

Mid Certification Assessment Questions

BREASTFEEDING WOMAN

Follow up on previous nutrition/health assessment

A 100's Anthropometrics = Ht/Wt, %tiles

ONLY IF APPLICABLE: What has your doctor said about your weight?
What are your thoughts on your weight?

B 200's Biochemical = Blood Tests

ONLY IF APPLICABLE: What has your doctor said about your iron?
What do you know about anemia?

C 300's Clinical = Health/Medical Conditions

Tell me about any changes to your health/eating habits. (medical conditions, food/beverage choices, weight)

D 400's Diet and Nutrition

How is breastfeeding going for you and your baby? What are your goals for breastfeeding? (supply, pumping schedule, separation, storing)

OPTIONAL:

- Please share one thing you like about your eating habits?
- What would you like to be different about your health/eating? Why?
- Are you taking any multi-vitamin/mineral supplement (folic acid, vitamin D)

E 900's Environmental/Other Factors

What are some physical activities that you enjoy doing?