

# Value Enhanced Nutrition Assessment (VENA)

## Information for WIC Program Managers

- VENA was developed to align the purpose and scope of a multi-faceted WIC nutrition assessment with targeted and relevant nutrition education to guide and support families in making healthier eating and lifestyle choices.
- VENA complements the participant-centered strategies that many State agencies have incorporated into their delivery of nutrition education and counseling.



**A Positive  
Approach  
for Effective  
Results**

### VENA Supports Revitalizing Quality Nutrition Services in WIC

- Provides a **POSITIVE** approach based on desired health outcomes rather than on deficiencies.
- Allows staff and participants to use their limited time to identify **INDIVIDUAL** needs and concerns.
- Complements participant-centered nutrition services by creating a **PARTNERSHIP** with the participant in goal-setting.
- Improves staff competencies.
- Guides WIC State agencies in developing nutrition assessment policies and procedures.
- **ENHANCES** the quality of WIC services by linking WIC nutrition assessment to the subsequent nutrition services (nutrition education, food package, and referrals).
- Provides a comprehensive **NUTRITION** assessment that considers the WIC participant's mind and body in addition to environmental influences.
- Establishes National standards for the WIC Nutrition **ASSESSMENT** process.

## VENA Supports FNS Goals

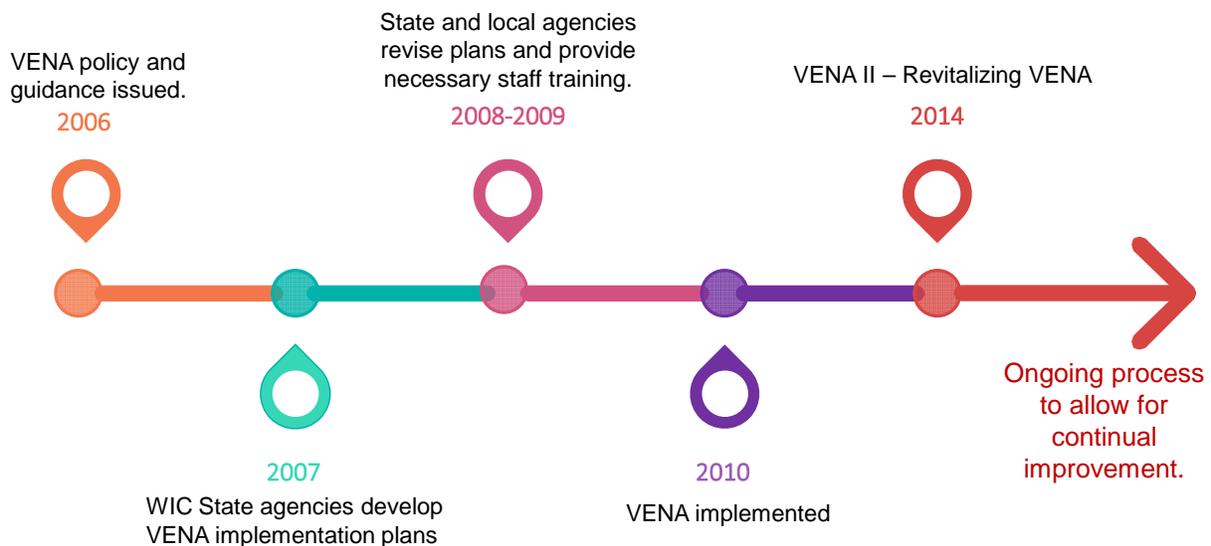
**Supports USDA Strategic Plan** Goal 4.2 by defining the process and content of a quality and comprehensive WIC nutrition assessment upon which nutrition education, food package selection and referrals will be based.

**Supports Healthier U.S.** by providing WIC participants with an assessment approach based on desired health outcomes rather than deficiencies.

**Improves program integrity** by establishing guidance for WIC Nutrition Assessment policies and procedures.



## VENA Implementation Timeline



### Additional Resources:

All Things VENA - <https://wicworks.fns.usda.gov/vena>

Implementation Tools and Materials - <https://wicworks.fns.usda.gov/assessment-tools/vena/implementation-materials-and-tools>

State Developed VENA Training - <https://wicworks.fns.usda.gov/assessment-tools/vena/state-developed-materials>

VENA II Training and Webinars - <https://wicworks.fns.usda.gov/vena2training>



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