

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

**Participant Centered Nutrition Education**

**Policy**

Participant centered nutrition education should emphasize the relationship between nutrition, physical activity and health to aid in the improvement of nutritional status and prevention of nutrition related problems. All clients authorized representatives and proxies should receive participant centered nutrition education.

**Authority**

7 CFR Part 246.11(a)(1); (b)(1)(2)  
Nutrition Services Standards, Standard 7 Nutrition Education and Counseling, August, 2013.

**Procedures**

- I. Participant centered nutrition education should focus on clients nutrition needs (risk factors), concerns and future topics relevant through the life course as identified through a complete nutrition assessment.
- II. The Self-Assessment PCS Guide for the CPA may be utilized to help staff provide participant centered nutrition education.
- III. An effective participant centered nutrition education session will:
  - A. consider the household situation, ethnicity, cultural practices, environmental influences and educational abilities of the client/authorized representative or proxy
  - B. address the most pressing nutritional need or the concern the client is most interested in
  - C. be simple and specific; focusing on one or two topics
  - D. create opportunities for interaction and feedback
  - E. allow the client to identify their own motivation for change
  - F. offer support

- IV. Follow up participant centered nutrition education will:
- A. reinforce nutrition education message(s) and referral(s)
  - B. identify barriers to behavior change or intent to change
  - C. account for newly identified nutrition needs or concerns
  - D. modify nutrition education plans as appropriate
  - E. offer continued support