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**Required Guidance: Nutrition Education at the Mid-Certification Health Assessment**

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Staff must:

1. Provide nutrition education at the Mid-Certification Health Assessment.
  - See [Volume 1, Chapter 18 – Certification](#) for information about Mid-Certification health assessment requirements.
2. Follow up on nutrition risks and concerns identified at the certification.
3. Have a [participant centered](#) conversation about the participant’s needs and concerns.
  - When no topics or areas of interest are expressed by the participant or parent guardian offer nutrition education based on topics relevant to the participant’s age and category or common areas of concern for participants of a similar age, category, or situation.
4. Follow-up with the participant about their goal(s) as needed.
5. Document a note in the participant’s Individual Care Plan that includes:
  - a. The appointment type as the title.
  - b. The participant/parent guardian’s thoughts and feelings about the topic(s).
  - c. Information offered/shared/discussed about the topic(s).
  - d. Updated information about the participant goal(s) as needed.
    - Best practice is to label the goal section of the note as “Goal.”
  - e. Additional information for future support and follow up.
6. Document the nutrition education topic(s) discussed and mark as “Complete” in the Care Plan – Nutrition Education.

**PROCEDURE:**

Staff:

- A. Follow up on any ongoing nutrition risks and concerns identified at previous appointments.

- Analyze and prioritize topics for discussion.
- B. Facilitate a [participant centered](#) conversation with the participant or parent guardian.
1. Explore information related to participant’s nutrition risks and other topics relevant or of interest to the participant or parent guardian.
    - Use the nutrition risks and needs identified in the assessment as the menu of topics to choose from.
    - When no topics or areas of interest are expressed by the participant or parent guardian offer nutrition education based on topics relevant to the participant’s age and category or common areas of concern for participants of a similar age, category, or situation.
  2. Summarize next steps and affirm plans for behavior change as appropriate.
- C. Document a note in the participant’s Individual Care Plan as per policy requirements.
- Note:** Setting a goal isn’t required at the Mid-Certification Health Assessment; however, follow up and support for previously set goals can help move participants towards positive behavior changes.
- D. Document the nutrition education topic(s) discussed and mark as “Complete” in the Care Plan – Nutrition Education.

**Information:**

**Participant centered** – a collaboration where staff connect through careful listening and empathy with participants on topics relevant to the participant. Staff consider the participant’s capabilities, strengths, values, cultural practices and customs, environmental factors, family influences and individual needs and tailors the conversation to what is most important to the participant. Staff use open-ended questions, affirmations, reflections, and summaries to individualize nutrition education and guide the participant towards meaningful behavior change.

Washington WIC Program

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