Food and Nutrition Service

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WIC Nutrition Assessment and Tailoring Study: Final Report Part 2 – Appendix C

U.S. Department of Agriculture | Food and Nutrition Service | Office of Policy Support

WIC Nutrition Assessment and Tailoring Study: Final Report Part 2 – Appendix C

Submitted to

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In approving Ohio WIC's participation in this study, the Ohio Department of Health Institutional Review Board requires that publication of research findings include the following disclaimer: "This study includes data provided by the Ohio Department of Health which should not be considered an endorsement of this study or its conclusions."

In approving Nebraska WIC's participation in this study, the Nebraska Department of Health and Human Services requires that publication of research findings include the following disclaimer: "These findings and their interpretation are the sole responsibility of the author and do not necessarily reflect the opinions or policy position of DHHS."

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Appendix C

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Table 1. Conducting remote nutrition risk assessment appointments (Remote)

Remote appointments	WIC staff	
	Number	Percentage
Location from which staff performed the majority of remote nutrition risk assessments		
Office	54	60.7
Home	26	29.2
Divided time equally between home and office	9	10.1
WIC staff respondents	89	
Staff was able to use the clinic's management information system (MIS) from remote work location		
Yes	50	56.2
No	0	0.0
Not applicable, only worked from the office	39	43.8
WIC staff respondents	89	
Mode of remote nutrition risk assessment appointments		
Telephone	77	86.5
Telephone and video calls	6	6.7
Telephone and curbside	6	6.7
WIC staff respondents	89	

Percentage totals may not add to 100 due to rounding.
Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Remote Staff Interviews, Fall 2021 – Spring 2022, questions 4-6. Tabulations are not weighted.

Table 2. Documenting risk criteria (Remote)

Documenting risk criteria	WIC staff	
	Number	Percentage
Do staff document a different number of nutrition risks remotely than in person?		
Yes, more risks documented remotely	3	3.5
Yes, fewer risks documented remotely	30	34.5
Yes (direction not specified)	2	2.3
No	41	47.1
Not applicable†	11	12.6
WIC staff respondents	87	

†Respondents did not work at WIC clinic prior to COVID-19 and have never conducted an in-person assessment.
Percentage totals may not add to 100 due to rounding.
Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Remote Staff interviews, Fall 2021 – Spring 2022, questions 7c_1 and 7c_2. Tabulations are not weighted.

Table 3. Whether staff find they document a different number of modifications to the food package remotely compared with in person (Remote)

Different number of food package modifications remotely than in person	WIC staff	
	Number	Percentage
Yes, more modifications made remotely	5	5.7
Yes, fewer modifications made remotely	2	2.3
Yes (direction not specified)	2	2.3
No	68	77.3
Not applicable†	11	12.5
WIC staff respondents	88	

†Respondents did not work at WIC clinic prior to COVID-19 and have never conducted an in-person assessment.
Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Remote Staff interviews, Fall 2021 – Spring 2022, question 11b. Tabulations are not weighted.

Table 4. Staff perceptions about the in-person nutrition risk assessment process (In-person)

Perceptions about the in-person nutrition risk assessment process	Total number of respondents†	Percent of WIC staff in agreement				
		Strongly agree	Agree	Undecided	Disagree	Strongly Disagree
We could make better use of technology to improve clinic flow.	86	41.9	40.7	9.3	7.0	1.2
The flow of participants through our clinic as they receive services works well.	87	13.8	56.3	11.5	13.8	4.6

†Variation in number of respondents for each row is due to a number of factors: staff may have responded that they did not know, had no opinion, or otherwise did not answer the question.
Row totals may not add to 100 due to rounding.
Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, In-person Staff interviews, Summer and Fall 2022, questions 40 and 42. Tabulations are not weighted.

Table 5. Staff characteristics, by assessment mode

Characteristics	Remote		In-person	
	Number of respondents	Percentage	Number of respondents	Percentage
Years worked at WIC clinic				
Less than 2 years	21	23.6	26	29.9
Between 2 - 4 years	23	25.8	19	21.8
5 years or more	45	50.6	42	48.3
Number of staff respondents	89		87	
Type of WIC participants seen for nutrition risk assessment appointments				
All types of clients	76	85.4	63	74.1
Only non-high-risk clients	12	13.5	17	20
Only high-risk clients	0	0	2	2.4
Other	1	1.1	3	3.5
Number of staff respondents	89		85	

*Differences are significant at p≤0.05.

Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, questions 1 and 3. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 6. Documenting risk criteria, by assessment mode

Documenting risk criteria	Remote		In-person		Overall	
	Number of respondents	Percentage	Number of respondents	Percentage	Number of respondents	Percentage
Do staff limit number of risk criteria documented for any single participant?						
Yes	10	11.5	8	9.4	18	10.5
No	77	88.5	77	90.6	154	89.5
Number of staff respondents	87		85		172	

*Differences are significant at p≤0.05.

Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, question 7c_1. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 7. Tools used by WIC staff to complete nutrition risk assessments, by assessment mode

Tools used[1]	Remote		In-person	
	Number of respondents	Percentage	Number of respondents	Percentage
Management Information System (MIS)	50	56.2	47	54.0
Checklist	10	11.2	–	–
MIS + Checklist	13	14.6	17	19.5
MIS + Other#	14	15.7	23	26.4
MIS + Checklist + Other#	2	2.2	–	–
Number of staff respondents	89		87	

[1]In categorizing staff interview responses for this question, the responses fell into different categories for remote and in-person data collection, with the exception of the "MIS" category. Since response categories varied, we did not conduct significance testing for this comparison.

#Other tools included questionnaires that are not within the MIS, the risk code definition sheet, discussion scripts, nutrition care plans, birthing plans for pregnant mothers, breastfeeding assessment sheets and "cheat sheets" with additional questions.

"–" indicates no data for item.

Respondents reported all that apply.

Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, question 8. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 8. Percentage of staff reporting how they modify nutrition education based on nutrition risk assessment findings, by assessment mode

Modifications made to nutrition education	Remote staff modify based on risk assessment		In-person staff modify based on risk assessment	
	Total number of respondents	Percentage	Total number of respondents	Percentage
Topics discussed	88	92.0*	86	98.8
Counseling methods used	88	61.4*	83	86.7
Mode of delivery	88	38.6*	80	70.0
Other	88	8.0	66	15.2

*Differences are significant at p≤0.05.
Respondents reported all that apply.
Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, question 12. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 9. Percentage of staff reporting how they tailor subsequent nutrition education (i.e., after initial certification) to participants' nutrition risks, by assessment mode

Modifications made to subsequent nutrition education contacts	Remote staff tailor based on risk assessment		In-person staff tailor based on risk assessment	
	Total number of respondents	Percentage	Total number of respondents	Percentage
Timing or frequency of next contact	86	73.3	78	83.3
Topics covered at next contact	86	61.6*	76	94.7
Format of next contact	86	29.1*	75	54.7
Other aspect of next contact	85	8.2	61	16.4

*Differences are significant at p≤0.05.
Respondents reported all that apply.
Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, question 14. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 10. Whether staff receive training in cultural differences among WIC participants, by assessment mode

Source of staff training	Remote		In-person		Overall	
	Number of respondents	Percentage	Number of respondents	Percentage	Number of respondents	Percentage
Received training from WIC or other sources	66	76.7	73	83.9	139	80.3
No training received	20	23.3	14	16.1	34	19.7
WIC staff respondents	86		87		173	

* Differences are significant at p≤0.05.

Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, question 17. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 11. Situations when staff routinely follow up on nutrition and health goals, by assessment mode

When staff routinely follow up on health goals	Remote staff follow up on goals		In-person staff follow up on goals	
	Total number of respondents	Percentage	Total number of respondents	Percentage
When the participant is high-risk	86	80.2*	80	97.5
When the visit is for nutrition education	84	59.5	80	66.3
At the next certification visit	86	52.3*	83	85.5
Other situations#	84	88.1*	76	71.1

*Differences are significant at p≤0.05.

#Other situations include at a mid-certification appointment, during a staff-initiated follow-up call (e.g., for additional breastfeeding support), anytime a participant calls the WIC office with questions, during a food package change appointment, or during any interaction with the client.

Respondents reported all that apply.

Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, question 24. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 12. Situations when staff follow up on referrals made, by assessment mode

When staff follow up on referrals made	Remote staff follow up on referrals		In-person staff follow up on referrals	
	Total number of respondents	Percentage	Total number of respondents	Percentage
When the participant is high-risk	85	68.2*	75	86.7
When information has been received from the referral	85	44.7	73	57.5
When information has *not* been received from the referral	84	50.0	66	51.5
At re-certification	84	72.6	74	81.1
Other situations#	85	52.9	68	45.6

*Differences are significant at p≤0.05.

