



Washington WIC – Certifier Competency Training Worksheet

9. Nutrition Education

Competency	Certifier is able to:	Training Requirements
<p>Use critical thinking to guide nutrition discussion.</p> <p>With curiosity and acceptance, support participant to:</p> <ul style="list-style-type: none"> • Explore concerns and interests • Discover uncertainty and reasons to change • Identify own solutions and small achievable next steps (Goals) 	<ul style="list-style-type: none"> • Assess the participant’s nutrition, breastfeeding, physical activity and health needs and interests using information collected during the assessment. • Analyze and prioritize topic(s) for discussion. • Facilitate a participant centered conversation with the participant or parent guardian: <ul style="list-style-type: none"> ○ Explore information related to participant’s nutrition risks and other topics relevant or of interest to the participant/parent guardian ○ Ask participant permission to offer education on topic(s) selected. ○ Assess participants thoughts and feelings about topic(s) discussed. • Have a goal setting conversation to explore goals or next steps. <ul style="list-style-type: none"> ○ Support participant setting a goal if participant is ready. • Summarize next steps and affirm plans for behavior change as appropriate. • Document a note in the participant’s Individual Care Plan including: <ul style="list-style-type: none"> ○ The appointment type as the title. ○ The participant/parent guardian’s thoughts and feelings about the topic(s). ○ Information offered/shared/discussed about the topic(s). ○ The participant’s goal, if the participant is ready to set a goal or document that the participant wasn’t ready to set a goal. ○ Additional information for future support 	<ol style="list-style-type: none"> 1. Complete the following modules in the Learning Center (LC): <ul style="list-style-type: none"> • DOH STATE WIC Participant Centered Education • DOH STATE WIC Participant Centered Education Post-Test <ul style="list-style-type: none"> ○ Complete the post-test with 80% or higher score • DOH STATE WIC Cascades The Care Plan: Module 1 • DOH STATE WIC Cascades The Care Plan: Module 2 • DOH STATE WIC Participant Centered Goal Setting • Cascades CBT – Unit 4 <ul style="list-style-type: none"> ○ Cascades Supplement – Unit 4 2. Review the nutrition required guidance: <ul style="list-style-type: none"> • Nutrition Education at the Initial and Subsequent Certification and Presume Eligible Complete Assessment (PDF) • Nutrition Education at the Mid-Certification Health Assessment (PDF) • Second Nutrition Education – Individual (PDF) • Second Nutrition Education – Group Class (PDF) • Second Nutrition Education – High Risk

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	<p>and follow up.</p> <ul style="list-style-type: none"> Document the nutrition education topic(s) discussed and mark as “Complete” in the Care Plan – Nutrition Education. 	<ul style="list-style-type: none"> with a WIC Registered Dietitian Nutritionist (RDN) (PDF) Second Nutrition Education – High Risk by a Non-WIC Registered Dietitian Nutritionist (RDN) (PDF) Staff Tool: Required Documentation at Nutrition Education Contacts <p>3. Review the Core WIC training:</p> <ul style="list-style-type: none"> Core WIC training – Nutrition Education for WIC Staff

Additional Training Resources

WA-State WIC – [WIC Connects](#)

DOH Publications – [Nutrition Education Materials](#)

Books:

- Building Motivational Interviewing Skills: A Practitioner Workbook by David B. Rosengren, PHD
- Motivational Interviewing in Health Care; Helping Patients Change Behavior by Stephen Rollnick, William R. Miller, and Christopher C. Butler
- Switch: How to Change Things When Change is Hard by Chip Heath and Dan Heath

**If you are interested in a copy of one of these books please email WAWICTraining@doh.wa.gov.*

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.

For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TYY 711).

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