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
PLANT 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
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>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WIC Category</th>
<th>Infants*</th>
<th>Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required Nutrition Education Contacts</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</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 women
- 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>Single nutrition or physical activity-related message</td>
<td>Support individual education</td>
<td>Online education option for nutrition education</td>
</tr>
<tr>
<td>For anticipatory guidance, focus on risks to feeding, etc.</td>
<td>Developed by nutrition staff provided by trained support staff</td>
<td>Local action for participants with transportation issues</td>
<td>For info, log in &amp; personalize participants</td>
</tr>
<tr>
<td>Relevant &amp; interactive</td>
<td>Writtean class outline with required components</td>
<td>Can cover a variety of local nutrition education materials</td>
<td>Many nutrition-related learning topics</td>
</tr>
</tbody>
</table>

[Image]
Low-Risk Nutrition Education Options

Group Education
- For participants who do not require individual contact
- 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
- Chat options for participants with transportation issues
- Can cover a variety of topics

wichealth.org
- Online education option for nutrition education
- For both English & Spanish literate participants
- Many nutrition-related module topics

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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:

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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<tbody>
<tr>
<td>• Appropriate for target audience</td>
<td>• 6th grade level</td>
<td>• Current</td>
<td>• Consider</td>
<td>• No product placement</td>
</tr>
<tr>
<td>• Population of interest</td>
<td></td>
<td>• Relevant</td>
<td>• Culture</td>
<td>• No formula</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Accurate</td>
<td>• Ethnicity</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Stage of life</td>
<td></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
- Referrals
- 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.
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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