



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

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Updated

SUBJECT:
Procedure for Nutrition Assessment of Pregnant and Lactating Women

APPROVED: 10-19-10


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PURPOSE

Proper assessment and early identification of nutritional risks in pregnant and lactating women. A nutrition assessment is done for every pregnant and lactating woman who enrolls in the Early Head Start Program. The nutrition assessment will be updated for pregnant women at each subsequent trimester after enrollment. This information is used to assess the nutritional health of the women and to provide nutrition education, counseling and referrals.

POLICY

All pregnant women enrolled in Early Head Start program, should complete "Pregnancy Nutrition Questions" form. The form should be updated at each trimester.

REFERENCE

Head Start Performance Standards 1304.40 (c)

PROCEDURE

1. At the time of enrollment, the home visitor will assist the pregnant women with completing a "Pregnancy Nutrition questions". When enrolling a child who is breastfeeding into the Early Head Start Program the home visitor will assist lactating women with completing the same form.
2. The nutrition assessment form will be updated as needed and/or after delivery.
3. When providing a nutrition assessment form to the woman, staff should explain that the information she provides on her questionnaire will help Head Start provide adequate follow-up, counseling and referrals. Information provided on the "Pregnancy Nutrition questions" form is confidential. If there are any questions concerning the nutrition assessment you may refer them to the Registered Dietitian.
4. Upon completion of the "Pregnancy Nutrition questions", Nurses/home visitor will review and identify nutrition related risk factors such as: Allergy, pica, diarrhea, constipation, nausea, frequently runs out of food, gestational diabetes, and breast feeding concerns.
5. Home Visitor will follow up by providing pertinent information, resources, or referrals to the Registered Dietitian.