



CLIENT ASSESSMENT REFERENCE TOOL

WIC Staff should also ask clients about the following topics to determine other nutrition education possibilities, referral needs, and some manually assigned risks (these are NOT on the MI-WIC screens).

Diet

- Meals and snacks (when, where, with who, family mealtimes)
- For children, who decides what food and how much
- Food groups client thinks are lacking

Weight and Physical Activity

- Mom's thoughts on their weight or weight gain if mom is on WIC
- Mom's thoughts on child's size, shape, growth
- Physical activities client engages in or family engages in together

Client Medical Care

- Is there regular medical care for child (any doctor visits in past year) and where
- Where was regular prenatal care

Lead Risk and other Environment issues

- Home with chipping paint or remodeling being done
- Others in home with lead poisoning
- Family member works around lead (auto repair, plumbing, pottery)
- Live near active lead smelter, battery recycling plant or other lead releasing factories
- Family members with a high lead test result in last 12 months
- Nitrate level of well water

More Assistance Needed

- Not enough money for food for the month (run out of food, cut size of meals)
- Budgeting education needed or desired
- Transportation problems to prenatal care or WIC
- Current relationship causing any physical hurt or feelings of threat or fear
- Any fear to return to current home

This institution is an equal opportunity provider and employer.

Infant Feeding Discussion

If the client is breastfeeding:

- Trouble latching on
- Milk supply questions
- Questions about breast changes or health
- Breast engorgement, sore nipples, recurrent plugged ducts, flat or inverted nipples, mastitis, milk not in within 4 days, thrush
- Education on returning to work while breastfeeding desired
- Education on expressing and storing breast milk desired

If the client is formula feeding:

- How formula is prepared

For all infants:

- How baby lets client know he/she is hungry
- How baby lets client knows he/she is full
- How much water baby drinks in 24 hours

FOR WIC STAFF USE:

Manually Assigned Risks (these risks **MUST be assigned by CPA** in MI-WIC if assessment determines that they apply)

- “**Drug-Nutrient Interactions**” if the medication could compromise nutritional status
- “**Allergies to Food**” if requires major diet modification to provide optimal nutrition
- “**Routinely feeding a very low calorie diet**”
- “**Feeding dietary supplement with potentially harmful consequences**” if excessive or toxic
- “**Routinely feeding inappropriately diluted formula**”
- “**Routinely limiting frequency of nursing**” (if BF sole source & < 8 fdgs & < 2 mo OR < 6 fdgs & 2 – 6 mo)
- “**Inadequate Growth**” if < 1 month old with excessive weight loss
- “**Alcohol or Illegal Drug Use**” if street drugs are used
- “**Breastfeeding Complications – Woman**” (i.e. severe breast engorgement, recurrent plugged ducts, mastitis, flat or inverted nipples, cracked/bleeding/severely sore nipples, failure of milk to come in by 4 days)
- “**Foster Care**” and “**Limited ability to make feeding decisions**” if applies to PG, BE, BP or NPP (will auto-assign for infants and children)
- “**Low Maternal Weight Gain**” if: weight Category A and < 4# gain/mo; weight Category B and < 2 # gain/mo; weight Category C & D and < 1 # gain/mo
- “**History of Spontaneous Abortion, Fetal or Neonatal Loss**” for PG client with a history of 2 or more miscarriages

“Routinely not providing dietary supplements needed”

Inadequate fluoride: Infant & Child 6 mo – 35 months & taking < 0.25 mg fluoride/d when water has < 0.3 ppm fluoride OR Child 36 – 60 mo & taking < 0.50 mg fluoride/d when water has < 0.3 ppm fluoride

Inadequate Vitamin D: BF infant getting < 500 ml Vit D fortified formula and not taking 200 IU Vit D supplement OR Not BF infant getting < 500 ml Vitamin D fortified formula and not taking 200 IU Vit D supplement

Inadequate Iron: PG and taking < 30 mg iron supplement daily

Inadequate folic acid: Non-PG woman taking < 400 mcg folic acid from fortified foods and/or supplement daily