

- Description**
- Low hemoglobin (Hgb) or hematocrit (Hct) screens for iron-deficiency anemia
 - People with low hemoglobin may be tired, fussy, have problems concentrating and get sick more often

Assess Readiness for Change: with open ended questions

- “Sam’s iron is low today. How has Sam’s iron been in the past?”
- “What has Sam’s Dr told you about iron?” or “What do you know about iron?”

Discussion, Counseling and Education

If the answer is:

Try Counseling Strategies

Try Education

Not ready

“The Dr didn’t say anything about his iron.”

- WIC’s finger pokes screen for anemia. I’ll write down Sam’s Hgb from today so you can share with his Dr. WIC will recheck Sam’s iron at his next cert.”
- “Eating high iron foods can help kids with low iron. May I share some information on foods that are high in iron?”

Pregnant

- “Hgb measures the amount of iron in the body. The amount of iron you get from foods affects your Hgb. Low iron can affect your child’s ability to learn, to concentrate and mean more infections.”
- Handout on foods high in iron

“Low iron in pregnancy can cause poor weight gain & affect the weight of your baby (may be LBW).”

Raise awareness & personalize change

Record Plan or Goal

Parent accepted recorded Hgb value & iron handout. Will re-assess readiness for change at next appointment.

Unsure

“He doesn’t eat very well but I give him a children’s vitamin?”

- “Since you’re giving vitamins, it sounds like you are worried Sam is not getting the nutrients he needs? Did Sam’s Dr recommend starting the vitamins?” or “Why did you decide to start vitamins?”
- “On a scale of 1-10, how worried are you about Sam’s iron?”
- “What is the biggest concern you have about Sam’s eating?”

- “Not all children’s vitamins contain iron.” Show how to read label or offer to have mom bring her label in.
- To increase iron in diet:
 - Meat, fish, poultry
 - Dried beans
 - Fortified WIC cereals

Raise awareness & confidence & identify barriers to change

Record Plan or Goal

Parent to try using cereal a second time daily as a snack. Will follow-up on foods changes next appointment.

Ready

“The Dr said it was low. I’m worried because my iron has always been low too.”

- “You both can enjoy the same great iron sources! What high iron foods are you already including in your meals?”
- What other high iron foods do you think you might want to add?”

- “Those would be great iron foods to add. You might also try serving a Vit C source when you have a high iron food as it helps more iron be absorbed.”
- If beans are a new food offer WIC bean recipes

Help plan change-support

Record Plan or Goal

Mom new to beans, provided bean recipes. Mom requests iron be checked again next appointment.

Education Resources

<http://www.brightfutures.org/nutrition/> Reference- *Bright Futures in Practice Nutrition: Iron Deficiency Anemia (pg 196)*
http://here.doh.wa.gov/materials/iron-for-strong-blood/15_WICiron_E04L.pdf Handout- *WA WIC- Iron for Strong Blood*
<http://www.dshs.state.tx.us/wichd/nut/pdf/fac11-s.pdf> Fact Sheet- *Texas- Iron Deficiency*
<http://ods.od.nih.gov/factsheets/iron.asp> Resource- *Office Dietary Supplements- Iron fact Sheet*