

**SECTION: Certification****SUBJECT: Nutrition Assessment and Risk Determination**

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**Federal Regulations:** § 246.7 (e)(1)-(3); WIC Policy Memorandum 2011-05 WIC Nutrition Risk Criteria (electronic version)

**Nutrition Services Standard:** 7

**VENA Guidance Document:**

[http://www.nal.usda.gov/wicworks/Learning\\_Center/VENA/VENA\\_Guidance.pdf](http://www.nal.usda.gov/wicworks/Learning_Center/VENA/VENA_Guidance.pdf)

**POLICY**

A WIC nutrition assessment is the process of obtaining and synthesizing relevant and accurate information in order to:

- Assess an applicant's/participant's nutrition status and risk
- Design appropriate nutrition education and counseling
- Tailor the food package to address nutritional needs and
- Make appropriate referrals

A Value Enhanced WIC Nutrition Assessment (VENA) is accomplished by systematically completing a series of five steps:

- Collect relevant information
- Clarify and synthesize the information that has been collected
- Identify the pertinent and appropriate risk(s) and other related issues
- Document the assessment and
- Follow up on previous assessments, as appropriate

These steps are sequential and cyclical in nature so that previous information collected builds on future assessment and education.

The Connecticut WIC program has adopted the Health Outcome Based Nutrition Assessment as the model for its nutrition assessment process. At the core is the focus on desired health outcomes to collect relevant information. See the VENA guidance document for an explanation of the desired health outcomes, specific health determinants and relevant information to be collected for the five categories of WIC clients. Each health determinant is associated with *WIC Nutrition Risk Criteria* and additional information not associated with risk criteria, but needed to individualize nutrition services based on client needs.

Using this approach the nutrition assessment process allows staff to:

- Emphasize strengths and healthy practices of the client and family
- Highlight accomplishments and/or developmental progress and
- Reinforce the increasing competence of caregivers

Nutrition Assessment and Risk Determination shall be conducted and documented by a local agency Competent Professional Authority (CPA) or by a CPA who has a written contract with the local agency. Nutritional Assessments and Risk Determinations that are documented by contracted staff shall be reviewed by a local agency CPA and countersigned. Local agencies may use the *Sample Agreement for Professional Services* to ensure WIC nutrition assessments performed by a CPA not on the staff of the local agency follows WIC procedures.

For program eligibility, a complete nutrition assessment will be performed, which shall include but not be limited to the following:

- A medical history
- A clinical assessment
- Anthropometric measurements
- Hematological measurements
- Dietary assessment and
- Risk determination

A hematological test for anemia such as a hemoglobin or hematocrit test shall be obtained for clients based on the following schedule:

<b>Pregnant Women</b>	<b>During the current pregnancy.</b>
<b>Postpartum/Breastfeeding Women</b>	<b>Completion of the pregnancy, preferably 4-6 weeks post-delivery (An additional blood test is NOT required for breastfeeding women 6-12 months postpartum).</b>
<b>Infants</b>	<b>Between 9-12 months of age (A blood test done between 6-9 months can be used to meet this screening requirement).</b>
<b>Children 12-24 months</b>	<b>Between 15-18 months of age, preferably six months after the infant test (A blood test done between 12-15 months or 18-24 months of age can be used to meet this requirement).</b>
<b>Children 2-5 years</b>	<b>Annually between the ages of 2 and 5 years (If the annual blood test result is abnormal, a repeat blood test is required at six-month intervals).</b>

The hematological test/screening for anemia should be obtained at the time of certification. However, if at least *one qualifying nutritional risk factor is identified* the individual shall be certified and issued benefits on a monthly basis until the blood test results are obtained.

If the blood test result is not available at the time of certification, inform the participant or parent/guardian that WIC benefits will be issued on a monthly basis until it is received. Nutrition staff should attempt to resolve such cases by contacting the individual's health care provider (HCP), when appropriate. Make any necessary referrals to assist the participant or parent/guardian in obtaining the bloodwork at no cost in a timely manner. At the subsequent WIC appointment, nutrition staff will assess the participant or payee/guardian's progress in obtaining the bloodwork.

Blood test results shall be documented in CT-WIC, Lab screen - Infant/Child Height/Weight tab, and the participant or parent/guardian shall be informed of the test results when there is a finding of anemia.

Upon data entry of bloodwork results, CT-WIC will automatically reassess the participant's nutritional status and change priority assignment, when warranted.

Nutrition education, health care referrals, and the food package prescription should be reassessed and amended, as appropriate by a WIC CPA.

### **Bloodwork Exemptions**

Blood tests are not required for the following:

- **Medical conditions contraindicating bloodwork.** For participants with a medical condition preventing safe collection of blood. A health care provider must document ongoing medical care.
- **Beta-thalassemia major or Sickle Cell anemia.** Every effort should be made to obtain the most recent bloodwork results from the health care provider. A recent blood test must be documented. While an annual test is required, the 6 month re-test is not required in this case. A diagnosis of Beta-Thalassemia or Sickle Cell must be documented in the participant's file.
- **Autism/Sensory Processing Disorders.** A health care provider must document ongoing medical care. Every effort should be made to obtain the most recent bloodwork results from the health care provider.
- **Delayed bloodwork-Postpartum woman only.** Bloodwork must be obtained during the postpartum period.
- **CPA determined bloodwork skipped.**

When a participant has a valid bloodwork exemption rationale, documentation must include the exemption reason, any appropriate diagnosis and information on when or if bloodwork will be obtained during the current certification period. If the health care provider has a previously collected hemoglobin or hematocrit result, contact may be necessary to obtain this and/or other pertinent information. Document any communication with the health care provider in CT-WIC and follow up as necessary in order to obtain bloodwork results.