



STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene

201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

February 2013

Dear Health Care Provider,

One of the goals of the Maryland WIC Program is to network with health care providers in supporting the healthy growth and development of infants and children and in promoting breastfeeding as the normal way to feed infants.

The purpose of this mailing is to let you know that WIC programs are now required by USDA to evaluate whether WIC participants who are pregnant or breastfeeding their infants are consuming a 150 mcg iodine supplement daily, as recommended by the American Thyroid Association (ATA). The ATA recommendation is the result of changes in the American food supply, the absence of iodine in most prenatal vitamins, and measured changes in urinary output suggesting that pregnant and breastfeeding women's iodine intake has become marginal and may harm both the mental and physical development of their children. An information sheet "Iodine Sufficiency: Not as Reliable as It Used to Be" is enclosed to provide more background on the recommendation. We are sharing this information with you, as we anticipate that WIC participants may ask you for guidance regarding selection of an appropriate supplement.

Thank you for your support of the Maryland WIC Program. Please contact the State WIC Office at 410-767-5242 if you have any questions about WIC's adoption of the ATA recommendation or suggestions for how we can continue to work together to accomplish shared goals.

Sincerely,

Jacqueline Marlette-Boras, MHS, RD, LDN
Director
Maryland WIC Program

