

MI-WIC POLICY

Nutrition Services

5.0 Nutrition Services

Effective Date: 8/14/09

5.03A Documentation of Nutrition Education Data – Exhibit A

This Exhibit provides the possible nutrition education data options in the MI-WIC System.

Method

Individual
Group/Class
Counseling
Education Mall
Hospital Visit
Home Visit
Internet
Phone (BF Only)
Facilitated Group Discussion

Provider

Nutrition Educator
Registered Dietitian
Non-Nutrition Health Professional
Nutrition Education Assistant
MSUE Educator/Program Associate
MSUE Peer Counselor
WIC Peer Counselor
Lactation Counselor/Educator
IBCLC
Wichealth.org

Stage of Change

Precontemplation
Contemplation
Preparation
Action
Maintenance

Evaluation

Achieved Objectives
Needs Review
Refused

Movement

Precontemplation
Contemplation
Preparation
Action
Maintenance

Topics

Family/General Topics

	Categories
Breakfast	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Carbohydrate/Protein	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Exercise and Nutrition	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Fat/Cholesterol	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Fiber	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Fish Advisory	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Food Demonstration – PF	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Food Preservation/Storage – PF	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Food Safety	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Food Safety – PF	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
MyPyramid/Healthy Food Choices	PG, C2, C3, C4, BE, BP, NPP
Nutrition and Dental Health	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Shop Smart/Meal Planning	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Shop Smartly – PF	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Snacks	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Sugar/Artificial Sweeteners	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Vegetables/Fruit – PF	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Vegetarianism/Complementary Protein	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Vitamins/Minerals/Dietary Supplements	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Water (including fluoride/nitrate)	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Wichealth – Fruits/Vegetables	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Wichealth – Healthy Beverages	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Wichealth – Meals and Snacks	C1, C2, C3, C4
Wichealth – Steps to a Healthier Family	PG, C2, C3, C4, BE, BP, NPP

Individual Topics

Alcohol/Drugs/Smoking	PG, BE, BP, NPP
BF – Adding Supplemental Feedings	PG, IBE, IBP
BF Problem solving needing f/u	IBE, IBP, C1, C2, C3, C4, BE, BP
BFI Enrollment	IBE, IBP, C1, C2, C3, C4, BE, BP
BFI Recruitment	IBE, IBP, C1, C2, C3, C4, BE, BP
Breast pumps	IBE, IBP, C1, C2, C3, C4, BE, BP
Breastfeeding Nutrition	IBE, IBP, C1, C2, C3, C4, BE, BP
Breastfeeding Problem Solving	IBE, IBP, C1, C2, C3, C4, BE, BP
Breastfeeding Support	IBE, IBP, C1, C2, C3, C4, BE, BP

Common Prevention of Breastfeeding Problems	PG, IBE, IBP, IFF, C1, C2, C3, C4, BE, BP, NPP
Dietary Guidance for Sick Children	C1, C2, C3, C4, IBE, IBP, IFF
Excessive Use of Liquids	C1, C2, C3, C4, IBE, IBP, IFF
Fad Diets for Weight Loss	BE, BP, NPP
Feeding Picky Eaters	C1, C2, C3, C4
Feeding the Newborn	IBE, IBP, IFF
Folic Acid	PG, BE, BP, NPP
Food Allergies	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Food/Drug Interaction	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Formula Feeding Problem(s)	IBP, IFF
Formula Preparation	IBP, IFF
GI Problems	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Growth Expectations (Infants/Children)	C1, C2, C3, C4, IBE, IBP, IFF
Healthy Weight	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Infant Feeding: 1 – 5 months	IBE, IBP, IFF
Infant Feeding: 6 – 11 months	IBE, IBP, IFF
Intro to Breastfeeding	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Iron Deficiency Anemia	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Lactose Intolerance	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Nutrition and Lead Poisoning	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Nutrition for GDM, HTN (diseases)	PG, BE, BP, NPP
Nutrition for Special Conditions	PG, C1, C2, C3, C4, IBE, IBP, IFF, BE, BP, NPP
Parenting at Mealtime	C1, C2, C3, C4
Pica	PG, C1, C2, C3, C4, BE, BP, NPP
Poor Weight Gain (Infants/Children)	C1, C2, C3, C4, IBE, IBP, IFF
Postpartum Nutrition	BE, BP, NPP
Prenatal Nutrition	PG
Smoking Cessation	PG, BE, BP, NPP
Techniques of Breastfeeding	PG, IBE, IBP, IFF, C1, C2, C3, C4, BE, BP, NPP
Toddler/Preschool Nutrition	C1, C2, C3
Weaning During Breastfeeding	IBE, IBP, C1, C2, C3, C4, BE, BP
Wichealth – Be healthy as your baby grows	BE, BP, NPP
wichealth– Create good eating	C1, C2, C3, C4
wichealth – Fruits/Vegetables for children	C1, C2, C3, C4
wichealth – Happy, healthy active children	C1, C2, C3, C4

wichealth – Help your child to make good eating choices	C1, C2, C3, C4
wichealth – Picky eaters	C1, C2, C3, C4
wichealth – Start to feed your baby solids	IBE, IBP, IFF, BE, BP, NPP
wichealth – Support for BF moms	IBE, IBP, BE, BP
Wichealth – Trust your child to Eat enough	C1, C2, C3, C4
Wichealth – Your baby’s first cup	IBE, IBP, IFF, BE, BP, NPP
Working and Breastfeeding	PG, IBE, IBP, IFF, C1, C2, C3, C4, BE, BP, NPP