DEFINITIONS

7 CFR Part 3016
A publication entitled “7 CFR Part 3016” which sets forth principles and standards for determining costs applicable to grants and contracts to state and local governments and federally recognized Indian Tribes.

A-87
A publication entitled “OMB Circular A-87” which sets forth principles and standards for determining costs applicable to grants and contracts to state and local governments and federally recognized Indian Tribes.

Acidotic
A state characterized by a decrease of alkali in body fluids in relation to the acid content.

Acute nephrosis
Accompanying acute infectious disease or resulting from poisoning or metabolic disturbances such as toxemia of pregnancy or obstructive jaundice. Marked by scanty urine.

ADD
Actual Date of Delivery (i.e. -- actual date the pregnancy ended).

Additional Endorser (Alternate Endorser)
A second person who represents the WIC participant(s) in qualifying them for eligibility. Must be a parent, legal guardian or caretaker. Additional Endorsers can only be designated by the Primary Endorser when both are present in the clinic when reasonably possible. Additional Endorsers may designate a Proxy. The Primary or Additional Endorser must be present for certification appointments.

Administrative costs
Those direct and indirect costs, exclusive of food costs, which State and local agencies determine to be necessary to support program operations. Such costs may include, but are not limited to, the cost of program administration, facility rent/maintenance, monitoring, auditing, nutrition education, breastfeeding, start-up, outreach, certification, and developing and printing food instruments.

Affidavit
A signed statement used to self declare income, residency or identity when providing documented proof is an unreasonable barrier to service. Used only in certain specified circumstances such as homeless, migrant farm worker, victims of theft or disaster, person who works for cash.

Affirmative Action Plan
A description of how the program will be initiated and expanded within the State. Ranks high risk populations according to greatest need of WIC services.

Allergy
The reaction of the body to a specific substance (allergen) that is characterized by a variety of symptoms ranging from rash to gastrointestinal disturbances.

Alopecia
Loss of hair.

Anencephalus
A congenital defective development of the brain, with absence of the bones of the cranial vault and absent or rudimentary cerebral and cerebellar hemispheres, brain stem and basal ganglia.

Anemia
Any condition in which there are too few mature red blood cells or cells large enough to carry oxygen to the body.

Anomalies
Deviation from the norm, structurally irregular.

Anorexia Nervosa
Loss of appetite for food, not explainable by local disease. It is a symptom of a mental illness. Preoccupation and anxiety about weight persist even as emaciation develops, and denial of the illness is a prominent feature.

Anthro date
Date which medical data is collected. In WIC, this includes length, height, weight and head circumference.

Anthropometric
Based on measurement of the human body. In WIC, this includes length, height, weight, and head circumference. Anthropometric assessment involves obtaining measurements and comparing them to established standards, including change over time.

Antigens
Substances introduced in the body or formed in the body, that induce the formation of antibodies.

Applicant
Pregnant, breastfeeding, or postpartum women; infants and children who are applying to receive WIC benefits. Applicants include individuals who are currently participating in the program but are re-applying because their certification period is about to expire. The term applicant may also represent persons applying on behalf of a child or an infant (endorsers).

Arterioles
Minute arteries which lead into capillaries.

Artificial Baby Milk (ABM)
Infant formula.

Asphyxia
Impaired or absent exchange of oxygen and carbon dioxide on a ventilatory basis.

Ataxia
Inability to coordinate muscular movements.

Atresia
Absence of a normal opening or normally patent lumen.

Authorized supplemental foods
Those supplemental foods authorized by the State agency for issuance to a particular participant.

Auto Assign
A function programmed in the UWIN system, which automatically assigns a nutrition risk factor, based on data collected. This nutrition risk factor is then entered into the computer for that participant.

Baby Your Baby
A major statewide program consisting of prenatal and well-child care benefits for eligible Utahns. It is combined with an intense public outreach and education campaign. The *Baby Your Baby Hotline* is 1-800-826-9662.

Basal needs
The amount of energy needed for maintenance of life when at digestive, physical and emotional rest. Also called “basal metabolism”.

Battering
Violent assaults on women.

Beriberi
Disease resulting from a lack of thiamin (vitamin B1); is associated with malnutrition.

Biochemical
Based on body chemistry; refers to substances found in the blood. The biochemical evaluation tools used most often in WIC are the hematocrit and hemoglobin tests; used to assess risk for anemia.

Birth asphyxia
Decreased oxygen and increased carbon dioxide in the body as a result of some interference with breathing.

Body Mass Index (BMI)
Body **M**ass **I**ndex is the most common expression of body weight corrected for height in use today. It is calculated as follows:

$$\frac{\text{weight}}{\text{height}^2} = \frac{\text{pound}}{\text{inches}^2} \times 703$$

BMI is a preferred indicator of nutritional status because it depends on two commonly measured aspects of body morphology -- weight and height.

Brachial plexus
Network of nerves supplying blood to the arm, forearm and hand.

Breastfeeding
The practice of feeding mother's breastmilk to an infant(s) on the average of at least once a day.

Breastfeeding Dyad
A breastfeeding woman may be determined to be at nutritional risk if her breastfed infant has been determined to be at nutritional risk. A breastfed infant can be certified based on mothers' medical and/or nutritional assessment. A breastfeeding mother and her infant shall be placed in the highest priority level for which either is qualified. The breastfeeding dyad risk factor should be assigned to the individual with the lower priority in order to bring them up to the individual with the higher priority.

Breastfeeding frequency
- Fully Breastfeeding – Women whose infants do not receive infant formula from WIC; these women are assumed to be fully breastfeeding their infants.
- Partially Breastfeeding –Breastfeeding women whose partially breastfed infants receive formula from WIC in amounts that do not exceed the following.
  0 – 1 month: 104 fl oz reconstituted powder
  1 – 3 months: 435 fl oz reconstituted powder
  4 – 5 months: 522 fl oz reconstituted powder
  6 – 11 months: 384 fl oz reconstituted powder

Breastfeeding jaundice
An exaggeration of physiologic jaundice, which usually peaks between 3 and 5 days of life. A common marker for inadequate breastfeeding.

Breastfeeding woman
- Woman who breastfeeds on average of at least once a day to an infant up to one year of age.
- If an infant is receiving breastmilk from more than one woman, only one woman can be classified as breastfeeding.

Breastmilk jaundice
A normal physiologic phenomenon in the thriving breastfed baby is due to the human milk factor that increases intestinal absorption of bilirubin.

Bulimia
The sudden, compulsive ingestion of very large amounts of food in a very short time, usually followed by agitation, self-condemnation, and often by self-induced vomiting, use

of laxatives, and/or diuretics, or rigorous dieting or fasting to overcome the effects of binges.

Bureau of Financial Audit
The Department of Health Internal Audit staff who audit local health department contracts.

Cardiac
Referring to the heart.

Caretaker
A person who knows and cares for a child. Caretakers may be endorsers with the permission of a parent or legal guardian.

Casein
A derivative of caseinogen. The fraction of milk protein that forms the tough curd.

Caseload
The number of certified participants who receive vouchers in a local agency.

