



# Nutrition Assessment & Education



# VENA

- Institute of Medicine Report Determined
  - Traditional dietary assessment (Food Recall) methods are inappropriate for detecting nutrition deficiencies
  - Different approach needed to inquire about dietary and lifestyle practices



# VENA - Value Enhanced Nutrition Assessment

Initiative for WIC to strengthen and realign the primary purposes of WIC nutrition assessment in order to maximize the impact of WIC services.

# VENA

- Focus less on risk/deficiencies and more on positive nutrition education outcomes
- Enhance risk assessment to collect more relevant information - personalize nutrition services even more
- Engage participants in dialogue and goal setting

# VENA

- New Health and Nutrition Assessment
  - No more dietary recall to determine nutritional status
  - New nutrition risk codes to reflect emerging nutrition issues
  - Focus on a positive health outcome as opposed to focusing on deficiencies or risk
  - Focus on active involvement of participant



# VENA

- Building Rapport and Trust
  - Start the minute participants walk in the door
  - Create a safe and positive environment
  - Open up lines of communications



# Assessing for WIC Nutrition Risk

- TODAY – Based on Nutrition Service Standards
  - Nutrition assessment is necessary to link collected health and diet information to risk assessment and the delivery of appropriate and personalized nutrition interventions that lead to improved health outcomes



# Participant Centered Services

- A system approach designed to focus services around and on topics and issues that are relevant to the participant
  - Environment that is supportive, friendly, appealing, accommodating, respectful and welcoming
  - Staff relationship to the participant is a partnership working together to achieve positive health outcomes
  - Explain to the participant the purpose of the assessment



# Participant Centered Services

- Capacities
  - Identify participant/caregiver capacities & Strengths
- Knowledge
  - Determine participants existing knowledge and concerns

# Nutrition Assessment

- Conduct Nutrition Assessment at the following intervals:
  - Certifications
  - Mid-certifications
  - Re-certifications
  - As appropriate for High Risk

# Data Collection

- Collect & Document all relevant information
  - Anthropometric data
  - Biochemical data
  - Enter into SDWIC-IT
  - Clarify & synthesize information collected



# Assessment

- Height/Weight/Head Circumference – Anthropometric Risk
- Blood work – Biochemical Risk
- Medical Data – Clinical/Health/Medical Risk
- Eating Behaviors/Feeding Practices – Dietary Risks
- Physical Activity & Other Risks – Lifestyle Risk



# Identify Risk

SDWIC-IT auto assigned based on Lab, Medical, &  
Nutrition History, Physical Activity & Other Risks -  
Lifestyle

or

Manual assigned by CPA based on professional  
judgment

# Develop Intervention

- Nutrition Care Plan in conjunction with the participant and based on a complete assessment
- Set a Goal with the participant – keep it simple
- Make Referrals

# Goal Setting

- Every participant should have a Goal
  - **Setting goals** is the first step to help our clients to bridge the gap between their wishes and REALITY!
  - But what if the client is **not interested** in setting a goal?



# No-Goals

- The CPA will indicate reason in the counseling notes “CS”: “Participant not willing to set goal because.....”
- This should only happen on rare occasions; CPA should make every effort to work with the client at setting a nutrition-related goal

