

How to Use These Materials

These materials are intended as reference documents for WIC health professionals completing nutrition assessments.

ORGANIZATION OF THE CRITICAL THINKING GUIDES

The nutrition risks and critical thinking guides can be located on the WIC Web Portal as a sub-section of the Resources section. The critical thinking guides related to each nutrition risk can be found in a zip file under each related nutrition risk category (i.e. Anthropometric, Biochemical, etc.). The critical thinking guides related to the nutrition interviews and the medical data are located in zip files below all of the nutrition risks and critical thinking guides.

Nutrition Risk Critical Thinking Guides

These guides are meant to be a reference for WIC health professionals completing nutrition assessments. They can be found in a zip file under each corresponding risk category and are listed alphabetically within the zip file. The pages are not numbered to make revisions and additions easier for those who choose to print.

The following features are used throughout the text to draw attention to key information.

Risk (###.X)

The title for each guide is the text description of the nutrition risk as it appears in the data system followed by the federal/state nutrition risk code. These codes also appear in Policy 215.61 Nutrition Risk **Definitions**.

ASK ABOUT:

This section provides suggestions for further assessment. This information will help you determine an appropriate plan for nutrition services. You may also need to ask questions about other topics and issues relevant to the participant's situation.

Complete your assessment before you begin counseling. This ensures that you have all of the information you need to develop carefully targeted and relevant nutrition and health education messages.

ADVISE:

This section describes suggested counseling topics and considerations. This section is written for use as a professional reference. Therefore, these suggestions are not intended to be used verbatim as educational messages with participants.

Consider the participant or parent's concerns and questions when developing your education messages. For the most effective nutrition education encounter, incorporate these elements:

- Select and tailor messages that engage the participant in setting meaningful and attainable goals,
- Use interactive counseling methods and teaching strategies,
- Select the appropriate setting (one-on-one, group, or via telephone),
- Provide informational or environmental reinforcements, and
- Follow-up at the next contact to evaluate progress, provide support, identify barriers and reassess/redefine the nutrition education plan.

ASSIST:

This section identifies issues and concerns that may warrant referrals to another health care provider, program or agency. There may also be other issues and concerns expressed by the participant or parent process that warrant referrals.

Critical Thinking Guides

These guides are meant to be a reference for WIC health professionals completing nutrition assessments. The following features are used throughout the text to draw attention to key information.

HEALTH DATA CRITICAL THINKING GUIDES**Relevant Data**

The data described in these columns are recorded in various places in the WIC data system. Since several nutrition risks related to these data are automatically assigned by the data system based on numeric cut-offs and other factors, risk definitions are provided to assist the health professional in understanding why a nutrition risk was assigned.

Tips to Foster Critical Thinking & Assessment

This column provides suggestions for further assessment. These suggestions often explore potential relationships between identified risks and other health conditions, knowledge, attitudes, and behaviors. Understanding these relationships will help health professionals develop relevant and individualized nutrition interventions.

For more ideas about further assessment, please refer to the Medical or Dietary Risk Guide for the relevant nutrition risk.

Tips are also listed to help health professionals determine whether it is appropriate to manually assign nutrition risks related to the relevant data.

NUTRITION INTERVIEW CRITICAL THINKING GUIDES

Question/Responses

These two columns list the questions and potential responses (when applicable) as they appear on the nutrition interview in the WIC data system.

Tips to Foster Critical Thinking & Assessment

This column provides suggestions for further assessment using the same approach as described above for the Health Data Critical Thinking Guides. These tips may be especially helpful for health professionals in assessing information in order to determine the need for manually assigning nutrition risks, since very few of the dietary risks are automatically assigned by the WIC data system.