Caseload management
The reduction in caseload when funding does not allow all participants to be served by the WIC program.

Cash-value voucher (CVV)
The CVV means a fixed dollar amount check, voucher, electronic benefit transfer (EBT) card, or other document which is used by a participant to obtain authorized fruits and vegetables.

Categorical eligibility
Person who meets the definition of pregnant woman, breastfeeding woman, postpartum woman, infant or child.

Categorically ineligible
Person who does not meet the definition of pregnant woman, breastfeeding woman, postpartum woman, infant or child.

Category
Groups of individuals eligible for the WIC program. Categories eligible are:
- Pregnant women
- Breastfeeding women
- Postpartum women
- Infants
- Children

Centrifuge
A machine used to calculate the hematocrit. It spins blood samples in order to separate red blood cells from plasma to determine the hematocrit.

Cerebral palsy
Nonprogressive paralysis resulting from developmental defects in the brain or trauma at birth.

Cert date
Date when a WIC applicant is determined to be eligible for the WIC Program. The cert date is the first day of the certification period for a participant.

Certification
The criteria and procedures used to assess and document each applicant's eligibility for the program.

Certification period
The time period in which a participant's certification on the WIC program is valid.

Certified individuals
Pregnant, breastfeeding and postpartum women, infant and children who have been determined eligible for the program through income and nutritional risk screening.

Cesarean
Denoting a "C-section".

Cesarean section
Removal of the fetus by means of an incision into the uterus.

Check (WIC)
A food Instrument or cash-value voucher issued to a participant to purchase food benefits from a retailer.

Check Number
Number printed on the check at the time of issuance. Used to track issuance and redemption information. Found on the check above the first/last dates to use and in the MICR sequence.

Check Stock Inventory Number
Number pre-printed on the check stock for inventory tracking purposes. Found on the check to the left of the "pay exactly" box.

Cheilosis
Inflammation and fissuring of the lips with cracking at the angles of the mouth due to a riboflavin deficiency.

Child
Person who has had their first birthday but has not yet reached their fifth birthday.

Child abuse/neglect

Any recent act or failure to act resulting in imminent risk of serious harm, death, serious physical or emotional harm, sexual abuse, or exploitation of an infant or child by a parent or caretaker.

Child Health Evaluation and Care (CHEC)
Provides services for children from birth to under age 21 who are enrolled in Medicaid. There are three major components to CHEC: 1) preventive well child and dental visits, 2) education and outreach, and 3) expanded services. CHEC provides the same services as Well-Child but is paid for by Medicaid.

Children with Special Health Care Needs (CSHCN)
A program within the "Utah Department of Health, Division of Community and Family Health Services." Provides statewide diagnostic evaluation and consultation for children ages 0-18.

Child Health Insurance Program (CHIP)
Health assistance for uninsured children who are not eligible for Medicaid benefits.

CHO
Abbreviation for carbohydrate.

Chorioamnionitis
Infection involving the chorion, amnion, and amniotic fluid; usually the placental villi and decidua are also involved.

Chromosomal defects
A defect of one of the bodies in the cell nucleus which contains DNA and is responsible for determination and transmission of hereditary characteristics.

Chronic systemic disease
Long term disease involving an entire system of the body.

Civil money penalties
Funds that are recovered from vendors as a result of sanctions, penalties, overcharges, etc. are considered program income.

Clavicular
Referring to the collarbone.

CLIA Waiver
An exemption from meeting the National Committee for Clinical Laboratory Standards requirements.

Clinic
A facility where applicants are certified.

Clinical Assistant (CA)
An intermediate level professional who can perform the following duties:

- teach basic nutrition classes
- score food frequency forms
- perform laboratory procedures
- graph growth grids.

Training modules must be completed prior to functioning as a CA in local agencies.

Clinical Laboratory Improvement Amendments (CLIA)
Establishes federal requirements for the regulation and certification of clinical laboratories. With few exceptions, essentially all laboratories that test human specimens for the purpose of diagnosis and/or treatment are subject to the provisions of CLIA.

Cognitive
Refers to the mental process by which knowledge is acquired.

Colostrum
The first milk. It is a yellow sticky fluid secreted during the first few days postpartum, which provides nutrition and protection against infectious disease. It contains more protein, less sugar, and much less fat than mature breast milk.

Coma
A deep prolonged unconsciousness usually the result of disease, injury or poison.

Competent Professional Authority (CPA)
Individual who determines nutritional risk and prescribes supplemental foods. See Staffing and Training Section for a list of individuals authorized to function as a CPA1 or CPA2.

Competitive bidding
A process in which the State selects a single source offering the lowest price on a food item. The company who offers the lowest net wholesale cost, **or** the highest rebate per unit, is awarded the contract. The company selected acts as the State's single source, providing all food spelled out in the invitation for bids.

Complaint
a formal or informal allegation or protest against a WIC vendor, participant, clinic, or agency that cannot be adequately or completely explained or resolved totally on the basis of simple clarification of WIC Program policy and procedures.

Compliance buy
A covert, on-site investigation in which a representative of the program poses as a participant, endorser, or proxy, transacts one or more food instruments, and does not reveal during the visit that he or she is a program representative.

Conception
The act of conceiving or becoming pregnant.

Confidentiality
Right to privacy.

Congenital abnormalities
Certain mental or physical traits, anomalies, malformations, diseases, etc. which may be either hereditary or due to an influence occurring during gestation up to the moment of birth.

Convulsions
Intense involuntary muscular contractions.

Core contact
Refers to the information that must be presented to all WIC applicants at each certification. Core contact includes the explanation of:
1. nutrition risk factor(s)
2. importance of supplemental foods being consumed by the participant
3. WIC as a supplemental food program
4. the nutritional value of the supplemental foods
5. the importance of health care
6. the explanation of how to use vouchers

Section I outlines core contact.

Cost containment measure
Competitive bidding, rebate, direct distribution, or home delivery system implemented by a state agency model program which also includes peer grouping of vendors.

Cranium
Skull

Crohn's disease
Chronic, long-term inflammation of the intestines, usually the lower reaches of the small intestine.

Data
Information.

Days
Calendar days.

Deferred (Bloodwork)
This icon in the blood screen can be checked if the blood work has been taken at another location and the participant doesn't have the value on the day of certification. The referral form is provided and the remaining days allowed before the blood value must be entered into the computer is displayed as "Remaining Days", which is initially, 90 days.

Deglutition
Pertaining to the act of swallowing.

Desquamation
To shed, peel, or scale off.

Dehydration
Deprivation of water.

Diabetes mellitus
A disease caused by a deficiency of insulin, in which carbohydrate utilization is reduced and that of lipid and protein enhanced. The disease is characterized by hyperglycemia, glycosuria, water and electrolyte loss, ketoacidosis and coma. Long term complications include development of neuropathy, retinopathy, nephropathy, degenerative changes in large and small blood vessels, and increased susceptibility to infection.

