

**Indiana WIC Program
Indiana State Department of Health**

Nutrition Assessment

Policy

A nutrition assessment and determination of nutrition risk based on specific criteria must be completed at each certification as part of program eligibility screening. Nutrition assessment is required at the mid-certification screening for monitoring the health and nutrition status of clients in an extended certification.

Authority

Policy Memo 2006-5 – Value Enhanced Nutrition Assessment
7 CFR Part 246.7 (e)(1)(iii)(iv)(v)(vi);(2)(i)(ii)(iii)(iv)

Procedures

- I. Nutrition Assessment should promote a positive participant-centered approach that will:
 - A. emphasize face-to-face interaction to build rapport;
 - B. encourage probing to clarify information; and
 - C. allow feedback to flow smoothly between staff and client.

- II. Nutrition assessment must provide collection of relevant information (e.g. anthropometric, hematological, medical, diet, breastfeeding, etc.) needed to:
 - A. evaluate nutritional status;
 - B. identify risk factors;
 1. Criteria used in identifying nutritional risk, taken from the nutrition risk criteria and guidance documents issued by the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS), is compiled into the Indiana Risk Factor Summary table.
 2. Risk factors are system assigned by the INWIC or manually assigned by the CPA.
 - C. make appropriate referrals;
 - D. personalize nutrition education (based on need and interest); and
 - E. tailor the food package.

- III. The CPA must complete follow-up on client progress from previous assessments before beginning each nutrition assessment.