

WIC PROGRAM UPDATES TO EXPAND NUTRITION ACCESS FOR KENTUCKY MOMS, BABIES

By **MELISSA PATRICK**
Kentucky Health News

Nadia Ramlagan
Kentucky News Connection



SLONE CHIROPRACTIC

WE'VE GOT YOUR BACK

(606) 349-BACK

A federal nutrition program for low-income moms and babies now includes canned fish and beans, whole grains such as quinoa and cornmeal, and more money for fruits and vegetables.

Theda Simpson, a former participant in the Special Supplemental Nutrition Assistance Program for Women, Infants and Children from Metcalfe County, said she relied on the funds for extra help paying for supplemental formula for her daughter and sons, who had milk allergies as infants. She found out about the program through her local health department and stressed it was a lifesaver for preventing her children from going hungry.

“I hope that every mother finds out about it, knows about the program, is able to access and get the help that they need to be able to feed their children,” Simpson said.

Under recent U.S. Department of Agriculture updates, children ages 1 to 4 will now receive \$24 per month, pregnant and postpartum women will now receive \$43 per month and breastfeeding women will now receive \$47 per month.

Research has shown the WIC program helps improve pregnancy outcomes, including lower incidences of premature births, infant mortality and low-birthweight babies.

Karena Cash, data and research director for Kentucky Youth Advocates, said WIC is not reaching every available mom or mom-to-be in the state, although advocates have been trying to reach more households, especially in Latino communities and among kinship caregivers.

“About 96% of infants in Kentucky are enrolled, whereas only about 60% of women and 51% of eligible children one to five,” Cash said. “We see some pretty big discrepancies.”

Tanya Torp, executive director of the nonprofit Step By Step in Lexington serving young, single mothers and their babies, said a major barrier is a lack of understanding among grocery stores about how WIC works and what products are covered under the program.

“For us, being able to work with some of the stores is going to be really important,” Torp said. “To train the employees at the stores so that they will be able to help when someone comes in and asks questions about WIC.”

Nationwide, more than 6 million women and children rely on WIC each month.

Kentucky Health News is an independent news service of the Institute for Rural Journalism and Community Issues, based in the School of Journalism and Media at the University of Kentucky, with support from the Foundation for a Healthy Kentucky.

EPILEPSY From Pg. A6

medication and maintaining healthy sleep habits.

Supporting patients with epilepsy

Caregivers and family members play an essential role in the lives of people with epilepsy. In addition to providing emotional support, they may assist with practical needs like transportation and ensuring medication schedules are followed. For some, epilepsy affects their ability to drive or live independently, making family support critical during periods of active seizure management.



Latest advancements in epilepsy treatment

Advances in epilepsy research are opening new doors for treatment. New anti-seizure medications are currently in trial phases, offering hope for improved management. Devices like RNS and DBS have also shown promise in reducing seizures in patients with treatment-resistant epilepsy. Moreover, advances in surgical techniques are providing more options for those whose seizures cannot be controlled by medication alone.

Ask your child the following and send us their answer on our Facebook, @SInewspaper!

HOW DO YOU COOK A TURKEY?

Be sure to include their name and age and you may see their response in the November 21 issue of the Salyersville Independent! Also will accept pictures of what they think Thanksgiving dinner should look like!



TECHNOLOGY MAKES A DIFFERENCE IN CARE

At Pikeville Medical Center, we prioritize making the latest technology available to our medical teams and patients. Here are just a few of the reasons why.


PMC's leading diagnostic technology can detect diseases in earlier stages, leading to timelier treatment plans and improved opportunities for successful health outcomes.

Advanced technology can also be used to treat diseases, like cancer, with greater precision and fewer treatments.

Minimally invasive and other advanced surgical technology can help reduce hospital stays, lead to faster healing times and improved outcomes.

TRUST THE PMC DIFFERENCE

We are prepared to provide advanced medical care when you need it most.
(606) 430-3500 | pikevillehospital.org

**PIKEVILLE
MEDICAL CENTER**