## WIC Assessment Guide: Breastfeeding Category (BE, BP)

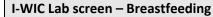
This guidance was designed to support CPAs in using a participant-centered (PC) approach during the category specific WIC Assessment. It reviews the screens in I-WIC to assist staff in understanding that some questions collect specific data, while others should be asked in a way that engages the participant/family in conversation, rather than reading each question verbatim off the screen. Before asking questions, consider if the participant has already provided the answer – confirm and probe as needed.

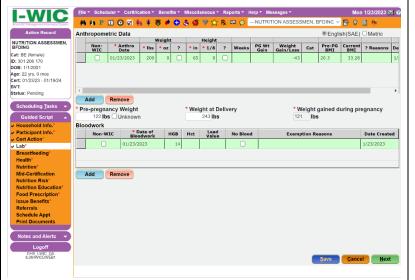
## **Setting the Stage and Explaining the WIC Visit**

- Establish rapport and individualize the visit to the participant/family (address by name, if appropriate; ask about past experiences/knowledge/cultural practices, etc.)
- Explain what to expect during the WIC visit, how long the visit should take and why information is collected. Refer to Welcome to WIC: WIC Program Explanation to Participants.
  - "Thank you for coming to WIC Today! This visit will take about (\_\_ minutes). Throughout your participation in WIC, we will ask questions and gather information to get a better understanding of your overall nutrition practices and lifestyle. We will begin by completing a nutrition assessment, which includes: collecting measurements, checking the iron in your blood and discussing how breastfeeding is going, as well as your eating and physical activity habits. Afterwards, we can talk about some ideas to keep you healthy, support you in breastfeeding, how to use the WIC foods and if there are any resources that may benefit you or your family in the community, how does that sound?"
- Possible starters to continue the conversation:
  - "Tell me how you are feeling after your pregnancy and what WIC can help you with today?"
  - o "What have you noticed or what has changed for you, since you are no longer pregnant and/or with breastfeeding?

At the Cert Action screen, a pop-up box will appear asking if the participant is pregnant- the CPA must select 'cancel' to continue the breastfeeding certification and complete the required fields on the screen (ADD and EDD).

A Breastfeeding status pop-up screen will appear, complete the required questions to determine the Breastfeeding category (BE, BP).





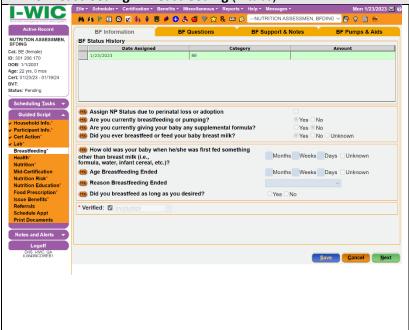
Add anthropometric, prenatal and bloodwork data, per system and policy requirements.

WIC allows a verbal response for: pre-pregnancy weight, weight at delivery, and lead. All other measurements must be taken by the WIC clinic or from referral data per Policy requirements.

Note: There are no BMI or Prenatal Weight Gain charts generated for Breastfeeding category in the MIS. The CPA may still ask general question(s) about how they feel about prenatal weight gain/desired wight changes:

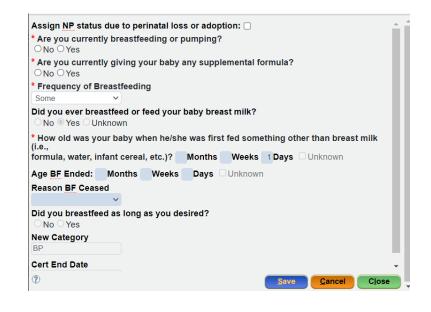
- "How do you feel about your weight changes since pregnancy?"
- "Would there be a weight you would feel most comfortable at?"
  - o "If not your current weight, was this a weight you had been in the past?"

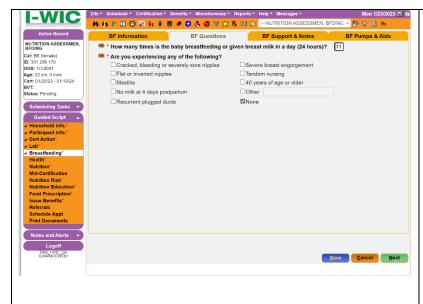
## I-WIC Breastfeeding - Breastfeeding (4 tabs)



### **BF Information Tab:**

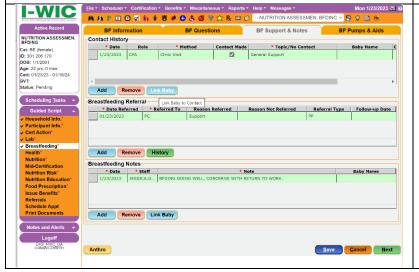
Fields autofill from BF status pop-up from entry on Cert Action screen (below).