Diaphragmatic hernia
Hernia of the diaphragm. There are three groups: congenital, acquired or traumatic, and esophageal. In the latter, a portion of the diaphragm is pushed through the esophageal hiatus into the stomach or hernia protruding through the diaphragm.

Diastolic
The bottom, or “between heartbeats or resting,” number in reading blood pressure.

Dietary recall
A method of collecting dietary information where an individual’s food intake over a previous time period is reported. Usually done for one day and referred to as a “24-hour recall.”

Diplopia
Double vision or the condition in which a single object is perceived as two objects.

Disease
An interruption, cessation, or disorder of body functions, systems, or organs.

Disorder
A disturbance of function, structure, or both, resulting from a genetic or embryologic failure in development or from exogenous factors such as poison, trauma, or disease.

Disqualification
The act of ending WIC participation of the participant, authorized food vendor, or authorized State or local agency, whether as a punitive sanction or for administrative reasons.

Documentation
The presentation of written documents which substantiate statements made by an applicant or participant or a person applying on behalf of an applicant.

Dollar loss for participants
The full value of benefits that were obtained that the participant was not entitled to.

Drug

a) a beverage containing alcohol;
b) a controlled substance;
c) A controlled substance analogue

Dual participation

Simultaneous participation in the WIC program in more than one local agency. A “dual” in VISION is considered a participant who has more than one participant ID number in the system.

Duodenal artresia

Obliteration (closure or collapse, absence of normal opening) of the lumen of the small intestine.

Dyad

Pair; two individuals (as mother and infant) maintaining a significant relationship (such as when breastfeeding.)

Dystocia

Difficult labor.

Eating disorders

A class of mental disorders including anorexia nervosa, bulimia nervosa, pica, and rumination disorder of infancy.

Economic unit

see Household.

EDD

Refers to Estimated Date of Delivery in a pregnancy.

Edema

A condition in which the body tissues contain an excessive amount of tissue fluid. It may be local or general.

Employee fraud and abuse

The intentional conduct of a state, local or clinic employee which violates program regulations, policies or procedures, including but not limited to, misappropriating or altering food instruments/cash-value vouchers, entering false or misleading information in case records, or creating case records for fictitious participants. These violations will consider whether the employee personally benefited from the intentional conduct.

Encephalocele

A congenital gap in the skull with herniation of brain substance.

Endocrine

Secreting internally.

Endocrine gland
One of the ductless glands, as the thyroid or adrenal, the secretions of which pass directly into the bloodstream from the cells of the gland.

Endogenous
Produced or arising from within a cell or organism.

Endometritis
Inflammation of the mucous membrane comprising the inner layer of the uterine wall.

Endorser (Primary or Additional Endorser)
A person or persons who represent the WIC participant(s) in qualifying them for eligibility. Must be the participant, a parent, legal guardian or caretaker. The Primary or Additional Endorser (or both) must be present for certification appointments.

Engorgement
The swelling and distention of the breasts, usually in the early days of initiation of lactation, due to vascular dilation as well as the arrival of the early milk.

Enterocolitis
Inflammation of the mucous membrane of the small and large intestine.

Enteric losses
Losses (e.g. - nutrient losses) from the intestinal tract.

Epilepsy
A disorder marked by recurring motor, sensory, or psychic malfunctions with or without unconsciousness or convulsive movements.

Esophageal
Relating to the esophagus which is the portion of the digestive canal between the pharynx and stomach.

Esophageal atresia
Congenital failure of the full esophagus lumen to develop; commonly associated with tracheosophageal fistula.

Etiology
The science and study of the causes of disease and their mode of operation.

Excretory
Relating to excretion which is the process whereby the undigested residue of food and the waste products of metabolism are eliminated.

Exempt infant formula
An infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants who have inborn errors of metabolism or low birth weight, or who otherwise have unusual medical or dietary problems.

Exit review
A review of the evaluation is presented to all supervisory staff and management upon completion of a clinic's Management Evaluation.

Extender
A person with medical training who specializes in dealing with pregnant women and children and who has Utah State prescriptive authority.

Extremely-low birth weight
Infant weighting less than 1,000 grams or 2 lbs. 3 oz. at birth.

Family
see Household.

Family Employment Program
A time-limited, financial aid program for parents with dependent children. Formerly known as AFDC (Aid to Families with Dependent Children).

Fetal Alcohol Syndrome (FAS)
A specific pattern of fetal malformations including growth deficiency. Craniofacial anomalies, cardiac abnormalities, limb defects and mental retardation. FAS is caused by alcohol consumption during pregnancy.

Fetal death
Death at ≥ 20 weeks gestation.

Fetal growth restriction (FGR)
FGR describes a fetus whose growth is/was retarded during pregnancy.

Fetus
The product of conception from the end of the eighth week to the moment of birth.

Findings
A term used in the Management Evaluation process which indicates areas needing improvement. Findings are presented verbally in the exit review and in written form to the clinic director within 30 days of evaluation. A response of corrected action is required.

Fiscal year
The period of 12 calendar months beginning October 1 of any calendar year and ending September 30 of the following calendar year.

Fistula
An abnormal passage from one epithelialized surface to another epithelialized surface.

Flat nipples
Nipples that do not protrude or become erect when stimulated or cold.

FNS
The Food and Nutrition Service of the United States Department of Agriculture.

Food allergy
An adverse reaction to an otherwise harmless food or food component that involves the body's immune system.

Food costs
The acquisition cost of the supplemental foods provided to the State or local agency, whoever receives the foods first. Food costs shall not exceed the food vendor's customary sale price. For example, in retail purchase systems, food costs may not exceed the shelf price of food provided.

Food delivery system
The method used by State and local agencies to provide supplemental foods. In Utah, the food delivery system is a retail voucher system where vouchers are exchanged for WIC foods at a local grocery store.

Food insecurity
Limited or uncertain availability of nutritionally adequate foods.

Food intolerance
Any abnormal physical response to a food or food additive that is not due to an allergy or immune response.

Food instrument
A check that is issued by a local clinic for a WIC participant to purchase the supplemental foods described on the check.

Food package
A group of approved food items issued to WIC participants. The food items are specific to the participant's age, category, nutritional risk and dietary needs. A CPA must assign all food packages to the participant.

Food package tailoring
A change in a food package made to meet the individual participant's dietary and nutritional needs.

Food reaction
A broad term unspecific in regards to whether it is a true food allergy or food intolerance.

Food security
Assured access to enough food to lead an active, healthy life.

Food sensitivity
A general term used to describe any reaction to a food that does not involve the immune system.

Foremilk
The first milk obtained at the onset of suckling or expression. Contains less fat than later milk of that feeding (i.e., the hind milk).

Form
Printed paper with blanks to fill in specified information.

Full nutrition benefit
The minimum amount of reconstituted liquid concentrate infant formula allowed for for each food package category and infant feeding option. State agencies must provide at least the full nutrition benefit authorized to non-breastfed infants up to the maximum monthly allowance for the physical form of the product specified for each food package category.

Full term infant
An infant who is born 266 days from conception (or 280 days from LMP).

