

WIC Nutrition Assessment and Tailoring Study

Client: U.S. Department of Agriculture, Food and Nutrition Service

Overview

As part of the certification process for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), WIC staff conduct a comprehensive nutrition assessment of applicants. This nutrition assessment has two purposes: enable WIC staff to (1) determine whether the applicant meets the nutritional risk eligibility requirement, and (2) tailor WIC benefits (supplemental foods, nutrition education, and referrals to other service providers) to meet the needs of the participant.

The purpose of this study is to provide the Food and Nutrition Service with a comprehensive, detailed description of the WIC nutrition risk assessment process and identify ways participant benefits are tailored to address the assessment results.



For this project, Insight—

- Conducts 10 in-person and 10 virtual site visits to WIC clinics to conduct interviews, observe the nutrition assessment process, and analyze resulting data
- Collects and analyzes administrative data from WIC clinics
- Prepares datafiles for FNS on the qualitative and quantitative data

Products

- Final report; journal article