# SMART Goals

S = Simple and Specific

M = Measurable

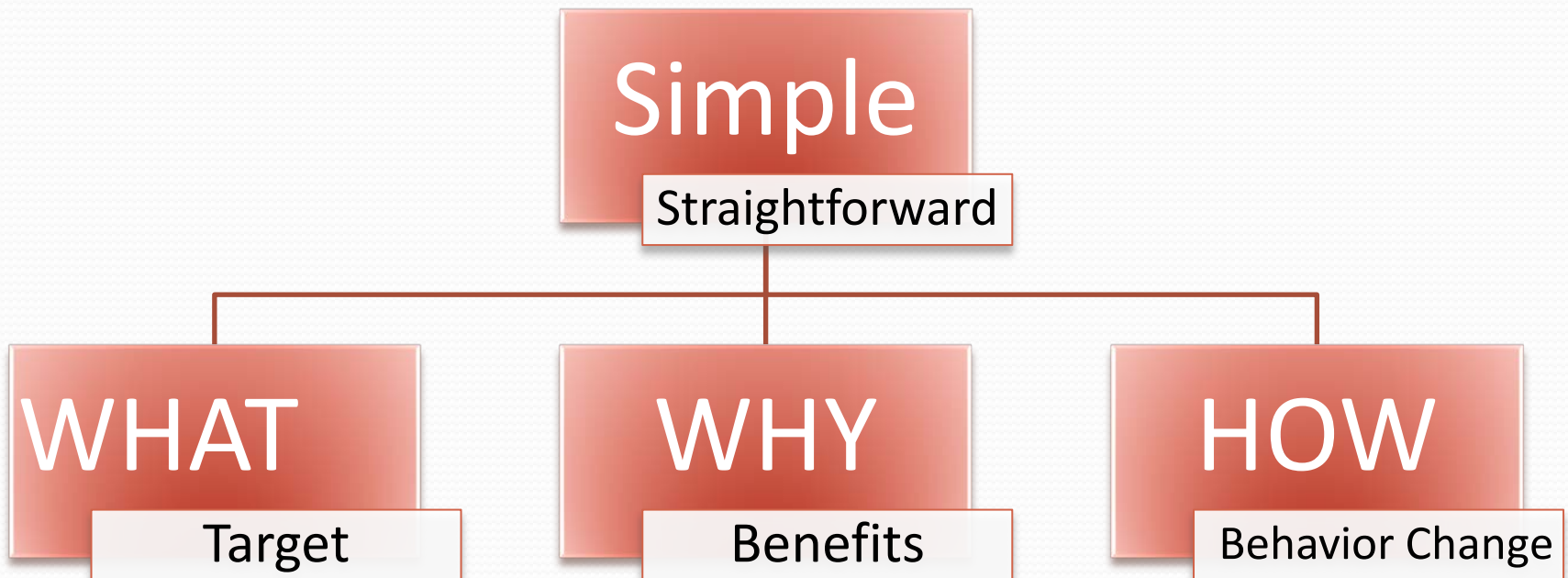
A = Achievable

R = Realistic

T = Time-specific

Preferably, goal is to be nutrition-related!

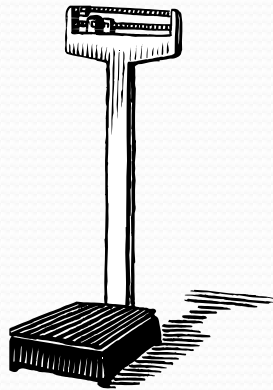
# SMART Goals



# SMART Goals

## ***Measurable***

If you can't measure it, you can't manage it.



# SMART Goals

## ***Achievable***

Goals that are too far out of your reach, will probably never get accomplished.



# SMART Goals

## ***Realistic***

This is not a synonym for “easy.” **Realistic, in this case, means “do-able.”**



# SMART Goals

## ***Time Specific***

If you don't set a time, the commitment becomes too vague.



# WIC Goals

- Examples of appropriate nutrition-related goals
  - Have a family meal at least 1 time per day
  - Increase physical activity to 30 minutes, 5 times per week
  - Parent will give iron-fortified formula to the infant for 12 months

# WIC Goals

- Examples of inappropriate non- measurable goals
  - Mom will eat more fruits and vegetables
  - Delay intro of solids until infant is developmentally ready
  - Child will eat foods from all the food groups



# Design appropriate

- Prioritize assessment information & provide
  - Appropriate Referrals
  - Nutrition Education
  - Breastfeeding promotion & support
  - Assistance addressing participant needs & concerns
  - Evaluation of participant Stages of Change

# Stages of Change

- Pre-Contemplation (PC)
  - Not interested in changing; not aware of risks of the behavior
- Contemplation (C)
  - Interested in changing
- Preparation (P)
  - Ready to start taking steps to change the behavior
- Action (A)
  - Has recently changed the behavior
- Maintenance (M)
  - Has engaged in a healthy behavior for more than a few months

# Applying the stages of change



# Nutrition Education

- **Nutrition Education:** Nutrition education includes both the communication of food and nutrition facts appropriate to the needs of the client and the evaluation of the educational program's effectiveness
- Nutrition education should motivate the client to change behavior and increase knowledge, awareness and skills in making informed decisions about diet and nutrition practices
- Ultimately, nutrition education is successful when it causes a positive behavior change

# Nutrition Education

- Materials that are designed to improve health status and achieve positive change in dietary and physical activity habits
- Emphasize the relationship between nutrition, physical activity and health
- Keeping with the personal and cultural preferences of the individual

