

NUTRITION RISK CODE DEFINITIONS FOR PREGNANT WOMEN – OCTOBER 2012

ALLOWED RISK CRITERIA	<u>Risk Criteria Definition</u>	RISK CODE NUMBER (USDA)															
High Maternal Weight Gain	<p>High rate of weight gain, such that in the 2nd and 3rd trimesters, for singleton pregnancies:</p> <ul style="list-style-type: none"> • Underweight women gain more than 1.3 pounds per week • Normal weight women gain more than 1 pound per week • Overweight women gain more than .7 pounds per week • Obese women gain more than .6 pounds per week <p style="text-align: center;">OR</p> <p>High weight gain at any point in pregnancy, such that using an IOM-based weight gain grid, a pregnant woman's weight plots at any point above the top line of the appropriate weight gain range for her respective weight category.</p>	1E (133)															
Low Maternal Weight Gain	<p>Low rate of weight gain in the 2nd and 3rd trimesters, for singleton pregnancies:</p> <ul style="list-style-type: none"> • underweight women gain less than 1 pound per week • Normal weight women gain less than .8 pounds per week • Overweight women gain less than .5 pounds per week • Obese women gain less than .4 pounds per week <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Low weight gain at any point in pregnancy, that when using an (IOM)-based weight gain grid, a pregnant woman's weight plots at any point beneath the bottom line of the appropriate weight range for her respective prepregnancy weight category: <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: center;">Prepregnancy Weight</th> <th style="text-align: center;">BMI</th> <th style="text-align: center;">Total Weight Range (lbs)</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Underweight</td> <td style="text-align: center;">< 18.5</td> <td style="text-align: center;">28 – 40</td> </tr> <tr> <td style="text-align: center;">Normal Weight</td> <td style="text-align: center;">18.5 to 24.9</td> <td style="text-align: center;">25 – 35</td> </tr> <tr> <td style="text-align: center;">Overweight</td> <td style="text-align: center;">25.0 to 29.9</td> <td style="text-align: center;">15 - 25</td> </tr> <tr> <td style="text-align: center;">Obese</td> <td style="text-align: center;">≥ 30.0</td> <td style="text-align: center;">11 - 20</td> </tr> </tbody> </table>	Prepregnancy Weight	BMI	Total Weight Range (lbs)	Underweight	< 18.5	28 – 40	Normal Weight	18.5 to 24.9	25 – 35	Overweight	25.0 to 29.9	15 - 25	Obese	≥ 30.0	11 - 20	1I (131)
Prepregnancy Weight	BMI	Total Weight Range (lbs)															
Underweight	< 18.5	28 – 40															
Normal Weight	18.5 to 24.9	25 – 35															
Overweight	25.0 to 29.9	15 - 25															
Obese	≥ 30.0	11 - 20															
Weight Loss During Pregnancy	<ul style="list-style-type: none"> • Any weight loss below prepregnancy weight during the 1st trimester (0 – 13 weeks) • Weight loss of ≥ 2 pounds in the 2nd or 3rd trimesters (14 – 40 week gestation) 	1I (132)															
Overweight	<ul style="list-style-type: none"> • Prepregnancy Body Mass Index (BMI) ≥ 25 	1O (111)															
Underweight	<ul style="list-style-type: none"> • Prepregnancy Body Mass Index (BMI) < 18.5 	1U (101)															

