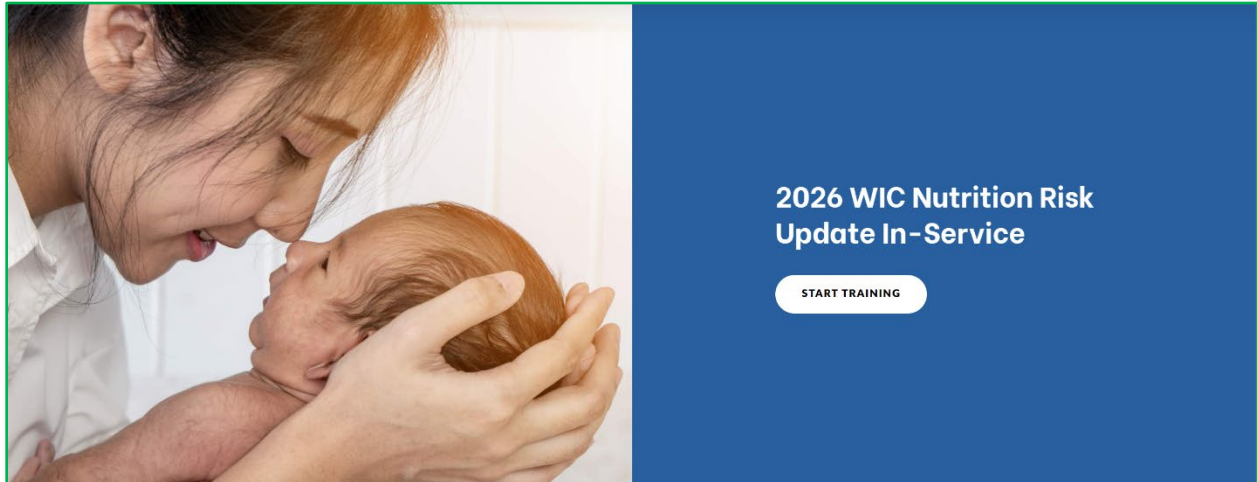


Facilitator guide for 2026 nutrition risk update in-service

This resource is for WIC local agency staff authorized to facilitate group learning for certifiers/CPAs.



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Please reach out to the state WIC training team if you have any questions or need additional support: wictraining@oha.oregon.gov.

Overview of in-service

This guide is a tool to support facilitators delivering the 2026 nutrition risk update in-service to certifiers/CPAs at their local agency.

Purpose of nutrition risk updates and this in-service

Nutrition risk updates occur every two years based on reviews done by the Risk Identification and Selection Collaborative (RISC) and communicated to state and regional WIC programs by Food and Nutrition Service (FNS).

This in-service prepares certifiers/CPAs for the 2026 updates to WIC nutrition risk criteria. Updates to nutrition risks can change how certifiers assign risks, document risks, and support participants. It explains what's changing, why it matters, and what certifiers may need to do differently.

What risks are changing in 2026

These two risks have changes that are implemented officially on October 1, 2026:

1. **Risk 312: History of Low Birth Weight**
2. **Risk 427.1: Inappropriate Use of Dietary Supplements**

These two risks have updated guidance, but no strict implementation date:

3. **Risk 353: Food Allergies**
4. **Risk 141A: Low Birth Weight** (ages 0 to 11 months)

Learning outcomes

After completing the in-service, certifiers/CPAs will be able to:

- Identify the risk being discontinued in 2026.
- Name the 9th most common food allergen.
- Identify the risk assigned when a pregnant or breastfeeding adult reports CBD use.
- List two approaches to supporting caregivers of infants 0–11 months with low birth weight.

Who needs to complete it

All certifiers/CPAs at your local agency.

Important dates

- Training opens: **June 1, 2026**
- CPAs/Certifiers must complete in-service by: **September 30, 2026**
- Nutrition risk changes go into effect on: **October 1, 2026**

Who can facilitate this training

WIC staff who are health professionals. Examples include training supervisors, nutritionists, or CPAs with an advanced degree.