# Nutrition Education

- Delivery Methods
  - Individual counseling
  - Group sessions
  - [Wichealth.org](http://Wichealth.org)

# Nutrition Education

- Reinforcements
  - Handouts – Nutrition Care Manuals
  - WIC Approved Brochures
  - Audio Visuals



# Referrals

- Program coordination and referral is required for the WIC Program and helps to meet the additional needs of participants to improve their:
  - Health
  - Nutrition & Social Needs
  - Continuum of Care



# Referrals

- WIC is required to provide Referrals
- Referral required anytime it is identified as a need
- Provide and document the delivery or relevant, updated and accurate referral information to health and social services based on the nutrition assessment for each participant and document appropriate follow-up on referrals



# Tailor Food Packages

- Nutrition needs based on development stage
  - Participant choice, including cultural preferences, and living situation
  - Special medical needs
  - Religious considerations
  - Breastfeeding promotion & support

# Documentation

- Capture a complete picture of the participants visit
  - Be consistent & organized to minimize duplication
  - Be clear so all staff can understand what the author is communicating
  - Be complete and provide correct information
  - Must document tailoring of food packages and reason
  - Outline plan for future services

# Documentation & Data Collection

- Applicants Nutrition status – collect all relevant information prior to identifying nutrition risk
- Distinguish accurate and relevant information from unnecessary information
- Know when to seek additional information – ask probing questions



# Follow-Up

- Previous Assessments
- Intervention Plans
- Participant Goals
- Referrals

# Nutrition Care Manuals

- Access
  - SDWIC-IT/ Help Menu/ Nutrition & Pediatric Care Manuals
  - <http://www.nutritioncaremanual.org>
  - User name: [ncm@state.sd.us](mailto:ncm@state.sd.us)
  - Password: [wic](#)

## Nutrition Care Manual®



### Subscription To View

\* You are currently associated with more than one subscription. Please select which subscription you would like to view:

- ☒ Nutrition Care Manual
- ☐ Pediatric Nutrition Care Manual

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# SD WIC

## Nutrition Care Manual

- General Healthful diet
- Pregnancy
- Lactation
- Aging and Nutrition
- Oral Health
- Vegetarian Nutrition
- Diabetes and others

## Pediatric Nutrition Care Manual

- Breastfeeding and Lactation support
- Full-Term Infants
- Toddlers
- Preschool Children
- School-Age Children
- Adolescents
- Child Athletes
- Vegetarian Children
- Diabetes and others

# Pediatric Nutrition Care Manual

- Information for HPs on a variety of topics
- Handouts are not easily found
- **Example:** Toddlers/ Feeding Recommendations/ Development of Feeding Skills/ **Suggested Portion Sizes**
- **Search?** “Suggested Portion Sizes” for Preschoolers and Toddlers

## Normal Nutrition

- Breastfeeding & Lactation Support
- Full-Term Infants
- Toddlers
- Preschool Children
- School-Age Children
- Adolescents
- Child Athletes
- Vegetarian Children

### Print Queue

- Malnutrition - Nutrition Care Manual by ADA
- Types of Infant Formulas - Nutrition Care Manual by ADA
- Download Queue

### Recent Pages

- Nutrition Care Manual
- Meal Plans/Client Education home page
- Calculators
- ADA: Nutrition Care Manual
- Meal Planning in this Culture

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## Normal Nutrition

Welcome to the Normal Nutrition area of the Pediatric Nutrition Care Manual.

Information here deals with nutrition recommendations and related issues for the full spectrum of pediatric life stages, plus specific recommendations for children with an athletic or vegetarian lifestyle.

This content is appropriate for healthy children, so if your clients present with a specific disease or condition, please refer to that topic under the Nutrition Care tab.

