

Incorporating Public Health Initiatives & Health Outcomes Into WIC Nutrition Assessment Policy

Brenda Dobson, MS, RD, LD
Iowa WIC Program

APHA 2007

Participants come to WIC with ...

- Attitudes & beliefs
- Ideas & feelings
- Self-images
- Basic incongruities in desired outcomes





Pre-VENA Nutrition Assessment Roles



Experts **Information disseminators** **Diagnosticians** **Facilitative problem solvers** **Empathizers** **Learners**



Post-VENA Nutrition Assessment Roles



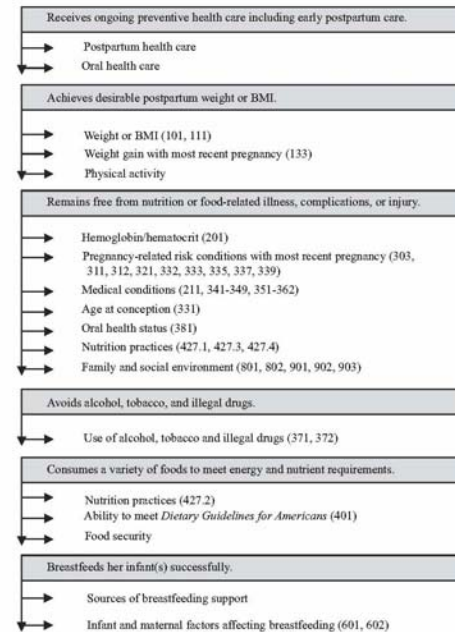
Experts Information
disseminators Diagnosticians **Facilitative
problem
solvers** **Empathizers** **Learners**

Health Outcome-Based Nutrition Assessment

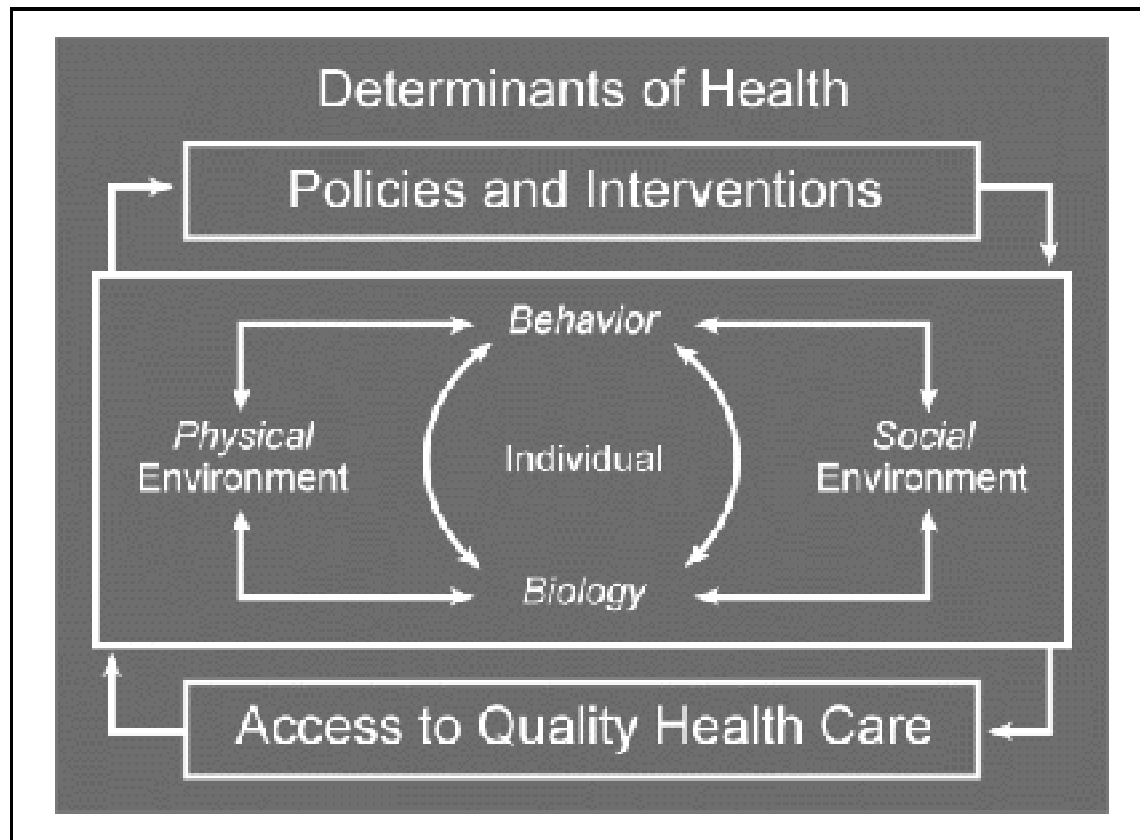
1. Desired health outcomes
2. Health determinants
3. Relevant information

