WIC BASIC TRAINING:
PLAN OF CARE & NUTRITION EDUCATION

MODULE 4

SESSION AGENDA
- Nutrition plan of care
- Nutrition education requirements
- Nutrition education materials
- Documentation procedures

ANATOMY OF THE PLAN OF CARE
PLAN OF CARE

- Nutrition education
- Goals
- Referrals
- Follow-up

NUTRITION EDUCATION AS A BENEFIT

Nutrition education is provided to:

- Emphasize the relationship between nutrition, physical activity, and health status
- Raise awareness about the dangers of using harmful substances
- Assist WIC participants in improving health status, achieving positive change in dietary and physical habits, and preventing nutrition-related problems

CONSIDERATIONS

<table>
<thead>
<tr>
<th>Category &amp; Age</th>
<th>Nutritional Needs</th>
<th>Household Situation</th>
<th>Educational or Comprehensive Limitations</th>
<th>Cultural Preferences</th>
<th>Language Spoken</th>
</tr>
</thead>
</table>
REQUIRED CONTACTS

<table>
<thead>
<tr>
<th>WIC Category</th>
<th>Pregnant*</th>
<th>Breastfeeding Woman</th>
<th>Postpartum Woman</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required Nutrition Education Contacts</td>
<td>2</td>
<td>4</td>
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</table>

<table>
<thead>
<tr>
<th>WIC Category</th>
<th>Infants*</th>
<th>Children</th>
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<td>4</td>
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</table>

REQUIRED TOPICS

Women (Pregnant & Postpartum)
- Breastfeeding
- Substance Abuse
- Immunizations
- Folic Acid
- Importance of Good Nutrition

Infants & Children
- Substance Abuse

NUTRITION EDUCATION BEST PRACTICES
- At every certification, nutrition education must be provided by a CPA directly to the participant/parent/caretaker.
WHO IS IT FOR?

**Low Risk Nutrition Education**
- Postpartum women
- Non-breastfeeding infants on contract formula
- Children

**High Risk Nutrition Education**
- Pregnant woman
- Breastfeeding mother-infant dyads

**LOW RISK NUTRITION EDUCATION**
- Low Risk Nutrition Education:
  - Anticipatory guidance
  - Public health messages
  - May be provided by:
    - A CPA
    - Trained non-CPA staff
  - Training should be ongoing and documentation kept on file at the local agency
- In-Agency & Out-of-Agency Options

**Low-Risk Nutrition Education Options**

<table>
<thead>
<tr>
<th>Group Education</th>
<th>Mini-Lesson</th>
<th>Telephone</th>
<th>wichealth.org</th>
</tr>
</thead>
<tbody>
<tr>
<td>For participants who do not require individual contact</td>
<td>Simple nutrition or physical activity-related messages</td>
<td>Distance nutrition education</td>
<td>Online education option for nutrition education</td>
</tr>
<tr>
<td>Relevant &amp; interactive</td>
<td>Developed by nutrition staff, provided by trained support staff</td>
<td>Can cover a variety of basic nutrition education topics</td>
<td>For both English &amp; Spanish literate participants</td>
</tr>
<tr>
<td>Written class outline with required components</td>
<td>Cover basic topics (health, etc.)</td>
<td>Can cover a variety of basic nutrition education topics</td>
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</tr>
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</table>
Low-Risk Nutrition Education Options

Group Education
- For participants who do not require individual contact
- For anticipatory guidance on topics such as breastfeeding, etc.
- Relevant & interactive
- Written class outline with required components

Mini-Lesson
- Simple nutrition or physical activity-related message
- Developed by nutrition staff, provided by trained support staff
- Cover basic topics such as:
  - Healthy snacking
  - Food safety
  - Nutrition Facts label

Telephone
- Distance nutrition education
- Good option for participants with transportation issues
- Can cover a variety of basic nutrition education
- For both English & Spanish literate participants

wichealth.org
- Online education option for nutrition education
- Many nutrition-related module topics

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HIGH-RISK NUTRITION EDUCATION

- High Risk Nutrition Education:
  - CPA provided
  - Tailored
  - Individual
- A CPA outside the local WIC agency may provide specialized nutrition counseling which can serve as a nutrition education contact
- Settings where this may occur include:
  - Children's Developmental Services Agency (CDSA)
  - Metabolic centers
  - High-risk maternity clinics

NUTRITION EDUCATION MATERIALS REQUISITION FORM
NUTRITION EDUCATION: MATERIALS & RESOURCES

Nutrition education materials may be:
- Provided by the Nutrition Services Branch
- Purchased/obtained by Local Agency
- Locally developed by Local Agency
- Downloaded from WIC Works Resource System: https://wicworks.fns.usda.gov

NUTRITION EDUCATION MATERIALS CRITERIA

<table>
<thead>
<tr>
<th>Language</th>
<th>Literacy Level</th>
<th>Content</th>
<th>Graphic Design</th>
<th>Advertising</th>
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<tr>
<td>• Appropriate for target population of interest</td>
<td>• 6th grade level</td>
<td>• Current</td>
<td>• Consider</td>
<td>• No product placement</td>
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<tr>
<td></td>
<td></td>
<td>• Relevant</td>
<td>• Culture</td>
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<tr>
<td></td>
<td></td>
<td>• Accurate</td>
<td>• Ethnicity</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• Stage of life</td>
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NUTRITION EDUCATION: DOCUMENTATION

- High Risk Nutrition Education
  - Document in the Care Plan Summary

- Low Risk Nutrition Education
  - Document in Nutrition Education screen
  - Document completion of required topics on the Nutrition Education screen
DOCUMENTATION OF NUTRITION EDUCATION

PLAN OF CARE

- Nutrition education
- Goals
- Referrals
- Follow-up
GOAL SETTING

- Goal: an aim or desired result
- Goal in WIC: nutrition and health promoting behaviors
- Client-centered goals are engaging
  - Be selective
  - Individual or family-oriented
  - Free form if needed
  - Update at follow-ups

MY GOALS

1) Add a fruit or veggie to every meal
2) Go for a 10-minute walk on my lunch break at work
PLAN OF CARE

- Nutrition education
- Goals
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- Follow-up

REFERRALS

- A critical benefit of WIC
- Consider the needs of the participant during the nutrition assessment
- Required referrals
- Breastfeeding Peer Counselor Program

REFERRALS

MUST BE DOCUMENTED
Goals

Nutrition Education

Referrals

Follow-up

Follow-up should:
• Include a specific timeframe and purpose or action;
• Relate to goals, referrals and health needs;
• Be documented in Crossroads.

PLAN OF CARE

FOLLOW-UP
SUMMARY SLIDE --

- The Care Plan
  - A strategy to help achieve a healthy outcome and improve health status
  - Includes: nutrition assessment summary, nutrition education, goals, referrals, breastfeeding support, an appropriate food package and follow-up
- WIC nutrition education is a benefit to the participants
- Required number of nutrition education contacts vary
- Required nutrition education topics
  - Breastfeeding, substance abuse, immunizations, folic acid, and the importance of good nutrition
- Variety of resources & delivery modalities
  - Document, document, document

QUESTIONS?

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
(2) Fax: (202) 690-7442;
or
(3) Email: program.intake@usda.gov

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