

NUTRITION RISK GUIDES

These guides are meant to be a reference for WIC staff completing nutrition assessments and are organized by category of risk. The following features are used throughout the text to draw attention to key information.

RISK DESCRIPTION:

The title for each guide is the text description of the nutrition risk as it appears in WICnet followed by the federal/state nutrition risk code. These codes also appear in the most current Nutrition Risk Code Manual.

ASK ABOUT:

This section provides suggestions for further assessment and information to help you determine an appropriate plan for nutrition services. You may also need to ask questions about other topics and issues relevant to the participant's situation.

Complete your assessment before you begin counseling. This ensures that you have all of the information you need to develop carefully targeted and relevant nutrition and health education messages.

NUTRITION COUNSELING/EDUCATION TOPICS:

This section describes suggested counseling and nutrition education topics. It is written for use as a professional reference. Therefore, these suggestions are not intended to be used verbatim as educational messages with participants.

Consider the participant or parent's concerns and questions when developing your educational messages. For the most effective nutrition education encounter, incorporate these elements:

- Select and tailor messages that engage the participant in setting meaningful and attainable goals.
- Use interactive counseling methods and teaching strategies.
- Provide informational or environmental reinforcements.
- Follow-up at the next contact to evaluate progress, provide support, identify barriers and reassess/redefine the nutrition education plan.

POSSIBLE REFERRALS:

This section identifies possible referrals to another health care providers, programs or agencies. There may also be other issues and concerns expressed by the participant or parent/guardian that indicate other referrals not listed.