

Division of Community Nutrition

<i>Subject:</i> Nutrition Education-Individual Counseling		<i>Policy:</i> NEd 03.1-C
<i>Reference:</i> N / A	<i>Effective:</i> August 12, 2013	<i>Supersedes:</i> August 1, 2008

I. Policy:

Individual counseling is an approved nutrition education method for the initial and high risk contact. Individual counseling shall follow the basic principles in accordance with [NEd 01.0-C](#) and be based on the participant's nutritional needs, interests, cultural and language preferences and literacy level. Individual counseling shall be appealing, interactive and actively engage the participant and other family members. Individual counseling shall be responsive to the participant's needs as well as family centered and shall facilitate behavior change.

II. Procedure(s):

- A. Assess the participant's category, age, risks identified by the health history form / anthropometric measurements, and nutritional risks as determined by the Crossroads Dietary/Health Screen
- B. Identify and communicate any health or nutrition related issues to the participant, parent / legal guardian or caretaker. Educate the participant, parent / legal guardian or caretaker based upon specific risks and include anticipatory guidance in the education.
- C. Incorporate current community and national nutrition messages that focus on lifelong positive dietary and health habits to prevent disease
- D. Actively engage the participant, parent / legal guardian or caretaker in setting 1-3 realistic goals
- E. Record the goals in the Care Plan Screen
- F. Make appropriate referrals of services for the participant and document the referrals in the Care Plan Screen
- G. Address any questions and concerns of the participant, parent / legal guardian or caretaker