See [Policy 440: Staff Training Requirements](#) for more information on training requirements for nutrition-focused in-services.

Individual and group training options

This training can be assigned to CPAs/certifiers to take individually, or facilitators can host group sessions. Guidance for hosting group sessions is included later in this document.

Those who are unable to attend group sessions can complete the training independently and follow up with the training supervisor or facilitator with any questions.

How to access the training

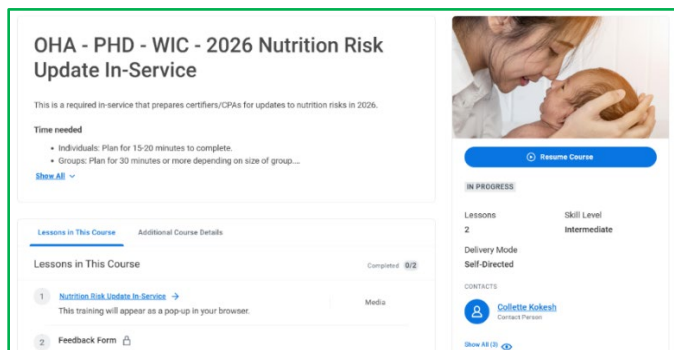
This training was created using an eLearning software called Articulate. This style of in-service is different than previous in-services materials like PowerPoint presentations, webinars, or memos.

You cannot download this training. It can only be opened through Workday. The next pages give an overview of how to access and navigate the program.

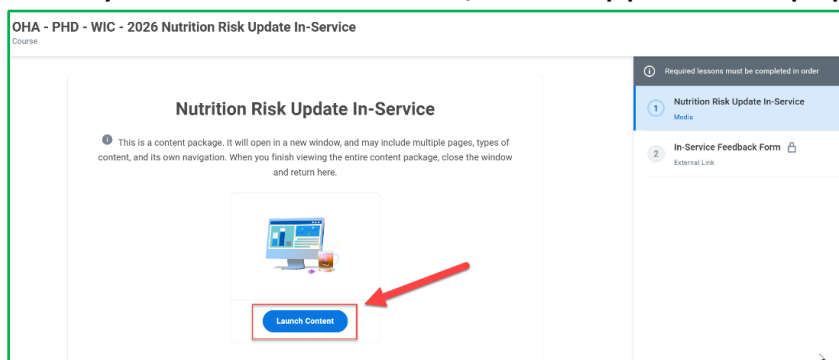
In-service will open as a pop-up on Workday

This training was created using an eLearning software called Articulate. You do not need a special program to access the course.

You or staff will need to log into Workday to access this training. The course is named: [OHA - PHD - WIC - 2026 Nutrition Risk Update In-Service](#).



Once you launch the course, it will appear as a pop-up in your browser.

