

## Part 1: The Nutrition Assessment

RESOURCE	DESCRIPTION
<b><i>Nutrition Assessment Resources</i></b>	
NC WIC Program Manual Chapter 6C: Nutrition Assessment	<a href="https://nutritionnc.com/wic/pdf/programManual/wpm-Chapter6C-nutritionAssessment.pdf">https://nutritionnc.com/wic/pdf/programManual/wpm-Chapter6C-nutritionAssessment.pdf</a> Reviews NC WIC Program policy pertaining to the nutrition assessment and care plan, anthropometric data collection, bloodwork requirements, and staff who may determine nutrition eligibility for WIC. Refer to Attachment 3 (WIC Nutrition Risk Criteria) and Attachment 4 (Procedures for Measuring and Weighing).
US DHHS Maternal and Child Health Bureau: Training Modules	<a href="http://depts.washington.edu/growth/index.htm">http://depts.washington.edu/growth/index.htm</a> Self-directed, interactive training modules for health care professionals using pediatric growth charts in clinical and public health settings to assess the growth of infants, children, and adolescents. Includes modules that review the equipment and techniques required for accurately weighing and measuring infants, children, and adolescents.
CDC Growth Chart Training Modules	<a href="https://www.cdc.gov/nccdphp/dnpao/growthcharts/who/courseinfo.htm">https://www.cdc.gov/nccdphp/dnpao/growthcharts/who/courseinfo.htm</a> Self-directed training that reviews recommendations and rationale for using WHO Growth Charts in the US. Includes self-assessment questions, supplemental materials, and case examples.
Use and Interpretation of the WHO and CDC Growth Charts for Children from Birth to 20 Years in the United States	<a href="https://www.cdc.gov/nccdphp/dnpa/growthcharts/resources/growthchart.pdf">https://www.cdc.gov/nccdphp/dnpa/growthcharts/resources/growthchart.pdf</a> Handout reviews recommendation, background, and detailed steps to use and interpret the WHO and CDC growth charts to assess physical growth among children and teens.
Relevant WIC Nutrition Assessment Information for a Pregnant Woman: PDF Document	<a href="https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA1_PregnantWomen.pdf">https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA1_PregnantWomen.pdf</a> Refer to helpful guidance regarding what information to collect and suggestions for further assessment. Note that assigned risk criteria may not reflect most updated risk codes.
Relevant WIC Nutrition Assessment Information for a Breastfeeding Woman: PDF Document	<a href="https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA2_BFWomen.pdf">https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA2_BFWomen.pdf</a> Refer to helpful guidance regarding what information to collect and suggestions for further assessment. Note that assigned risk criteria may not reflect most updated risk codes.
Relevant WIC Nutrition Assessment Information for a Non-Breastfeeding Postpartum Woman: PDF Document	<a href="https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA3_PostpartumWomen.pdf">https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA3_PostpartumWomen.pdf</a> Refer to helpful guidance regarding what information to collect and suggestions for further assessment. Note that assigned risk criteria may not reflect most updated risk codes.
Relevant WIC Nutrition Assessment Information for an Infant: PDF Document	<a href="https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA4_Infant.pdf">https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA4_Infant.pdf</a>



## North Carolina WIC Nutrition Assessment and Care Plan Training Resources

	Refer to helpful guidance regarding what information to collect and suggestions for further assessment. Note that assigned risk criteria may not reflect most updated risk codes.
Relevant WIC Nutrition Assessment Information for a Child (1 Year to 5 Years of Age): PDF Document	<a href="https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA5_Children.pdf">https://wicworks.fns.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixA5_Children.pdf</a> Refer to helpful guidance regarding what information to collect and suggestions for further assessment. Note that assigned risk criteria may not reflect most updated risk codes.
NC WIC Family Assessment Questions	<a href="https://www.nutritionnc.com/wic/pdf/FamilyAssessmentQuestions-042114.pdf">https://www.nutritionnc.com/wic/pdf/FamilyAssessmentQuestions-042114.pdf</a> A review of assessment questions in Crossroads, and what language WIC staff may use to obtain the information.