

**Exit Counseling****Policy No. NS - 200.10**

Revised date: January 2023

No. of pages: 2

**Policy**

Local agencies must provide all women participants with exit counseling by the final nutrition education contact of the postpartum period.

Local agencies must provide Exit Counseling to parents or caregivers of WIC infants and children during an infant's certification period (birth to one year) and during child's certification period (one to five years).

**Purpose**

To identify participants in need of additional services, assist in connecting participants to available services, and to reinforce important nutrition messages.

**Procedures**

- I. Provide counseling at least one (1) time on each of the below exit counseling topics between the initial prenatal certification and when the postpartum woman is terminated as a participant for the current pregnancy. Topics include:
  - A. Importance of folic acid intake
  - B. Health risks of using alcohol, tobacco, and other drugs of abuse
  - C. Human milk as the preferred method of infant feeding or continued offering of human milk for those women who are currently breastfeeding
  - D. Importance of up-to-date immunizations
- II. Provide exit counseling for parents or caregivers of WIC infants and children on the following topics:
  - A. Preventative information about abuse of drugs and other harmful substances including tobacco products
  - B. Importance of up-to-date immunizations
- III. See [NS-200.07 Nutrition Education Materials Policy](#) for available statewide resources to support tobacco cessation, alcohol, drug, and other harmful substance abuse counseling and treatment referrals.

Note: As a best practice, local agencies are encouraged to provide exit counseling at the first contact within each participant type (Women, Infants, Children).

**Authority**

7 CFR § 246.11

Nutrition Services Standards – Standard 7

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WIC Policy Memorandum #1994-9

**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.

Month & Year	Reasons for Revision	Summary
January 2023	USDA Requirements.	Added a reference and link to the NS-200.07 Nutrition Education Materials Policy.  Added best practice note regarding frequency of exit counseling.