Health and Nutrition Assessment Handbook
Nutrition Assessment

Overview
To maximize the effectiveness of the WIC Program, the nutrition services provided must reflect current scientific knowledge and contemporary public health issues. Recognizing this need, the Food and Nutrition Services (FNS) developed the process of Revitalizing Quality Nutrition Services (RQNS), with the goal of continually improving program services. RQNS initiatives include:

- The WIC nutrition risk criteria policy ensures that all criteria are science-based; and
- The WIC Nutrition Services Standards (NSS) which are designed to improve the quality and delivery of WIC services.

Value Enhanced Nutrition assessment (VENA) is the latest initiative under the umbrella of RQNS. VENA builds on the information provided in the WIC nutrition risk policy and the NSS.

Nutrition Assessment Questions
The Missouri WIC Nutrition Program uses standardized questions when program eligibility is determined at certifications and as part of the mid-certification health assessment. The questions are specific to client category, age, and feeding status. These questions support WIC staff in conducting a complete nutrition assessment, determine WIC risk eligibility and start a dialogue with the client about what she or he wants and needs related to nutrition and health.

VENA Skills Checklist
This skills checklist developed by Washington WIC Program can be used by the CPA/nutritionist to rate themselves on a scale of 1 to 5 on how well each skill was performed. 1 = I need significant practice. 5 = Excellent, I’ll keep up the great work!