

Nutrition Assessment, Putting it all Together:

Thirteenth in the Nutrition Assessment Series (and final)

JULY 20, 2022

Series Finale!

Last year, the Nutrition Education workgroup, comprised of State Agency and Local Agency staff, discussed and evaluated the current Nutrition Assessment system. The workgroup agreed that while the current system of Nutrition Assessment and available tools are working, there is opportunity to improve Nutrition Assessment skills. Based on that feedback, we have released monthly **Skills Spotlight** memos, each focusing on a different Nutrition Assessment skill. This final memo summarizes the Skills Spotlight memos and ways to use them. Next steps in the Nutrition Assessment Quality Improvement process are described at the end.

WIC Nutrition Assessment resources

How might you enhance your Nutrition Assessment discussion and personalize the WIC experience for participants? Check out [WIC Nutrition Assessment](#) for Tools, Resources and Skills Spotlight memos. Here are some suggestions from the memos:

- Looking for ways to use Participant Centered skills during Nutrition Assessment? Try the tips in [Open-Ended Questions](#); [Probing Questions](#); [Reflective Listening](#); and [Asking Permission](#).
- How can we take a Nutrition Assessment process that looks for deficiencies and make it Strength-Based? [Strength-Based Nutrition Assessment](#) describes ways to help the participant determine their own priorities and empower them to make behavior changes.
- I have completed a Nutrition Assessment, now what? Learn how to [Transition from Assessment to Goal Setting](#) and guide a participant toward improved health outcomes.

How to use the Skills Spotlight memos

- Discuss a memo at a WIC staff meeting as a Continuing Education activity. Most memos include staff activities and/or practice scripts.
- During observation of an appointment, a coordinator/mentor may identify a specific Nutrition Assessment skill that could be improved. Use a related Skills Spotlight memo to guide the CPA in their skill development.

What's next?

The future focus will be on providing quality improvement tools and approaches.

- Coming this fall: **Rubric for Assessment and Counseling Skills**, an optional observational tool for local agency use. The rubric provides a method for an observer to identify an individual's skill level for specific Nutrition Assessment and Counseling activities. Coordinators and mentors will use the tool to determine areas for development and to help guide CPAs in building their skills.
- Participant Centered Services (PCS) Mentoring is an excellent opportunity to coach staff to quality assessment and counseling. The state office will update the [WIC Mentor Resources](#) and provide information on using PCS mentoring to build quality assessment and counseling.

Reference – Complete Listing of Hyperlinks

[WIC Nutrition Assessment](#)

(<https://www.health.state.mn.us/people/wic/localagency/training/na.html>)

[Open-Ended Questions](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2021/topic/1215nutassess.pdf>)

[Probing Questions](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/0119na.pdf>)

[Reflective Listening](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/0216na.pdf>)

[Asking Permission](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/0316na.pdf>)

[Strength-Based Nutrition Assessment](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2021/topic/1020nutassess.pdf>)

[Transition from Assessment to Goal Setting](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/0518na.pdf>)

[WIC Mentor Resources](#)

(<https://www.health.state.mn.us/people/wic/localagency/training/pcs/mentor/index.html>)

NUTRITION ASSESSMENT, PUTTING IT ALL TOGETHER

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