

Module C:

Basic Information about Nutrition Education Contacts and Nutrition Education Plan

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OVERVIEW

Introduction

This module will help you understand the WIC Nutrition Education Plan (NEP). It will cover basic information about nutrition education contacts.

During WIC MIS training you will also learn how to access, schedule and document nutrition education contacts and appointments.

Learning Objectives

After completing this module the Trainee will be able to do the following:

- Describe the types of nutrition education contacts
 - Define their agency's nutrition education contacts and what category each contact applies to
 - Modify nutrition education plans using local agency master NEP template
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NUTRITION EDUCATION CONTACTS

Definition

Nutrition education contact (NEC) is an individual or group education session. Staff will use various mediums and material designed to improve health status, achieve positive changes in dietary intake, and physical activity habits while being mindful of their cultural preferences. ([WPM 400-03](#))

Methods

Refer to Delivery Mediums listed in [WPM 400-00](#) & [WPM 400-04](#).

- Face to face (individual & group)
 - Telephone
 - Electronic Kiosk, internet, computer-based
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NUTRITION EDUCATION CONTACTS *(continued)***Examples**

A nutrition education contact may be any of the following.

Appointment Description	Code
An initial certification	E
Subsequent certification	SR
A trimester assessment	ST
An infant mid-certification assessment	SM
A group discussion session (class)	GA _ _
An individual education session	S
Self-learning activity/worksheet	SA _ _

Requirement

WIC participants or the parents/caretakers of WIC participants must be offered **at least 2** nutrition education sessions during their certification period, if six months. ([WPM 400-08](#)) For WIC participants with a longer certification period, up to one year, nutrition education shall be offered at a MINIMUM of one contact per quarter. ([WPM 400-08](#))

Alternates can attend nutrition education sessions for participants and counts as a secondary nutrition education contact. ([WPM 290-10](#))

A **proxy** may attend nutrition education sessions, but the encounter does NOT count as a required nutrition education contact for the participant.

Check to see what your agency's policy is regarding nutrition education sessions for alternates or proxies.

**Types of Nutrition
Education
Contacts**

The types and number of nutrition education contacts each participant receives depends on her/his category and the local agency master education plan.

**Chart of Nutrition
Education
Contacts**

The chart on the next page shows the type of nutrition education contact(s) required for each category and some examples of topics discussed in these sessions.

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NUTRITION EDUCATION CONTACTS *(continued)***Types of Nutrition Education Contacts & Sample Topics Discussed
by Category during a 6 month certification**

Category	Type of Appointment	Sample Topics Discussed
Pregnant Woman (P)	<ul style="list-style-type: none"> • Initial certification • Trimester assessments • Breastfeeding classes 	<ul style="list-style-type: none"> • Prenatal nutrition • Breastfeeding promotion • Healthy habits
Breastfeeding and Non-Breastfeeding Woman (B & N)	<ul style="list-style-type: none"> • Initial certification • Secondary nutrition education contact 	<ul style="list-style-type: none"> • Breastfeeding support • Postpartum nutrition • Healthy habits
Infant (I)	<ul style="list-style-type: none"> • Initial certification • Infant feeding classes • Mid-certification assessment • Secondary nutrition education contact 	<ul style="list-style-type: none"> • Breastfeeding review/support • Introduction to solids • Introducing the cup • Baby behavior (crying and sleeping)
Children (C)	<ul style="list-style-type: none"> • Initial certification • Secondary nutrition education contact 	<ul style="list-style-type: none"> • Baby bottle tooth decay • Bottle weaning • “Picky” eaters • Healthy habits

Learning Activity 1

To learn more about *Nutrition Education Contacts*, you may want to try **Learning Activity 1** found at the end of this module.

NUTRITION EDUCATION PLAN

Definition

The Nutrition Education Plan (NEP) is the individualized schedule of when and what type of nutrition education contact (NEC) a participant will be offered during his/her certification period.

Nutrition Education Contacts Master Plan

A Nutrition Education Contacts Master Plan is the schedule of nutrition education offered by a local agency for each participant category. Each Master Plan lists the months in which nutrition education contacts may be scheduled. The last month of all Master Plans end in either a recertification or disqualification (signifying the end of a certification period).

