

Division of Community Nutrition

<i>Subject:</i> Exit Counseling Session for Women		<i>Policy:</i> NEd 08.0
<i>Reference:</i> SFP 94-142	<i>Effective:</i> August 12, 2013	<i>Supersedes:</i> July 2, 2007

I. Policy:

The local agency shall offer an exit nutrition counseling session to all women during their final certification period, breastfeeding or postpartum, with the VA WIC Program.

II. Procedure(s):

- A. The exit counseling session shall reinforce important health messages previously presented, with emphasis on:
 - 1) Make healthy food choices
 - 2) Consume adequate folic acid
 - 3) Consider breastfeeding as the preferred method of infant feeding
 - 4) Follow recommended schedule for immunizations for herself and her children
 - 5) Know the health risks associated with alcohol, tobacco and drug use
- B. The exit counseling session and the brochure “Make Healthy Choices for You and Your Family” shall be given during the women’s breastfeeding or postpartum certification period.
- C. All of the exit counseling topics should be verbally addressed during the counseling session, however; the discussion should be tailored to the participant’s needs.
- D. The information provided in the exit counseling contact shall not be substituted for nutrition education that addresses specific risk factors, but shall be provided in addition to more risk-specific nutrition education.
- E. The exit counseling session shall be documented in Care Plan summary screen of the Care Plan section of Crossroads.