



# WIC POLICY AND PROCEDURE MANUAL

Michigan Department of Community Health

Chapter/Section: 4.02

Effective Date: 10/1/07

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## 4. CERTIFICATION

### 4.02 Dietary Risk Determination

**FINAL**

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**PURPOSE:** To maintain a consistent and equitable method for dietary risk determination.

**A. POLICY:**

1. A Competent Professional Authority (CPA) of the local agency shall determine the nature of a person's nutritional risk through a dietary screening at each certification, recertification, and infant nutrition health evaluation.
2. The MDCH WIC Health and Diet Questions (forms DCH-0180-DCH-0183, DCH-0494, DCH-0758, DCH-1300-A and DCH-1301) shall be used for all WIC clients.
3. The local agency shall use the same procedure to screen for dietary adequacy of all applicants to maintain a consistent and equitable method for dietary risk determination.
4. Health and Diet Questions completed by the WIC client shall be reviewed by the Competent Professional Authority (CPA) and discussed with the client or authorized person.
5. Dietary risk shall be documented on the Certification Data Entry (CDE) form. If there are more than four (4) risks, document the additional codes in the client's record.
6. In subsequent certifications, dietary risks may be repeated as long as the food intake remains inadequate for the appropriate category and age of client.
7. The WIC Program's dietary assessment should focus on qualitative NOT quantitative information.

**B. RATIONALE:**

1. Nearly all women and children in the U.S. usually consume fewer than the recommended servings specified by the Food Guide Pyramid and would be at dietary risk for failure to meet the US Dietary Guidelines.
2. Therefore, all women and children 2 to 5 years who meet WIC eligibility requirements of income, category and residency status should be presumed to be able to be served by WIC based on failure to meet the US Dietary Guidelines.
3. The IOM (Institute of Medicine) Dietary Assessment report indicates that traditional dietary assessment methods (24-hour recall or food frequency questionnaire) are inappropriate for detecting nutritional deficiencies.
4. The IOM WIC Nutritional Risk Criteria report indicates that dietary assessment be carried out in

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WIC to screen applicants for inappropriate nutrition practices, specific client/caregiver eating/feeding practices, appropriateness of WIC foods and other information that might explain identified risk criteria.

#### C. GUIDANCE:

1. Joint WIC-MIHP Health Screening may be used in an agency, but must be approved by MDCH WIC Division and DFCH.

#### Reference:

Federal Regulation 246.7

WIC Health and Diet Questions – Pregnant Woman, Postpartum Woman, Breastfeeding Woman, Infant, Child  
Institute of Medicine: Committee on Dietary Risk Assessment in the WIC Program. Washington (DC): National Academy Press; 2002

#### Cross Reference:

Policy 2.04 "Medical and Nutritional Risk Criteria for WIC Eligibility"

#### Exhibits:

4.02A-F