NM WIC Counseling Flow Chart

Get Healthy Together

1. Measure

Tools:

Scale
Stadiometer

MEASURE
Height, Weight, BMI, Hemoglobin

2. Review

REVIEW RESULTS:
Affirm positive behaviors, Discuss Risk Areas

3. Assess

Tools:

Food Frequency Questionnaire

ASSESS:
Topics of interest, Concerns, Readiness to change

4. Counsel

Tools:

WIC Fit Kid Flip Chart
Iron Fact Sheet
MyPyramid
Portion Distortion

Client in Action Stage:
Client concerned, Issue is important, Confident in ability to change

Client in Preparation/ Contemplation Stage:
Client concerned, Client not ready to act.

Client in Pre-Contemplation:
Client not concerned, Client not ready to act.

5. Set Goal & Followup Plan

Use MI:
Affirm + health behaviors, Ask permission to discuss & identify values & priorities, Counsel to select a behavior

Use MI:
Affirm + health behaviors Ask permission to discuss & identify values & priorities Counsel for child-related concerns

Use MI:
Affirm + health behaviors, Ask permission to discuss child-related concerns or health risks

Set behavior goal for family, Confirm action plan

If willing, guide to 1 behavior goal for child or (preferably) family

Identify risk or health issues that would cause maternal concern

6. Document Chart

Tools:

Charting Guide

Complete charting in WIC ADP system