Nutrition Education

Subject: Element 1 of Nutrition Education
Item: Nutrition Assessment

PURPOSE:
To ensure that the local agency (LA) complies with all state and federal nutrition assessment regulations.

POLICY:
I. The Competent Professional Authority (CPA) must complete a nutrition assessment to identify the participant’s nutrition risks, needs, and concerns at certification for all categories and at mid-certification for infants, children, and breastfeeding participants. The nutrition assessment serves as a basis from which subsequent nutrition services are provided.

PROCEDURE(S):
I. A nutrition assessment for each WIC participant must be conducted by a CPA (WPPM 130-00). CPA staff must:
   A. Collect relevant information that addresses the following using approved nutrition assessment tools (WPPM 210-09):
      1. Anthropometric data.
      2. Biochemical data.
      3. Clinical data.
      4. Dietary information.
      5. Environmental and family information.
      6. Review of previous care plan notes to establish continuity of care.
   B. Clarify and prioritize the relevant information collected and probe for additional information as needed.
   C. Identify the pertinent risks and issues and make participant-centered decisions (WPPM 400-02 and 400-03) about:
      1. Appropriate nutrition education and counseling.
      2. Tailoring of the food package to address nutrition needs.
      3. Appropriate referrals.
   D. Document the nutrition assessment and education based on contact type and frequency requirements (WPPM 400-07 and 400-08).
   E. Follow up as needed to monitor progress, reinforce the nutrition education message, ask for feedback from the participant, and promote continuity of care.
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(WPPM 400-06).

II. The mid-certification nutrition assessment must occur within the following timeframes based on participant category:

A. Infants: five to seven months of age.
B. Children: fifth to seventh month of the certification period.
C. Breastfeeding participants: five to seven months postpartum. This requirement applies to participants who are doing any amount of breastfeeding (i.e., exclusively, mostly, or some breastfeeding).

AUTHORITY:
WRO Policy Memo 805-F Nutrition Education Guidance, January 2006
WRO Policy Memo 8/29/2011: Guidance for Providing Quality WIC Nutrition Services During Extended Certification Periods
Value Enhanced Nutrition Assessment (VENA)
WIC Nutrition Services Standards: Standards 7, 8, 9 and10

CROSS-REFERENCE:
WPPM 130-00 Staffing Requirements
WPPM 210-09 Overview – Nutrition Assessment Requirement for All Categories
WPPM 400-01 Element 1- Nutrition Assessment
WPPM 400-02 Element 2- Nutrition Messages
WPPM 400-03 Element 3 - Counseling Methods and Teaching Strategies
WPPM 400-06 Element 6 - Follow-Up and Support
WPPM 400-07 Documentation of Nutrition Education Contacts (NEC)
WPPM 400-08 Frequency of Nutrition Education