

## Chapter 8

### Special Populations

#### **Student assignments and activities designed to enhance learning and stimulate critical thinking.**

1. How does your state rank in the breastfeeding of children born in 2004 ([http://www.cdc.gov/breastfeeding/data/NIS\\_data/data\\_2004.htm](http://www.cdc.gov/breastfeeding/data/NIS_data/data_2004.htm))? What steps can be taken in your state to improve breastfeeding rates at initiation, 6 months, and 12 months?
2. Review the requirements to become an International Board Certified Lactation Consultant (IBCLC) (<http://americas.iblce.org/home.php>). Describe the training and experience one must have to become certified.
3. Review the number of IBCLC's by state (<http://americas.iblce.org/factsandfigures.php#USstate>). How does this compare to the number of baby-friendly hospitals by state (<http://www.babyfriendlyusa.org/eng/03.html>)?
4. Does a change in state law to explicitly permit public breastfeeding help to increase the rate of breastfeeding by removing or reducing an existing barrier? Suggestion: Compare the changes over time in prevalence of breastfeeding in states with and without breastfeeding legislation.
5. Use THOMAS (<http://www.thomas.gov>) to identify federal breastfeeding legislation that has been introduced in Congress in the past 5 years and to determine breastfeeding support legislation that has been enacted in the past 5 years.
6. Contact your state's WIC Breastfeeding Coordinator (<http://www.fns.usda.gov/wic/Contacts/cooralpha.htm>) and ask the following questions.
  - A. How many WIC infants in your state are exclusively breastfed? Partially breastfed? What are the rates for teenage mothers? First-time mothers?
  - B. What are the barriers to breastfeeding?
  - C. What percentage of mothers has difficulty breastfeeding?
  - D. What are some of the techniques used to convince mothers to breastfeed their infants?
  - E. What are the current breastfeeding initiatives being promoted in your state?

Write a 1-2 page summary of your interview.

7. Search THOMAS for an update on the most recent reauthorization of the CARE Act. Where in the act has nutrition been included?

8. Write a 1-page reaction paper to the statement, “prisoners are the only Americans with a constitutional right to healthcare” (pg 226).

9. Discuss the ethical issues faced by a nutrition professional who is asked to develop a recipe for a food loaf to be used as a reprimand in her detention facility. (See Box 8.14).

10. Contact a correctional facility in your state and ask to speak to the Registered Dietitian. Use the questions listed on the top of page 233 to interview the RD. Summarize the answers, and include your assessment of the correctional facility’s biggest nutritional challenges. What are your suggestions for addressing these challenges?

11. Older adults and children with special health care needs are 2 additional populations that are of interest to public health nutritionists. For each of these populations, answer the following:

- A. Define the special population. What are the characteristics of this population?
- B. What are the particular nutritional needs that this population exhibits?
- C. What programs and/or policies currently exist to meet the nutritional needs of this population?