Low Hemoglobin/ Low Hematocrit	<ul style="list-style-type: none"> Hemoglobin concentration below the cut-off values established by the CDC. 					2H (201)	
			Altitude – feet	0-2999	3000-3999		4000-4999
		1st trimester 0-13 wks	Nonsmoker	11.0 / 33	11.2 / 34		11.3 / 34
			<1 pk/day	11.3 / 34	11.5 / 35		11.6 / 35
			1 to <2 pks/day	11.5 / 35	11.7 / 35		11.8 / 36
			≥2 pks/day	11.7 / 35	11.9 / 36		12.0 / 36
		2nd trimester 14-26wks	Nonsmoker	10.5 / 32	10.7 / 33		10.8 / 33
			<1 pk/day	10.8 / 33	11.0 / 34		11.1 / 34
			1 to <2 pks/day	11.0 / 34	11.2 / 34		11.3 / 35
			≥2 pks/day	11.2 / 34	11.4 / 35		11.5 / 35
		3rd trimester 27-40wks	Nonsmoker	11.0 / 33	11.2 / 34		11.3 / 34
			<1 pk/day	11.3 / 34	11.5 / 35		11.6 / 35
			1 to <2 pks/day	11.5 / 35	11.7 / 35		11.8 / 36
≥2 pks/day	11.7 / 35		11.9 / 36	12.0 / 36			
Elevated Blood Lead Levels	<ul style="list-style-type: none"> Blood lead level of ≥10ug/deciliter within the past 12 months 				2L (211)		
Presumptive Eligibility	<ul style="list-style-type: none"> A pregnant woman who meets WIC income eligibility standards but has not yet been evaluated for nutrition risk May only be used for a period of up to 60 days 				3A (503)		
Pregnancy at young age	<ul style="list-style-type: none"> 17 or younger at conception age at last menstrual period may be used to determine pregnancy before 18th birthday 				3B (331)		
Maternal Smoking	<ul style="list-style-type: none"> any daily smoking of tobacco products (cigarettes, pipes or cigars) only women who continue to smoke after conception would be eligible under this criterion. 				3D (371)		
Alcohol Use	<ul style="list-style-type: none"> any alcohol use during pregnancy 				3E (372)		
Illegal Drug Use	<ul style="list-style-type: none"> any illegal drug use during pregnancy 				3F (372)		
Drug/Nutrient Interactions	<ul style="list-style-type: none"> Use of prescription or over-the counter drugs or medications that have been shown to interfere with nutrient intake or utilization, to an extent that nutritional status is compromised. USING CURRENT DRUG REFERENCE INFORMATION 				3H (357)		
Closely Spaced Pregnancies	<ul style="list-style-type: none"> conception before 16 months postpartum may include miscarriage or fetal death 				3I (332)		

History of LGA Infant	<ul style="list-style-type: none"> any history of birth of an infant weighing ≥ 9 pounds(4000 grams) 	3I (337)												
History of Preterm History of LBW	<ul style="list-style-type: none"> any history of birth of an infant at ≤ 37 weeks gestation any history of birth of an infant weighing ≤ 5 pounds 8oz (≤ 2500 grams) 	3J (311, 312)												
Gestational Diabetes History of Gestational Diabetes History of Preeclampsia	<ul style="list-style-type: none"> presence of gestational diabetes in current pregnancy with gestational diabetes, diabetes is not present before the pregnancy any history of diagnosed gestational diabetes Any history of diagnosed preeclampsia 	3K (302, 303, 304)												
Lack of adequate prenatal care	<ul style="list-style-type: none"> Prenatal care beginning after the 13th week first prenatal visit in 3rd trimester (7-9 months) or: <table border="1" data-bbox="522 821 1336 1031"> <thead> <tr> <th>Weeks gestation</th> <th># of prenatal visits</th> </tr> </thead> <tbody> <tr> <td>14 – 21</td> <td>0 or unknown</td> </tr> <tr> <td>22 – 29</td> <td>1 or less</td> </tr> <tr> <td>30 – 31</td> <td>2 or less</td> </tr> <tr> <td>32 – 33</td> <td>3 or less</td> </tr> <tr> <td>34 or more</td> <td>4 or less</td> </tr> </tbody> </table> 	Weeks gestation	# of prenatal visits	14 – 21	0 or unknown	22 – 29	1 or less	30 – 31	2 or less	32 – 33	3 or less	34 or more	4 or less	3L (334)
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Drug/Nutrient Interactions	<ul style="list-style-type: none"> Use of prescription or over-the-counter drugs or medications that have been shown to interfere with nutrient intake or utilization, <i>to an extent that nutritional status is compromised.</i> Refer to current drug references 	3H (357)												
Infectious Diseases	<p>A disease caused by growth of pathogenic microorganisms in the body severe enough to affect nutritional status. Includes, but is not limited to:</p> <p>Must be present within the past 6 months</p> <ul style="list-style-type: none"> Tuberculosis Pneumonia Meningitis Hepatitis Parasitic infections HIV / AIDS <p>DOES NOT INCLUDE OTITIS MEDIA, BRONCHITIS, CHRONIC OR RECURRENT RESPIRATORY INFECTIONS, OR URINARY TRACT INFECTIONS</p>	3M (352)												
Multifetal Gestation	<ul style="list-style-type: none"> More than one fetus in the current pregnancy 	3N (335)												
High Parity and Young Age	<ul style="list-style-type: none"> Under age 20 at date of conception, with 3 or more previous pregnancies of at least 20 weeks duration, regardless of birth outcome. Current pregnancy must be at least the participants 4th pregnancy. 	3P (333)												
Recent Major Surgery, Trauma, Burns	<ul style="list-style-type: none"> Severe enough to compromise nutritional status Any occurrence within the past 2 months may be self reported More than > 2 months previous, physician must document continued need for nutritional support. 	3R (359)												