## **BF Questions**

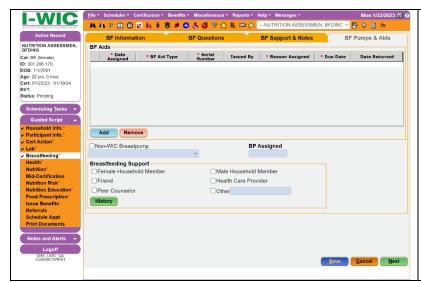
Complete questions listed by setting the stage: "You shared about your breastfeeding status, I have a few more questions to see how things are going".



# **BF Support & Notes Tab:**

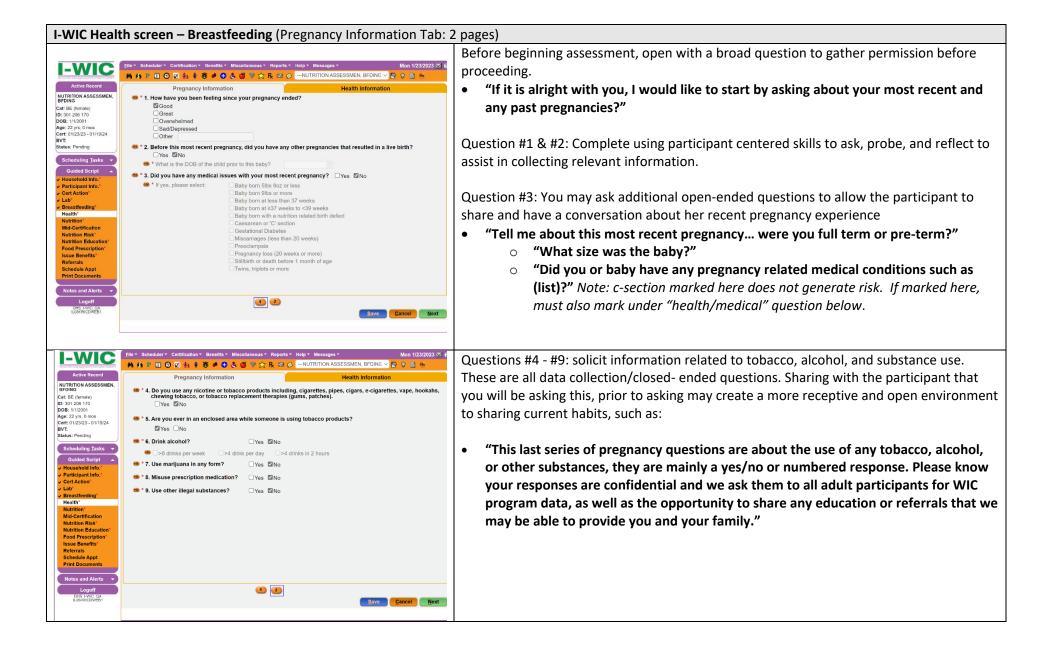
Documents any breastfeeding contacts, referrals and notes, if/where applicable. Refer to NPS: Documenting in WIC MIS for guidance.

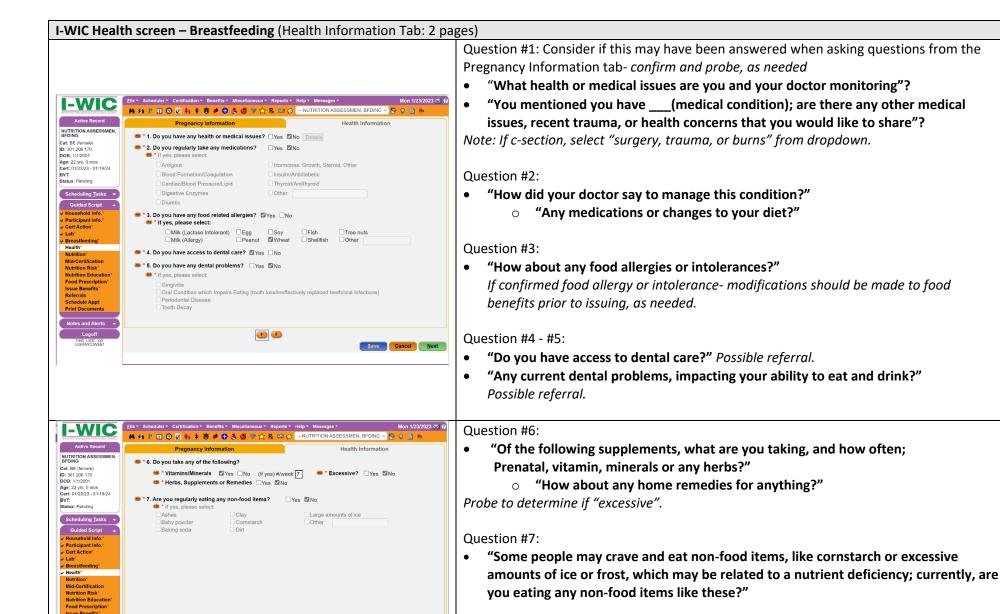
Enter all contacts on the <u>adult</u> participant's support and notes screen. Select the "*Link Baby" button under "contact history" and "breastfeeding notes"* to populate information from adult's screen to baby's screen.



