

## Mid-Certification Health Assessments

- I. Infants enrolled in WIC when < 5 months of age will have a midcert health assessment between 5-8 months. The health assessment will consist of:
  - a. Height, weight and OFC recorded and assessed.
  - b. Explanation of growth pattern.
  - c. Nutrition recommendations.
  - d. Information on dental health and fluoride.
  - e. Assessment of developmental readiness for various solid foods.
  - f. Support and continued encouragement of breastfeeding.
- II. The infant schedule for the first year is as follows:

Age at Certification	Age at Midcert Health Assessment
Birth – 2 months	5-6 months
3-4 months	7-8 months
5-6 months	None
7-8 months	None
9-11 months	None

- III. Infants at 6 months of age or less are certified for the duration of their first year up to the end of the calendar month in which they reach their first birthday.  
Infants 7 months of age and older will be certified for six months.
- IV. Infants must receive nutrition education at each clinic visit appropriate for age and nutrition risk factor.
- V. Conditions of high risk occurring at midcert should be indicated in the computer system and managed according to the high risk policy.
- VI. Midcertification Health Assessment - Child VOC Transfer/Regular.
  - a. This procedure is applicable to children transferring in from another state and regular in-state certifications.

- b. Midcertification health assessments are required for one year child certifications. Physical presence is required at these midcertification health assessments which cannot be waived. For medical exceptions to this policy refer to the document entitled *Presence at Certification*, under *Certification Procedures, Section VIII*.
- c. One year child certifications are allowed for out of state transfers if the VOC contains all required elements and are for regular certifications. The need for this assessment for a complete VOC transfer is determined by the clinic CPA/RD.
- d. For regular certifications, this assessment is required at the midpoint (5 – 7 months) of each one year certification for the child. If the appointment is missed, it must be completed the next time the participant is in the clinic.
- e. The health assessment, at a minimum, will consist of the following:
  - i. Height, weight.
  - ii. Assessment and explanation of growth.
  - iii. Hemoglobin determination, if applicable or previously low.
    - 1. Hemoglobin determination is required at the 18 month health assessment.
    - 2. If the child is initially certified after 12 months of age, then a hemoglobin determination is required between 15 – 18 months of age.
  - iv. Assessment of nutritional habits and dietary behavior.
  - v. Participant centered nutrition recommendations.
  - vi. Referrals, as needed.
- f. Collecting Data at Midcertification Health Assessments
  - i. If the CPA chooses to enter new information after the initial certification, then a new “Nutrition Interview” needs to be created.
  - ii. Any newly identified nutrition issues and/or risks need to be addressed by creating a new “Risk” record along with a new “Education and Care” record and/or a new “Care Plan”.