Gastro-esophageal reflux (GER)
Regurgitation of the contents of the stomach into the esophagus, possibly into the pharynx where they can be aspirated between the vocal cords and down into the trachea.

Gastroschisis
A defect in the abdominal wall resulting from rupture of the amniotic membrane during physiological gut-loop herniation or, owing to delayed umbilical ring closure. A congenital fissure in wall of abdomen which remains open.

Genotype
Basic hereditary combinations of genes of an organism. Group marked by same hereditary characteristics.

Gestation
The period of intrauterine fetal development from conception to birth.

Gestational diabetes
A form of diabetes that is clinically evident only during pregnancy.

Glucose
Sugar found in free state in fruits and other parts of plants as well as a component of other carbohydrates. It is the product of complete hydrolysis of cellulose, starch, and glycogen. Glucose also occurs in the blood (normal human concentration, 70-110 mg per 100 m) and appears in urine in diabetes.

Glycogen
The principal carbohydrate reserve found in most tissues of the body especially the liver and muscle; it is readily converted to glucose.

Goiter

A chronic, noncancerous enlargement of the thyroid gland.

Grassroots organization

Any organization which interacts with potential or actual participants, particularly minorities and women, such as a community action program, civic organizations, migrant group churches, neighborhood councils, local chapter of the NAACP (National Association for the Advancement of Colored People), or other similar groups.

Gravida

A pregnant woman.

Head circumference or OFC

Head circumference is a measurement of a child's head around its largest area. It measures the distance from above the eyebrows and ears and around the back of the head.

Health services

Ongoing, routine pediatric and obstetric care (such as infant and child care and prenatal and postpartum examinations) for referral for treatment.

Height for age

This measurement tells how a child compares in height with others of his/her age.

Hemolytic anemia

Anemias associated with shortened red blood cell survival. Hemolytic anemia occurs when bone marrow production can no longer keep up with red blood cell destruction. Classifications include:

A. Congenital hemolytic anemia
   1. Membrane defects - spherocytosis, stomatocytosis, pyropoikilocytosis, alliptocytosis
   2. Hemoglobinaopathies - sickle cell anemia , sickle syndromes, thalassemias, unstable hemoglobins
   3. Enzyme defects

B. Acquired Hemolytic Anemias
   1. Autoimmune process
   2. Infections
   3. Toxins and drugs
   4. Thermal injury
   5. Disseminated intravascular coagulation
   6. Hemolytic anemias syndrome
   7. Transfusion reactions

Hemolytic anemia of the premature infant is usually resolved by the time the infant is discharged from the hospital.

Hematocrit

The ratio of volume of packed red blood cells to the volume of whole blood determined by using a centrifuge. Used as a screening test indicating risk for anemia.

Hematopoietic (or hemopoietic)
Pertaining to or related to the formation of blood cells.

Hemochromatosis
A disease in which too much iron builds up in the body. In hemochromatosis, the body absorbs more iron than is needed. The extra iron can cause damage to the liver, heart and pancreas. Primary hemochromatosis is an inherited disease. Secondary hemochromatosis is usually the result of something else, such as anemia, thalassemia, liver disease or blood transfusions.

Hemoglobin
The oxygen-bearing, iron-containing pigment found in red blood cells.

Hemopoietic (or hematopoietic)
Pertaining to or related to the formation of blood cells.

Herbs
Crude drugs of vegetative origin utilized for the treatment of disease states, or to attain a condition of improved health.

High risk care plan
An individualized written nutrition plan for high risk WIC participants. The SOAP note format has been incorporated into the WIC computer system.

High risk vendor
A vendor identified as having a high probability of committing a vendor violation.

Hind milk
Milk obtained later during nursing period, that is, the end of the feeding. This milk is usually high in fat and probably controls appetite.

Hirschsprungs disease
A congenital abnormality of the bowel in which there is absence of the ganglia (nerves) in the wall of the bowel. Nerves are missing starting at the anus and extending a variable distance up the bowel. This results in megacolon (massive enlargement of the bowel) above the point where the nerves are missing. Nerves are needed to assist in the natural movement of the muscles in the lining of our bowels which move bowel contents through. Hirschsprungs disease is the commonest cause of lower intestinal blockage (obstruction) in the newborn period and later in infancy and childhood. It is a cause of chronic constipation.

Home food delivery contractor
A sole proprietorship, partnership, cooperative association, corporation, or other business entity that contracts with a State agency to deliver authorized supplemental foods to the residences of participants under a home food delivery system.

Homeless facility

Any of the following which provide meal service:

- a supervised public or private shelter designed to provide temporary living accommodations. This includes group shelters, rescue missions, shelters for victims of domestic violence, motels, etc.
- a public or private place not ordinarily used as a regular sleeping accommodation for human beings. Examples include tents, cars, parks, hallways, sidewalks, abandoned buildings, doorsteps, etc.
- a temporary residence for persons intended to be institutionalized.

A homeless person may no longer be considered homeless while living in a temporary accommodation of another individual if it has been more than 365 days.

Homeless persons

One who lacks a fixed and regular night-time residency or whose primary night-time residence is a homeless facility.

Homeopathy

The practice of the holistic philosophy of the “law of similars.” Under the “law of similars” medicinal agents are prepared by diluting down the original substance or agent. It is believed that potency *increases* with dilution.

Household

A group of related or unrelated individuals who usually live together as one economic unit (sharing income and expenses).

Hunger

An uneasy or painful sensation caused by lack of food.

Hyper-bilirubinemia

An abnormally large amount of bilirubin in the circulating blood resulting in jaundice when levels are high enough.

Hypercalcemia

An abnormally high concentration of calcium in the blood.

Hypercalciuria

Excretion of abnormally large amounts of calcium in the urine.

Hyperemesis

Excessive vomiting.

Hyperemesis gravidarum

Severe nausea and vomiting during pregnancy to the extent that the pregnant woman becomes dehydrated and acidotic.

Hypertension or HTN

A condition in which a patient has a higher blood pressure than that judged to be normal.

Hyperthyroidism
A condition due to an increase in the secretion of the thyroid glands which increases the basal metabolic rate, causing an increased demand for food to support this metabolic activity.

Hypocalcemia
An abnormally low concentration of calcium in the blood.

Hypoglycemia
Abnormally small concentration of glucose in the circulating blood.

Hyponatremia
Abnormally low blood sodium.

Hypothyroidism
A condition due to deficiency of the thyroid hormone, resulting in lowered basal metabolism.

Hypoxia
A deficiency of oxygen reaching the tissues of the body.

IHS
Indian Health Service of the United States Department of Health and Human Services.

Immune function
To protect or exempt from a disease.

Immunology
The science concerned with the various phenomena of immunity, induced sensitivity and allergy.

Imperforate anus
Atretic or occluded or closed part of the anus.

Inborn Errors of Metabolism
A group of genetic disorders, present at birth, each of which involves a disorder of a single unique enzyme. The outcome may be;
1. accumulation of the substrate on which the enzyme normally acts (e.g. PKU)
2. deficiency of the product of the enzymes, or
3. forcing metabolism through an auxiliary pathway.

