

# Contract and Non-Contract Formulas



# National WIC Association Formula Statement

“The WIC Program continues to work toward establishing breastfeeding as the norm for infant feeding. Breastfeeding promotion and support activities are a major priority for the program and for the National WIC Association. Provision of infant formula by the WIC Program offers a safety net for infants who may not otherwise have access to adequate nutrition.”

# Formula Types

- Powder, Concentrate, and Ready to Feed
- Powder formula is standard
- Ready to Feed formula indicated when there is:
  - Reason to believe a participant's water supply is restricted or unsanitary
  - Reason to believe the participant may have difficulty in correctly diluting concentrated or powdered formula



# Contract Formulas

- Contract formula is defined as a specific formula that has gone through a bid process to become the primary choice of formula issuance
- The South Dakota WIC Program contracts with Mead Johnson
- Contract Formulas are:
  - Enfamil Infant (milk-based infant formula)
  - Enfamil ProSobee (soy-based infant formula)
- If appropriate, CPAs are to encourage participants toward a contract formula

# Non-Contract Formulas

- Non-contract formulas include all formulas that are not contract formulas
- SD WIC Program currently allows 68 non-contract formulas
  - **See Policy 11.01G for a complete list of available formulas**
- Non-contract formula must go through a process before being issued to a participant

# Approving a Non-Contract Formula

- Completion of a Medical Documentation Form by a Prescriptive Health Authority (PHA)
  - **Form can be found in Policy 7.03A**
  - Exception: Religious eating patterns – does not need form
- Participant must possess an acceptable diagnosis
- Final approval completed by Registered Dietitian
  - In clinic if available
  - Via RD Queue in SDWIC-IT
  - State Breastfeeding Coordinator and State Nutrition/Training Coordinator may also approve if needed

# Acceptable Diagnoses

Acceptable Diagnoses for non-contract formula include:

<b>Asthma</b>	<b>Carbohydrate Intolerance</b>
<b>Failure to Thrive</b>	<b>Gastrointestinal Disorders</b>
<b>Inborn Errors of Metabolism</b>	<b>Malabsorption Syndrome</b>
<b>Metabolic Disorders</b>	<b>Protein Allergies</b>
<b>Organic Heart Disease</b>	<b>Reflux</b>
<b>Renal Disease</b>	<b>Conditions Resulting from Prematurity</b>

Formula Intolerance is **NOT** an acceptable diagnosis

# Formula Categories

- Several formula categories in SDWIC-IT
  - Elemental, Semi-elemental, Gluten Free, High MCT Oil, Kosher, Lactose Free, Low Iron, Low Residue, Metabolic, Milk Based, Soy Based, Human Milk Fortifiers, Premature, Post Premature, Supplement, and Complete
- Categories are used as a way in SDWIC-IT to divide formulas into common sections



# Elemental and Semi Elemental

- Sometimes called “hypoallergenic”
- Helpful in infants with allergies to protein or that have a high tendency for developing allergies
- Generally, proteins in these formulas are broken down to a form that is easily digestible
- Three main varieties
  - Partially & Extensively hydrolyzed (semi elemental)
  - Free amino acid-based (elemental)

# Elemental and Semi Elemental

- Some examples of approved WIC formulas:
  - Similac Expert Care Alimentum
  - Elecare/Elecare Jr
  - Nutramigen
  - Pregestimil

