
Subject: Determine Nutritional Risk – Dietary

Effective Date: October 1, 2011

Revised from: October 1, 2010

Policy: All applicants shall be screened for dietary deficiencies that impair or endanger health. A diet questionnaire shall be completed to assess nutrition and dietary practices.

Reference: CFR §246.7

Procedure:

- 1) When a certification or mid-certification appointment is scheduled the WIC staff will:
 - a) Provide the applicant / caregiver with an age/category and language appropriate Diet Questionnaire. The Diet Questionnaires are available in both English and Spanish (see the [Forms/Administrative Materials](#) Section).
 - i) The Young Infant Diet Questionnaire is used for infants up to about six months of age. (Issue for expected age of infant at appointment.)
 - ii) The Toddler Diet Questionnaire is used for children between about six and 24 months of age. (Issue for expected age of infant at appointment.)
 - iii) The Child Diet Questionnaire is used for children over 2 years of age.
 - iv) The Prenatal Diet Questionnaire is used for all pregnant WIC applicants. The Postpartum Diet Questionnaire is used for all breastfeeding and postpartum WIC applicants.
 - b) Advise the applicant / caregiver to bring the completed Diet Questionnaire to the certification or mid-certification appointment.
- 2) The client/caregiver may complete this form or the WIC staff may complete the Diet Questionnaire with input from the client/caregiver.
- 3) During the certification and mid-certification appointment the WIC staff will ask probing, open ended questions to review:
 - a) Current and usual food and fluid intake including:
 - i) Any reported diet restrictions or modification, and
 - ii) Preparation methods;
 - b) Factors that affect food or fluid intake;
 - c) When, where, and with whom meals and snacks are routinely consumed;
 - d) Appropriateness of routine nutrition practices;
 - e) The use of vitamin/mineral supplements;
 - f) Diagnoses of nutrient deficiency diseases.

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- 4) The CPA will assign all identified dietary risk factors. If no other risk factors are identified, the CPA will presume the risk factor for the applicant's age.
 - a) Assumed Risk for Women and Children over 2 years:
 - i) Is defined as an assumed failure to meet dietary guidelines; and
 - ii) May be assigned to all women applicants and children greater than or equal to two years of age.
 - b) Assumed Risk for Infants over 4 months and older and Children under 24 months:
 - i) Is defined as an assumed dietary risk associated with complementary feeding practices; and
 - ii) May be assigned to infants greater than or equal to four months of age and children less than two years of age.