

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

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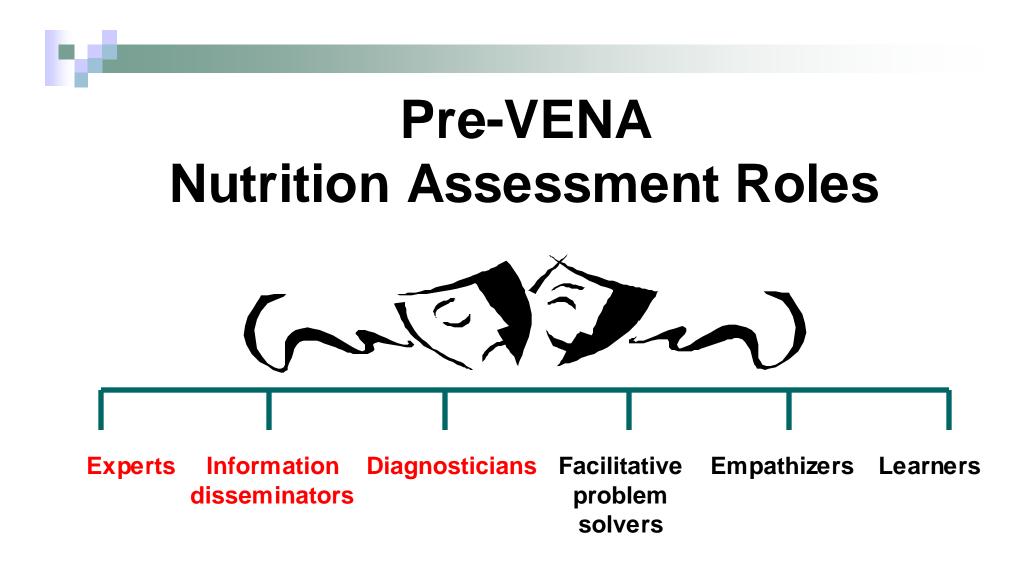
APHA 2007

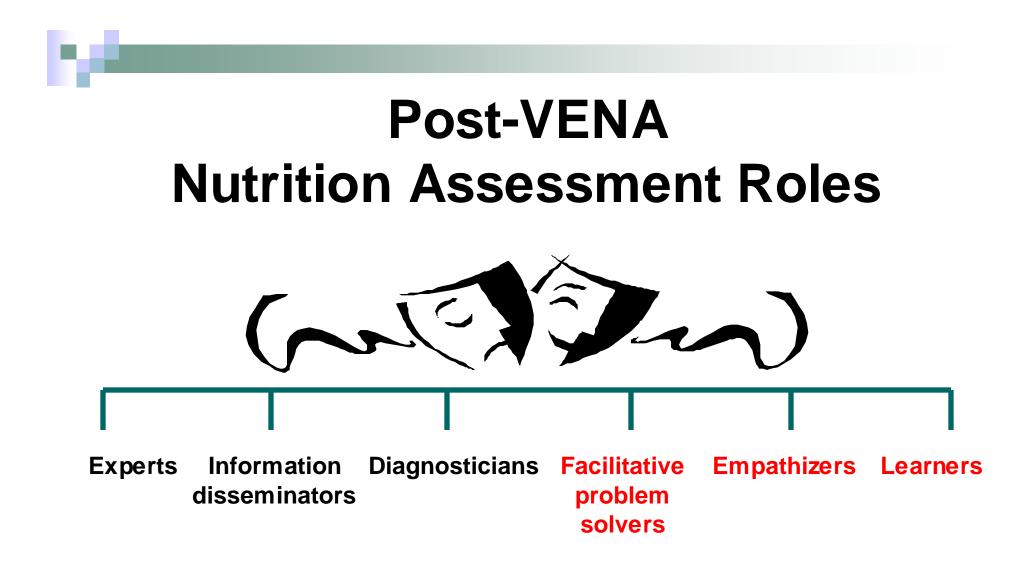
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Participants come to WIC with ...

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







Health Outcome-Based Nutrition Assessment

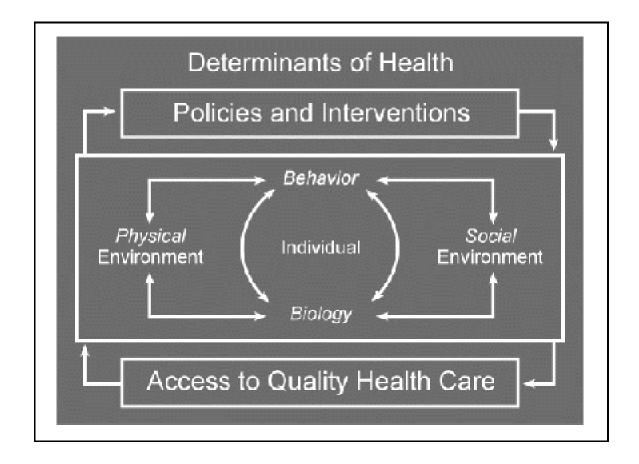
- 1. Desired health outcomes
- 2. Health determinants
- 3. Relevant information

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.

Appendix (

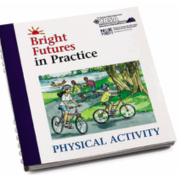
ec	eives ongoing preventive health care including early postpartum care.
	Postpartum health care
•	Oral health care
Ach	ieves desirable postpartum weight or BMI.
	Weight or BMI (101, 111)
•	Weight gain with most recent pregnancy (133)
•	Physical activity
Ret	ains free from nutrition or food-related illness, complications, or injury.
	Hemoglobin/hematocrit (201)
•	Pregnancy-related risk conditions with most recent pregnancy (303, 311, 312, 321, 332, 333, 335, 337, 339)
•	Medical conditions (211, 341-349, 351-362)
	Age at conception (331)
	Oral health status (381)
	Nutrition practices (427.1, 427.3, 427.4)
	Family and social environment (801, 802, 901, 902, 903)
Ave	ids alcohol, tobacco, and illegal drugs.
	Use of alcohol, tobacco and illegal drugs (371, 372)
Cot	sumes a variety of foods to meet energy and nutrient requirements.
	Nutrition practices (427.2)
	Ability to meet Dietary Guidelines for Americans (401)
•	Food security
Bre	astfeeds her infant(s) successfully.
•	Sources of breastfeeding support
	Infant and maternal factors affecting breastfeeding (601, 602)
	VENA • A Guide to the Art and Science of WIC Nutrition Assessme

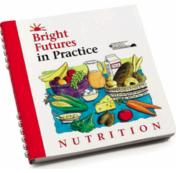
Healthy People 2010: Systematic Approach to Improving Health



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







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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 beings 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

