

Resources to Support Weight Inclusive Care

MARCH 27, 2024

Weight inclusive care resources

Several resources have been recently added or updated on the WIC website for local agency (LA) reference. Implementing the guidance in these resources can enhance WIC services and support LAs in implementing a weight inclusive approach for all participants.

1. **Section 6.6 – High Risk Individual Nutrition Care Plans**: Updates include reinforcing the participant's right to decline referrals and emphasizing personalized follow-up based on individual needs. It also clarifies the criteria and instructions for resolving high risk designation, providing specific circumstances and examples of risk codes.
2. **WIC 113 Obese (Children Age 2-5 Years) > Implications for Minnesota WIC Nutrition Services**: This new section can assist in managing the care of children assigned risk code 113 due to high BMI-for-age. It includes criteria for high risk identification, assessment, and counseling strategies, as well as follow-up recommendations tailored to individual circumstances. The Information System will designate high risk for any child with risk code 113. CPAs are strongly encouraged to review the high risk criteria for risk code 113 and resolve the high risk designation when the criteria is not met.
3. **WIC 133 High Maternal Weight Gain > Implications for Minnesota WIC Nutrition Services**: This new section provides guidelines for managing risk code 133 High Maternal Weight Gain. It outlines assessment and counseling strategies and suggests follow-up recommendations based on individual circumstances.
4. **High Risk Counseling Manual**: Now available from the Local Agencies page under *Nutrition > Nutrition Education*, the *High Risk Counseling Manual* includes links to the High Risk Training Modules and corresponding written scripts for easy reference. These modules cover High Risk Policy and Criteria, Providing High Risk Care, and Documenting High Risk Care and Follow-up. Information on finding Implications for WIC Services by risk factor is included.

Reference – Complete Listing of Hyperlinks

Section 6.6 – High Risk Individual Nutrition Care Plans

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6_6.pdf)

WIC 113 Obese (Children Age 2-5 Years)

(<https://www.health.state.mn.us/people/wic/localagency/riskcodes/113.html>)

WIC 133 High Maternal Weight Gain

(<https://www.health.state.mn.us/people/wic/localagency/riskcodes/133.html>)

RESOURCES TO SUPPORT WEIGHT INCLUSIVE CARE

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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