nutrition information for individuals and families.

## Appendix E

Ekvall SW, ed. *Pediatric Nutrition in Chronic Diseases and Developmental Disorders: Prevention, Assessment, and Treatment*. New York: Oxford University Press; 1993.

**Description:** Chapters on prenatal and postnatal growth, evaluation of nutritional status and a wide range of pediatric disorders such as neurogenetic disorders, behavioral disorders, drug toxicity, obesity, cancer, diabetes, and inborn errors of metabolism that present special nutritional problems. Each chapter includes biochemical and clinical abnormalities, techniques in nutrition evaluation, nutritional management, and follow-up procedures.

Green M, Palfrey J, eds. *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*. 2nd edition, revised. Green M. (Ed.). Arlington, VA: National Center for Education in Maternal and Child Health. 2002.

**Description:** Detailed framework for health professionals, in partnership with families, to promote health and development of children ages 0-21. Health questions, developmental observations/milestones, immunizations, screenings, and anticipatory guidance.

Klienman RE, ed. *Pediatric Nutrition Handbook*. 5th ed. Elk Grove Village (IL): American Academy of Pediatrics; 2003.

**Description:** Pediatric nutrition including sections on: feeding the infant, feeding the older child, macronutrients, and micronutrients, nutrition delivery systems, and more.

Lacey K, Pritchett E. *Nutrition care process and model: ADA adopts road map to quality care and outcomes management*. J Am Diet Assoc. 2003;103:1061-1072.

**Description:** Four steps of ADA's Nutrition Care Process and the overarching framework of the Nutrition Care Model and rationale for a standardized process of nutrition care. Distinction between the Nutrition Care Process and Medical Nutrition Therapy.

Institute of Medicine (IOM); Committee on Scientific Evaluation of WIC Nutrition Risk Criteria, Food and Nutrition Board, Institute of Medicine. *WIC nutrition risk criteria: A scientific assessment*. Washington (DC): National Academy Press; 1996. Available from:

<http://www.nap.edu/books/0309053854/html/>

**Description:** Review of the scientific basis for nutrition risk criteria used to establish eligibility for participation in the WIC Program.

IOM; Committee on Dietary Risk Assessment in the WIC Program. *Dietary risk assessment in the WIC program*. Washington, DC: National Academy Press; 2002.

**Description:** Reviews of methods used to determine dietary risk based on failure to meet dietary guidelines for applicants to the WIC Program.

## Appendix E

Mahan LK, Escott-Stump S. *Krause's Food, Nutrition & Diet Therapy*. 11th ed. Philadelphia (PA): WB Saunders Company; 2003.

**Description:** Medical nutrition therapy for various diseases and health related disorders.

National Center for Education in Maternal and Child Health (U.S.). *Bright Futures in Practice Nutrition – Pocket Guide*. Story M, Holt K, Sofka D, Clark EM, eds. Arlington (VA): National Center for Education in Maternal and Child Health, 2002.

**Description:** Guide based on the nutrition practice guide and highlights key aspects of each developmental period and includes tools such as indicators of nutrition risk and tips for promoting food safety.

Nissenberg SK, Bogle ML, Langholz EP, Wright AC. *How Should I feed My Child? From Pregnancy to Preschool*. Hoboken (NJ): John Wiley & Sons, Inc.; 2003.

**Description:** Chapters on: diet during pregnancy, feeding during the first year, health concerns, eating away from home, and others.

Samour PQ, Helm KK, Lang CE, eds. *Handbook of Pediatric Nutrition*. 2nd ed. Gaithersburg (MD): Aspen Publishers; 1999.

**Description:** Nutrition care for infants, children, and adolescents in 2 sections: normal pediatric nutrition and therapeutic pediatric nutrition.

Satter E. *Child of Mine: Feeding With Love and Good Sense*. Boulder (CO): Bull Publishing Company; 2000.