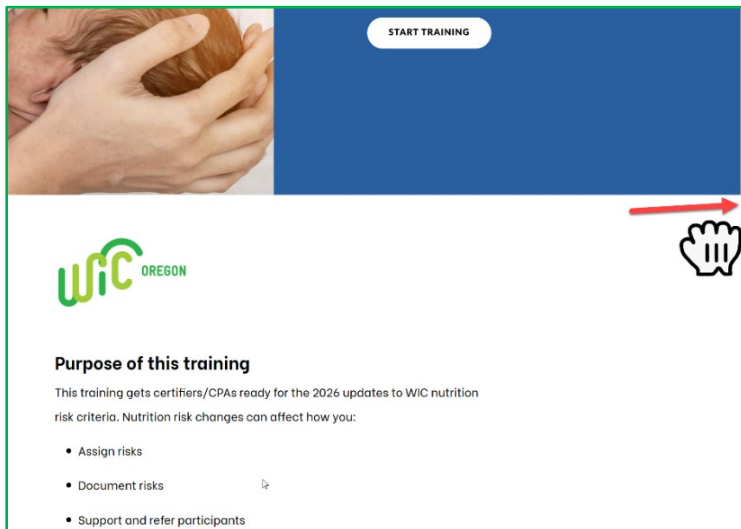


Tips for navigating the eLearning pop-up

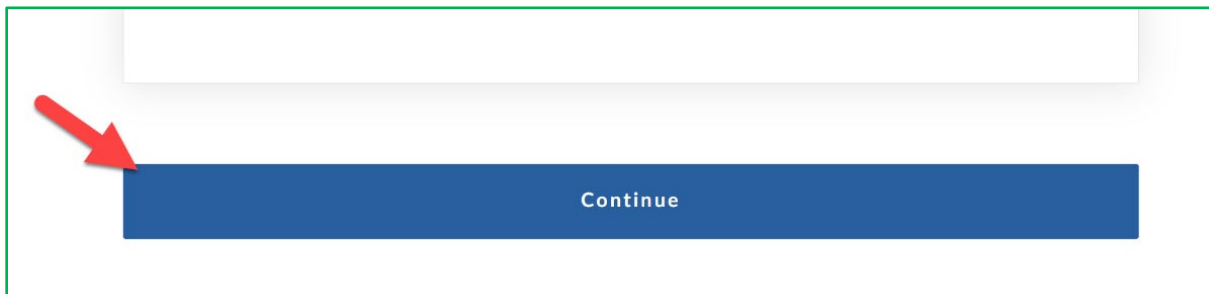
To progress through the in-service, you will need to scroll through each section and click Continue buttons. There is “hidden” content in interactive elements that you will need to click symbols to open.

Tip: For groups, share your screen and select **CTRL** and **+** or **CTRL** and **-** to zoom in and out.

Scroll down to see content further down.

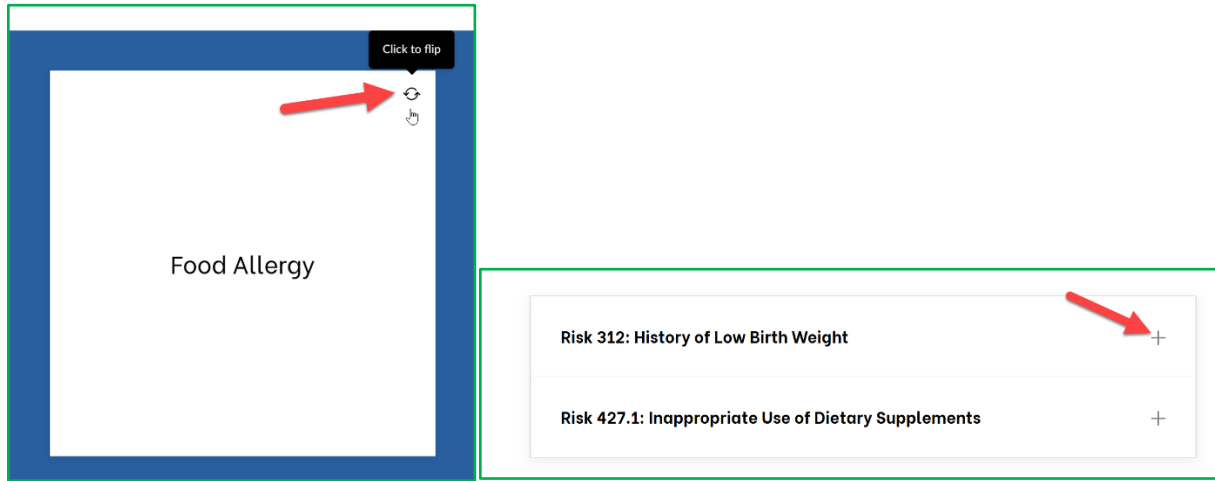


Click the **Continue** button at the bottom of each section to progress.