#Other situations include following up when participants needed special formulas, breastfeeding support, or food substitutions for dietary restrictions. Staff also followed-up soon after an appointment depending on the severity of a participant's risk.

Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, question 25. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 13. Staff perceptions about the nutrition risk assessment process, by assessment mode

Perceptions about the nutrition risk assessment process	Remote						In-person					
	Total number of respondents†	Percent of WIC staff in agreement					Total number of respondents	Percent of WIC staff in agreement				
		Strongly agree	Agree	Undecided	Disagree	Strongly disagree		Strongly agree	Agree	Undecided	Disagree	Strongly disagree
It is effective in identifying participants' nutrition risks	88	29.6	58.0	6.8	5.7	0.0	87	27.6	69.0	1.1	2.3	0.0
It is too complicated for its purpose	88	2.3	4.5	8.0	60.2	25.0	87	2.3	6.9	11.5	60.9	18.4
It results in an appropriately tailored food benefit package	87	33.3*	54.0	6.9*	5.7*	0.0*	87	13.8	47.1	19.5	14.9	4.6
It gives us the information needed to tailor nutrition education	87	33.3	52.9	6.9	6.9	0.0	87	21.8	62.1	9.2	6.9	0.0
I have all the resources I need to perform a nutrition risk assessment	86	26.7	47.7	8.1	10.5	7.0	87	23.0	56.3	6.9	11.5	2.3
I have all the resources I need to tailor benefits	86	45.3*	43.0	5.8	5.8	0.0	85	20.0	51.8	11.8	14.1	2.4
The clinic's management information system (MIS) helps me to complete the remote assessments	87	47.1*	42.5	3.4	2.3	4.6	87	29.9	55.2	6.9	3.4	4.6
We could make better use of technology when communicating with participants about their nutrition risk assessment appointments	87	26.4	39.1	12.6	20.7*	1.1	84	39.3	39.3	8.3	9.5	3.6

*Differences are significant at p≤0.05.

†Variation in number of respondents for each row is due to a number of factors: staff may have responded that they did not know, had no opinion, or otherwise did not answer the question.

Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, questions 27-30, 34-35, 38-40, and 42. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 13a. Staff perceptions about the nutrition risk assessment process, by assessment mode (3 point Likert scale)

Perceptions about the nutrition risk assessment process	Remote				In-person			
		Percent of WIC staff in agreement				Percent of WIC staff in agreement		
	Total number of respondents†	Strongly agree/ Agree	Undecided	Disagree/Strongly disagree	Total number of respondents	Strongly agree/Agree	Undecided	Disagree/Strongly disagree
It is effective in identifying participants' nutrition risks	88	87.5*	6.8	5.7	87	96.6	1.1	2.3
It is too complicated for its purpose	88	6.8	8.0	85.2	87	9.2	11.5	79.3
It results in an appropriately tailored food benefit package	87	87.4*	6.9*	5.7*	87	60.9	19.5	19.5
It gives us the information needed to tailor nutrition education	87	86.2	6.9	6.9	87	83.9	9.2	6.9
I have all the resources I need to perform a nutrition risk assessment	86	74.4	8.1	17.4	87	79.3	6.9	13.8
I have all the resources I need to tailor benefits	86	88.4*	5.8	5.8*	85	71.8	11.8	16.5
The clinic's management information system (MIS) helps me to complete the remote assessments	87	89.7	3.4	6.9	87	85.1	6.9	8.0
We could make better use of technology when communicating with participants about their nutrition risk assessment appointments	87	65.5	12.6	21.8	84	78.6	8.3	13.1

*Differences are significant at p≤0.05.

†Variation in number of respondents for each row is due to a number of factors: staff may have responded that they did not know, had no opinion, or otherwise did not answer the question.

Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Staff Interviews, questions 27-30, 34-35, 38-40, and 42. Remote data collected Fall 2021 - Spring 2022; In-person data collected Summer and Fall 2022. Tabulations are not weighted.

Table 14. Determining who is high risk in local clinics that were part of study data collection

High risk nutritional risks	Local agencies	
	Number	Percentage
Who determines which nutritional risk criteria are considered high risk		
The State agency	35	87.5
The local agency	0	0.0
Both the State agency and local agency	5	12.5
We do not use high risk codes	0	0.0
Number of local agencies	40	

Percentage totals may not add to 100 due to rounding.
Source: U.S. Department of Agriculture, Food and Nutrition Service, WIC Nutrition Assessment and Tailoring Study, Local Agency Director Survey. Tabulations are not weighted.