

SECTION: NUTRITION EDUCATION

SUBJECT: Element 6 of Nutrition Education

ITEM: Follow-up and Support

Policy

Qualified staff shall follow-up with the participant to provide ongoing support. Follow up shall occur at subsequent nutrition education contacts, certification and/or any appropriate separate activity.

Required Procedures

- I. Follow-up shall:
 - A. examine progress toward goals;
 - B. strengthen the nutrition education message;
 - C. be interactive and provide positive support;
 - D. identify barriers hindering the participant's progress; and/or
 - E. modify future nutrition education plans.
- II. Follow-up shall be incorporated during:
 - A. a subsequent nutrition education contact,
 - B. certification, and/or
 - C. a separate activity (i.e. brief contacts to document missing certification information, food instrument pick-up, telephone, or electronic means).
- III. Follow-up shall not replace a nutrition education contact.
- IV. Although follow up at certification may be performed, it does not substitute the requirement for LA to complete a nutrition assessment in order to better align future nutrition services to current needs.

Definition

Nutrition assessment – The process of collecting and prioritizing relevant information to identify risks using approved assessment tools in order to deliver learner-centered education to the applicant/participant. This process also includes documentation of the contact and following up as needed to monitor progress and promote continuity of care. Refer to WPM 400-01 for an expanded definition.

Authority

WRO Policy Memo 805-F Nutrition Education Guidance, January 2006

[Value Enhanced Nutrition Assessment \(VENA\)](#): VENA Process

[WIC Nutrition Services Standards](#): Standard 10