

## North Dakota Metabolic Food Program and Services

### What is the Metabolic Food Program?

ND Health & Human Services' Special Health Services offers a Metabolic Food Program that provides free or at cost medical food and formula to individuals diagnosed with Phenylketonuria (PKU) or Maple Syrup Urine Disease (MSUD):

- No cost for medical formula to males under age 26 and females under age 45, regardless of income
- At cost medical formula to males ages 26 and older and females ages 45 and older, regardless of income
- No cost low protein modified food products, if medically necessary as determined by a qualified health care provider, to males under age 26 and females under age 45 who are receiving medical assistance (Medicaid)

### How to Enroll and Place Metabolic Food and Formula Orders

If you or your child is diagnosed with PKU or MSUD, you can contact Special Health Services to enroll in the program and place metabolic food or formula orders. Individuals on the Metabolic Food Program must be monitored routinely by a metabolic specialist. Contact Special Health Services by calling 701-328-2436 or 800-755-2714, emailing [dohcshsadm@nd.gov](mailto:dohcshsadm@nd.gov), or visiting [hhs.nd.gov/shs](https://hhs.nd.gov/shs).

### Phenylketonuria Monitoring

Individuals with PKU have routine lab work drawn that is monitored by a metabolic specialist.

- Individuals on the Metabolic Food Program must be monitored routinely by a metabolic specialist. Monitoring of Metabolic Food Program participants can be done by an individual's own health care provider or arranged through Special Health Services, which contracts with Sanford Health to offer this monitoring.
- Individuals with PKU not enrolled in the Metabolic Food Program may still access this monitoring service. To qualify, the individual must be a current North Dakota resident or be in the care of Sanford Health's metabolic specialist and be seen annually. There is no age restriction for this service.
- For additional information on the PKU Monitoring Service or to request monitoring supplies, contact the Sanford Medical Genetics Clinic at 701-234-2362.

### Metabolic Disorders Clinic

HHS Special Health Services funds a Metabolic Disorders Clinic for children with PKU, MSUD, and other metabolic disorders (e.g., glycogen storage diseases). This clinic provides multidisciplinary team evaluations where families have an opportunity to see many different providers in one place at one time. All children who might benefit are eligible to attend with no direct cost to their family. Clinics are held multiple times per year and support for family travel expenses may be available. For more information, contact the Sanford Coordinated Treatment Center in Fargo at 701-234-6600.

### Long-Term Follow-Up Program

For infants with a condition identified through North Dakota's newborn screening, such as PKU and MSUD, follow-up is available for children up to age six to ensure they receive services that support their health, growth, development, and overall function. To learn more about follow-up services or newborn screening, call 701-328-2436, email [nbs@nd.gov](mailto:nbs@nd.gov), or visit [hhs.nd.gov/nbs](https://hhs.nd.gov/nbs).

### Special Health Services Unit

600 E Boulevard Ave. Dept. 325 • Bismarck, ND 58505  
701-328-2436 • 800-755-2714 (TTY) • <https://www.hhs.nd.gov/shs>