Income poverty guidelines
Income poverty guidelines are set and annually adjusted by the “Office of Management and Budget.”

Individual with disabilities
A handicapped person.

Infant
Person under one year of age.

Infant formula
A food that meets the definition of and the requirements for an infant formula.

Infant mortality
Death of an infant.

Infectious disease
A disease caused by growth of pathogenic microorganisms in the body. See Nutrition Risk Factor #352 for examples.

Institution
Residential accommodations with a meal service, excluding private residences and homeless facilities.

Insulin
A hormone, secreted by the pancreas, that promotes glucose utilization, protein synthesis, and the formation and storage of lipids. Insulin is used in the treatment of diabetes.

Intestinal atresia
An obliteration of the lumen of the small intestine, with the ileum involved in 50% of cases and the jejunum and duodenum next in frequency. May be related to a failure of recanalization during early development or to some impairment of blood supply during intrauterine life.

Intestinal lumen
The space within the intestine.

Intrauterine
Within the uterus.

Intrinsic bone disease
A disease located within the bone.

Inventory audit
The examination of food invoices or other proofs of purchase to determine whether a vendor has purchased sufficient quantities of supplemental foods to provide participants the quantities specified on the vouchers redeemed by the vendor during a given period of time.

Inverted nipples
A condition in which the breast nipple pulls inward when stimulated rather than outward.

Jaundice
A pathological condition in which the normal processing of bile is interrupted resulting in a yellowish staining of the eyes, skin and body fluids by bile pigment.

Kernictenus
Bilirubin encephalopathy characterized by spasms, high pitch cry, lethargy, and poor sucking; later consequences include deafness, cerebral palsy and mental retardation.

Kwashiorkor
A disease resulting from deficiency of protein in infancy and early childhood.

Lactate
To produce milk in the mammary glands.

Lactation Educator
A person who has completed a State approved 45 hours comprehensive lactation educator course and received a certificate of completion will be referred to as “Lactation Educator”.

Lactogenesis
Inducing the production of milk.

Lacto ovo-vegetarian diet
A diet that includes eggs and dairy products plus some or all of the following foods: vegetables, fruits, enriched whole grain breads and cereals, dry peas, beans, lentils, nuts, nutlike seeds, peanuts, and peanut butter. The diet excludes meat, poultry and fish.

Lactovegetarian diet
A diet that includes dairy products plus all of the following foods: vegetables, fruits, enriched or whole grain breads and cereals, dry peas, beans, lentils, nuts, nutlike seeds, peanuts, and peanut butter. The diet excludes meat, poultry, fish and eggs.

LDL
see lipoprotein.

Length for age
This measurement tells how an infant’s recumbent length compares with that of other normal, healthy infants of the same age.

Lipoprotein
Complexes or compounds containing lipid and protein. Almost all the lipids in plasma are present as lipoprotein and therefore transported as such. They are characterized by their densities, very low density lipoprotein (VLDL), low density lipoprotein (LDL), high density lipoprotein (HDL), etc. Levels of lipoproteins are important in assessing the risk of cardiovascular disease.

LMP
Last Menstrual Period

Local agency (LA)
- A public or private, nonprofit health or human service agency who provides health services, either directly or through contract, in accordance with 246.5 of the regulations.
- An Indian Health Service unit.
- An Indian tribe, band or group, recognized by the Department of the Interior, who operates a health clinic or is provided health services by an IHS service unit.
- An intertribal council or group who are authorized representatives of Indian tribes, bands, or groups recognized by the Department of the Interior, and who operate a health clinic or are provided health services by an IHS service unit.

Low birth weight
Infant weighing less than 2,500 grams or 5 1/2 pounds at birth.

Low forceps delivery
Delivery by forceps applied to the head after it is clearly visible, the skull has reached the perineal floor, and plus 2 (+2) station.

Macrobiotic diet
A dietary regimen which involves eating grains as a staple food, supplemented with other foods such as local vegetables, and avoiding the use of highly processed or refined foods and most animal products.

Macrosomia
Abnormally large body size.

Malabsorption syndrome
Malabsorption syndrome is difficulty absorbing nutrients from food.

Management evaluation (ME)
A review performed by the State WIC office during which all aspects of program operations are evaluated.

Marasmus
A severe malnutrition affecting infants and children especially of impoverished regions. It is characterized by poor growth, loss of subcutaneous fat, muscle atrophy, apathy, and pronounced weight loss and is usually caused by a diet deficient in calories and protein but sometimes by disease (dysentery or giardiasis).

Mastitis
Inflammation of the breast.

Maximum Monthly Allowance (MMA)
The maximum monthly allowance is specified in reconstituted fluid ounces for liquid concentrate, RTF liquid, and powder forms of infant formula and exempt infant formula.

Reconstituted fluid ounce is the form prepared for consumption as directed on the container.

Mean
A statistical measurement of central tendency or average of a set of values.

Meconium
First feces of a newborn infant.

Meconium aspiration
Newborn choking on meconium at birth.

Medicaid
Medical Assistance under Title XIX. A program which pays for basic medical services for individuals who are low income **and** are under age 18, pregnant, receiving federal financial assistance (Family Employment Program or SSI), would be eligible to receive financial assistance under old AFDC rules, disabled, blind or over age 65.

Medicaid is jointly funded by the state and federal government. Guidelines on who may receive services and what services are offered are dictated by the federal rules. In some cases, states may choose from options or may apply to have some federal rules waived. Waivers must be 'cost neutral' to be granted.

Members of populations
Persons with a common special need who do not necessarily reside in a specific geographic area, such as off-reservation Indians or migrant families.

Menadione
A yellow crystalline powder with physiological effects similar to vitamin K, used as a medicine and fungicide.

Menarche
The establishment or beginning of the menstrual function.

Menkes disease
The disease caused by a deficit in intestinal copper absorption.

Menses
The monthly flow of blood from the genital tract of women.

Metabolic Disorder
Sometimes referred to as inborn errors of metabolism. This term refers to disorders that produce a specific disturbance in the way the body uses a particular substance. Examples of metabolic disorders include phenylketonuria (PKU), maple syrup urine disease (MSUD), galactosemia, homocystinuria, and biotinidase deficiency.

Microcephaly
Abnormal smallness of the head.

Microcytosis
Presence of many small red blood cells in the circulating blood.

Microsomia
Abnormally small body size.

Midforceps delivery
Delivery by forceps applied to the fetal head before the criteria of low forceps delivery have been met, but after engagement has taken place.

Migrant farmworker
An individual whose principal employment is in agriculture on a seasonal basis, who has been so employed within the last 24 months, and who establishes a temporary residence for the purpose for such employment.

Module
A competency-based, self-administered, learning tool consisting of learning activities and pre- and post-tests. In the Utah WIC Program, modules are used to ensure that all staff receives uniform training on essential clinic and clerical procedures.

Module preceptor
A staff member who is responsible for:
- coordinating use of modules and grading exams
- monitoring progress of trainees
- maintaining current modules, instructor's guide, and training files for staff.

Morbidity
A diseased state.

