

Staff Resources: Anemia Case Study Series

MARCH 19, 2026

Reminder: The slide deck for the case study, along with the resources, will be posted on the [Lessons in WIC: Case Studies](#) webpage at the conclusion of the topic series.

Click on the quick link to review each section on this page:

[Resources for staff](#), [Resources for participants](#), [Questions answered previously](#)

Resources for staff

- [6.6 High Risk Individual Nutrition Care Plans \(PDF\)](#)
- [6-A Minnesota WIC Program High Risk and Medical Referral Criteria \(PDF\)](#)
- [WIC 201 Low Hematocrit/Low Hemoglobin](#)
 - [Implications for Minnesota WIC Nutrition Services](#)
 - [Implications for WIC Nutrition Services](#)
- [Section 5.3.2 Hematologic Assessment](#)
- [Anemia Resources](#)
 - Supplementation Recommendations
 - Training Opportunities
 - Examples of Local Agency Guidelines for Low Hemoglobin
- [Meaningful Minutes - WIC Skills in 10](#)
 - Meaningful Minutes: Dodge County Story of Low Hemoglobin
 - Meaningful Minutes - Preventing Anemia in Infants
- [Hmong Culture and Foods \(PDF\)](#)

Resources for participants

- [Eating More: Iron \(PDF\)](#)
- [Feeding an Older Infant \(PDF\)](#)
- [Choosing Meats & Textures \(PDF\)](#)
- [Breastfeeding an Older Baby \(PDF\)](#)
- [Homemade Foods for Baby \(PDF\)](#)
- [Weaning from the Bottle \(PDF\)](#)

- [WIC Foods - Questions](#)
 - [Infant Cereal](#)
 - [Infant Foods](#)
- [Wichealth.org](#)
 - Feeding Your Infant Solid Foods
 - Baby's First Cup

Questions answered previously

- **At what age should WIC recommend iron supplementation to a breastfeeding infant?**
 - WIC staff should defer to the healthcare provider for iron supplementation recommendations. Prescribing and recommending iron supplements is outside of the scope of WIC practice.
 - WIC staff educates on starting solids at 6 months, including infant meats and infant iron fortified cereal. Parents should watch for cues that their infant is ready to begin solids.
 - Guidance in [Breastfeeding an Older Baby \(PDF\)](#) recommends consulting their healthcare provider on vitamin supplementation.
- **Does too much breast milk after the age of 1 impact a child's iron levels?**
 - Breast milk is sufficient in iron for the first 4-6 months of age. After age one, it cannot meet a child's iron needs on its own. If a toddler is breastfeeding very frequently and not eating enough iron-rich solid foods, their risk for low iron can increase. However, continued breastfeeding itself is not the problem; the concern is when it replaces balanced meals. Monitoring dietary intake and hemoglobin levels helps us determine when there is a risk.
- **How do we handle participants who are resistant to having their hemoglobin taken?**
 - At the WIC Program, hemoglobin screening is an important part of assessing iron status—especially for infants, children, and pregnant and postpartum participants. When participants are resistant to having their hemoglobin (Hgb) checked, the approach should be respectful, participant centered, and focused on education rather than enforcement. Staff may follow guidance found in [Hemoglobin Screening – Talking Points \(PDF\)](#).
 - **General tips:**
 - **Start with education-** Clearly explain to participants why WIC checks hemoglobin levels, and how the participant benefits.
 - **Use participant centered skills-** Remain nonjudgmental, validate their feelings, offer comforting techniques (distractions, child on parents' lap).

- **Offer alternatives-** Accept hemoglobin from the healthcare provider or reschedule and allow them to return with the measurements.
- **What is Wichealth to go?**
 - WIChealth.org to go allows us to quickly share information by text or carefully search for nutrition education resources specially made for WIC participants. Additionally, you can find staff resources to help you utilize and promote wichealth effectively.
 - More information can be found: [Wichealth.org - Exciting changes coming soon! \(PDF\)](#).
 - **To share by text:**
 - Log onto the [wichealth.org dashboard](#).
 - Look under “Client Nutrition Resources” Quick Links.
 - Click to browse wichealth to Gos.
 - Click the image you would like to share.
 - Click to send text, copy link, or download.

TIP: If you filter your search to ‘iron’ and enter the type as ‘textable image’, you will find three resources related to improving iron intake.

-How To Eat More Foods With Iron - wichealth to Go

-Your Child's Health: A guide to understanding low iron - wichealth to Go.

-Taking Care Of You: What you need to know about low iron - wichealth to Go

References- complete listing of hyperlinks:

[6.6 High Risk Individual Nutrition Care Plans](#)

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6_6.pdf)

[6-A Minnesota WIC Program High Risk and Medical Referral Criteria](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/exhbts/ex6/6a.pdf>)

[WIC 201 Low Hematocrit/Low Hemoglobin](#)

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

[Implications for Minnesota WIC Nutrition Services](#)

(<https://www.health.state.mn.us/people/wic/localagency/riskcodes/201.html#implications1>)

[Implications for WIC Nutrition Services](#)

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

[Section 5.3.2 Hematologic Assessment](#)

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

[Anemia Resources](https://www.health.state.mn.us/people/wic/localagency/anemia.html) (<https://www.health.state.mn.us/people/wic/localagency/anemia.html>)

[Meaningful Minutes - WIC Skills in 10](https://www.health.state.mn.us/people/wic/localagency/nutrition/minutes.html)

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

[Hmong Culture and Foods](https://www.health.state.mn.us/docs/people/wic/localagency/culture/hmong.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/culture/hmong.pdf>)

[Eating More: Iron](https://www.health.state.mn.us/docs/people/wic/nutrition/english/geniron.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/geniron.pdf>)

[Feeding an Older Infant](https://www.health.state.mn.us/docs/people/wic/nutrition/english/infolder.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/infolder.pdf>)

[Choosing Meats & Textures](https://www.health.state.mn.us/docs/people/wic/nutrition/english/inftextures.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/inftextures.pdf>)

[Breastfeeding an Older Baby](https://www.health.state.mn.us/docs/people/wic/nutrition/english/bfolderbaby.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/bfolderbaby.pdf>)

[Homemade Foods for Baby](https://www.health.state.mn.us/docs/people/wic/nutrition/english/infhomemadefoods.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/infhomemadefoods.pdf>)

[Weaning from the Bottle](https://www.health.state.mn.us/docs/people/wic/nutrition/english/infweaning.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/infweaning.pdf>)

[WIC Foods - Questions](https://www.health.state.mn.us/people/wic/foods/faqs.html) (<https://www.health.state.mn.us/people/wic/foods/faqs.html>)

[Infant Cereal](https://www.health.state.mn.us/people/wic/foods/faqs.html) (<https://www.health.state.mn.us/people/wic/foods/faqs.html>)

[Infant Foods](https://www.health.state.mn.us/people/wic/foods/faqs.html) (<https://www.health.state.mn.us/people/wic/foods/faqs.html>)

[Wichealth.org](https://www.wichealth.org/) (<https://www.wichealth.org/>)

[Hemoglobin Screening – Talking Points](https://www.health.state.mn.us/docs/people/wic/localagency/hemoglobintp.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/hemoglobintp.pdf>)

[wichealth.org dashboard](https://www.wichealth.org/Support/Home/Dashboard) (<https://www.wichealth.org/Support/Home/Dashboard>)

[Wichealth.org - Exciting changes coming soon!](https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/edchoice/wichealthchanges.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/edchoice/wichealthchanges.pdf>)

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