

## **Nutrition Education**

- I. Nutrition education means individual and group sessions and the provision of materials that are designed to improve health status and achieve positive change in dietary and physical activity habits, and that emphasize the relationship between nutrition, physical activity, and health, all in keeping with the personal and cultural preferences of the individual.
- II. The nutrition education component of the WIC program is based on the following goals:
  - a. Emphasizing the relationship of sound nutrition to the total concept of good health and maintaining a healthy body weight, including regular physical activity.
  - b. Special emphasis on the nutritional needs of pregnant, postpartum and breastfeeding women, infants, and children under the age of 5.
  - c. Assisting participants in making positive changes in food habits to improve nutritional status and prevent nutrition related problems through the use of supplemental and other nutritious foods.
- III. Nutrition Education Committee.
  - a. The Nutrition Education Committee is a collaborative committee consisting of state registered dietitian (RD) staff and local competent professional authorities (CPAs) who meet on a regular basis to review and update existing nutrition education materials. This committee may also identify or develop new nutrition education materials. For the Nutrition Education Committee procedure, refer to State Plan Section II (Local Policy and Procedures), II. Nutrition Services-Breastfeeding, Nutrition Education and Counseling, Nutrition Education, pg 7.
- IV. Breastfeeding Education for WIC Participants.
  - a. Breastfeeding education will be provided at each prenatal visit/contact and breastfeeding assessment will be completed at a pregnant woman's initial certification and initial postpartum certification. Breastfeeding core content information should be provided during the pregnancy certification. Breastfeeding anticipatory guidance will be provided at each postpartum visit/contact while the participant is breastfeeding.