

Nutrition Risk Assessment**Policy No. CT- 810.02**

Effective Date: October 1, 2016

No. of Pages: 2

Policy

All applicants must undergo a nutrition risk assessment by local agency staff who qualify as a Competent Professional Authority (CPA) to be eligible for WIC benefits. CPAs are required to select all nutrition risks that apply to the applicant. The local agency cannot require an applicant to obtain prescribed tests at their own expense.

Purpose

To ensure an accurate and thorough determination of WIC eligibility and identification of all nutrition risk.

Procedures

- I. Competent Professional Authority (CPA) will assess and assign nutrition risks at certification and mid-certification/mid-assessment/ half-certification visits. Nutrition risks identified after the certification is completed will be assessed at the next certification.
- II. CPAs must evaluate the applicant's nutrition status to identify their indicators of nutrition need based on the following approved criteria:
 - A. Anthropometric (height, length, and weight measurements);
 - B. Biochemical (laboratory blood test results);
 - C. Clinical (health, medical conditions, nutrition status, and social factors); and,
 - D. Dietary (food intake).
- III. If no nutrition risks are evident, women and children 2-5 years who are otherwise eligible based on income, residency, identification, and category may be presumed to be at nutritional risk and assigned Risk Code 401 (Failure To Meet Dietary Guidelines).
- IV. If no nutrition risks are evident, infants 4-12 months and children 12-24 months who are otherwise eligible based on income, residency, identification, and category may be presumed to be at nutritional risk and assigned Risk Code 428 (Dietary Risk Associated with Complementary Feeding Practices).
- V. The CPA must document reciprocal risks for the breastfeeding dyad on the breastfeeding mother and her infant at certification and mid-assessment or mid-certification visits.
- VI. Refer to the current [Risk Criteria Handbook](#) for a listing of all risks and their definitions. The risks are listed by WIC type.

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Authority

7 CFR § 246.7 (e)

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.

Nutrition Risk – Health problems or habits which put the applicant's health at risk and which may be improved by the applicant participating in the WIC Program. They may be categorized as anthropometric, biochemical, clinical and/or dietary.

Reciprocal Risk – A breastfeeding mother and her infant are assessed as a dyad. Reciprocal risk is a process where a breastfeeding infant's risk factors are documented on the mother's certification form and the breastfeeding mother's risk factors are documented on the infant's certification form.