# Gluten Free

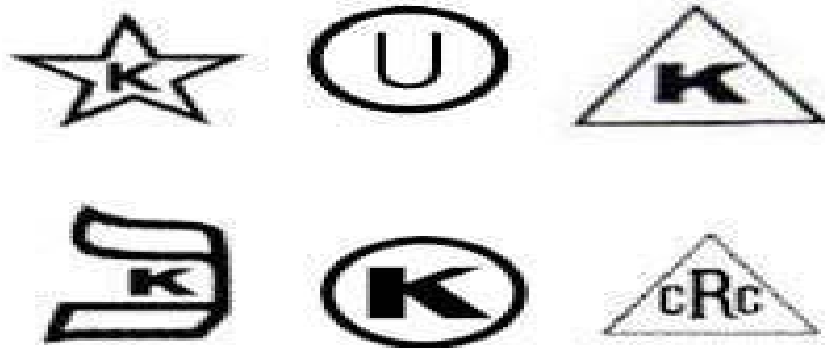
- Gluten free formulas are needed for women, infants, and children with Celiac Disease (also known as Celiac Sprue, Gluten Enteropathy, Non-tropical Sprue) – an autoimmune disease precipitated by the ingestion of gluten that results in damage to the small intestine and malabsorption of the nutrients from food
  - Found in **wheat**, wheat flour, **barley**, barley malt, malt, malt syrup, malt flavoring, malt vinegar, **rye**, spelt, seitan, and **sometimes oats** and oat flour
    - Label reading is important!
- Management of this disease is dependent on lifelong, strict adherence to a gluten free diet

# Gluten Free

- Many formulas exclude gluten, including:
  - Enfamil Infant
  - Enfamil Gentlease
  - Enfamil A.R. (added rice)
  - Enfamil ProSobee
  - Phenyl-Free 1, 2, and 2HP

# Kosher

- In general, Kosher describes food product that does not contain meat and milk (at the same time) and was not processed using equipment that is used to process either meat or milk
- Associated with the Jewish faith
- Labeling also very important; Examples of Kosher labeling:



# Kosher

- Many formulas are considered Kosher, including:
  - Enfamil Infant
  - Enfamil Gentlease
  - Enfamil A.R.
  - Enfamil ProSobee
  - Enfamil PREMIUM Toddler
  - Portagen
  - Similac Special Care
  - Boost

# Kosher versus Halal

- Kosher foods and Halal foods are very similar
- Kosher associated with Jewish faith
- Halal associated with Muslim faith
- Both are food laws
- Halal, in general, is more strict than Kosher
- Be sure to check with your participant to see what food laws she follows

# Lactose Free

- Lactose is a sugar that is found in milk and products that contain milk
  - Common food intolerance
- Lactose intolerance is the syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating, that occurs after lactose ingestion
  - Cause is insufficient production of the enzyme lactase. Individual is unable to digest lactose
- Formula containers commonly list “Milk sensitivity” as an indication for a lactose free formula
- Many metabolic and elemental formulas are lactose free



# Lactose Free

- Enfamil ProSobee
- Nutramigen
- Pregestimil
- Similac Expert Care Alimentum
- Calcilo XD
- Cyclinex – 1
- Ketonex – 1
- Pro-Phree

# Low Iron

- Formulas that contain less than 6.7 mg/L iron
- Not recommended for healthy infants
- Some conditions require low iron formula
  - Hemolytic anemia
  - Hemochromatosis
  - Other renal issues
- Always speak with a physician before recommending a low iron formula to participants
- Similac PM 60/40 – only low iron formula allowed – for impaired renal function

# Low Residue

- Similar to a low-fiber diet
- Also excluded foods that increase bowel activity
  - Dairy, pulp in juices, coffee, etc.
- Many infant formulas do not have significant amounts of fiber
- Try to avoid both formulas with fiber added, as well as milk based formulas
- Consult physician or dietitian before suggesting a low residue formula

# Low Residue

- Enfamil ProSobee
- Elecare
- Boost
  - Kid Essentials
  - Kid Essentials 1.5
  - Boost Plus
- Peptamen Jr

# Metabolic

- Formulas meant to meet the needs of women, infants, and children with metabolic disorders
  - Hypercalcemia, Maple Syrup Urine Disease (MSUD), Phenylketonuria (PKU), Urea Cycle Disorders, etc.
- Very specific inclusions or exclusions of formula ingredients depending on need of individual
  - Example: An individual that can not metabolize leucine needs a leucine-free formula, such as I-Valex

# Metabolic

- Always talk to a physician when metabolic formulas are indicated
  - Formula preparation changes depending on the individual
    - Some may need to mix for more or less calories/ounce
  - Many are nutritionally incomplete
- Many come in two or more forms
  - One appropriate for infants (ex: Phenyl-Free 1)
  - One appropriate for children and adults (ex: Phenyl-Free 2)