Each local agency sets up a Nutrition Education Contacts Master Plan in WIC MIS for each category of participant. After the local agency has set up these plans, a Master NEP will automatically appear in WIC MIS for each participant at enrollment and recertification.

For more information, ask your supervisor to see a copy of your agency's Master Nutrition Education Plans for each category.

Modifying the NEP

There will be times when you will need to modify a participant's NEP. Below are examples of when a NEP may need to be modified:

- Has missed an appointment
- Has checks mailed
- Delivered her baby at a time other than the Estimated Date of Delivery (EDD)
- Has another family member in WIC (e.g. prenatal woman and child on program)
- Missed/rescheduled appointment
- A participant changes categories within certification period. (e.g. breastfeeding mom is no longer breastfeeding)

Tips for modifying the Nutrition Education Plan:

- Modify the NEP for each individual down to the "RED line" in WIC MIS, every time you modify the plan.
 - A family should be scheduled for either the same group discussion (G) or individual single contacts. (e.g. S, SA, ST, SM, SR)
 - Remember to follow local agency Food Issuance Protocol. The Food Issuance Protocol is the guideline your agency uses to determine how many allowable months an individual can be issued at a time. (Ask your mentor/supervisor to review protocol with you).
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NUTRITION EDUCATION PLAN

Learning Activity 2

To learn more about the *Master Nutrition Education Plan*, you may want to try **Learning Activity 2** found at the end of this module.

Learning Activity 3

To learn more about *Modifying Nutrition Education Plans*, you may want to try **Learning Activity 3** found at the end of this module.
Ask your mentor/supervisor to share the Master Nutrition Education plan with you.

PROGRESS CHECK

1. Mark the following as “TRUE” or “FALSE”.

- Group sessions are the only way participants get nutrition education.
- WIC participants or the parents/guardians of WIC participants must be offered **at least 1** nutrition education session every six months during a certification period.
- Breastfeeding women and infants may receive one nutrition education contact during every quarter within their certification period.
- Master Nutrition Education Plans are created by the State WIC program.

2. For each category in the chart below write in the types of nutrition education contacts required.

CATEGORY	TYPE OF NUTRITION CONTACTS NEEDED
Pregnant Woman	
Breastfeeding & Non-Breastfeeding Woman	
Infant	
Children	

3. Put a check mark (✓) next to the information you will need to consider when modifying a nutrition education plan.

- Matching contact codes for each visit (Group or individual)
- Modify the nutrition education plan down to the red line
- Follow agency food issuance protocol
- All of the above

LEARNING ACTIVITIES

The following activities are included and are recommended for interactive learning:

- **Learning Activity 1:** Nutrition Education Contacts
- **Learning Activity 2:** Master Nutrition Education Plan
- **Learning Activity 3:** Modifying Nutrition Education Plan

LEARNING ACTIVITY 2: MASTER NUTRITION EDUCATION PLAN

Learning Objectives

After completing this activity, the Trainee will be able to identify the local agency's Master Nutrition Education Plan for each category.

Instructions

- Ask your mentor/supervisor to help you find your Master Nutrition Education Plan for each of the following categories.
- Complete the table below.

Master Nutrition Plan

CAT:	P	B	I	N	C
Jan	E	E	E	E	E
Feb					
Mar					
Apr					
May					
Jun				SD	
Jul					
Aug					
Sep					
Oct	SR				
Nov					
Dec		SD	SR		SR
Jan					

LEARNING ACTIVITY 3: MODIFY NUTRITION EDUCATION PLAN

Learning Objectives

After completing this activity, the Trainee will be able to do the following:

- Discuss the local agency's Food Issuance Protocol
- Modify Nutrition Education Plans using your local Agency Master Plan

Instructions

- Use your local agency Master Nutrition Education Plan for this activity. (from Learning Activity 2)
 - Read and complete the following case studies
 - Have your mentor or supervisor review the activity with you
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LEARNING ACTIVITY 3: MODIFY NUTRITION EDUCATION PLAN

Case Study #1

A prenatal participant just completed her ST appointment. Her plan needs to be modified for the rest of her certification period and she does not have her blood work.

What do you do?

