

2.11 Nutritional Risk Criteria

POLICY:

To be certified as eligible for the Program, categorically eligible applicants who meet the Program's eligibility standards specified in **Policy 2.04, Residency Requirements**, and **Policy 2.06, Income Eligibility Requirements** must be determined to be at nutrition risk according to the standard criteria established by this policy.

DEFINITIONS:

Nutrition Risk: Nutrition risk is defined as: detrimental or abnormal nutrition conditions detectable by biochemical or anthropometric measurements; other documented nutritionally related medical conditions; dietary deficiencies that impair or endanger health; or conditions that predispose persons to inadequate nutrition patterns or nutritionally related medical conditions.

PROCEDURE:

A. Determination of Nutrition Risk

The Local Agency Competent Professional Authority (CPA) will determine if a person is at nutrition risk through a medical and/or nutrition assessment.

- a. At a minimum, height or length and weight will be measured (see **Policy 2.12, Anthropometric Measurements**); and
 - b. A hematological test for anemia such as a hemoglobin or hematocrit test will be performed (see **Policy 2.13, Anthropometric Measurements**).
1. The CPA will document all applicable Nutrition Risk Criteria for an applicant/participant during each certification to determine nutrition risk eligibility, to record that the applicant is certified or ineligible, for placement on a waiting list (see **Policy 1.09, Waiting List Management**), and for nutrition education and referral.
 - a. Nutrition Risk Criteria will be documented in the **Crossroads Assigned Risk Factors Screen**.
 2. The breastfeeding woman and her infant may be determined to be at nutrition risk based on their own medical risk factors or based on a risk factor of the other.
 3. An infant under six (6) months of age may be determined to be at nutrition risk if the infant's mother was a WIC Program participant during pregnancy or if medical records document that the woman was at nutrition risk during pregnancy because of detrimental or abnormal nutrition conditions detectable by biochemical

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or anthropometric measurements or other documented nutritionally related medical conditions.

4. A participant who has previously been certified eligible for the WIC Program may be considered to be at nutrition risk in next certification period if the CPA determines there is a possibility of regression in nutrition status without the supplemental foods.
 - a. Participants who are eligible for certification because of regression will be certified in the priority level where they were previously certified.
 - b. Regression may be used only once for a subsequent certification.
 - c. The risk code for regression must be the only nutrition risk criteria used.
 - d. The CPA must document in the **Crossroads Nutrition Care Plan** the reason for use of regression.

B. Required Documentation

1. Criteria that require documentation from a healthcare professional will be on letterhead or prescription pad.
 - a. The documentation will be scanned in to the participant's chart.
 - b. When it is not feasible to obtain immediate written documentation, documentation in the **Crossroads Nutrition Care Plan** of a phone contact between the CPA and the healthcare professional, including the diagnosis and any special instructions name/credentials and address/phone number. Written documentation will be obtained prior to the next certification visit.

C. Following Eligibility Determination

Once an applicant is found to be eligible to receive Program benefits, the CPA will do the following:

1. Offer nutrition education according to the participant's record, dietary history, health history and/or participant's questions and concerns.
2. Document the nutrition education contact in the **Crossroads Nutrition Care Plan** (see **Policy 5.05, Nutrition Education Contacts and Documentation**).

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3. Refer the participant, when appropriate (see **Policy 5.05, Nutrition Education Contacts and Documentation**), using the **Crossroads Referral Screen**.

Note: The Nutrition Care Plan should be completed on the date of the visit and CPA's first initial, complete surname, and professional title (not "CPA").

4. Prescribe all initial and subsequent appropriate food packages in the **Crossroads Food Prescription Screen**.

REFERENCES:

1. WIC Regulations, 246.2, Definitions
2. WIC Regulations, 246.7, Certification of Participants
3. WIC Regulations, 246.10, Supplemental Foods
4. SFP 05-066, WIC Policy Memorandum 98-9, Revision 8, Nutrition Risk Criteria
5. SFP 07-075, WIC Policy Memorandum 98-9, Revision 9 Nutrition Risk Criteria