



Washington WIC – Certifier Competency Training Worksheet

9. Nutrition Education

Competency	Certifier is able to:	Training Requirements
<p>Use critical thinking to guide participant centered conversation and offer nutrition education.</p> <p>With curiosity and acceptance, support participant to:</p> <ul style="list-style-type: none"> • Explore concerns, interests and motivations • Identify own solutions and small achievable next steps (Goals) 	<ul style="list-style-type: none"> • Assess the participant's nutrition, breastfeeding/chestfeeding, 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 • Consider the participant's capabilities, strengths, values, cultural practices and customs, environmental factors, family influences and individual needs. • Use open-ended questions, affirmations, reflections, and summaries (OARS). <ul style="list-style-type: none"> ○ Explore participant thoughts and feelings and ask permission before providing nutrition education using Explore-Offer-Explore (EOE) techniques. ○ Individualize nutrition education and guide participant toward meaningful behavior change. • Have a goal setting conversation to explore goals or next steps 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). 	<p>Complete the following modules in the Learning Center (LC):</p> <ul style="list-style-type: none"> • DOH STATE WIC Nutrition Education Training (60 mins) • DOH STATE WIC Participant Centered Education (1 hour 30 mins) • DOH STATE WIC Participant Centered Education Post-Test (15 mins) <ul style="list-style-type: none"> ○ Complete the post-test with 80% or higher score • DOH STATE WIC Drug and Harmful Substance Information Training (20 mins) <p>Review the nutrition education required guidance:</p> <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 with a WIC Registered Dietitian Nutritionist (RDN) (PDF) • Second Nutrition Education – High Risk by a Non-WIC Registered Dietitian Nutritionist (RDN) (PDF) • Second Nutrition Education – Online

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Competency	Certifier is able to:	Training Requirements
	<ul style="list-style-type: none"> ○ 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 and follow up. • Document the nutrition education topic(s) discussed and mark as "Complete" in the Care Plan – Nutrition Education. 	<ul style="list-style-type: none"> • Education (PDF) • Drug and Harmful Substance Information (PDF) • Staff Tool: Required Documentation at Nutrition Education Contacts
Additional Resources		
<p>Training:</p> <ul style="list-style-type: none"> • WIChealth Training - DOH STATE WIC WH ONLINE NUTRITION EDUCATION (1 hour 30 mins) <ul style="list-style-type: none"> ○ Train staff on WIChealth within 6-12 months of hire. Use agency training or WIChealth course listed above. • DOH STATE WIC Participant Centered Goal Setting (30 mins) • Nutrition Education and Care Plan Guidance (PowerPoint) (25 mins) • Cascades CBT – Unit 4 (40 mins) <ul style="list-style-type: none"> ○ Cascades Supplement – Unit 4 (20 mins) <p>References:</p> <ul style="list-style-type: none"> • WIChealth Online Nutrition Education – resources to educate participants about WIChealth • WA WIC – WIC Connects • WA WIC Nutrition Education Materials 		

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