

C3.3 – NUTRITION PROMOTION

Policy

All clients seen for an initial Title X appointment shall be assessed for nutrition risk.

Procedure

Assessment for nutritional risk includes height, weight, and ideally, BMI. Nutritional risk factors include being overweight, underweight, eating fewer than 2 meals per day, few fruits and vegetables, dental problems, poverty and unintentional weight gain or loss. Tools for completing a self-nutritional assessment can be found at the following link:

<https://www.sampleforms.com/nutrition-assessment.html>

Warning signs of Disordered Eating Behavior

- Binge eating or eating large amounts of food, more than what most people would eat under similar circumstances.
- Loss of control during these eating episodes.
- Self-induced vomiting.
- Misuse of laxatives, diuretics, enemas or other medications.
- Fasting.
- Excessive exercise.
- Severe self-scrutiny of one's weight or shape.

Referral or Follow-Up

Clients identified as being at nutritional risk and requiring a level of expertise which the CSP does not have should be scheduled to return when a nutritionist is available or referred for nutrition services. Written procedures and defined criteria for referrals are recommended along with a list of outside professional nutrition services which will accept referrals.

All clients should be instructed on adequate calcium intake and folic acid supplementation if desiring pregnancy within one year.

Date Revised	September 2023
References	Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs (QFP) [2014] https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html
Additional Resources	