



## Module 9 Next Steps

### Handout

### Health Outcome Based Eligibility Statement

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USDA requires that participants are informed about the reasons they are eligible for WIC beyond income. Health and diet assessments help us identify “risks” that qualify someone for WIC and guide nutrition education in an effort to impact their health outcome.

#### USDA defined general health outcomes for each WIC category:

- ◆ **Pregnant women:** Delivers a healthy, full term infant while maintaining optimal health status.
- ◆ **Breastfeeding and Non-breastfeeding postpartum women:** Achieves optimal health during childbearing years and reduces risk of chronic diseases.
- ◆ **Infants:** Achieves optimal growth and development in a nurturing environment and develops a foundation for healthy eating practices.
- ◆ **Child 1-5 years:** Achieves optimal growth and development in a nurturing environment and begins acquiring habits associate with good health.

The eligibility statement summarizes the reasons a participant is being enrolled on the program, how long their certification period will last and connect program participation to improved health outcomes. Reviewing every risk with the participant is not required. A general statement is acceptable.

#### Examples:

- ◆ **For a new pregnant woman:** I will be enrolling you on WIC today until the end of your pregnancy to provide you with some food and information that will support your commitment to having a healthy baby.
- ◆ **For a recertified child with presumed eligibility or diet risks only:** We can continue WIC services for 6 months to help you with your child’s diet.

- ◆ **For a recertified breastfeeding mother:** We would like to continue providing WIC services until your baby is one year old to help you successfully breastfeed your baby.
- ◆ **For a new pregnant woman with anemia and low weight gain:** We will enroll you on the WIC program today until the end of your pregnancy so we can follow up on your iron count and weight gain throughout your pregnancy.
- ◆ **For a recertified underweight child:** We will continue WIC services for your child so we can help with his good nutrition and watch his growth and weight gain over the next six months.
- ◆ **For a new child with health issues:** Your child is being enrolled on WIC for six months so we can assist you with the health concerns we talked about today.
- ◆ **For a recertified non-breastfeeding postpartum woman:** We will continue WIC services until you are 6 months postpartum to encourage you to eat well during your recuperation from pregnancy and delivery.
- ◆ **For a new non-breastfeeding infant:** Your baby is eligible to receive WIC services until she is one year old to help you feed her well during this important period of growth.