

# Nutrition Care Standards

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*Health and Wellness for all Arizonans*

azdhs.gov



# History of the Nutrition Care Standards (NCS)

- Developed and rolled out a few years ago
- Documents containing nutrition information specific to our clients' age or status
- Purpose:
  - Provide staff evidenced-based information
  - Standardize nutrition messages

# The NCS Provided...

- Evidenced-based nutrition information organized by core topics
  - Including information about MyPyramid
- References to WIC Goals
- References to WIC Risk Codes

# Over the past two years...

- USDA has released MyPlate
- WIC Goals have been replaced with TGIF
- WIC (Risk) Codes have changed



# Now...

- The NCS require major revisions....  
and a make over

*“Cher's main thrill in life is a makeover.  
It gives her a sense of control  
in a world full of chaos.”*

*-Dionne, from the motion picture Clueless, 1995*



# Make Over Needs

- Content
- Layout or Design
- Function

Repeat after me...

- ✓ Color
- ✓ Texture
- ✓ Pattern
- ✓ Shine



# First Outfit

- Organized using the ABCDE assessment
- Incorporates symbols to quickly locate information
- Hyperlinks for easy navigation



# Let's Take a Look



# Moving Forward

- Consider how to best incorporate:
  - Assessment flow
  - Packaging the nutrition education message
- Maintain goal of creating an easy to use, easy to follow reference

# NCS Advisory Committee

- Interested?
  - Contact Devon Wilson-Torres
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- Progress will be shared

