

Subject: Nutrition Education Requirements

Item: Postpartum Exit Counseling

PURPOSE:

To outline the educational requirements for postpartum exit counseling. The purpose of exit counseling is to reinforce the nutrition education the participant received during the time they were an active WIC participant.

POLICY:

- I. The local agency (LA) Competent Professional Authority (CPA) must offer postpartum exit counseling to all postpartum participants who will no longer be eligible to participate in the WIC Program at the end of their current certification period.
- II. The educational and/or printed material(s) must include information on the following required topics:
 - A. Making healthy food choices.
 - B. Consuming adequate folic acid.
 - C. Considering breastfeeding as the preferred method of infant feeding.
 - D. Following the recommended immunization schedule for mother and the child(ren).
 - E. Knowing the health risks associated with alcohol, tobacco, and drug use.
 - F. Getting regular physical activity.
 - G. Realizing the benefits of family planning.
- III. The exit counseling contact SD04 and GA04 must be in the local agency's Nutrition Education Plan for postpartum participants in WIC Management Information System (WIC MIS).

PROCEDURE(S):

- I. The LA CPA must:
 - A. Offer exit counseling to postpartum participants:
 1. Breastfeeding (B) or Non-breastfeeding (N): Near the end of a participant's certification period or at the time of disqualification.
 2. Breastfeeding to non-breastfeeding (B to N): At time of disqualification when a participant reports breastfeeding has stopped and the infant is 7-11 months of age. The education contact must be documented prior to completing the disqualification pathway in WIC MIS.
 - B. Offer the counseling pamphlet "Healthy You!" during the exit counseling session.
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- C. Address the required exit counseling topics during the counseling session, tailoring the discussion to the participant's needs.
- D. Provide additional risk-specific nutrition education when needed.
- E. Document the postpartum exit counseling as a secondary nutrition education contact (using the individual SD04 code or the group GA04 code, depending when exit counseling is provided) in the "Nutrition Education Contacts" section of WIC MIS. An Individual Nutrition Education Plan note is not required when documenting SD04. The education contact must be documented prior to completing the disqualification pathway in WIC MIS.

AUTHORITY:

USDA, Food and Nutrition Service, WIC Policy Memorandum #1994-9, *WIC Exit Counseling Pamphlet*

USDA, Food and Nutrition Service, WIC Nutrition Services Standards, *Standard 7: Nutrition Education and Counseling*, August 2013

[7 CFR §246.11 Nutrition Education](#)

[22 CCR §40725 Local Agency Responsibilities](#)

CROSS-REFERENCE:

WPPM 400-08 Frequency of Nutrition Education Contacts