

## Division of WIC & Community Nutrition Services

<i>Subject:</i> <b>Nutrition Education Contact-Initial</b>		<i>Policy:</i> <b>NEd 02.1-C</b>
<i>Reference:</i> <b>CFR §246.11</b>	<i>Effective:</i> <b>August 12, 2013</b>	<i>Supersedes:</i> <b>September 15, 2012</b>

### I. Policy:

Initial nutrition education shall be provided during the certification visit to all participants. The objective of the initial contact is to provide assistance to the participant and the parent / legal guardian or caretaker of the infant(s) and child (children). Nutrition education shall follow the basic principles outlined in NEd 01.0-C

### II. Procedure(s):

- A. At initial certification, participants, parents / legal guardians or caretaker shall receive individual counseling.
- B. Levels 3 and 5 personnel shall provide nutrition education initial and subsequent certification visits.
- C. Nutrition education shall be interactive and involve an exchange of information between the participant and educator using VENA.
- D. An individualized nutrition care plan shall be developed for all participants. The individualized care plan shall include the identification of all nutrition-related problems, participant concerns and goals. These shall be documented in the Care Plan section of Crossroads. Nutrition information shall be relevant to each category, based upon health outcomes:
  - 1) Pregnant- The desired health outcome is to deliver a healthy, full-term infant while maintaining optimal health status.
    - a. Health Determinants
      1. Receives ongoing preventive health care including prenatal care
      2. Achieves a recommended maternal weight gain
      3. Remains free from nutrition or food-related illness, complications or injury
      4. Avoids alcohol, tobacco and illegal drugs
      5. Consumes a variety of foods to meet energy and nutrient requirements
      6. Makes an informed decision to breastfeed her infant
  - 2) Breastfeeding-The desired health outcome is to achieve optimal health during the childbearing years and reduces the risk of chronic diseases.
    - a. Health Determinants
      1. Receives ongoing preventive health care including early postpartum care
      2. Achieves desirable postpartum weight or BMI
      3. Remains free from nutrition or food related illness, complications, or injury
      4. Avoids alcohol, tobacco, and illegal drugs

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5. Consumes a variety of foods to meet energy and nutrient requirements
  6. Breastfeeds her infant(s) successfully
- 3) Post-Partum-The desired health outcome is to achieve optimal health during the childbearing years and reduces the risk of chronic diseases.
- a. Health Determinants
    1. Receives ongoing preventive health care including early postpartum care
    2. Achieves desirable postpartum weight or BMI
    3. Remains free from nutrition or food related illness, complications, or injury
    4. Avoids alcohol, tobacco, and illegal drugs
    5. Consumes a variety of foods to meet energy and nutrient requirements
- 4) Infant- The desired health outcome is to achieve optimal growth and development in a nurturing environment and develops a foundation for health eating practices.
- a. Health Determinants
    1. Receives ongoing preventive health care including screenings and immunizations
    2. Achieves a normal growth pattern
    3. Remains free from nutrition or food-related illness, complications or injury
    4. Consumes breast milk and/or iron-fortified infant formula and other foods as developmentally appropriate to meet energy and nutrient requirements.
    5. Establishes a trusting relationship with parent(s) that contributes to positive feeding experiences.
- 5) Children- The desired health outcome is to achieve optimal growth and development in a nurturing environment and begins to acquire dietary and lifestyle habits associated with a lifetime of good health.
- a. Health Determinants
    1. Receives ongoing preventive health care including screenings and immunizations
    2. Achieves a normal growth pattern
    3. Remains free from nutrition or food-related illness, complications or injury
    4. Consumes a variety of foods to meet energy and nutrient requirements
    5. Achieves developmental milestones including self-feeding.