

**Goal Setting****Policy No. NS- 200.12**

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**Policy**

Local agencies (LA) must engage the participant / parent / caregiver in setting a participant focused, simple and attainable goal at each certification and mid-year assessment.

Competent Professional Authority (CPA) must assist the participant in:

- Setting a goal
- Identifying barriers and solutions to meet the established goal
- Assuring the participant understands their goal

**Purpose**

To assist participants in achieving a positive change in dietary and physical activity habits.

**Procedures**

Document participant goals in a S.M.A.R.T (Specific, Measurable, Attainable, Realistic, and Timely) format. For example, participant will walk three times a week for 20 minutes starting this week.

**Authority****Definitions/Supporting Information**

**Competent Professional Authority (CPA)** – An individual on the local agency staff who is authorized to determine nutritional risk and prescribe supplemental foods. The following individuals may be authorized and trained to serve as a CPA: physicians, nutritionists (bachelor's or master's degree in Nutritional Sciences, Community Nutrition, Clinical Nutrition, Dietetics, Public Health Nutrition), registered dietitians, licensed dietitians, registered nurses, and physician assistants (certified by the National Committee on certification of Physicians Assistants or certified by the State medical certifying authority), or State or local medically trained health officials.