

What is



VENA?



What is VENA?
Pre-Test Question #1

- What does VENA stand for?

1. Value Enhanced Nutrition Achievement
2. Value Enhanced Nutrition Amendment
3. Value Enhanced Nutrition Assessment
4. Value Enhanced Nutrition Accomplishment

What is VENA?
Pre-Test Question #2

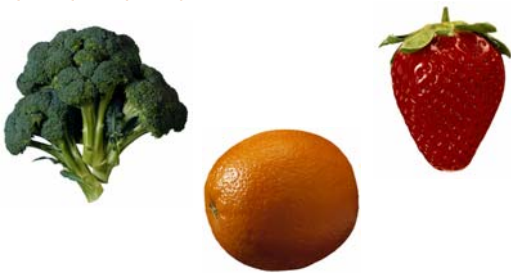
- Which step is **not** part of the VENA Process?

1. Collect the relevant information
2. Never discuss topics that are not nutrition-related
3. Identify pertinent and appropriate risks
4. Follow up on previous assessments

What is VENA? Pre-Test Question #3

- VENA focuses on which of the following skills:
 1. Using Critical Thinking
 2. Establishing Rapport
 3. Providing Correct Counseling Information
 4. All of the Above

Vitamin C Rich Foods



Problem

No Vitamin C intake

Reason for the Problem

Lack of knowledge of Vitamin C rich foods

Treatment

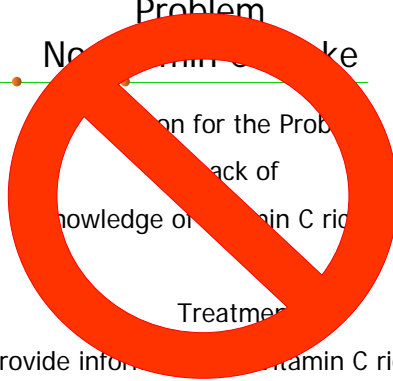
Provide information on Vitamin C rich foods

Problem

No vitamin C intake


Reason for the Problem: Lack of knowledge of vitamin C rich foods

Treatment: Provide information on vitamin C rich foods



Standardized Care

The same message to the entire group



Individualized Care

- Provide an appropriate and personalized nutrition intervention
 - Nutrition education
 - Food package tailoring
 - Referrals



VENA

What does VENA stand for?


- V
- E
- N
- A

The VENA Process

1. Collect the relevant information
2. Clarify and synthesize the information
3. Identify pertinent and appropriate risks
4. Document the assessment
5. Follow up on previous assessments


Collect the Relevant Information

- Anthropometric
- Biochemical
- Clinical




Collect the Relevant Information

- Anthropometric
- Biochemical
- Clinical
- Dietary
- Environment
- Family information



Clarify and synthesize the information that has been collected

Using Critical Thinking Skills



Identify the pertinent and appropriate risk(s) and other related issues

Using Risk Criteria



WIC's Approach to Dietary Assessment

- Qualitative versus Quantitative
 - No 24-hour diet recalls or food frequency questionnaires
 - No documentation of number of servings, ounces, cups
 - No diet scoring ☺

WIC Staff Will Ask Participants About

- Appetite
- Favorite foods
- Cultural Preferences



Consider **WHAT** Influences Food Choices and Eating Practices/Behaviors

- Knowledge/education
- Beliefs (religious or cultural)
- Family and environmental issues
 - Support networks
 - Food security
- "Lifestyle" practices
 - Alcohol and tobacco use
 - Lack of routine physical activity

The VENA Diet Assessment Tool

Diet Assessment

- Qualitative
 - Attitudes, beliefs
 - Behaviors
- "Springboard" the Conversation

Diet VENA Focus

- Using Critical Thinking
- Establishing Rapport
- Providing Correct Counseling Information



- **Starting the Conversation**

Document the Assessment

- Documents what was discussed
- Provides a starting point for subsequent appointments
- Allows for continuity of care




Follow up on Previous Assessments

- Were goals met?
- What barriers were encountered?
- Provides continuity of care



The VENA Process

- 
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 5. Follow up on previous assessments

WIC's Diet Assessment Supports Health-Outcome Based Counseling

~~Deficiencies~~



Desired Health Outcomes

Desired Health Outcomes

Child 12-60 Months



Achieves optimal growth and development in a nurturing environment and begins to acquire dietary and lifestyle habits associated with a lifetime of good health

Health Determinants for Children

- Receives ongoing preventive health care including screenings and immunizations
- Achieves a normal growth pattern
- Remains free from nutrition-related or food-related illness, complications, or injury

Health Determinants for Children

- Consumes a variety of foods to meet energy and nutrient requirements
- Achieves developmental milestones including self-feeding



Staff Benefits from Health Outcome Nutrition Assessment

- Emphasize strengths and healthy practices
- Highlight accomplishments
- Reinforce increasing confidence of the caregiver

Participant Benefits from Health Outcome Nutrition Assessment

- Greater understanding of the nutrition assessment
- Recognize role in achieving the desired health outcome
- Empower to decide how (or whether) to alter current behaviors

To Learn More About VENA

www.nal.usda.gov/WicWorks

What Is VENA? Post-Test Question #1

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What is VENA?
Post-Test Question #4

- The WIC nutrition assessment focuses on a positive approach based on desired health outcomes.
 1. True
 2. False
