

Nutrition Assessment Questions and Tools Updated

UPDATED 10/6/2025

The updated [Nutrition Assessment Tools](#) were posted to the website in June 2024. The Brief Questions and Probes, Complete Question Format, Mid Certification Assessment Questions, and Training Tools for Nutrition Assessment were all updated. The updated Nutrition Assessment Questions are included in the October 27, 2025, WINNIE release 3.5.1. Changes include:

- Reformatted to tables for easy use while in clinic.
- Removed the brief question format (WINNIE only).
- Reworded some questions to be open-ended rather than closed.
- Added Participant Centered Conversation starter question to set the stage for the assessment and provide an opportunity for the participant to bring up topics for discussion.
- Added food security questions to assess for food security and need for referrals.
- Added breastfeeding probing questions to the infant complete questionnaire to enhance assessment. These additional probing questions may be particularly helpful for newer CPAs to improve their skills in assessing breastfeeding. Additional probing questions assess:
 - Feeding patterns
 - Hunger and satiety cues
 - Comfort while breastfeeding
 - Support for breastfeeding
 - Breastfeeding goals
 - Breastfeeding and offering formula
- Updated anthropometric questions for pregnant and postpartum participants to make them more weight inclusive, allowing staff to focus on health and well-being during the assessment without emphasizing weight. These questions ask about the participant's feelings around changes to their body during and after pregnancy rather than asking about their thoughts on their weight. Visit the [WIC Weight Inclusive Approach](#) webpage for more information about weight inclusivity.

We encourage WIC coordinators to review the changes with staff using the Training Tools. The recorded webinar "Improving the Health of WIC Participants through the Nutrition Assessment: Enhancing Nutrition Assessment Skills" discusses the updated tools. Staff can access the training through the [MDH Learning Center](#).

Reference – Complete Listing of Hyperlinks

Nutrition Assessment Tools

(<https://www.health.state.mn.us/people/wic/localagency/training/na.html#NaN>)

WIC Weight Inclusive Approach

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

MDH Learning Center

(<https://www.health.state.mn.us/people/wic/localagency/training/conted.html#register>)

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