CAT: P

04 Nov	<u>ST</u>	<u>Y</u>
05 Dec	_____	_____
06 Jan	_____	_____
07 Feb	_____	_____
08 Mar	_____	_____
09 Apr	<u>SR</u>	_____
10 May	<u>SR</u>	_____

Explain how you modified the plan:

LEARNING ACTIVITY 3: MODIFY NUTRITION EDUCATION PLAN

Case Study #2

This Prenatal mom and her child have enrolled into the WIC program. Child and mom have blood work at enrollment. How might you modify the Nutrition Education plan using your local agency's nutrition education plan?

What do you do?

CAT:	<u>P</u>		<u>C</u>
Mar	<u>E</u>	<u>Y</u>	<u>E</u> <u>Y</u>
Apr	—		—
May	—		—
Jun	—		—
Jul	—		—
Aug	—		<u>SR</u>
Sep	—		—
Oct	—		—
Nov	<u>SR</u>		
Dec	<u>SR</u>		

Explain how you modified the plan:

LEARNING ACTIVITY 3: MODIFY NUTRITION EDUCATION PLAN

Case Study #3

A family came in for their appointment in July and staff documented the appointment. The child was recertified and was double issued but needed blood work. The infant will be six months in August and has not had his SM appointment yet. The breastfeeding mom has not had her single breastfeeding contact yet either. How will you modify the Nutrition Education Plan?

What do you do?

CAT:	<u>B</u>	<u>I</u>	<u>C</u>	
Jul	<u>V</u>	<u>V</u>	___	<u>SR</u> <u>Y</u>
Aug	___	___	___	
Sep	___	___	___	
Oct	___	___	___	
Nov	___	___	___	
Dec	___	___	___	
Jan	___	___	<u>SR</u>	
Feb	<u>SD</u>	<u>SR</u>	___	

Explain how you modified the plan:

LEARNING ACTIVITY 3: MODIFY NUTRITION EDUCATION PLAN

Case Study #4

A participant came into the clinic to enroll her newborn and recertify as a non-breastfeeding mom. She also has a child on WIC and attended a group discussion last month. After you enroll the infant and recertify mom, modify the nutrition education plan:

What do you do?

CAT/EDD:	<u>N</u>	<u>I</u>	<u>C</u>	
Apr	<u>SR</u>	Y	<u>E</u>	Y <u> </u>
May	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Jun	<u> </u>	<u> </u>	<u> </u>	<u>SR</u>
Jul	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Aug	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Sep	<u>SD</u>	<u> </u>	<u> </u>	<u> </u>
Oct	<u>SD</u>	<u> </u>	<u> </u>	<u> </u>
Nov	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Dec	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Jan	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Feb	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Mar	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Apr	<u> </u>	<u>SR</u>	<u> </u>	<u> </u>

Explain how you modified the plan:

PROGRESS CHECK ANSWERS

1. Mark the following as “TRUE” or “FALSE”.

FALSE Group sessions are the only way that participants get nutrition education.

FALSE WIC participants or the parents/guardians of WIC participants must be offered **at least 1** nutrition education session every six months during a certification period.

TRUE Breastfeeding women and infants may receive one nutrition education contact during every quarter within their certification period.

FALSE Master Nutrition Education Plans are created by the State WIC program.

2. For each category in the chart below write in the types of nutrition education contacts required.

CATEGORY	TYPE OF NUTRITION CONTACTS NEEDED
Pregnant Woman	<ul style="list-style-type: none"> • Initial certification assessment • Trimester assessments • Breastfeeding classes
Breastfeeding & Non-Breastfeeding Woman	<ul style="list-style-type: none"> • Initial certification-assessment • Secondary nutrition education contact
Infant	<ul style="list-style-type: none"> • Initial certification enrollment assessment • Mid-certification assessment • Secondary nutrition education contact
Children	<ul style="list-style-type: none"> • Initial certification assessment • Secondary nutrition education contact

3. Put a check mark (✓) next to the information you will need to consider when modifying a nutrition education plan.

_____ Matching contact codes for each visit (Group or Individual)

_____ Modify the nutrition education plan down to the Red line in WIC MIS

_____ Follow the agency food issuance protocol

✓ All of the above