

# Checklist for Nutrition Assessment Questions

JULY 2014

## A: 100's Anthropometric – Height/weight, %tiles

- Feelings about your child's growth/your weight?
- Doctor feedback about your/your child's weight.

## B: 200's Biochemical – Blood Tests

- MD and iron level?
- Lead test?

## C: 300's Clinical – Health/Medical Conditions

- Health conditions (i.e. diabetes, hypertension, food allergies, surgeries) 134, 343, 353, 355, 357, 359, 360, others
- Medications-357
- Oral/dental health issues-381
- Immunizations & well-child checks (infants & children)
- Depression (women) 361

## D: 400's Diet and Nutrition

- Mom
  - Supplements (iron, folic acid, Vit. D, iodine, herbs)-427D,427A
  - Special diet-427B
  - Appetite
  - Eating patterns
  - Pica-427C
  - Milk intake & type
  - Food safety-427E (pregnant only)
  - Breastfeeding-602
- Baby
  - Supplements (iron, Vit. D, herbs)-411K,411J
  - Appetite, hunger/satiety-411D
  - Solid foods/beverages
    - Plan/what/how/ when-411C,411D
  - Breastfeeding

## CHECKLIST FOR NUTRITION ASSESSMENT QUESTIONS

- Frequency-411G
  - Describe
  - Pumping-411I
- Formula feeding
  - Oz./day
  - Preparation-411I, 411F
- Bottle use-411B
- Drinking water/fluoride content
- Food safety-411E
- Child
  - Supplements (iron, Vit. D, herbs)-425H, 425G
  - Special diet-425F
  - Appetite, hunger/satiety
  - Age appropriate feeding practices-425D,425F
  - Types of foods Pica-425I
  - Variety, frequency, amounts
  - Beverages-425C,425B,425A
  - Milk type & amount
  - Drinking water/fluoride content-425H
  - Bottle/cup use-425C
  - Food safety-425E
  - Please share with me one thing you like about your baby's eating.
  - What things would you like to be different about your baby's health or eating?
  - Is your baby taking any type of vitamin/mineral supplement? (Vitamin D)

## E: 900's Environmental/Other Factors

- Physical Activity
- Safety/Abuse- 901
- Drug/Alcohol Abuse- 372, 902
- Foster Care- 903
- Smoking: maternal or in home- 371, 904

*Minnesota Department of Health - WIC Program 85 E 7<sup>th</sup> Place, PO BOX 64882, ST PAUL MN 55164-0882; 1-800-657-3942, [health.wic@state.mn.us](mailto:health.wic@state.mn.us), [www.health.state.mn.us](http://www.health.state.mn.us). To obtain this information in a different format, call: 1-800-657-3942.*