Moro's reflex
A defensive reflex, a response consisting of the drawing of the infant's arms across its chest in an embracing manner, in response to stimuli produced by striking the surface on which the infant rests.

Mortality
Associated or related to death.

Multifetal
Bearing or carrying more than one fetus in a pregnancy.

Multiparity
Condition of being a woman who has given birth at least 2 times to an infant, live born or not, weighing 500 grams or more, or having an estimated length of gestation of at least 20 weeks.

Naturopathy

A tailor-made combination of nutrition, herbs, homeopathy, chiropractic and massage employed for the individual's idiosyncrasies.

NCHS
National Center for Health Statistics.

Necrotizing enterocolitis
Extensive ulceration and necrosis of the lleum and colon in premature infants in the neonatal period; possible due to perinatal intestinal ischemia and bacterial invasion.

Neonatal death
Death during the newborn period (birth continuing through the first 28 days of life).

Neonate
An infant ≤ 28 days old.

Nephrosis
A condition in which there are degenerative changes in the kidneys without the occurrence of inflammation.

Net price
The difference between an infant formula manufacturer's lowest national wholesale price per unit for a full truckload of infant formula and the rebate level or the discount offered or provided by the manufacturer under an infant formula cost containment contract.

Neural Tube Defects (NTDs)
The neural tube closes and forms the spinal cord and the cranium 24 to 28 days post conception. Incomplete closure of either is called a "neural tube defect." The etiology of NTDs involves a genetic component, but other factors are involved as well. Nutrition is the other factor most commonly implicated. Research indicates that folic acid can prevent at least half of all NTDs.

Neuropathy
Disease or abnormality of the nervous system.

Neutropenia
Presence of abnormally small numbers of neutrophils (white blood cells) in the circulating blood.

Non-contract brand infant formula
All infant formula, including exempt infant formula, that is not covered by an infant formula cost containment contract awarded by that State agency.

Non-Profit agency
A private agency which is exempt from income tax under the Internal Revenue Code of 1954, as amended.

Normal birth weight (NBW)

Infant weighing more than 2500 grams or 5 pounds, 8 ounces.

Nullipara
A woman who has never borne children.

Nutrition assessment
A procedure in which medical, dietary, and social information is collected on a participant for determination of nutritional risks and outcomes.

Nutrition class preceptor
A CPA1, designated by each clinic or clinic region, who coordinates their clinics' nutrition class outlines and reviews nutrition education materials.

Nutrition education
Nutrition Education means individual and group sessions and the provision of materials that are designed to improve health status and achieve positive change in dietary and physical activity habits, and that emphasize the relationship between nutrition, physical activity, and health, all in keeping with the personal and cultural preferences of the individual.

Nutrition education contact
The documented nutrition education in the form of nutrition classes, individualized counseling and/or nutrition follow-up provided to WIC participants by qualified CPAs, CAs and Peer Counselors. Nutrition education must be provided to WIC participants and specifically address their nutrition risk factors. See above definition for nutrition education.

Nutrition risk
Nutrition risk means:
- detrimental or abnormal nutritional conditions detectable by biochemical or anthropometric measurements
- other documented nutritionally related medical conditions
- dietary deficiencies that impair or endanger health
- conditions that directly affect the nutritional health of a person, including alcoholism or drug use
- conditions that predispose persons to inadequate nutritional patterns or nutritionally related medical conditions, including, but not, limited to, homelessness and migrancy

Nutrition Risk Factor (NRF)
The specific nutrition risk criteria assigned to WIC applicants qualifying them for WIC Program benefits. See also:
1. above definition of nutrition risk
2. further definition of nutrition risk factors in Section C
3. complete list of nutrition risk factors in Section D.

Nutrition Services and Administration (NSA) costs
Those direct and indirect costs, exclusive of food costs, which State and local agencies determine to be necessary to support WIC operations.

Nutrition support
Supplemental or complete nutrition prescribed for enternal (oral or tube feeding) therapy. This definition applies primarily to participants needing nutrition support under NRF #359 "Recent Major Surgery, Trauma, Burns."

Obstetrician
A physician specializing in the medical care of women during pregnancy and childbirth.

Occipital Frontal Circumference (OFC)
see Head Circumference.

OIG
USDA's Office of the Inspector General.

Omphalocele
Congenital hernia of the naval.

OSHA
United States Occupational Safety and Health Administration. OSHA standards are set to eliminate or minimize occupational exposure to Hepatitis B virus, HIV, and other bloodborne pathogens.

Other harmful substances
Other substances such as tobacco, prescription drugs, and over-the-counter medications that can be harmful to the health of the WIC population, especially the pregnant woman and her fetus.

Osteomalacia
Softening of the bones, becoming so flexible and brittle that they cause deformities.

Oxytocin
The hormone that stimulates the release of milk in the breasts.

P & P
Acronym of "Policy and Procedure." It contains information and instructions covering all aspects on the management of the Utah WIC Program. In the Utah WIC Program, "P & P" refers to the Utah WIC Policy and Procedure Manual.

Pancreatitis
Inflammation, either acute or chronic, of the pancreas.

Parity
The ability of a woman to carry a pregnancy to a point of viability (500 grams birth weight or 20 weeks gestation) regardless of outcome.

Participant

Pregnant, breastfeeding or postpartum women, infants, and children who are receiving supplemental foods or food instruments from the WIC program.

Participant violation

Any intentional action of a participant, parent, guardian, or proxy that violates Federal or State statutes, regulations, policies, or procedures governing the Program.

Participation

Participation means the sum of:

1). The number of persons who received supplemental foods or food instruments during the reporting period;

2). The number of infants who did not receive supplemental foods or food instruments but whose breastfeeding mother received supplemental foods or food instruments during the report period; and

3). The number of breastfeeding women who did not receive supplemental foods or food instruments but whose infant received supplemental foods or food instruments during the report period.

Peer Counselor

A mother who has breastfed one or more infants; has successfully completed a lactation training program; and is competent to provide breastfeeding advice to WIC participants.

Pellagra

A disease resulting from a dietary deficiency or an inability of the body to absorb niacin.

Periconceptual

Period 1-3 months before conception to 6 weeks of gestation.

Perinatal

Around birth. The time from conception through birth, delivery, lactation, and at least 28 days postpartum.

Perinatal mortality

Death around the time of birth, conventionally limited to the period from 28 weeks gestation to one week postnatal.

Pharynx

The upper expanded portion of the digestive tube, between the esophagus below and the mouth and nasal cavities above and in front.

Phylloquinone

Major form of vitamin K found in plants.

Phytotherapy

The use of herbs to treat/prevent illness.

Pica
Refers to the cravings for nonfood substances.

Plugged duct
A local accumulation of milk or cells that causes a blocked milk duct.

Polycythemia
An excess of red blood cells.

Post menarche
Period following menarche or after the onset of menstruation or menstrual function.

Postpartum woman
Woman up to six months after delivery or after the termination of a pregnancy (including miscarriages and abortions) who is not breastfeeding.

Preeclampsia
Known as “pregnancy-induced hypertension”; is a blood pressure that has risen to a dangerous level during pregnancy.

