

Glossary

Anticipatory guidance – The counseling technique in which healthcare professionals provide parents or caregivers information for decision-making.

BMI (Body Mass Index) – A measure of body fat based on height and weight that applies to both men and women. The calculation is performed using weight in kilograms divided by height in meters squared (kg/m^2 or $703 \times \text{lb}/\text{in}^2$).

CDC (Centers for Disease Control and Prevention) – The lead Federal agency for protecting health decisions, and promoting health through strong partnerships. CDC serves as the national focus for developing and applying disease prevention and control, environmental health, and health promotion and educational activities designed to improve the health of the people of the United States.

Client-centered approach – The origin is client-centered therapy (CCT), developed by the psychotherapist Dr. Carl Rogers. CCT assumes that all persons have an internal drive for growth and healing and, in a supportive environment, can solve their own problems. A CCT therapist does not diagnose, analyze, or offer treatment. Instead, the therapist offers an environment of empathy and acceptance. He listens and provides advice only when asked.

Competency – An individual’s demonstrated knowledge, skills, or abilities performed to a specific standard. Competencies are observable, behavioral acts that are demonstrated in a job context and, as such, are influenced by an organization’s culture and work environment.

Concept map – A technique for visually representing the structure of information and more specifically how concepts within a domain are interrelated.

Continuity of care – As defined by the American Academy of Family Physicians, it is “The process by which the patient and the physician are cooperatively involved in ongoing health care management toward the goal of high quality, cost-effective medical care.”

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Critical thinking – The ability to integrate and demonstrate nutrition knowledge in order to communicate higher order thinking in the problem solving process to resolve dilemmas.

EPSDT (Early Periodic Screening Diagnosis and Treatment)

– This is Medicaid’s comprehensive and preventive child health program for individuals under the age of 21. EPSDT was defined by law as part of the Omnibus Budget Reconciliation Act of 1989 (OBRA 89) legislation and includes periodic screening, vision, dental and hearing services. In addition, section 1905(r)(5) of the Social Security Act requires that any medically necessary health care service listed at section 1905 (a) of the Act be provided to an EPSDT recipient even if the service is not available under the State’s Medicaid plan to the rest of the Medicaid population.

Feeding relationship – An interactive process that depends on the abilities and characteristics of both parent and child that is essential for a child’s proper nutrition and growth.

Health determinants – Factors which occur in varying degrees with each other to determine how susceptible individuals are to disease or, by comparison, how healthy individuals are day to day.

MMWR (Morbidity and Mortality Report Series) – A weekly report prepared by the CDC which includes provisional data, based on weekly reports to the CDC by State health departments.

Motivational interviewing – Motivational interviewing is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.

NHANES (National Health and Nutrition Examination Survey)

– An ongoing nationwide survey that uses the statistics compiled together to guide actions and policies to improve the health of the nation. A team of researchers with expertise in the medical sciences, epidemiology, social science, survey and statistical methods, and nutrition, coordinate planning activities for NHANES interviews, laboratory, and examination components.

Nutrition assessment – The in-depth review and analysis of a person’s medical and diet history, laboratory values, and anthropometric measurements to verify nutritional risk or malnutrition and identify underlying causes so that appropriate nutrition intervention, tailored to the needs of the individual, can be planned and initiated.

Nutrition education – Individual and group sessions and the provision of materials that are designed to improve health status and achieve positive change in dietary and physical activity habits, and that emphasize the relationship between nutrition, physical activity, and health, all in keeping with the personal and cultural preferences of the individual.

Nutrition services – The full range of activities performed by a variety of staff to operate a WIC Program, such as participant assessment and screening, nutrition education, nutrition, breastfeeding and health promotion, food package prescriptions, and health care referrals. WIC nutrition services encompass not only what WIC offers to participants but how WIC offers its services. At all levels this includes taking a fresh look at clinic environment, staff attitude, training and proficiency, materials and tools used, strategies for assessment, and nutrition education/ counseling techniques.

Pregravid – Refers to a woman’s pre-pregnancy weight.

RQNS (Revitalizing Quality Nutrition Services) – An initiative of continuous program improvement at the Federal, State, and local levels, that is refocusing attention on nutrition services as the core benefits and heart of the WIC Program. Nutrition Services encompass the following: assessment for certification and counseling, nutrition education, food package prescription, breastfeeding promotion and support, and referrals to health and social services. WIC staff excels in many aspects of nutrition services, but more can be done in order to deliver quality nutrition services that impact participant behavior change.

RSV (Respiratory Syncytial Virus) – The most common respiratory virus in infants and young children. The virus causes symptoms resembling those of the common cold. In infants born prematurely and/or with chronic lung disease, RSV can cause a severe or even life-threatening disease.

Stages of Change - The Stages of Change Model evolved from work with smoking cessation and the treatment of drug and alcohol addiction and has recently been applied to a variety of other health behaviors. The basic premise is that behavior change is a *process* and not an event, and that individuals are at varying levels of motivation, or *readiness*, to change. People at different points in the process of change can benefit from different interventions, matched to their stage at that time.

Appendix F

VOC (Verification of Certification) – Information pertaining to certification of WIC participants, which includes the name of the participant, the date the certification was performed, the date income eligibility was last determined, the nutritional risk condition of the participant, the date the certification period expires, the signature of the local agency certifying official, the name and address of the certifying local agency and a form of identification

VENA (Value Enhanced Nutrition Assessment) – The latest in a progression of projects and initiatives by the United States Department of Agriculture’s Food and Nutrition Service to continually improve nutrition services for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

