

Case Study for Child

UPDATED AUGUST 2022

Meet Isabel!

- Isabel is 2 ½ years old and has a recertification appointment today.
- Hemoglobin is 9.2. Her growth is steady, BMI is consistently around 90%.
- Her mother, Anna reports that “she doesn’t eat much” and is surprised by Isabel’s BMI.
- Isabel chews and chews meat and then spits it out.
- Isabel is offered 3 meals a day. They are on the go a lot during the day, so snacks are sporadic. Isabel drinks from a sippy cup of milk during the appointment. Anna said that Isabel loves milk and that she fills the 10-ounce sippy cup 3 or 4 times during the day. It is easy to take along in the car.

Questions:

1. What factors (dietary or health related) may be contributing to the low hemoglobin level? See *Implications for WIC Services* at [WIC 201 Low Hematocrit/Low Hemoglobin](#). Review “Possible causes and/or contributing factors for low hemoglobin values” and “Areas for Assessment” for Children.
2. What are some probing or clarifying questions you might ask?
3. How might you address some of the issues you identified in #1 above?
4. What will you include in your plan for follow-up?

Possible Responses:

1. What factors may be contributing to the low hemoglobin level?
 - Consumption of a large quantity of milk. Isabel is drinking numerous sippy cups of milk each day which may be displacing iron rich foods.
 - Limited food access between meals. Anna is not offering regular snacks, which limits opportunities to provide iron rich foods.
2. What are some probing or clarifying questions you might ask?
 - When it comes to Isabel's low hemoglobin, what would be most helpful to know more about?
 - You mentioned Isabel doesn't eat much. Tell me more about that.
 - Besides meat, what other protein foods have you offered Isabel?
 - What are some easy, healthy foods that Isabel could snack on between meals?
 - What other beverages could you offer Isabel between meals?
3. How might you address some of the issues you identified in #1 above?
 - Brainstorm ways to decrease milk consumption, such as offering more water. Explain how the excess milk is providing extra calories and reducing Isabel's appetite for foods.
 - Assist Anna with healthy snack ideas.
 - Point out WIC foods that are high in iron and discuss other foods that are good sources of iron.
 - Would Isabel eat the WIC cereal as a snack?
 - Meat can be tough for a two-year-old to chew. Suggest ways to make meat appealing, such as shredding the meat or mixing it with other foods to make it moister.
 - Suggest plant-based foods that are a source of iron. Beans are a good option at this age. Enhance iron absorption of plant-based foods by including a vitamin C rich food.
 - Refer the low hemoglobin result to the health care provider for additional evaluation and to determine if supplementation is warranted.
 - What other ideas do you have?
4. What will you include in your plan for follow-up?
 - Assure Isabel received additional evaluation/care for the low hemoglobin from the health care provider. What are the results of the health care provider evaluation? Any additional recommendations?

CASE STUDY FOR CHILD

- Ask about current beverage intake. How much milk is the child receiving?
- What iron-rich foods is Isabel eating?
- Ask about snacks. Did they find healthy snacks to replace some of the milk?

Reference- Complete Listing of Hyperlinks

WIC 201 Low Hematocrit/Low Hemoglobin

(<https://www.health.state.mn.us/people/wic/localagency/nutrition/riskcodes/201.html>)

Minnesota Department of Health - WIC Program 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; To obtain this information in a different format, call: 1-800-657-3942.

This institution is an equal opportunity provider.