

5.07 Exit Counseling Session for Women Participants Effective Date: 5/26/2021

POLICY:

Participating women will be given one last counseling session along with a written exit brochure to reinforce the important health messages that she has been receiving throughout her WIC Program participation. The exit counseling session will utilize the participant's second or final nutrition education contact of the certification period.

PROCEDURE:

A. Exit Nutrition Counseling

1. All participating women "graduating" from the WIC Program must be offered an exit nutrition counseling session during their second or final nutrition education contact of the certification period.
2. The exit nutrition counseling will reinforce important health messages that she has been receiving through the WIC Program, with an emphasis on her nutrition risk condition, including:
 - a. The importance of folic acid intake
 - b. Continued breastfeeding
 - c. Up-to-date immunizations, both for themselves and for their children
 - d. The health risks of using alcohol, tobacco, and other substances
 - e. The need for a well-balanced diet
3. Each graduate must be offered a written exit brochure (i.e. ***Next Steps to Health for You and Your Family***) that reinforces good nutritional health and empowers program participants to make wise food choices even when they are no longer on the Program.
4. Each exit counseling session must be documented with the appropriate Nutrition Education Topic Code(s) as outlined in **Policy 5.05 Nutrition Education Contacts and Documentation**.
 - a. Nutrition Education must be offered, but it must not be required as condition of participation.
 - b. If the participant refuses nutrition education, the Nutritionist/Nutrition Associate (CPA) will document the refusal in the **Crossroads Nutrition Education Screen**.

REFERENCES:

1. SFP 94-142 WIC Exit Counseling Brochure
2. West Virginia WIC *Next Steps to Health for You and Your Family*, 2021