

**SECTION: Nutrition Services****SUBJECT: Postpartum Nutrition Education and Exit Counseling**

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**Federal Regulations:** §246.11; FNS WIC Policy Memorandum 94-9 (21)

**Nutrition Services Standard: 8**

**POLICY**

Breastfeeding and postpartum women shall be assessed for and counseled on the following topics, including but not limited to:

- Breastfeeding benefits.
- Strategies for successful lactation.
- Accurate information on the harmful effects of alcohol, tobacco, and other drugs.
- Benefits of and information on childhood immunizations.
- The importance of maintaining appropriate nutrition practices.
- Benefits of a daily supply of folic acid for women of childbearing age.

During the certification period provide a variety of opportunities (individual or group education sessions) to discuss the desired health outcomes for breastfeeding and non-breastfeeding postpartum women which are dependant on achieving the health determinants specific to her client category. Refer to the *VENA Guidance Document: Appendix C* for additional information on Health Outcome-based assessment:

[http://www.nal.usda.gov/wicworks/Learning\\_Center/VENA/VENA\\_AppendixC\\_HealthOutcomes.pdf](http://www.nal.usda.gov/wicworks/Learning_Center/VENA/VENA_AppendixC_HealthOutcomes.pdf)

A complete nutrition assessment is the foundation for assisting the client in achieving a positive/desired health outcome.

For example, the desired health outcome for breastfeeding women is: Achieves optimal health during the childbearing years and reduces the risk of chronic diseases.

The health determinants are:

- Receives on-going preventative health care including early postpartum care,
- Achieves a desirable postpartum weight or BMI,
- Remains free from nutrition or food-related illness, complications or injury,
- Avoids alcohol, tobacco and illegal drugs,
- Consumes a variety of foods and/recommended supplements to meet energy and nutrient requirements and breastfeeds her infant(s) successfully.

When indicated and prior to categorical termination from the WIC program, recommend/reinforce referrals to other health care providers/services.