

Midcertification Assessment Questions - Breastfeeding Woman

JULY 2014

Follow Up

Follow up on previous nutrition and health assessment.

A: 100's Anthropometric – Height/weight, %tiles

Only if applicable: What has your doctor said about your weight? What are your thoughts on your weight?

B: 200's Biochemical – Blood Tests

Only if applicable: What has your doctor said about your iron? What do you know about anemia?

C: 300's Clinical – Health/Medical Conditions

Tell me about any changes to your health/eating habits. (Medical conditions, food/beverage choices, weight)

D: 400's Diet and Nutrition

- How is breastfeeding going for you and your baby? What are your goals for breastfeeding? (Supply, pumping schedule, separation, storing)
- OPTIONAL:
 - Please share one thing you like about your eating habits.
 - What would you like to be different about your health/eating? Why?
 - Are you taking any vitamin or mineral supplements? (Folic acid, vitamin D)

E: 900's Environmental/Other Factors

What are some physical activities that you enjoy doing?

Minnesota Department of Health - WIC Program 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us. To obtain this information in a different format, call: 1-800-657-3942.