

Sample Protocol for Prenatal/Breastfeeding/Non-breastfeeding Women
Depression (C113)

Definition	Presence of clinical depression diagnosed by a physician or psychologist as self reported by applicant/participant or as reported or documented by a physician, psychologist or someone working under physician's orders.	
Objective	Achieve and maintain healthy eating habits Connect with other health care and social service programs.	
Instructions for Staff	<ol style="list-style-type: none"> 1. Review Nutrition Questionnaire/ISIS Summary Screen to determine WIC eligibility. 2. Determine potential topic(s) for nutrition education/referral 3. Have a conversation with the parent/guardian of the participant to identify what they are interested in discussing or learning about within the parameters of the participant's category, developmental stage, and health /nutrition risks. 4. Provide Healthy Lifestyle Messaging and /or information about the risk condition, as appropriate. For example, increase consumption of fruits and vegetables and/or increase physical activity. 5. Work with participant to identify constructive "next steps" 6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition. 7. Document the nutrition education contact in ISIS. 8. Make referral(s) and schedule follow-up as needed. 	
Possible Assessment Information	<ul style="list-style-type: none"> • Accuracy of weight measurements • Weight history (recent weight loss/gain) • Appetite changes • Eating habits, including frequency of meals/snack • Adequacy of food groups, calories, and nutrients • Hx or current cigarette smoking • Hx or current substance abuse • Hx or current eating disorder • Stress level/sleep adequacy • Physical activity • What does health care provider (HCP) say? • Related medical conditions and/or medications 	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Importance of weight management • Dietary food guide, balanced eating patterns and healthy snacks • Avoiding high fat such as fast foods, processed foods, fried food • Avoiding high sugar foods and drinks • Importance of regular prenatal visits • Physical activity per HCP 	
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> • Does the participant have medical issues beyond the scope of the counseling session? • Would the participant like to see the RD? 	
Possible Referrals to outside WIC	<ul style="list-style-type: none"> • HCP • 24-hour crisis (Mental Health) • Food Bank/Food Stamps • Other healthcare or social service programs 	
Suggested Education Materials		
<ul style="list-style-type: none"> • WIC Shopping Guide • Sweet Success Food Guide Pyramid • Common Problems • Snacks 		<ul style="list-style-type: none"> • Be a Healthy Mom • Nutrition During Pregnancy • What Moms Say About Breastfeeding