Fill in the blank/provide a short answer as appropriate.

1. What do the letters IMR stand for, and why is this concept important in a discussion of mothers and infants?

2. List one of the “10 Steps to Successful Breastfeeding” from the Baby-Friendly Hospital Initiative.

3. List two proven outcomes of the WIC program.
   A. 
   B. 

4. According to a 1993 study conducted in 5 states, every dollar invested in the WIC program on prenatal infant care results in $1.77 to $3.90 saved in Medicaid costs per participant; a 1990 study found savings of up to $4.21. What is the source of such savings?

Circle A if the statement is true; circle B (false) if the statement is false.

5. Indiana is one of the eight states that achieves all three initiation and duration of breastfeeding objectives (from Healthy People 2010 and the American Academy of Pediatrics).
   A. True   B. False

6. The WIC program is a federal entitlement program for low income populations.
   A. True   B. False

7. Nutrition education is a federally mandated part of the WIC program.
   A. True   B. False

8. A woman’s poor nutrition during her pregnancy can predispose her child to chronic disease as an adult.
   A. True   B. False

Circle the best answer to the following question.

9. In the United States, birth outcomes are related to:
   A. ethnicity
   B. socioeconomic status
   C. prepregnancy weight of the mother and weight gain during pregnancy
   D. nutritional risk factors including intake of iron, calcium, alcohol
   E. All of the above factors contribute to a positive (or negative) outcome of pregnancy.
10. Nutritional risk factors for WIC include all of the following except:
   A. woman’s age older than 30
   B. weight gain below recommendations
   C. prenatal conditions such as anemia, low body weight, or an eating disorder
   D. history of low birth weight infant(s) from previous pregnancy
   E. use of alcohol, drugs, tobacco
   F. All of the above are factors that would enable a woman to enroll in WIC.

11. All of the following individuals are eligible for participation in the WIC program except:
   A. a pregnant teenager at 120% of the federal poverty line
   B. a 7-year-old child of a homeless low income mother
   C. a breastfeeding woman receiving food stamps
   D. a woman eligible for Medicaid who is not breastfeeding her month-old baby
   E. All of the above individuals are eligible for WIC participation.

12. The Best Start breastfeeding promotion project held focus groups on how to improve breastfeeding rates. All of the following are good applications of this information except:
   A. Education should emphasize that breastfeeding is not difficult and that women who breastfeed their infants will feel good about themselves.
   B. Even low-income clients are interested in breastfeeding.
   C. Visuals used in promotional materials should be matched to the target population as much as possible.
   D. A celebrity such as Britney Spears would be a good model for a breastfeeding campaign.
   E. Reassure clients that most women can breastfeed whatever their diet or stress levels.
   F. All of the above fit the data from the Best Start focus groups.

Answer the following questions:
Name a federal program other than WIC that assists mothers and infants, and briefly explain how the program works:

Briefly define the following term:
EFNEP:

Extra question
The #1 cause of preventable mental retardation worldwide is iodine deficiency during pregnancy (resulting in cretinism). The #1 cause of preventable mental retardation in the United States is intake of _________________ during pregnancy.