**Description:** Information and guidance on nutrition, feeding, child development, and parenting.

Satter E. *How to Get Your Kid to Eat but Not Too Much*. Boulder (CO): Bull Publishing Company; 1987.

**Description:** Tips on parenting with feeding such as: how much your child should eat, what is normal eating, helping your child eat the right food, and childhood obesity.

Satter E. *Secrets of Feeding a Healthy Family*. Madison (WI): Kelcy Press; 1989.

**Description:** For adults to choose food joyfully, appealingly and wisely manage eating to establish a positive feeding relationship with children.

## Appendix E

U.S. Department of Health and Human Services, *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

**Description:** Framework to improve the health of Americans by the year 2010. Information on leading health indicators including Physical Activity, Overweight and Obesity, Tobacco Use, Substance Abuse, Responsible Sexual Behavior, Mental Health, Injury and Violence, Environmental Quality, Immunization, and Access to Health Care.

Zeman FJ. *Clinical nutrition and dietetics*. 2nd ed. Upper Saddle River (NJ): Prentice Hall; 1991.

**Description:** Basic principles of pathology, pharmacology, and genetics as they relate to nutrition and dietetics.

*WIC Sharing Center* [homepage on the Internet]. Beltsville (MD): U.S. Department of Agriculture, National Agricultural Library, WIC Works Resource System [updated 2004 Sep 13, cited 2005 Sep 26]. Available from:

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/index.html](http://www.nal.usda.gov/wicworks/Sharing_Center/index.html)

**Description:** WIC Works sharing center for state developed materials.

## Staff Competencies and Performance Standards

Elder L, Paul R. *Universal intellectual standards* [monograph on the Internet]. Foundation for Critical Thinking. Available from: <http://www.criticalthinking.org/>

**Description:** Improvement of instruction in primary and secondary schools, colleges and universities. Conferences and professional development programs, emphasizing assessment, research, instructional strategies, Socratic questioning, critical reading and writing, higher order thinking, quality enhancement, and competency standards.

*Guidelines for Community Nutrition Supervised Experiences*. 2nd ed. Public Health/ Community Nutrition Practice Group, American Dietetic Association; 2003. Available from:

<http://www.phcnpg.org/GuideCommunityNutrSuperExp.pdf>

**Description:** Guidance on training experiences from those working in public health nutrition. It was offered as the first comprehensive curriculum for enhancing the capacity of public health nutrition personnel to respond to the broad range of responsibilities demanded from the field.

## Appendix E

Harris-Davis E, Haughton B. *Model for multicultural nutrition counseling competencies*. J Am Diet Assoc. 2000;200:1178-1185.

**Description:** For educators to enhance dietetics education and training and by public health nutritionists as a basis for self-evaluation and selection of continuing education opportunities to enhance their multicultural nutrition counseling competence.

Holli BB, Calabrese RJ, Maillet JO. *Communication and Education Skills for Dietetics Professionals*. Philadelphia: Lippincott Williams & Wilkins; 2003. p110-148. WIC agencies can borrow this reference (call number RM214.3 H65 1998) by contacting NAL.

**Description:** Tools for nutritionists, dietitians, and allied health professionals in strengthening interpersonal relationships with clients and patients by offering current activities, case studies, techniques, and directives related to nutritional counseling.

Hughes R. *Competencies for effective public health nutrition practice: a developing consensus*. Public Health Nutr. 2004 Aug;7(5):683-91. Abstract available from:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=15251059](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15251059)

**Description:** Assessment of level of consensus among an international panel of public health nutrition leaders regarding the essential competencies required for effective public health nutrition practice.

National Public Health Performance Standards Program

<http://www.phppo.cdc.gov/nphpsp/index.asp>

**Description:** National public health performance standards for state and local public health systems and local governing bodies.

Paul R. *Critical thinking handbook: high school, a guide for redesigning instruction*. Rohnert Park (CA): Foundation for Critical Thinking, Sonoma State University; 1989.

**Description:** Handbook for use as the basis for critical thinking staff development, or as an independent resource for teachers.