Appendix C
Health Outcome-Based WIC Nutrition Assessment for a Breastfeeding Woman

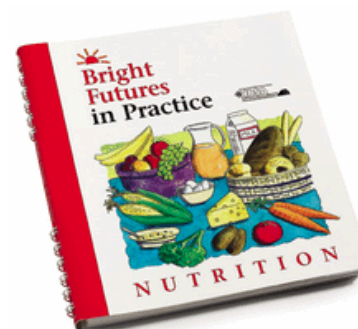
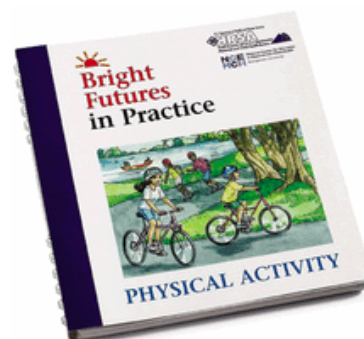
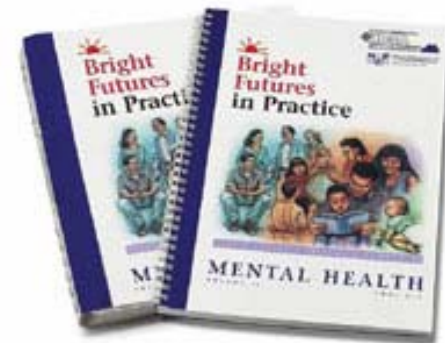
Desired health outcome: Achieves optimal health during the childbearing years and reduces the risk of chronic diseases.



Healthy People 2010: Systematic Approach to Improving Health



Bright Futures: Guidelines for Health Supervision of Infants, Children & Adolescents





1. Desired Health Outcomes

- “Health goal” for each participant category

- Pregnant women:
 - Delivers a healthy, full-term infant while maintaining optimal health status.

- Children 12-60 months of age:
 - Achieves optimal growth and development in a nurturing environment and begins to acquire dietary and lifestyle habits associated with a lifetime of good health.



2. Health Determinants

- Factors that affect the health outcomes:
 - Access to quality health care
 - Individual behaviors
 - Past & current health conditions
 - Family & social environment



Delivers a healthy, full-term infant while maintaining optimal health status.

- Receives ongoing preventive health care.
- Achieves a recommended weight gain.
- Remains free from nutrition or food-related illness, complications or injury.
- Avoids alcohol, tobacco and illegal drugs.
- Consumes a variety of foods.
- Makes an informed decision to breastfeed.

3. Relevant Information

- WIC nutrition risk factors
- Cultural practices
- Family & social environment
- Access to oral health care
- Physical activity
- Food security
- Breastfeeding issues
 - Knowledge & support
 - Contraindications
 - Potential barriers



Making It Participant-Centered

- Interviewing & communication techniques
 - Probing questions
 - Clarifying statements
 - Open-ended questions
 - Reflective listening

- Critical thinking skills
 - Collecting all info before drawing conclusions
 - Prioritizing issues



Benefits for Participants

- Interact more with staff
- More comfortable sharing
- Set their own goals
- Increased confidence about parenting & self-care



Benefits for Staff

- Provide positive messages
- Offer individualized services
- Greater job satisfaction
- Enhanced skills