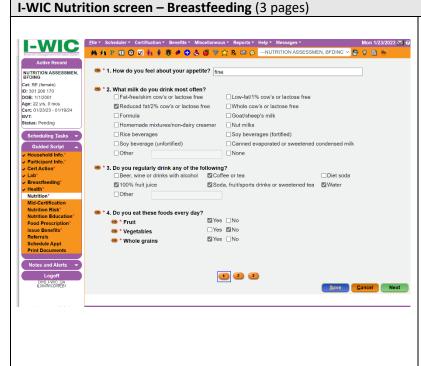
# BF Pumps & Aids Tab:

Document any breastfeeding pumps and aids here per local agency guidance.





Save Cancel Next



## Question #1:

"Since you are no longer pregnant, how do you feel about your appetite?"

### Question #2 - #3:

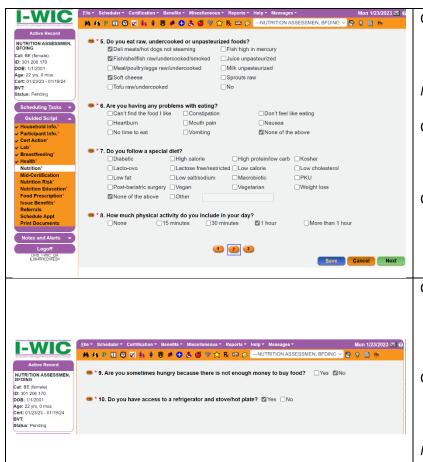
- "Let's first talk about what you like to drink; what kind of milk do you drink most often?"
  - o "In addition to milk, what else do you drink regularly?" Provide choices.

Question #4: Prior to asking, the CPA may ask open-ended questions to inquire about eating habits or start by asking the question, then probe further about other eating habits. Asking about eating habits in general, can assist in identifying individualized counseling/education needs related to diet and nutrition.

- "You have a newborn/baby that you are feeding; what about when it comes to eating for yourself?
  - "What times of the day do you usually eat? Would you say you eat at regular mealtimes and is it with anyone else (family)?"
  - o "Give me an idea of what are some of the foods you are eating?"
  - "Would you say yes or no that you eat the following every day: Fruits? Vegetables? Whole grains?"

Affirm or Reflect on responses to ensure understanding and offer praise

- "It sounds like you are making nutritious choices for yourself!"
- "You sound like you are struggling with \_\_\_\_\_" any issue identified/concerned about since you are no longer pregnant."
- "You would like to be better about \_\_\_\_\_" desired habit identified that the participant would like to change (reflected change talk)



#### Question #5:

• "Some foods are at risk for hidden bacteria that can be harmful to you. May I ask if you eat any of these foods?" ask from foods listed, may also show Food Safety Desktop tool: "Foods with Hidden Bacteria" for visual.

Note: Consumption of these foods only generate a risk for pregnant participants.

Question #6 - #7: Consider any responses from the health screen (Q#2)

 "Share with me, are you following a special diet or are having any problems when eating, like heart burn, maybe not feeling like eating or no time to eat?"

#### Question #8:

"What would you say describes your daily physical activity right now; none, 15
or 30 minutes, 1 hour or more than an hour every day? This might include
things like walking, swimming, riding a stationary bike, or yoga"

## Question #9:

 "WIC has community food resources that we can share with you if needed, would you say there are times when you are hungry and you just don't have the money to buy food?"

#### Question #10:

 "In order to help me determine which WIC foods to offer you, do you currently have access to refrigeration and a stove/hot plate for cooking?"

Now is a good time for the CPA to Reflect and/or Summarize; highlighting any key points from the assessment.