History of Spontaneous Abortion, Fetal or neonatal loss	Any history of fetal or neonatal death or 2 or more spontaneous abortions <ul style="list-style-type: none"> • Fetal death at greater than or equal to 20 weeks gestation or • Neonatal death within 0-28 days of life • Spontaneous abortion is spontaneous termination of a gestation at < 20 weeks 	3U (321)								
Hypertension and Prehypertension	Presence of Hypertension or prehypertension <ul style="list-style-type: none"> • includes chronic or Pregnancy Induced Hypertension (PIH) 	3V (345)								
History of Nutrition Related Congenital or Birth Defect	<ul style="list-style-type: none"> • Any history of birth of an infant who has a congenital or birth defect linked to inappropriate nutritional intake, e.g., inadequate folic acid, inadequate zinc, or excess vitamin A 	3W (339)								
Pregnant Woman Currently Breastfeeding	<ul style="list-style-type: none"> • Breastfeeding woman now pregnant 	3X (338)								
Food Allergies Lactose Intolerance Celiac Disease	<ul style="list-style-type: none"> • Adverse health effects arising from a specific immune response that occurs reproducibly on exposure to a given food. • The syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating, that occurs after lactose ingestion. • An autoimmune disease precipitated by the ingestion of gluten that results in damage to the small intestine and malabsorption of the nutrients from food. • CD is also known as: Celiac Sprue; Gluten-sensitive Enteropathy; Non-tropical Sprue 	4A (353, 355, 354)								
Inborn Errors of Metabolism	<p>Inherited metabolic disorders caused by a defect in the enzymes or their co-factors that metabolize protein, carbohydrate, or fat. Generally refers to gene mutation or gene deletions that alter metabolism in the body. Including but not limited to:</p> <table border="1" data-bbox="500 1272 1398 1703"> <tr> <td data-bbox="508 1272 946 1371"> <ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) </td> <td data-bbox="954 1272 1390 1371"> <ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) </td> </tr> <tr> <td data-bbox="508 1381 946 1497"> <ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Gluteric academia, Biotinidase deficiency) </td> <td data-bbox="954 1381 1390 1497"> <ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) </td> </tr> <tr> <td data-bbox="508 1507 946 1623"> <ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) </td> <td data-bbox="954 1507 1390 1623"> <ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) </td> </tr> <tr> <td data-bbox="508 1633 946 1703"> <ul style="list-style-type: none"> • Fatty Acid Oxidation Defects </td> <td data-bbox="954 1633 1390 1703"> <ul style="list-style-type: none"> • Mitochondrial Disorders: </td> </tr> </table>	<ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) 	<ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) 	<ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Gluteric academia, Biotinidase deficiency) 	<ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) 	<ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) 	<ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) 	<ul style="list-style-type: none"> • Fatty Acid Oxidation Defects 	<ul style="list-style-type: none"> • Mitochondrial Disorders: 	4B (351)
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Cancer Renal Disease	<ul style="list-style-type: none"> • Presence of Cancer. Current condition, or the treatment of the condition, must be severe enough to affect nutritional status • Any renal disease including pyelonephritis, persistent proteinuria. DOES NOT INCLUDE URINARY TRACT INFECTIONS INVOLVING THE BLADDER. 	4C (346, 347)								