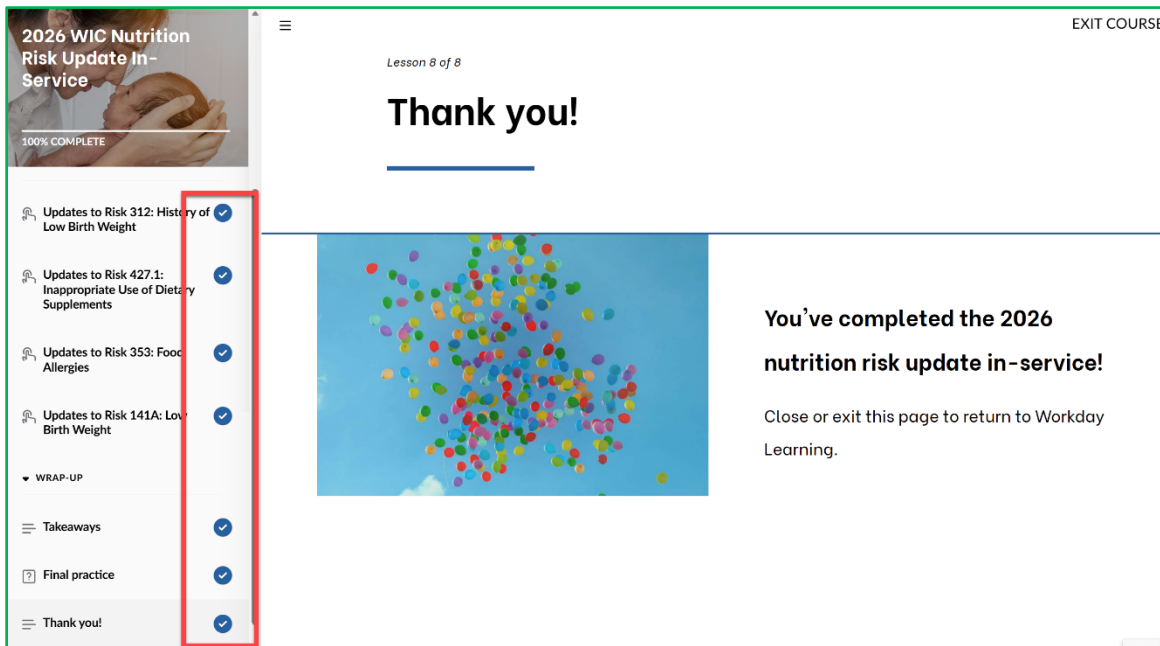


Facilitator Guide: 2026 Nutrition Risk In-Service

Click **symbols** on interactive pieces to open or flip to see more content.



In-service is complete once all progress circles are full and "Thank you!" message appears. Click **EXIT COURSE** or close page to return to Workday.



Facilitator preparation

Review training before facilitating a group

We recommend facilitators complete this training before facilitating group learning.

Completing the training on your own will help you:

- Answer staff questions with confidence.
- Get comfortable with navigating the eLearning program.
- See where natural pause points occur when facilitating group learning.
- Have time to clarify any confusing points with state WIC staff, if necessary, before facilitating group learning.

A high-level overview of the content is available later in this guide for reference.

Estimated time

Plan enough time to discuss topics and answer questions.

- Plan for at least 30 minutes depending on the size of your group.
- Individuals will need at least 15 minutes to complete.

Logging in and tracking completion

Groups:

Prepare for you or another staff member to log in to Workday to access the course. Track group completion with an attendance sheet or any preferred method you have for tracking staff training.

Individuals:

If you assign this training for staff to take on their own, each member needs a Workday account and must log in to take the course.

Track individual staff completion with an attendance sheet or any preferred method you have for tracking individual staff training on Workday.

Completion Reports are available in Workday to track individual completion

Your local agency's Workday Affiliation Manager (AFM) can see staff completion of training in the Workday system. If you do not have a Workday AFM, contact the state WIC training team for help:

wictraining@oha.oregon.gov.

