

## **PREGNANT WOMAN NUTRITION ASSESSMENT PROCEDURE**

1. Each pregnant woman participating in Early Head Start program must have a Nutrition Assessment completed by WIC program staff within 30 days of entering the program. If a woman is a WIC participant, her most recent WIC appointment would meet this requirement if the appointment was for the current pregnancy.
2. During the nutrition assessment, WIC procedure will be followed to obtain information about the woman's height, weight, pre-pregnancy weight gain, hemoglobin, due date, dietary patterns and breastfeeding plans.
3. At this time, nutrition education will be provided to the woman based on information gathered from the nutrition assessment and a nutrition goal will be set with her. Referrals will be made for suggested class attendance or for a follow-up appointment with a WIC Certifier or the Nutrition Services Director/Registered Dietitian depending on a woman's needs and risk factors.
4. The Health Resource Specialist will access woman's WIC information in the TWIST system and complete the Pregnant Woman Nutrition Assessment Record. Each Pregnant Woman's Nutrition Assessment Record will be sent to the EHS site where her child is scheduled to be enrolled and will be placed in their file there. A copy will be submitted to the Data Entry Coordinator for entry into Child Plus.
5. WIC staff will complete the Pregnant Woman Nutrition Assessment Record for women who do not qualify for WIC and submit it to the Health Resource Specialist who will submit a copy to EHS site where the child is enrolled. The Health Resource Specialist will share the information with the Data Entry Coordinator so it may be entered into Child Plus.
6. The home visitor will review the Nutrition Assessment Record information with the woman and discuss the goal, nutrition recommendations, and upcoming appointments or nutrition education classes. The home visitor must ensure that the woman has received breastfeeding education. Home visit outlines covering prenatal nutrition and breastfeeding are available for the home visitor to use. If families request further nutrition counseling, the home visitor will contact the Nutrition Services Director/R.D.
7. If a woman does not have a Nutrition Assessment completed within 45 days of enrollment, the Health Resource Specialist will send a reminder letter and/or call her. The home visitors will work with the woman to help her problem solve around barriers to completion of a Nutrition Assessment and consult with the Nutrition Director to make special arrangements if needed. If a woman decides to sign the document of refusal for a Nutrition Assessment, Umatilla-Morrow Head Start staff will continue to check in with her on a regular basis and continue to encourage her to make an appointment at WIC.