

POLICY: Health Assessment for Children

The CPA must complete a health assessment for each child around 6 months after the certification. The CPA assesses the child's growth, feeding and changes in health since the certification. The health assessment is documented in the client's file.

Each child must have two nutrition education second contacts during the one year eligibility period. One nutrition education contact is done before the health assessment (in the first six months) and one is done after the health assessment (in the second six months). These contacts are in addition to the nutrition education done at the certification and health assessment. See Volume 1, Chapter 16 – Nutrition Education for more information about second contacts.

Staff must not withhold WIC checks if the client misses the health assessment appointment. Provide one set of checks and reschedule the health assessment for the next month.

Note: See Volume 1, Chapter 16 for information about when a client or caregiver refuses to participate in nutrition education or complete the health assessment.

PROCEDURE:

The CPA:

- A. Completes the child health assessment which includes:
1. Obtain weight and height or length measurements and assess growth. See Volume 1, Chapter 9 – Anthropometrics.
 2. Assess if an iron test is required based on the child's age and whether last iron test was within normal limits. If an iron test is required, do the hemoglobin test, or get the hemoglobin data from the health care provider and assess the value. See Volume 1, Chapter 10 – Hematology.
 3. Follow-up on nutrition risks and concerns identified at the certification.
 4. Ask a few open-ended questions to assess for health or feeding issues. For example:
 - What has changed in your child's health since your child's certification on (state the date)?
 - How has your child's eating changed?
 - What concerns do you have about your child's health or eating?

5. Offer nutrition education related to the child's nutrition needs and the caregiver's concerns. Follow-up on previous nutrition goals and discussions. Refer to Volume 1, Chapter 16, Nutrition Education.
 6. Screen for immunizations for children 24 months old or less. Refer if needed. See Volume 1, Chapter 12 – Referrals for more information about screening immunization records.
 7. Refer to other social and health programs as appropriate and assess previous referrals made. Refer to Volume 1, Chapter 12 – Referrals.
 8. Confirm that the current food package meets the child's needs.
- B. Documents the health assessment in the client's file using the Follow-Up wizard.
1. Select any new risk factors identified during the health assessment on the Assessment tab and document pertinent information about identified risks.
 2. Document what you talked about with the caregiver on the Notes tab. Include nutrition education, caregiver goals, and plans.
 3. Select any referrals made on the Referrals tab and document follow up to earlier referrals.

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