Be sure staff have done the training before adding their name to the in-service completion roster.

Tips for leading a group session

Make sure everyone can see and access the content if you are presenting it on a screen.

When you share your screen, make the screen larger or smaller for staff as needed:

- Hold down **CTRL** and click **+** to zoom in.
- Hold down **CTRL** and click **–** to zoom out.

Set the pace for the group

We recommend using eLearning as the backbone of your conversation with the group, not the script.

Tips for setting the pace for group learning:

- Navigate through sections slowly enough for everyone to follow.
- Try pausing 2-3 times in each section to give staff time to process.
- Connect case studies or quiz questions to recent certifier/participant interactions.
- Ask open-ended questions to encourage open sharing.

Encourage discussion with open-ended questions

Asking open-ended questions can encourage critical thinking and deeper learning. Here are some ideas:

- “What stands out to you here?”
- “Where have you seen this in your work?”
- “What would make this step challenging for you?”
- “What’s one thing you’ll do differently after this section?”
- “What was surprising to you about this section?”

Encourage staff to share real challenges they’ve faced with risk assignment or referrals related to the risks covered in this in-service.

Pause at interactive portions

You'll notice interactive buttons such as flip cards, check boxes, and quiz questions. As the facilitator, you control the timing and the pacing of these.

The image displays three examples of interactive content from a digital resource. The first is a flip card titled "What is the difference between a food allergy and food intolerance?" with a sub-instruction "Click to flip over each flash card and learn the difference." It shows two cards: "Food Allergy" and "Food Intolerance". The second is a checklist titled "How to support parents or caregivers of low birth weight infants" with the instruction "Read each item and check the box to continue." The items are: "Provide early, frequent breastfeeding support." (unchecked), "Refer to a breastfeeding peer counselor (if available) for peer support." (unchecked), "Refer to the WIC Designated Breastfeeding Expert (DBE) for advanced lactation and breastfeeding support." (checked), and "Recommend a hospital-grade electric pump if the infant is in the Neonatal Intensive Care Unit (NICU) or cannot latch." (unchecked). The third is a quiz question titled "Question 1/3" with the text: "Jesse tells you she thinks she is allergic to wheat because she gets cramps every time she eats bread. You ask her if she's discussed this with her health care provider, and she says no. Is this a self-diagnosis or a self-reported diagnosis?" The options are "Self-diagnosis. No risk assigned." (radio button) and "Self-reported diagnosis. Assign Risk 353." (radio button). A "SUBMIT" button is at the bottom.

Turning interactive elements into group sharing

You can ask open-ended questions to the group to answer questions or move through flip cards and checklist items together. Here are some ideas:

- "What do you think the correct answer is, and why?"
- "Why do you think that one is wrong?"
- "How would you define this term?"
- "What are your thoughts about this list of items?"
- "Which of these things do you feel most/least confident about?"

High-level overview of content

Below is a high-level overview that includes the main changes to risks and any changes to workflow.

Risk 312: History of Low Birth Weight

What certifiers/CPAs need to know

- Risk 312 retires October 1, 2026.
- It will no longer appear as a standalone question in the data system.

Participants previously captured under 312 will now fall under Risk 311, because preterm and early-term births are the leading cause of low birth weight.

What certifiers/CPAs need to

- The data system will continue to auto-assign Risk 311 based on gestational age at birth reported in pregnant and postpartum health history forms.
- Certifiers **do not** manually assign Risk 311.

Risk 353: Food Allergies

What certifiers/CPAs need to know

- Sesame is now recognized as the 9th most common allergen in the U.S.
- Food allergy = immune response and can be life threatening
- Food intolerance = no immune response but causes discomfort

What certifiers/CPAs need to do

- Manually assign Risk 353 only when the allergy is:
 - Diagnosed by a healthcare provider, OR
 - Self-reported as diagnosed by a healthcare provider
- No changes to assignment process beyond this clarification

Risk 427.1: Inappropriate Use of Dietary Supplements

What certifiers need to know

- CBD use (any form) is included under this risk starting October 1, 2026.
- Pregnant and any breastfeeding participants (some, mostly, or fully breastfeeding) using CBD are assigned this risk.
- This risk is not assigned to non-breastfeeding postpartum adults using CBD supplements.

