

503 Presumptive Eligibility for Pregnant Women (PG)

**Description** • A pregnant woman who meets WIC income guidelines, can be certified without evaluating her risk (as “presumed eligible”); a full nutrition assessment with risk assignment must then be completed within 60 days

**Assess Readiness for Change:** with open ended questions

- “Have you been on WIC before?” “What do you already know about WIC?”
- “How is the pregnancy going so far?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“I don’t really know what WIC is. My health nurse told me to come.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “I’m glad you came. WIC gives you vouchers to take to the store to buy food. We also talk about eating for a healthy pregnancy.”</li> <li>• “Would you like a handout on eating during pregnancy? We can talk about it more at your next appointment.”</li> </ul>	<ul style="list-style-type: none"> <li>• “WIC wants to help you eat well. Since you meet WIC’s income guidelines, we can start your WIC now. You’ll come back to finish the rest of your application. That way you can get your WIC foods today!”</li> <li>• “Let’s go over the WIC Food List so you know how to use your WIC vouchers.”</li> </ul>
<b>Record Plan or Goal</b>	Mom accepted eating in pregnancy handout. One month presumptive issued. Will assess risks/needs next appointment.	
<p><b>Unsure</b> →</p> <p>“Isn’t WIC welfare? I don’t want to be on welfare”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “WIC is different. We provide specific healthy foods. And we offer nutrition education, like information on eating during pregnancy &amp; infant feeding. You aren’t required to be on any assistance programs to receive WIC.”</li> <li>• “On a scale of 1-10, how concerned are you that you are receiving WIC?”</li> <li>• “What other concerns do you have today?”</li> </ul>	<ul style="list-style-type: none"> <li>• Share reasoning behind WIC foods:                             <ul style="list-style-type: none"> <li>○ Follows MyPyramid</li> <li>○ Calcium: milk, cheese</li> <li>○ Iron: cereal, beans</li> <li>○ Protein: bean, PB, cheese</li> <li>○ Vitamin A &amp; C: fruit &amp; vegs</li> </ul> </li> <li>• Inform of services your clinic offers</li> </ul>
<b>Record Plan or Goal</b>	Mom decided to accept WIC. One month presumptive issued. Will evaluate nutrition needs next appointment.	
<p><b>Ready</b> →</p> <p>“You don’t know how much WIC helps my family, especially now that I am pregnant again.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “I’m glad we can help your family. Since you are familiar with WIC, what can I answer for you today?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Sam is almost 5 yrs now so it has been awhile since you were pregnant. To answer your question, it is recommended that you have 3 cups milk a day. Is that something you think you can do?”</li> </ul>
<b>Record Plan or Goal</b>	Mom wanted reminder milk needs for pregnancy. One month presumptive. Complete risk assessment next appointment.	

<b>Education Resources</b>	<p><a href="http://www.merck.com/mmhe/sec22/ch258/ch258b.html">http://www.merck.com/mmhe/sec22/ch258/ch258b.html</a> Resource- risk factors prepregnancy, during pregnancy and pregnancy complications</p> <p><a href="http://www.hss.state.ak.us/dpa/programs/nutri/downloads/Admin/PolicyandProcedures/Admin_PandP_Ch2.pdf">http://www.hss.state.ak.us/dpa/programs/nutri/downloads/Admin/PolicyandProcedures/Admin_PandP_Ch2.pdf</a></p> <p>Resource- AK WIC Policy &amp; Procedure Manual- Presumptive Eligibility</p>
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