<p>Genetic/ Congenital Disorders</p> <p>Developmental Delays</p>	<p>Hereditary or congenital condition at birth that causes physical or metabolic abnormality. Current condition must alter nutrition status:</p> <ul style="list-style-type: none"> • Down’s syndrome • Thalassemia major • Sickle cell anemia (NOT SICKLE CELL TRAIT) • Cleft lip or palate. <p>Developmental, sensory or motor disabilities that restrict the ability to chew or swallow food or require tube feeding to meet nutritional needs:</p> <ul style="list-style-type: none"> • minimal brain function • head trauma • other disabilities • birth injury • brain damage 	<p>4G (349, 362)</p>
<p>Dental Problems</p>	<ul style="list-style-type: none"> • gingivitis of pregnancy • tooth decay, periodontal disease, tooth loss and/or ineffectively replaced teeth which impair the ability to ingest food in adequate quantity or quality. 	<p>4H (381)</p>
<p>Eating Disorders</p>	<ul style="list-style-type: none"> • Presence of eating disorder(s) diagnosed by a physician <p>Eating disorders are characterized by a disturbed sense of body image and morbid fear of becoming fat. Symptoms are manifested by abnormal eating patterns including, but not limited to:</p> <ul style="list-style-type: none"> • self-induced vomiting • purgative abuse • alternating periods of starvation • use of drugs such as appetite suppressants or diuretics 	<p>4I (358)</p>
<p>Depression</p>	<ul style="list-style-type: none"> • Presence of clinical depression diagnosed by a physician or psychologist 	<p>4J (361)</p>
<p>Environmental Tobacco Smoke Exposure</p>	<ul style="list-style-type: none"> • Environmental tobacco smoke (ETS) exposure is defined (for WIC eligibility purposes) as exposure to smoke from tobacco products inside the home. • Assessment must be phrased as: “Does anyone else living in your household smoke inside the home?” <ul style="list-style-type: none"> • This definition is based on CDC guidance and relates specifically to exposure “INSIDE THE HOME”. 	<p>4S (904)</p>
<p>Recipient of Abuse</p>	<ul style="list-style-type: none"> • Battering within past 6 months • “Battering” generally refers to violent physical assaults on women. <p>Abuse can be self-reported, or as documented by a social worker, health care worker, healthcare provider or on other appropriate documents, or as reported through consultation with a social worker, health care provider, or other appropriate personnel</p>	<p>4X (901)</p>
<p>Homelessness</p>	<p>A woman who lacks a fixed and regular nighttime residence; or whose primary nighttime residence is:</p> <ul style="list-style-type: none"> • A supervised publicly or privately operated shelter • An institution that provides temporary residence for individuals intended to be institutionalized • A temporary accommodation of not more that 365 days in the residence of another individual • A public or private place not designed or ordinarily used as a regular sleeping accommodation for human beings 	<p>8A (801)</p>

