
POLICY: Stay Healthy Counseling for Pregnant, Breastfeeding, or Non-breastfeeding Postpartum Participants

Staff must:

1. Provide stay healthy counseling and the Stay Healthy handout during a second nutrition education contact or another time near the end of a pregnant, breastfeeding, or non-breastfeeding postpartum participant’s certification period.
 - The Stay Healthy handout is located on the [Nutrition Education page](#) of the website in alphabetical order.
2. Analyze and prioritize topics for discussion related to the participant’s nutrition risks, other health and nutrition topics of interest, and the stay healthy counseling topics below:
 - The benefits of a healthy diet
 - The importance of folic acid intake
 - Up-to-date family immunizations
 - Physical activity
 - Emotional health
 - Family planning resources
 - Continued nursing – the benefits of human milk feeding
 - Health risks of tobacco, alcohol, and drugs

Note: The [Stay Healthy](#) handout includes information about these topics.

3. Select the nutrition education topic(s) discussed and the Stay Healthy topic on the Nutrition Education screen before the end of the participant’s certification period.

PROCEDURE:

Staff:

- A. Incorporate stay healthy counseling and the [Stay Healthy](#) handout during a second nutrition education contact or another time near the end of a pregnant, breastfeeding, or non-breastfeeding postpartum participant’s certification period.
 1. Analyze and prioritize topics for discussion in this order: the participant’s nutrition risks, other health and nutrition topics of interest, and the stay healthy counseling topics listed in policy.
 - Stay healthy counseling topics aren’t intended to replace nutrition education when more risk specific counseling is needed.

2. Staff reinforce health messages received while participating in WIC, by sharing the following statement, or something similar, with adult participants:

We like to remind participants nearing the end of their certification to keep in mind the importance of a well-balanced diet, the need for folic acid intake, continued nursing, your family’s immunizations, and the health risks of harmful substances.
 3. Ask the participant if they have any questions.
- B. Provide the [Stay Healthy](#) handout or a link to the handout.
- C. Document stay healthy counseling in the participant’s file:
1. Complete the following when the stay healthy counseling occurred during a second nutrition education contact:
 - a. Select the nutrition education topic(s) discussed.
 - b. Select the Stay Health nutrition education topic.
 - c. Document an Individual Care Plan note. See the Second Nutrition Education – Individual policy for the Care Plan note requirements.
 2. When the stay healthy counseling occurs at another time during the certification select the Stay Healthy topic on the Nutrition Education screen.

Information:

Washington WIC uses the term stay healthy counseling instead of the federal term exit counseling.

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Washington WIC does not discriminate.

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