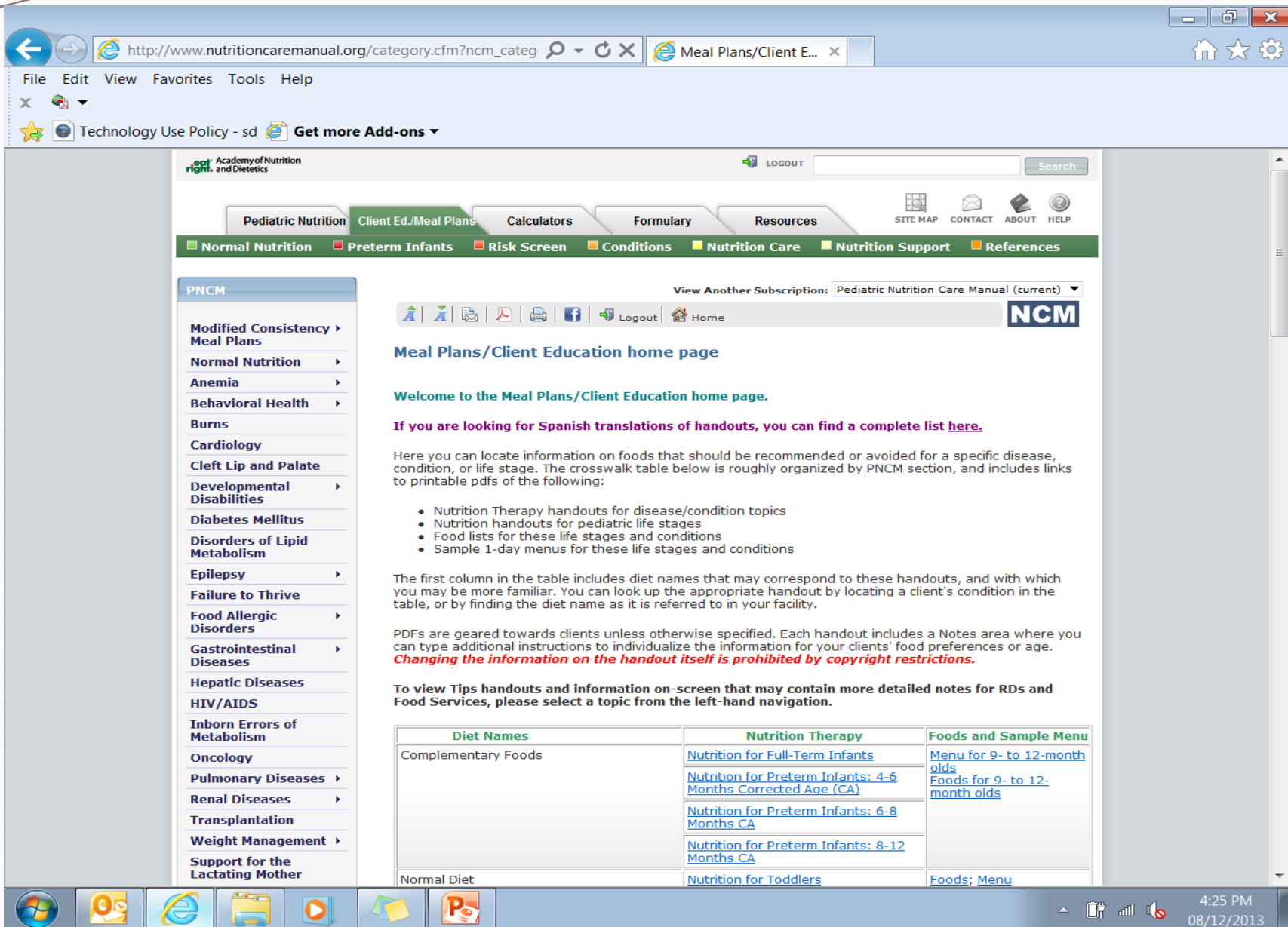
For more information, click on a topic in the left-hand navigation.

# Normal Nutrition-Left Navigation Bar

- Breastfeeding and Lactation support
- Full-Term Infants
- Toddlers
- Preschool Children
- School-Age Children
- Adolescents
- Child Athletes
- Vegetarian Children

# Navigation Tabs (Grey)

- Pediatric Nutrition
- Client Ed/Meal Plans
- Calculators
- Formulary
- Resources



# Client Education Meal Plans

- Easy to find handouts (including 1-day sample menus) on a variety of topics
- Ability to customize handouts with contact info and WIC logo
- Add your own notes
- 6<sup>th</sup> or 7<sup>th</sup> grade reading level

Please fill out the following form. You cannot save data typed into this form.  
Please print your completed form if you would like a copy for your records.

Highlight Existing Fields

**eat right.** Academy of Nutrition and Dietetics

Client Name  Date   
RD/DTR   
Email  Phone

## Gluten-Free Nutrition Therapy

Your child has sensitivity to gluten, the protein found in wheat, rye, and barley (WRB). Gluten-free nutrition therapy will allow your child's intestine to heal. It also will help prevent complications like bone disease that can happen if celiac disease goes untreated.