Migrancy	<p>Women who are members of families which contain at least one individual whose principal employment is:</p> <ul style="list-style-type: none"> • in agriculture on a seasonal basis • who has been so employed within the last 24 months • and who establishes for the purposes of such employment, a temporary abode 	8A (802)
Transfer of Certification	<ul style="list-style-type: none"> • with current valid verification of certification (VOC) document from another state or local agency. • verification of transfer status via documented telephone calls is acceptable • used primarily when the VOC document does not reflect a more specific nutrition risk condition at the time of transfer, or participant was initially certified based on a nutrition risk condition not in use by the receiving State agency. 	8B (502)
Eating Potentially Contaminated Foods	<p>Pregnant woman routinely ingesting foods that could be contaminated with pathogenic microorganisms. Potentially harmful foods include:</p> <ul style="list-style-type: none"> • Raw fish or shellfish, including oysters, clams, mussels, and scallops • Refrigerated smoked seafood, unless it is an ingredient in a cooked dish, such as a cassarole • Raw or undercooked meat or poultry • Hot dogs, luncheon meats (cold cuts), fermented and dry sausage and other deli-style meat or poultry products unless reheated until steaming hot • Refrigerated pate or meat spreads • Unpasteurized milk or foods containing unpasteurized milk • Soft cheeses such as feta, Brie, Camembert, blue-veined cheeses and Mexican style cheese such as queso blanco, queso fresco, or Panela unless labeled as made with pasteurized milk • Raw or undercooked eggs or foods containing raw or undercooked eggs including certain salad dressings, cookie and cake batters, sauces and beverages such as unpastureized eggnog • Raw sprouts (alfalfa, clover, and radish) • Unpasteurized fruit or vegetable juices 	8H (427)
Diet Very Low in Calories/ Essential Nutrients Inadequate Vitamin/Mineral Supplementation Recognized as Essential.	<ul style="list-style-type: none"> • Routinely following a diet that is very low in calories, severely limits intake of important food sources of nutrients, or otherwise involves high-risk eating patterns. Examples include but are not limited to: <ul style="list-style-type: none"> • Strict vegan diet • Low-carbohydrate, high protein diet • Macrobiotic diet • Includes impaired caloric intake or absorption of essential nutrients following bariatric surgery (gastric bypass surgery for treatment of obesity) • Consumption of less than 27 mg of supplemental iron per day • Consumption of less than 150 ug of supplemental iodine per day 	8L (427)

Compulsive Ingestion of Non-Food Items (Pica)	Ingestion of non-food items including: <ul style="list-style-type: none"> • Ashes, baking soda, burnt matches, carpet fibers, chalk, cigarettes, clay, dust, paint chips, soil, laundry starch, cornstarch • Large quantities of ice and/or freezer frost 	8Q (427)
Failure to Meet Dietary Guidelines for Americans	<ul style="list-style-type: none"> • Women who meet the income, categorical and residency eligibility requirements may be presumed to be at nutrition risk for <i>failure to meet Dietary Guidelines for Americans</i>. Based on an individual's estimated energy needs, the failure to meet Dietary Guidelines risk criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans) <p>***This risk may be assigned to women when a nutrition assessment has been completed AND NO other risk criteria have been identified.</p> <p style="text-align: center;">This risk code should NOT be used if any other risk code has been assigned.</p>	9X (401)

Definition of Trimesters:

- 1st Trimester: 0 – 13 weeks gestation
- 2nd Trimester: 14 – 26 weeks gestation
- 3rd Trimester: 27 – 40+ weeks gestation

