

Checklist for Nutrition Assessment Questions

PCS	What topics would you like to be sure we talk about today?		
A	100's Anthropometric = HT/WT, % tiles <ul style="list-style-type: none"> Feelings about your child's growth/changes to your body Doctor feedback about your child's growth 		
B	200's Biochemical = Blood Tests <ul style="list-style-type: none"> MD and iron level? Lead test? 		
C	300's Clinical = Health/Medical Conditions <ul style="list-style-type: none"> Health conditions (i.e. diabetes, hypertension, food allergies, surgeries) 134, 343, 353, 355, 357, 359, 360, others Medications-357 Oral/dental health issues-381 Immunizations & well-child checks (infants & children) Depression (women) 361 		
D	400's Diet and Nutrition		
	Mom <ul style="list-style-type: none"> Supplements (iron, folic acid, Vit. D, iodine, herbs)-427D,427A Special diet-427B Appetite Eating patterns Pica-427C Milk intake & type Food safety-427E (pregnant only) Breastfeeding-602 	Baby <ul style="list-style-type: none"> Supplements (iron, Vit. D, herbs)-411K,411J Appetite, hunger/satiety-411D Solid foods/beverages <ul style="list-style-type: none"> Plan/what/how/ when-411C,411D Breastfeeding <ul style="list-style-type: none"> Frequency-411G Describe Pumping-411I Formula feeding <ul style="list-style-type: none"> Oz./day Preparation-411I, 411F Bottle use-411B Drinking water/fluoride content Food safety-411E 	Child <ul style="list-style-type: none"> Supplements (iron, Vit. D, herbs)-425H, 425G Special diet-425F Appetite, hunger/satiety Age appropriate feeding practices-425D,425F Types of foods Pica-425I Variety, frequency, amounts Beverages-425C,425B,425A Milk type & amount Drinking water/fluoride content-425H Bottle/cup use-425C Food safety-425E
E	900's Environmental/Other Factors <ul style="list-style-type: none"> Physical Activity Safety/Abuse- 901 Drug/Alcohol Abuse- 372, 902 Foster Care- 903 Smoking: maternal or in home- 371, 904 Other resources- food, housing 		

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