Pregnancy Induced Hypertension (PIH)
High blood pressure brought on during pregnancy, usually the last trimester.

Pregnancy Riskline
A joint project of the Utah Department of Health and the University of Utah’s Division of Medical Genetics. It provides current, accurate and complete information to health-care practitioners and to the public about the possible reproductive risks of exposure to medications/drugs, chemicals, infections/diseases, etc. This reproductive hazard telephone information resource is available to residents throughout the state of Utah and Montana weekdays, 8:30 to 4:30, toll-free: 1-800-822-BABY (2229).

Pregnant woman
Woman determined to have one or more embryos or fetuses in utero.

Pregravida weight
The most stable, consistent weight prior to most recent pregnancy.

Premature birth
Infant born before 38 weeks gestation (i.e. birth at $\leq$ 37 weeks gestation).

Prenatal
Preceding birth.

Prenatal care
Care of the woman during the period of gestation, consisting of periodic examinations for determination of blood pressure, weight, changes in the size of the uterus, condition of the fetus, urinalysis: instruction in nutritional requirements, preparations of labor and

delivery, care of the newborn, and provision of suggestions and support to deal with the discomforts of pregnancy.

Prescription (Formula and Food Authorization Form)

A request for a special formula/product written by a prescriptive authority. Prescriptive authorities include MDs, Physician Assistants, Nurse Practitioners, or Certified Nurse Midwives.

Prescriptive Authority

The following individuals are authorized to write prescriptions for special/non-contract formulas in the State of Utah.

- Physicians (MD)
- Physicians Assistants (P.A.)
- Advanced Practice Nurse Practitioners with prescriptive authority
- Certified Nurse Midwives
- Osteopathic Physicians (D.O.)

Prescriptions must **not** be accepted from:

- Chiropractors
- Optometrists
- Podiatrists
- Dentists
- Veterinarians

Preterm delivery

Birth of an infant ≤ 37 weeks of gestation.

Price adjustment

An adjustment made by the State agency, in accordance with the vendor agreement, to the purchase price on a voucher after it has been submitted by a vendor for redemption to ensure that the payment to the vendor for the voucher complies with the State agency's price limitations.

Primary Care Network (PCN)

A health insurance plan for low income adults administered along with the Medicaid program by the State of Utah.

Primary contract brand infant formula

All infant formulas (except exempt infant formulas) produced by the manufacturer awarded the infant formula cost containment contract.

Primary Endorser

A person who represents the WIC participant(s) in qualifying them for eligibility; is the original applicant to the program; must be the participant, a parent, legal guardian or caretaker; may designate an Additional Endorser or Proxy. The Primary or Additional Endorser must be present for subsequent certification appointments.

Program
Special Supplemental Nutrition Program for Women, Infants and Children.

Prolactin
A hormone which stimulates milk production.

Proration
Issuing less than the full food package. A proration occurs when 20 days or less remain until the last date to redeem the voucher.

Proration override
The option to print a full food package when there is less than 20 days before the *last day to use*. In Utah, participants may receive packages for 10 days, 20 days, or 30 days.

Protein Energy Malnutrition (PEM)
Malnutrition resulting from diets poor in calories and protein; usually found in infants and young children. Also referred to as Protein Calorie Malnutrition. See Marasmus and Kwashiorkor.

Provisional Certification
A temporary certification (one month) that may be completed when required proofs are temporarily unavailable. Must be “fulfilled” (proofs provided) within 30 days in order to receive additional food benefits and to avoid automatic termination.

Proxy
A person designated by the WIC endorser to pick up and redeem WIC Checks in place of the endorser. Must also attend nutrition education classes in place of the endorser and take the information back to the participant.

Psychomotor
Concerning or causing physical activity associated with mental processes.

Purgative
Tending to cleanse or purge; especially, tending to cause evacuation of the bowels.

Rebate
The amount of money refunded under cost containment procedures to any State agency from the manufacturer of the particular food product as a result of the purchase of the supplemental food with a voucher by a participant.

Referral
To direct to a source for help or information.

Referral form
A form used for medical providers to document health for WIC participants/applicants.

Registered Dietitian (RD)

An individual who has graduated with:
- a bachelor's degree from an accredited university,
- completed the Academy of Nutrition and Dietetics (AND) approved course work,
- has had the practical experience approved by the AND, and
- has successfully completed a national nutrition competency exam.

Regression
To revert or return to a former and usually worse condition.

Renal
Referring to the kidney.

Resection
To cut off, or out, a portion of a structure or organ.

Rights and Responsibilities
A document informing participants of their rights and responsibilities. The statement of agreement must be signed at each certification by an endorser.

Risk
Probability of harm. A participant with a risk is more likely to suffer ill health than a participant without a risk.

Routine monitoring
Overt, on-site monitoring during which program representatives identify themselves to vendor personnel.

Scurvy
Disease resulting from a lack of vitamin C.

Self-Evaluation Tool
A tool designed for the local agency to self-evaluate clinic function. The form asks questions regarding policy and procedural implementation. The completed form is submitted electronically to the State staff at least 30 days prior to the time of the Management Evaluation site visit.

Single Audit Act
The Single Audit Act allows independent audits of contractors who receive $300,000.00 or more from federal sources.

Small for Gestational Age (SGA)
Consists of 2 categories:
1. Preterm SGA - those infants who are premature but whose weight is still small for gestational age.
2. Term SGA - those infants who are term and small for gestational age.

See Risk Factor Section for evaluation criteria.

SOAP note

Documentation of a nutrition care plan which includes 4 parts:

- (S) Subjective information
- (O) Objective information
- (A) Assessment
- (P) Plan for follow up

Somatic

Relating to the soma or trunk, the wall of the body cavity, or the body in general.

Special Food Letter

A letter required when a participant needs to purchase any food item that is not listed in the Utah WIC Program Authorized Foods booklet.

State Agency

The Utah Department of Health, Division of Family Health and Preparedness, WIC Program.

State Plan

A plan of Program operation and administration that describes the manner in which the State agency intends to implement and operate all aspects of Program administration.

Steatorrhea

Passage of fat in large amounts in the feces, due to failure to digest and absorb it; it occurs in pancreatic disease and the malabsorption syndromes.

Store Brand/Private Label

A store brand (also called a private label) must be purchased when indicated in the Utah Authorized WIC Foods booklet. Some examples of store brands/private labels include: Western Family, Kroger, Great Value, Albertsons/Essential Everyday, Market Pantry, WinCo, (Malt-O-Meal cereals are authorized under this definition). Other store brands/private labels may be available. If a store carries more than one store brand/private label then either product may be purchased regardless of price. If the store does not carry a store brand/private label for the WIC food item, then the cheapest brand can be purchased. When certain brands are specified in the Authorized WIC Foods booklet, only those brands listed may be purchased.

Stroke

Sudden loss of consciousness resulting from a bleed in the brain, the formation of a blood clot, or obstruction of a vessel by a blood clot.

Subpoena

A request requiring the recipient to appear in court to testify.