### Recommended Foods

Gluten-Free Grains and Starches

*It is recommended that these gluten-free grain products say gluten-free on the label whenever possible.*

Amaranth  
Arrowroot  
Bean flours  
Buckwheat  
Corn (corn bran, corn grits, hominy, masa harina, cornmeal, corn flour)  
Chia seeds/flour  
Flax  
Indian rice grass (montina)  
Job's tears



# Let's find “suggested portion sizes”

- Client Ed/Meal Plans
  - Normal Nutrition
  - Toddlers
  - 4 options – first one is a combination of all handouts
- Client Ed/ Meal Plans
  - Table
  - Normal Diet
  - Nutrition for Toddlers
  - Nutrition Therapy **X** Foods, Menu

# Comparison of Formulas

http://peds.nutritioncaremanual.org/formulary.cfm?actionxm=

File Edit View Favorites Tools Help

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Search

Pediatric Nutrition Client Ed./Meal Plans Calculators **Formulary** Resources

Normal Nutrition Preterm Infants Risk Screen Conditions Nutrition Care Nutrition Support References

Formulary

- Amino Acid/Metabolics
- Discontinued Solutions
- Infant Formula
- Oral
- Recovery Drinks
- Tube Feeding
- All
- Formulary Calculator
- Compare Solutions

Print Queue

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- ADA: Nutrition Care Manual
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**NCM**

**Nutrient Data Comparison**

Return To Solutions

	<b>BOOST® KID ESSENTIALS</b>	<b>PediaSure® (Institutional)</b>
Calcium		250 mg
Chloride		270 mg
Potassium		350 mg
Sodium		90 mg
Trans Fat		0 g
kcal		240 kcal
Fiber		1 g
Kilocalorie / milliliter	1.0 kcal/ml	
Kilocalories	240 kcal	
Protein	7 g	7 g
Carbohydrate	32 g	33 g
Fiber, total dietary	0 g	
Sugar	24 g	18 g
Total fat	9 g	9 g
Saturated fat total	3 g	1 g
Monounsaturated fat total		6 g
Polyunsaturated fat total		2 g
Cholesterol	<5 mg	5 mg
Sodium (mEq if available)	130 mg	
Potassium (mEq if available)	270 mg	
Vitamin A	750 IU	500 IU

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# Resources

- Spanish Language Resources
- Nutrient-Drug Interactions
- Cultural Food Practices – Meal Planning
- Dietary Guidelines for Americans 2010
- My Plate Food Guidance System
- Fluoride Supplementation
- Physical Signs of Malnutrition
- Specialty Food Manufacturers

←→

http://www.nutritioncaremanual.org/topic.cfm?ncm\_heading=

Resources > Spanis...

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Pediatric Nutrition

Client Ed./Meal Plans

Calculators

Formulary

Resources

Normal Nutrition

Preterm Infants

Risk Screen

Conditions

Nutrition Care

Nutrition Support

References

Resources

Contributors

Nutrition Care Process (NCP)

Spanish Language Resources

Arm Anthropometry

Common Nutrient-Drug Interactions

Cultural Food Practices

Dietary Guidelines for Americans, 2010

Dietary Reference Intakes

MyPlate Food Guidance System

Growth Charts

Fluoride Supplementation

Malnutrition

Physical Signs of Malnutrition

Preterm Infants Terminology and Abbreviations

Specialty Food Manufacturers

Print Queue

Malnutrition - Nutrition Care Manual

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Resources > Spanish Language Resources

Spanish Language Resources

Client Education Handouts in Spanish

Each of the following pdf handouts is geared towards clients and includes a Notes area where you can type additional instructions to accommodate individuals' food preferences or age. **Changing the information on the handout itself is prohibited by copyright restrictions.**

Anemia

[Iron Deficiency Anemia Nutrition Therapy](#)

[Sickle Cell Disease Nutrition Therapy](#)

Cardiology

[Cardiac Conditions: Consistent Vitamin K Sample 1-Day Menu](#)

[Cardiac Conditions: Cooking, Shopping, and Eating Out Tips](#)

[Congenital Heart Disease Sample 1-Day Menu](#)

Developmental Disabilities

[Autism Nutrition Therapy](#)

[Down Syndrome Nutrition Therapy](#)

[Prader Willi Syndrome Nutrition Therapy](#)

[Spina Bifida Nutrition Therapy](#)