NUTRITION RISK CODE DEFINITIONS FOR BREASTFEEDING WOMEN – OCTOBER 2012

ALLOWED RISK CRITERIA	<u>Risk Criteria Definition</u>	RISK CODE NUMBER (USDA)																				
High Maternal Weight Gain	<p>Most recent pregnancy only:</p> <ul style="list-style-type: none"> Total gestational weight gain exceeding the upper limit of the IOM's recommended range based on Body Mass Index (BMI) for singleton pregnancies, as follows: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Prepregnancy Weight</th> <th style="text-align: center;">BMI</th> <th style="text-align: center;">Cut-off Value</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Underweight</td> <td style="text-align: center;">BMI < 18.5</td> <td style="text-align: center;">> 40 lbs</td> </tr> <tr> <td style="text-align: center;">Normal weight</td> <td style="text-align: center;">BMI 18.5 to 24.9</td> <td style="text-align: center;">> 35 lbs</td> </tr> <tr> <td style="text-align: center;">Overweight</td> <td style="text-align: center;">BMI 25.0 to 29.9</td> <td style="text-align: center;">> 25 lbs</td> </tr> <tr> <td style="text-align: center;">Obese</td> <td style="text-align: center;">BMI ≥ 30.0</td> <td style="text-align: center;">> 20 lbs</td> </tr> </tbody> </table>	Prepregnancy Weight	BMI	Cut-off Value	Underweight	BMI < 18.5	> 40 lbs	Normal weight	BMI 18.5 to 24.9	> 35 lbs	Overweight	BMI 25.0 to 29.9	> 25 lbs	Obese	BMI ≥ 30.0	> 20 lbs	1E (133)					
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Overweight	<p>Breastfeeding women who are less than 6 months postpartum</p> <ul style="list-style-type: none"> Pre-pregnancy BMI ≥ 25 <p>Breastfeeding women who are 6 months or more postpartum</p> <ul style="list-style-type: none"> Current BMI ≥ 25 	1O (111)																				
Underweight	<p>Breastfeeding women who are less than 6 months postpartum</p> <ul style="list-style-type: none"> Pre-pregnancy <u>OR</u> current BMI < 18.5 <p>Breastfeeding women who are 6 months or more postpartum</p> <ul style="list-style-type: none"> Current BMI < 18.5 	1U (101)																				
Low Hemoglobin/ Low Hematocrit	<ul style="list-style-type: none"> Hemoglobin concentration below the cut-off values established by the CDC. <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Altitude -ft</th> <th style="text-align: center;">0-2999</th> <th style="text-align: center;">3000-3999</th> <th style="text-align: center;">4000-4999</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Nonsmoker</td> <td style="text-align: center;">12.0 / 36</td> <td style="text-align: center;">12.2 / 37</td> <td style="text-align: center;">12.3 / 37</td> </tr> <tr> <td style="text-align: left;">Up to <1pk/day</td> <td style="text-align: center;">12.3 / 37</td> <td style="text-align: center;">12.5 / 38</td> <td style="text-align: center;">12.6 / 38</td> </tr> <tr> <td style="text-align: left;">1 to <2 pks/day</td> <td style="text-align: center;">12.5 / 38</td> <td style="text-align: center;">12.7 / 38</td> <td style="text-align: center;">12.8 / 39</td> </tr> <tr> <td style="text-align: left;">≥ 2 pks/day</td> <td style="text-align: center;">12.7 / 38</td> <td style="text-align: center;">12.9 / 39</td> <td style="text-align: center;">13.0 / 39</td> </tr> </tbody> </table>	Altitude -ft	0-2999	3000-3999	4000-4999	Nonsmoker	12.0 / 36	12.2 / 37	12.3 / 37	Up to <1pk/day	12.3 / 37	12.5 / 38	12.6 / 38	1 to <2 pks/day	12.5 / 38	12.7 / 38	12.8 / 39	≥ 2 pks/day	12.7 / 38	12.9 / 39	13.0 / 39	2H (201)
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Elevated Blood Lead Levels	<ul style="list-style-type: none"> Blood lead level of ≥ 10ug/deciliter within the past 12 months 	2L (211)																				
Pregnancy at young age	<ul style="list-style-type: none"> Most recent pregnancy 17 or younger at conception age at last menstrual period may be used to determine pregnancy before 18th birthday 	3B (331)																				
Maternal Smoking	<ul style="list-style-type: none"> any daily smoking of tobacco products (cigarettes, pipes or cigars) 	3D (371)																				
Alcohol Use	<ul style="list-style-type: none"> Routine current use of ≥ 2 drinks per day <li style="text-align: center;">or Binge drinking, i.e., drinks ≥ 5 drinks on the same occasion on at least one day in the past 30 days <li style="text-align: center;">or Heavy Drinking, i.e., drinks ≥ 5 drinks on the same occasion on five or more days in the previous 30 days 	3E (372)																				
<p>*One standard sized drink is: 1 can of beer (12oz) 5 oz Wine 1 ½ ounces liquor (gin, rum, vodka, whiskey, liqueurs)</p>																						