Supplemental foods

WIC supplementary foods are those foods containing nutrients that are determined by nutritional research to be lacking in the diets of pregnant, breastfeeding and postpartum women, infants and children and foods that promote the health of the population served

by the WIC Program as indicated by relevant nutrition science, public health concerns, and cultural eating patterns, as prescribed by the Secretary in §246.10.

Switch nursing
Putting the infant to one breast for a short time, usually 5 minutes, moving the infant to the other breast for 5 minutes, and then moving the infant back to the first side in an effort to improve milk production.

Systolic
The top, or "heart-pumping," number in reading a blood pressure.

Tandem nursing
The act of breastfeeding two siblings who are not twins.

Termination date
The date a participant's program benefits end.

Tetany
A condition, occurring chiefly in children and young adults, marked by periodic painful muscular spasms caused by faulty calcium metabolism.

The Standards of Audit of Government Organization, Programs, Activities, & Function
"The Standards of Audit of Government Organizations, Programs, Activities, and Function" are the generally accepted auditing standards and the standards for financial compliance audits.

Thrush
A yeast infection which thrives on the warm area of the infant's mouth and the mother's nipples.

Thymus
A gland that is situated just behind the top of the sternum. It is only active until puberty, but is critical for helping the body protect itself against autoimmunity.

Thyrotoxicosis
State produced by excessive quantities of thyroid hormone.

Toxemia
A serious, potentially fatal form or pregnancy-induced hypertension. Also known as "eclampsia."

Trachea
The air tube extending from the larynx into the thorax.

Trachea-esophageal fistula
Congenital abnormality involving a communication between the trachea and esophagus; often associated with esophageal atresia.

Trauma
An injury or a wound.

Trimester
A term of 3 months in the prenatal gestation period with the specific trimesters defined as follows in weeks:
- 1st trimester - 0-13 weeks
- 2nd trimester - 14-26 weeks
- 3rd trimester - 27-40 weeks

Ulcerative colitis
Chronic inflammation of the large intestine and rectum.

Universal precautions
Recommendations written by the "Center for Disease Control and Prevention (CDC)" outlining precautions for the prevention of transmission of HIV, Hepatitis B, and other bloodborne pathogens. A copy of this document is included as an appendix to the "Biochemical Assessment Training Module."

USDA
The "United States Department of Agriculture" which assures standards of quality in the food supply through inspection and grading services; conducts and present research findings to benefit all Americans; works to curb and cure poverty, hunger and malnutrition; publishes food composition books. The "WIC Program" is regulated by federal guidelines established by the USDA.

Utah WIC Authorized Foods booklet (food card)
A pictorial flyer that shows all of the foods that have been authorized by the Utah WIC Program. Listings of what can and cannot be purchased are also listed on the flyer. Also referred to as the "food card."

Vegan
Person who avoids all foods of animal origin, including eggs, and dairy foods.

Vegan diet
A diet that includes some or all of the following foods: vegetables, fruits, enriched or whole grain breads and cereals, dry peas and beans, lentils, nuts and nutlike seeds, peanuts, and peanut butter. In addition, the diet specifically excludes all foods of animal origin, meat, poultry, fish, eggs, and dairy products such as milk, cheese, and ice cream.

VENA
Value Enhanced Nutrition Assessment.

Vendor
A store that has been authorized to accept WIC vouchers in exchange for approved foods.

Vendor authorization
The process by which the State agency assesses, selects and enters into agreements with stores that apply or subsequently reapply to be authorized as vendors.

Vendor limiting criteria
Criteria established by the State agency to determine the maximum number and distribution of vendors it authorizes.

Vendor overcharge
Intentionally or unintentionally charging the State agency more for authorized supplemental foods than is permitted under the vendor agreement.

Vendor selection criteria
The criteria established by the State agency to select individual vendors for authorization.

Vendor violation
Any intentional or unintentional action of a vendor's current owners, officers, managers, agents, or employees (with or without the knowledge of management) that violates the vendor agreement of federal or State statutes, regulations, policies, or procedures governing the Program.

Verification of Certification (VOC)
A document which is issued to WIC participants who are transferring to another clinic. It is proof of eligibility for the program.

Very low birth weight (VLBW)
Infant weighing less than 1,500 grams or 3 1/4 pounds at birth.

Vitamin
Any of the various relatively complex organic substances found in plant and animal tissue and required in small quantities for controlling metabolic processes.

VLDL
See lipoprotein.

Waiting lists
- Uncertified - A list of WIC applicants. This list must be chronological, according to applicant's highest potential priority.
- Certified - Chronological files of those persons who have been determined WIC eligible, given a priority, and are waiting for funds to become available so they might receive benefits.

Water intoxication
An excess of water in the body, leading to fluid build-up in the body tissues (e.g. - seen in infants given highly diluted formula or if water is fed to the exclusion of milk).

Weight for age

A measurement that compares a child's weight with that of other normal, healthy children of the same age.

Weight for height

A measurement that compares a child's proportions: i.e., how heavy he/she is compared to others of his/her height.

Weight for length

A measurement that tells how an infant compares in proportion (how heavy or light for a particular length) to other normal, healthy infants.

Well-child exam

Provides preventive and health promoting services to children, including screening and diagnostic tests, as well as proactive interventions.

Whey protein

Protein remaining when the curds of casein have been removed.

Whole blood controls

Blood samples that are provided by a manufacturer. Whole blood controls are used as a standard to check blood sampling techniques and equipment calibration.

Whole grain bread/cereal

Whole grain bread/cereal must meet labeling requirements for making a health claim as a "whole grain food with moderate fat content".

(1) Contain a minimum of 51% whole grains (using dietary fiber as the indicator);
(2) Meet the regulatory definitions for "low saturated fat" at 21 CFR 101.62 ($\leq$ 1 g saturated fat per reference amount customarily consumed (RACC) and low cholesterol ($\leq$ 20 mg cholesterol per RACC);
(3) Bear quantitative trans fat labeling; and
(4) Contain $\leq$ 6.5 g total fat per RACC and $\leq$ 0.5 g trans fat per RACC.

AND

Whole grain must be the primary ingredient by weight in all whole grain bread/cereal products.

Whole unprocessed grains

Brown rice, bulgur (cracked wheat), oatmeal, and whole-grain barley without added sugars, fats, oils, or salt (i.e., sodium). May be instant, quick, or regular-cooking.

Whole wheat bread

Whole wheat bread must conform to FDA standards of identity (21 CFR 136.180). This includes whole wheat buns and rolls. And, whole wheat must be the primary ingredient by weight in all whole wheat bread products.

WIC-eligible nutritionals

Certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded,

restricted, or inadequate. Such WIC-eligible nutritionals must serve the purpose of a food, meal or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring or enzyme.

WIC Program

The Special Supplemental Nutrition Program for Women, Infants and Children authorized by Section 17 of the Child Nutrition Act of 1966, as amended. The WIC Program is funded and administered by the U.S. Department of Agriculture (USDA).

Xeropthalmia

A serious eye disease caused by vitamin A deficiency.