# Metabolic

- BCAD 1 (Maple Syrup Urine Disease)
- Pheny-Free 1, 2, and 2HP (PKU)
- Calcio XD (Low calcium and vitamin D)
- Cyclinex – 1 and 2 (Urea Cycle Disorders)
- I-Valex (Leucine Catabolism Disorder)
- Ketonex – 1 and 2 (Maple Syrup Urine Disease)
- Phenex – 1 and 2 (PKU)
- Pro-Phree (Protein free with extra calories, vitamins and minerals)
- Propimex – 1 (Propionic or methylmalonic acidemia)
- ProViMin (several disorders where protein, carbohydrate are important)
- RCF (Seizure disorders)
- Tryex – 1 and 2 (Tyrosinemia type I, II, or III)

# Milk Based

- Formulas prepared from cow milk
- Ingredients added
  - Vegetable oils, vitamins, minerals, iron
- Suitable for most healthy, full-term infants
- Examples:
  - Enfamil Infant
  - Enfamil Gentlease
  - Enfamil A.R.
  - Similac Special Care



# Soy Based & Human Milk Fortifiers

- Used in infants with sensitivity to milk based formula
- Examples:
  - Enfamil ProSobee
  - Enfagrow Soy Toddler
- Human Milk Fortifiers
  - Added to breast milk, increasing:
    - Protein, energy, calcium, and phosphorus
  - Utilized in premature or low birth weight infants

# Premature and Post Premature

- For infants born at 37 weeks gestation or earlier
- Higher amounts of:
  - Fat
  - Calories
- Special formulation for bone mineralization/growth
- Available in different calorie ranges to meet individual needs
- Includes “Catch-up Growth” or “Transitional” formulas

# Premature and Post Premature

- Enfamil Premature 20, 24, and 30 Cal
- Enfamil EnfaCare
- Enfamil Human Milk Fortifier
- Similac Special Care with Iron 20, 24, and 30 Cal
- Similac Expert Care NeoSure

# Supplement

- Normally, children can get the energy and nutrients they need through a normal, balanced diet
- Some children may need supplement
  - Failure to Thrive
  - Severe Illnesses
- Use should be avoided for typical “picky eaters”
- Examples:
  - Boost
  - Pediasure

# Nutritionally Complete

- Must provide all nutrients necessary for specific stage
  - Protein, fat, carbohydrate, vitamins, minerals
  - In other words, “no supplementation needed”
- Many formulas are nutritionally complete
  - Exception: Many metabolic formulas
    - Protein is usually incomplete
  - Another example: Similac PM 60/40 suggests possible calcium, phosphorous, and sodium supplementation
- Many supplements are nutritionally complete

# Nutritionally Complete

- Enfamil Infant
- Enfamil A.R.
- Enfagrow PREMIUM Toddler
- Boost
- Pediasure
- Similac Expert Care Alimentum
- Nutramigen

# SDWIC-IT Formulary

- Found in Clinic Module → Help → Formulary Search
- Enter client category
- Type in part of the formula name
  - Important to keep search terms short. Ex: Instead of typing in “Enfamil Infant” type “Enf”
    - You are much more likely to get the result you are looking for
- Click “Search”
- Select the formula you are looking for in the row
- Click “Formulary details”

# SDWIC-IT Formulary continued

- Once you open the formulary details you will find
  - Formula categories
  - Formula description
  - Indications
  - Maximum Approval Lengths
  - Maximum allowable amounts per category
  - Nutritional components, vitamins, minerals, etc.



# Review

- Enfamil Infant and Enfamil ProSobee are the contract formulas for the South Dakota WIC Program
- Formulas are available in powder, concentrate, and ready-to-feed forms
- There are many non-contract, therapeutic formulas available which need both approval from a PHA and an RD

# Further Activities

- Review Policy 11.01 Formula
- View a formula using the SDWIC-IT Formulary