



POLICY: Local programs shall provide a mid-certification health assessment (MCHA) for participants with a one year certification period. During the assessment, participants will be encouraged to obtain ongoing health care and will be provided with appropriate nutrition education and anticipatory guidance based on medical and health data obtained at the MCHA appointment.

PURPOSE: To ensure that the quality and accessibility of health care and nutrition education services are not diminished for participants who have an eligibility period greater than six months.

RELEVANT REGULATIONS: 7 CFR §246.7(g)(1)(iv)—Certification periods
 FNS Instruction 803-4, Rev.1

- OREGON WIC PPM REFERENCES:**
- ◆481—Immunization Screening & Referral Protocol
 - ◆511—Food Benefit Issuance
 - ◆601—Physical Presence Requirement at Certification
 - ◆625—Nutritional Risk Assessment
 - ◆645—Certification Periods
 - ◆653—Participant Transfers Into and Out of State
 - ◆820—Nutrition Education: Participant Contacts
 - ◆830—Nutrition Education: Documentation
 - ◆835—Nutrition Education: Attendance and Refusal

TWIST TRAINING MANUAL REFERENCES: Chapter 3, Section 9: Second Nutrition Education Contact
 Lesson 900—Individual Follow-ups

DEFINITIONS: *Mid-Certification Health Assessment (MCHA)* A health screening and nutrition education contact that occurs approximately in the middle of a one year certification. This is an expanded nutrition education appointment, not a certification.

PROCEDURE:

MCHA Requirements 1.0 Participants certified for a one year period shall be scheduled for a MCHA between the fifth and seventh month of their twelve month certification period. This is a nutrition education appointment so eligibility screening such as that completed during a certification is not required.

- MCHA Requirements for infants and children**
- 1.1 The MCHA for an infant and child shall include appropriate nutrition education for the participant and:
 - 1.1.1 Length and weight or height measurements
 - 1.1.2 Diet Assessment
 - 1.1.3 Hemoglobin or hematocrit when appropriate (see ◆625—Nutritional Risk Assessment)

MID-CERTIFICATION HEALTH ASSESSMENT, cont.

*(MCHA
Requirements
for infants and
children)*

- 1.1.4 Immunization screening and referral when appropriate (see ♦481—Immunization Screening & Referral Protocol)
- 1.1.5 Age and developmentally appropriate anticipatory guidance and dietary recommendations
- 1.1.6 Updated food package assignment as appropriate
- 1.1.7 Health referrals as appropriate

*MCHA
Recommendations
for women*

- 1.2 The MCHA for a woman shall include appropriate nutrition education for the participant and may also include:
 - 1.2.1 Weight measurement
 - 1.2.2 Hemoglobin or hematocrit when appropriate (see ♦625—Nutritional Risk Assessment)
 - 1.2.3 Health referrals as appropriate
 - 1.2.4 Support and encouragement for continued breastfeeding

Document in TWIST

- 1.3 Document in TWIST at time of the MCHA:
 - 1.3.1 Length/height and weight measurements
 - 1.3.2 Hemoglobin or hematocrit test results if obtained
 - 1.3.3. Additional risk factors if applicable
 - 1.3.4 Diet assessment questionnaire (mandatory questions are required for infants and children through two years old)
 - 1.3.5 Food package changes to provide infant CVB in lieu of part of baby food fruits and vegetables at 9 months if appropriate.
 - 1.3.6 Nutrition education provided
 - 1.3.7 Referrals made

Referral Data

- 1.4 Participants may bring in height and weight data from another provider that was taken within 60 days of the MCHA appointment.
 - 1.4.1 Document the date the referral data was obtained in the “Medical Data” tab in TWIST. In the “Notes” field, document the provider and the date of the actual MCHA appointment. (See ♦601—Physical Presence Requirement at Certification and ♦625—Nutritional Risk Assessment.)

MID-CERTIFICATION HEALTH ASSESSMENT, *cont.*

Scheduling the MCHA 2.0 The MCHA may be done as an individual appointment or a group appointment as long as the activities described in ¶1.0 are performed.

2.1 TWIST will automatically generate a MCHA appointment request for breastfeeding women following their postpartum certification.

2.2 TWIST will automatically generate a MCHA appointment for infants and children following their certification appointment.

Scheduling second NE contacts and the MCHA during a one year certification period 3.0 The MCHA may be counted as one of the three required quarterly NE contacts during a one year certification period. (See ♦820—Nutrition Education: Participant Contacts.)

3.1 Schedule the participant for a second nutrition education contact 2 to 3 months before and after the MCHA appointment.

3.2 Participants transferring into Oregon after the seventh month of their one year certification period do not need a MCHA and should instead be scheduled for a second nutrition education contact before the end of their certification period. See ♦653—Participant Transfers Into and Out of State

Do not withhold benefits 4.0 Benefits cannot be withheld if the MCHA is not completed on time or if the participant refuses the appointment, since the MCHA is not a certification.

Issue one month of benefits if MCHA is missed 4.1 If the initial MCHA appointment is missed, local program staff may issue only one month of benefits at a time for the next 3 months until the MCHA is complete or the parent/caretaker refuses this type contact or participates in another second NE activity. (See ♦835—Nutrition Education: Attendance and Refusal.)

MCHA refusal 4.1.1 If the MCHA appointment is refused at the time of certification, document refusal in the “Family Appointment Record” under “NE Refusal.”★

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