



# Washington WIC – Certifier Competency Training Worksheet

## 7. Nutrition Assessment and Risk Assignment

Competency	Certifier is able to:	Training Requirements
<ul style="list-style-type: none"> <li>• <b>Complete an assessment to discover participant’s nutrition needs and determine risk eligibility.</b></li> <li>• <b>Use critical thinking to gather and analyze assessment information.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Set the agenda.</li> <li>• Begin with an introductory statement about assessment.</li> <li>• Ask bolded assessment questions based on participant’s category, age, and feeding practices.</li> <li>• Use open-ended questions to learn about the participant’s nutrition status, eating and feeding practices, concerns and interests.</li> <li>• Use probing questions to clarify information and get a more complete picture of the participant.</li> <li>• Assign nutrition risks and document risk notes when needed.</li> <li>• Ask questions to make sure a medical provider diagnosed medical conditions reported by the participant.</li> <li>• Determine when to use the “Not meeting dietary or feeding guidelines” risks.</li> <li>• Match the priority of breastfeeding participants and babies.</li> <li>• Complete immunization screening               <ul style="list-style-type: none"> <li>○ Assess immunization record for children birth through 24 months to determine if any missing DTaP immunizations.</li> <li>○ Provide immunization schedule.</li> </ul> </li> </ul>	<ol style="list-style-type: none"> <li><b>1. Complete the following in the Learning Center (LC)</b> <ul style="list-style-type: none"> <li>• DOH STATE WIC <a href="#">Nutrition Assessment Training</a> (60 mins)</li> <li>• DOH STATE WIC <a href="#">Nutrition Risk Assignment</a> (1 hour, 20 mins)</li> <li>• DOH STATE WIC <a href="#">Nutrition Assessment Post-Test</a> - Complete the post-test with 80% or higher score (11 mins)</li> <li>• DOH STATE WIC <a href="#">Lead Screening and Referral</a> (25 mins)</li> <li>• DOH STATE WIC <a href="#">Immunization Screening and Referral</a> (20 mins)</li> </ul> </li> <li><b>2. Review all information below:</b></li> </ol> <p><b>WIC Manual - Volume 1</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Chapter 11-Assessment</a></li> <li>• <a href="#">Chapter 14-Nutrition Risk Criteria</a></li> <li>• DRAFT <a href="#">Chapter 18-Certification</a>:           <ul style="list-style-type: none"> <li>○ Read Section 2 - Certification Requirements – Separation of Duties</li> </ul> </li> </ul> <p><b>Staff Tool</b>  <a href="#">Assessment Questions</a></p>

Competency	Certifier is able to:	Training Requirements
	<ul style="list-style-type: none"> <li>○ Refer when immunizations are not up to date.</li> <li>● Assess if child has received a blood lead screening <ul style="list-style-type: none"> <li>○ Refer to medical provider if child has never had a lead screening or parent unsure.</li> <li>○ Complete appropriate documentation in Cascades.</li> </ul> </li> <li>● Refer to the Registered Dietitian Nutritionist (RDN) when a participant: <ul style="list-style-type: none"> <li>○ Is identified with a “high risk” nutrition risk.</li> <li>○ Has nutrition needs where seeing a RDN is valuable.</li> <li>○ Requests a RDN appointment.</li> </ul> </li> <li>● Uses critical thinking to know how to respond to a participant’s question while still waiting to offer education until assessment is complete. This ensures CPA has time to focus education on the most important concerns, issues and risks after gathering: <ul style="list-style-type: none"> <li>○ Responses to Assessment Questions.</li> <li>○ Growth or weight gain data.</li> <li>○ Blood test results.</li> </ul> </li> </ul>	



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	<ul style="list-style-type: none"> <li>• Document key information throughout the Cascades system:               <ul style="list-style-type: none"> <li>○ Relevant responses to Assessment Questions</li> <li>○ Identified medical and/or nutrition risk(s)</li> <li>○ Health or diet concerns relevant to nutrition assessment</li> </ul> </li> <li>• Follow separation of duties policy.</li> </ul>	
<b>Additional Training Resources</b> <ul style="list-style-type: none"> <li>• Core WIC Training - <a href="#">Nutrition Risk Assessment</a></li> </ul>		

To request this document in another format, call 1-800-841-1410.  
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 or email [wic@doh.wa.gov](mailto:wic@doh.wa.gov).  
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