Illegal Drug Use	<ul style="list-style-type: none"> any current illegal drug use 	3F (372)
Drug/Nutrient Interactions	<ul style="list-style-type: none"> Use of prescription or over-the counter drugs or medications that have been shown to interfere with nutrient intake or utilization, to an extent that nutritional status is compromised. USING CURRENT AND APPROPRIATE DRUG REFERENCE SUCH AS "MEDICATIONS AND MOTHERS' MILK" BY DR. THOMAS HALE 	3H (357)
Closely Spaced Pregnancies	<p>Most recent pregnancy</p> <ul style="list-style-type: none"> conception before 16 months postpartum may include miscarriage or fetal death 	3I (332)
History of LGA infant	<ul style="list-style-type: none"> most recent pregnancy; birth of an infant weighing greater than or equal to 9 pounds (4000 grams) 	(337)
History of preterm History of LBW	<ul style="list-style-type: none"> most recent pregnancy; birth of an infant at less than or equal to 37 weeks gestation most recent pregnancy; birth of an infant weighing less than or equal to 5 pounds 8oz (2500 grams) 	3J (311, 312)
History of Gestational Diabetes	<ul style="list-style-type: none"> diagnosed gestational diabetes in most recent pregnancy 	3K (303, 304)
History of Preeclampsia	<ul style="list-style-type: none"> diagnosed preeclampsia in most recent pregnancy 	
Infectious Diseases	<p>A disease caused by growth of pathogenic microorganisms in the body severe enough to affect nutritional status. Includes but is not limited to:</p> <p>Must be present within the past 6 months</p> <ul style="list-style-type: none"> Tuberculosis Pneumonia Meningitis DOES NOT INCLUDE OTITIS MEDIA, BRONCHITIS, CHRONIC OR RECURRENT RESPIRATORY INFECTIONS, OR SEXUALLY TRANSMITTED DISEASES hepatitis** parasitic infections HIV / AIDS** <p>** Breastfeeding is contraindicated for women with these conditions</p>	3M (352)
Multifetal Gestation	<ul style="list-style-type: none"> More than one fetus in the most recent pregnancy 	3N (335)
High Parity and Young Age	<ul style="list-style-type: none"> Most recent pregnancy Under age 20 at date of conception, with 3 or more previous pregnancies of at least 20 wks duration, regardless of birth outcome. Current pregnancy must be at least the applicants 4th pregnancy. 	3P (333)
Recent Major Surgery, Trauma, Burns	<ul style="list-style-type: none"> Severe enough to compromise nutritional status Any occurrence within the past 2 months may be self reported More than > 2 months previous, physician must document continued need for nutritional support. Includes Cesarean Section 	3R (359)

History of Spontaneous Abortion, Fetal or Neonatal Loss	Most recent pregnancy with one or more infants still living: <ul style="list-style-type: none"> • Fetal death at greater than or equal to 20 weeks gestation or • Neonatal death within 0-28 days of life • Spontaneous abortion at < 20 weeks gestation 	3U (321)								
Hypertension and Prehypertension	Presence of hypertension or prehypertension <ul style="list-style-type: none"> • Includes chronic or pregnancy induced hypertension 	3V (345)								
History of Nutrition Related Congenital or Birth Defect	<ul style="list-style-type: none"> • Most recent pregnancy with birth of an infant who has a congenital or birth defect linked to inappropriate nutritional intake, e.g., inadequate folic acid, inadequate zinc, or excess vitamin A 	3W (339)								
Food Allergies Lactose Intolerance Celiac Disease	<ul style="list-style-type: none"> • Adverse health effects arising from a specific immune response that occurs reproducibly on exposure to a given food. • The syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating, that occurs after lactose ingestion. • An autoimmune disease precipitated by the ingestion of gluten that results in damage to the small intestine and malabsorption of the nutrients from food. • CD is also known as: Celiac Sprue; Gluten-sensitive Enteropathy; Non-tropical Sprue 	4A (353, 355, 354)								
Inborn Errors of Metabolism	Inherited metabolic disorders caused by a defect in the enzymes or their co-factors that metabolize protein, carbohydrate, or fat. Generally refers to gene mutation or gene deletions that alter metabolism in the body. Including but not limited to: <table border="1" data-bbox="511 1123 1409 1549" style="margin-left: 40px;"> <tr> <td data-bbox="511 1123 961 1222"> <ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) </td> <td data-bbox="961 1123 1409 1222"> <ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) </td> </tr> <tr> <td data-bbox="511 1222 961 1350"> <ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Gluteric academia, Biotinidase deficiency) </td> <td data-bbox="961 1222 1409 1350"> <ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) </td> </tr> <tr> <td data-bbox="511 1350 961 1480"> <ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) </td> <td data-bbox="961 1350 1409 1480"> <ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) </td> </tr> <tr> <td data-bbox="511 1480 961 1549"> <ul style="list-style-type: none"> • Fatty Acid Oxidation Defects </td> <td data-bbox="961 1480 1409 1549"> <ul style="list-style-type: none"> • Mitochondrial Disorders: </td> </tr> </table>	<ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) 	<ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) 	<ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Gluteric academia, Biotinidase deficiency) 	<ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) 	<ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) 	<ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) 	<ul style="list-style-type: none"> • Fatty Acid Oxidation Defects 	<ul style="list-style-type: none"> • Mitochondrial Disorders: 	4B (351)
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Cancer Renal Disease	<ul style="list-style-type: none"> • Presence of cancer. Current condition, or the treatment of the condition, must be severe enough to affect nutritional status • Any renal disease including pyelonephritis, persistent proteinuria. DOES NOT INCLUDE URINARY TRACT INFECTIONS INVOLVING THE BLADDER. 	4C (346, 347)								

