
Required Guidance: Nutrition Education at the Initial and Subsequent Certification and Presume Eligible Complete Assessment

Staff must:

1. Provide nutrition education at the Initial and Subsequent Certification and Presume Eligible Complete Assessment.
2. Review the nutrition risks and concerns identified from the assessment.
3. Have a [participant centered](#) conversation about the participant's nutrition, breastfeeding, physical activity, and health related needs, interests, and goal(s).
 - When no topics or areas of interest are expressed by the participant or parent guardian offer nutrition education based on topics relevant to the participant's age and category or common areas of concern for participants of a similar age, category, or situation.
 - Assess every pregnant participant's thoughts about breastfeeding at these appointments and offer information based on the participant's needs.
4. Document a note in the participant's Individual Care Plan that includes:
 - a. The appointment type as the title.
 - b. The participant/parent guardian's thoughts and feelings about the topic(s).
 - c. Information offered/shared/discussed about the topic(s).
 - d. The participant's goal, if the participant is ready to set a goal or document that the participant wasn't ready to set a goal.
 - Best practice is to label the goal section of the note as "Goal."
 - e. Additional information for future support and follow up.
5. Document the nutrition education topic(s) discussed and mark as "Complete" in the Care Plan – Nutrition Education.

PROCEDURE:

Staff:

- A. Review information from the assessment:

1. Assess the participant's nutrition, breastfeeding, physical activity, and health related needs and interests.
 2. Analyze and prioritize topics for discussion.
- B. Facilitate a [participant centered](#) conversation with the participant or parent guardian.
1. Explore information related to participant's nutrition risks and other topics relevant or of interest to the participant/parent guardian.
 - Use the nutrition risks and needs identified in the assessment as the menu of topics to choose from.
 - When no topics or areas of interest are expressed by the participant or parent guardian offer nutrition education based on topics relevant to the participant's age and category or common areas of concern for participants of a similar age, category, or situation.
 - Assess every pregnant participant's thoughts about breastfeeding at these appointments and offer information based on participant's needs.
 2. Have a goal setting conversation to explore goals or next steps.
 3. Summarize next steps and affirm plans for behavior change as appropriate.
- C. Document a note in the participant's Individual Care Plan as per policy requirements.
- Note:** Staff have the option to document goals on the Maintain Goals screen in addition to the requirement to document goals in the Individual Care Plan.
- D. Document the nutrition education topic(s) discussed and mark as "Complete" in the Care Plan – Nutrition Education.

Information:

Participant centered – a collaboration where staff connect through careful listening and empathy with participants on topics relevant to the participant. Staff consider the participant's capabilities, strengths, values, cultural practices and customs, environmental factors, family influences and individual needs and tailors the conversation to what is most important to the participant. Staff use open-ended questions, affirmations, reflections, and summaries to individualize nutrition education and guide the participant towards meaningful behavior change.

Washington WIC Program

DOH 960-367 March 2022

This institution is an equal opportunity provider.

Washington WIC does not discriminate.

To request this document in another format, call 1-800-841-1410.

Deaf or hard of hearing customers, please call 711 (Washington Relay) or email
civil.rights@doh.wa.gov.