What certifiers need to do

Pregnant or breastfeeding adults:

- **Manually assign Risk 427.1** when participant reports CBD use.
- Do not assign Risk 427.1 if the CBD product contains THC.
 - In this case, manually assign Risk 372: Alcohol and Substance Use.
- Quick rule of thumb:
 - CBD alone → manually assign Risk 427.1
 - CBD that includes THC → **manually assign Risk 372**

Non-breastfeeding postpartum adults:

- Do not assign 427.1 or 372 for CBD or THC because consumption of marijuana/cannabis products is not a risk factor for this participant category.

Risk 141A: Low Birth Weight (0 to 11 months)

What certifiers need to know

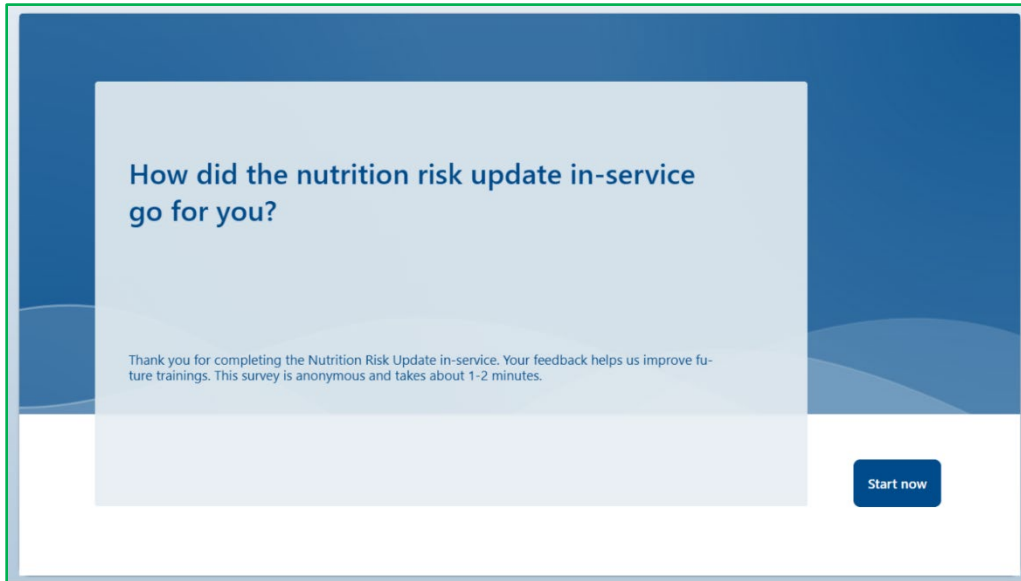
- There are no changes this year to how this risk is assigned.
- Updated guidance focuses on how certifiers can support parents and caregivers of infants ages 0 to 11 months assigned Risk 141A.

What certifiers need to do

Continue to provide tailored support to parents and caregivers of infants with low birth weight assigned Risk 141A.

Providing feedback through MS Forms

Input from local agency facilitators and staff help the state WIC training team improve future trainings and in-services.



After you facilitate the training with the group, please share this link with staff who attend your session. They do not have to log into Workday to submit feedback.

Link to feedback form (Microsoft Forms):

<https://forms.office.com/g/QBvESU960i>

There are multiple ways to submit feedback:

1. Fill out the form as a group if consensus can be reached on answers.
2. Fill out this form as a facilitator on your own.
3. Email the survey link to staff in the group and have each person fill it out on their own.

Staff members taking this training on their own in Workday will be prompted to give feedback when they complete the in-service pop-up.