

## Section 5.3: Nutrition Risk Assessment

12/2023

### 5.3.3: Health and Nutrition Information

**References:** [Immunization Screening and Referral in WIC](#)

**Policy:** Local Agency CPAs must assess a participant's health and nutrition status at certification, recertification, and mid-certifications.

**Purpose:** To ensure all applicants receive a standardized assessment of their medical/health/nutrition status that is based on currently accepted practice and Value Enhanced Nutrition Assessment (VENA) guidelines.

#### Procedures

Follow the Nutrition Assessment Process for a comprehensive screening of the participant's health/medical/nutrition status.

#### Nutrition Assessment Process

1. *Only after* completing an anthropometric and hematologic assessment, assess the participant's medical/health/nutrition status.
2. Use the appropriate [Nutrition Assessment Tool](#) as a guide for collecting and evaluating relevant information about the participant's health and diet and eating/feeding patterns. Collect adequate information to assess for all possible risk codes for the participant's category, including risk assessment for postpartum/perinatal depression.
3. Clarify and synthesize information as needed.
4. Identify and assign all applicable risk codes.
5. Document the health/medical/nutrition assessment.
6. After all components of the assessment are complete (anthropometric, hematologic, health, diet, and breastfeeding) and all applicable risk codes assigned, provide education based on prioritized needs.

#### Screening and Referral for Immunizations

- Assess immunization status of infants and children. Use the appropriate Nutrition Assessment Tool as a guide:

- At a minimum, ask if the child’s immunizations are up-to-date. Refer to *Are Your Kids Ready? When to Get Vaccines* for the current recommendations.
- Indicate in the Information System when the participant is not up-to-date for age by current recommendations
- If a child’s immunization status is not current, refer to immunization program(s). Document the referral in the Information System Referrals or in a note. If the family declines an immunization referral, note that in the participant record.
- Coordinate with public health immunization program staff to ensure infants’ and children’s immunization status is assessed and appropriate referrals are made.

## Screening and Referral for Blood Lead Testing

- Assess blood lead testing status of infants and children. Use the appropriate [Nutrition Assessment Tool](#) as a guide:
  - Ask if the child has had a blood lead test. Refer to [Minnesota Childhood Blood Lead Screening Guidelines](#) for the current recommendations
  - Indicate in the Information System when the participant **has not had a blood lead test** per current recommendations
  - If a child’s blood lead testing is not current, refer to blood lead testing program(s). Document the referral in the Information System Referrals or in a note. If the family declines a blood lead test referral, document that in the participant record.

## Guidance

- Use a participatory, interactive approach when collecting health and diet/breastfeeding information:
  - CPAs may ask the assessment questions in any order.
  - CPAs may rephrase questions, provided the intent of each question is not changed.
  - Actively involve the participant through dialogue, information exchange, listening and feedback.
  - Clarify information by using probing, open-ended questions.
  - Keep discussion at a level appropriate to participants’ level of education.
  - Avoid judgmental language.
  - Conduct the assessment with respect and warmth to aid in building rapport.
  - Refer to [VENA](#) for more information.
  - [PCS training materials and tools](#) are available to develop CPA skills.
  - Refer to [Nutrition Assessment Tools](#) for further information.

- Ensure the privacy of each participant when gathering and discussing information. See [Section 1.7: Data Privacy](#).

## Reference – Complete Listing of Hyperlinks

[Immunization Screening and Referral in WIC](https://www.fns.usda.gov/wic/immunization-screening-referral) (https://www.fns.usda.gov/wic/immunization-screening-referral)

[Nutrition Assessment Tool](https://www.health.state.mn.us/people/wic/localagency/training/na.html#NaN)

(https://www.health.state.mn.us/people/wic/localagency/training/na.html#NaN)

[Are Your Kids Ready? When to Get Vaccines](https://www.health.state.mn.us/people/immunize/basics/readykidswhento.pdf)

(https://www.health.state.mn.us/people/immunize/basics/readykidswhento.pdf)

[Minnesota Childhood Blood Lead Screening Guidelines](https://www.health.state.mn.us/communities/environment/lead/docs/reports/leadscreenguide.pdf)

(https://www.health.state.mn.us/communities/environment/lead/docs/reports/leadscreenguide.pdf)

[VENA](https://wicworks.fns.usda.gov/resources/value-enhanced-nutrition-assessment-vena-guidance) (https://wicworks.fns.usda.gov/resources/value-enhanced-nutrition-assessment-vena-guidance)

[PCS training and tools](https://www.health.state.mn.us/people/wic/localagency/training/pcs/index.html)

(https://www.health.state.mn.us/people/wic/localagency/training/pcs/index.html)

[Section 1.7: Data Privacy](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch1/sctn1_7.pdf)

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch1/sctn1\_7.pdf)

Minnesota Department of Health - WIC Program 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, [health.wic@state.mn.us](mailto:health.wic@state.mn.us), [www.health.state.mn.us](http://www.health.state.mn.us). To obtain this information in a different format, call: 1-800-657-3942.

*This institution is an equal opportunity provider.*