

Preventing Anemia in Women

STAFF WORKSHEET

Instructions

- [View the Meaningful Minutes - Preventing Anemia in Women video.](#)
- Links to the resources highlighted in the video.
 - WIChealth.org: Action Plan: Take a prenatal vitamin each day
 - Learn how you can access the wichealth.org resources, [New features for wichealth staff accounts \(PDF\)](#).
 - [Anemia Resources](#) Scroll down to Examples of Local Agency Guidelines for Low Hemoglobin.
 - MN WIC Nutrition Education Cards:
 - [Eating more Iron \(PDF\)](#).
 - [Nausea & Vomiting during Pregnancy \(PDF\)](#)
 - [Prenatal Vitamins \(PDF\)](#)
- Discuss the worksheet questions below at a staff meeting.

Staff discussion questions

- When assessing for low hemoglobin, which probing questions do you find most effective (e.g., prenatal vitamin access, meal patterns, nausea, food security)?
- What strategies have you used (or could you start using) to help participants troubleshoot nausea, timing, cost, or forgetfulness related to iron-containing prenatal vitamins?
- Participants often don't realize how enhancers and inhibitors (vitamin C vs. tea, coffee) affect iron absorption. What simple, memorable ways have you found to teach this concept effectively?
- When talking with participants about how anemia may affect their wellbeing and their baby's health, which aspects do you find participants connect with most?
 - How can we discuss these in ways that are supportive, empowering, and reduce anxiety?
- What protocols or guidelines does your agency follow when a woman has an extremely low hemoglobin?

References- complete listing of hyperlinks:

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New features for wichealth staff accounts

(<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/edchoice/wichealthstaff.pdf>)

Anemia Resources (<https://www.health.state.mn.us/people/wic/localagency/anemia.html>)

Eating more Iron

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/geniron.pdf>.)

Nausea & Vomiting during Pregnancy

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgnausea.pdf>)

Prenatal Vitamins

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgprenatalvits.pdf>)

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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