

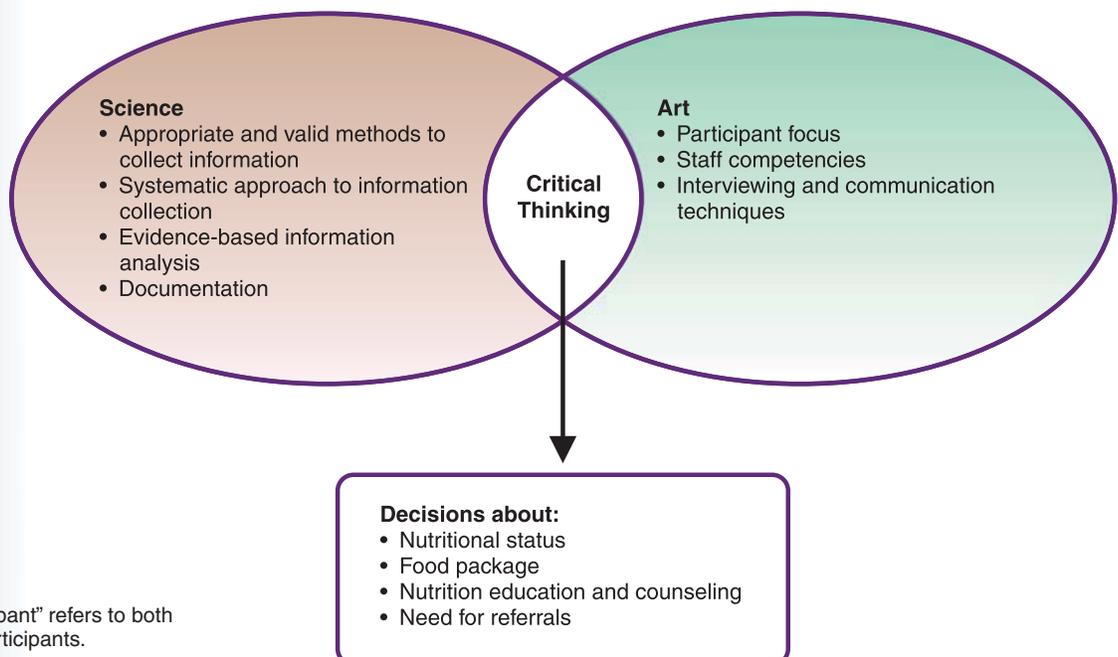
# Process of a Value Enhanced WIC Nutrition Assessment

The purpose of this chapter is to review the aspects of the nutrition assessment process that are necessary to provide a *value enhanced WIC nutrition assessment* for every participant. There are two fundamental precepts for this chapter:

- 1) The WIC nutrition assessment is the foundation from which all subsequent nutrition services in WIC are designed; and
- 2) A WIC nutrition assessment is the process of obtaining and synthesizing relevant and accurate information about a participant<sup>1</sup> in order to develop the most appropriate WIC intervention.



A quality WIC nutrition assessment contains elements of both art and science, and requires the use of a systematic approach to collect, evaluate, and make use of the information that is elicited from the participant. It must be grounded in science to ensure accuracy and consistency in nutrition risk identification, but should also be tailored to the unique needs of each participant. Skills (also called competencies) in communication and rapport building, critical thinking, and assessment techniques are essential for WIC staff to be able to perform a nutrition assessment that can be used for meaningful and relevant nutrition education, counseling, and other nutrition-related services.



<sup>1</sup> The term "participant" refers to both applicants and participants.