

Value Enhanced Nutrition Assessment (VENA)

Information for WIC Nutrition Staff Members

- 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.

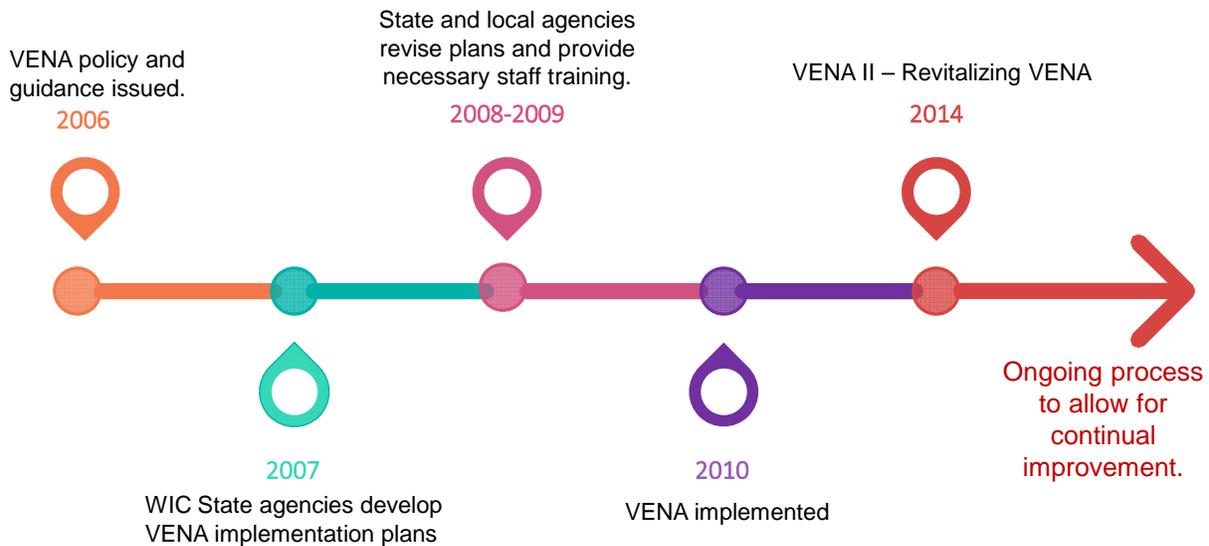


**A Positive
Approach
for Effective
Results**

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 Implementation Timeline



To highlight the ongoing nature of VENA, in Fiscal Year 2014 FNS initiated VENA II, or Revitalizing VENA.

It is important to take stock after several years and to train new WIC staff that have come on board since VENA was first launched and implemented.

Therefore, VENA is an ongoing process so that WIC continues to be effective in its mission and maintains its status as a premiere public health nutrition program.



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>