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08/12/2013

wichealth.org



*Improving the quality of life by changing human behavior.*

# Wichealth.org

- Stage-based, client-centered, behavior change nutrition education for WIC clients
- 26 lessons available
- Available for English and Spanish speaking clients



# Benefits of wichealth

- Gives clients another option and flexibility to complete
- Stage-based, tailored education
- Saves staff time
- Clients loves wichealth.org

*It's pretty cool that I don't have to leave my home and drive the 20 miles to the WIC office and I can just do it at home.*

*-WIC Client*

# Pregnant Women

- Food safety for moms-to-be
- Recipe for a healthy pregnancy
- Understanding your baby's sleep



# Infants

- Starting to Feed Your Infant Solids
- Baby's First Cup
- Breastfeeding: Building a Bond for a Lifetime
- Understanding Your Baby's Cues



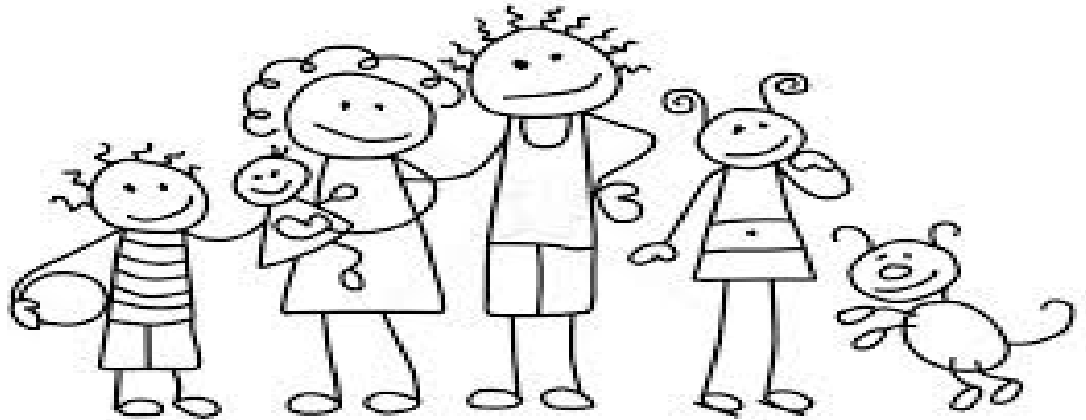
# Children Ages 1-5

- Make Meals and Snacks Simple
- Secrets for Feeding Picky Eaters
- Help Your Child Make Good Eating Choices
- Trust Your Child to Eat Enough
- Happy, Healthy, Active Children
- Build Strong Kids with Dairy Foods
- Fun and Healthy Drinks for Kids
- Fruits and Veggies Grow Healthy Kids



# Family

- Eat Well
- Spend Less
- Make Mealtime a Family Time
- Choose My Plate to Build a Healthier Family
- Healthy Whole Grains
- Meatless Meals for Busy Families
- Farm to Family: Keeping Food Safe



# How Does it Work?

Health  
Professional will  
promote  
wichealth to  
eligible clients

Client creates  
an account and  
completes a  
lesson

Client provides  
the certificate of  
completion to the  
WIC agency

Clerical staff will  
follow up with  
client at next  
appointment and  
scan certificate in  
the system.

# Clerical Role

- **Promotion**

- Provide instructions and flyer, as needed

- **Follow-up**

- Reminder calls
- Scan certificate
- Place note in client record

# Staff Access

- Contact [help@wichealth.org](mailto:help@wichealth.org) for a staff account
  - Access to [wichealth.org](http://wichealth.org)
  - Access to [wichealthsupport.org](http://wichealthsupport.org)

# Next Steps

- Review VENA for WIC Staff at <http://wicworks.nal.usda.gov>
- Read Policy 2.13 Nutritional Risk Criteria
- Read Policy 2.14 Anthropometric Risk Determination
- Read Policy 2.15 Hematological Risk Determination
- Read Policy 5.0 Nutrition Services
- Access the Nutrition Care Manuals at <http://www.nutritioncaremanual.org>
- User name: [ncm@state.sd.us](mailto:ncm@state.sd.us) Password: [wic](#)

# Quiz

1. VENA stands for Very Educated Nutrition Assessment. True or False?
2. WIC does not have to complete follow-up on Referrals. True or False?
3. Pediatric Manual is a great place for “suggest portion sizes” for toddlers. True or False?
4. [wichealth.org](http://wichealth.org) is a great place for High Risk WIC clients to get nutrition education. True or False?