<p>Genetic/ Congenital Disorders</p> <p>Developmental Delays</p>	<p>Hereditary or congenital condition at birth that causes physical or metabolic abnormality. Current condition must alter nutrition status:</p> <ul style="list-style-type: none"> • Down's syndrome • thalassemia major • sickle cell anemia (NOT SICKLE CELL TRAIT) • cleft lip or palate. <p>Developmental, sensory or motor disabilities that restrict the ability to chew or swallow food or require tube feeding to meet nutritional needs:</p> <ul style="list-style-type: none"> • minimal brain function • head trauma • other disabilities • birth injury • brain damage 	<p>4G (349, 362)</p>								
<p>Dental Problems</p>	<ul style="list-style-type: none"> • tooth decay, periodontal disease, tooth loss and/or ineffectively replaced teeth which impair the ability to ingest food in adequate quantity or quality. 	<p>4H (381)</p>								
<p>Eating Disorders</p>	<ul style="list-style-type: none"> • Presence of eating disorder(s) diagnosed by a physician <p>Eating disorders are characterized by a disturbed sense of body image and morbid fear of becoming fat. Symptoms are manifested by abnormal eating patterns including, but not limited to:</p> <ul style="list-style-type: none"> • self-induced vomiting • purgative abuse • alternating periods of starvation • use of drugs such as appetite suppressants or diuretics 	<p>4I (358)</p>								
<p>Depression</p>	<ul style="list-style-type: none"> • Presence of clinical depression diagnosed by a physician or psychologist 	<p>4J (361)</p>								
<p>Environmental Tobacco Smoke Exposure</p>	<ul style="list-style-type: none"> • Environmental tobacco smoke (ETS) exposure is defined (for WIC eligibility purposes) as exposure to smoke from tobacco products inside the home. • Assessment must be phrased as “Does anyone else living in your household smoke inside the home?” • Also known as passive, secondhand or involuntary smoke <ul style="list-style-type: none"> • This definition is based on CDC guidance and relates specifically to exposure “INSIDE THE HOME”. 	<p>4S (904)</p>								
<p>Recipient of Abuse</p>	<ul style="list-style-type: none"> • Battering within past 6 months • “Battering” generally refers to violent physical assaults on women. <p>Abuse can be self-reported, or as documented by a social worker, health care worker, healthcare provider or on other appropriate documents, or as reported through consultation with a social worker, health care provider, or other appropriate personnel</p>	<p>4X (901)</p>								
<p>Breastfeeding Complications</p>	<p>A breastfeeding woman with any of the following complications or potential complications of breastfeeding (Refer to Health Care Provider and/or Lactation Consultant):</p> <table border="1" data-bbox="511 1795 1409 1984"> <tr> <td>• Severe breast engorgement</td> <td>• Recurrent plugged ducts</td> </tr> <tr> <td>• Mastitis</td> <td>• Flat or inverted nipples</td> </tr> <tr> <td>• Failure of milk to come in by 4 days postpartum</td> <td>• Cracked, bleeding or severely sore nipples</td> </tr> <tr> <td>• Age ≥ 40 years</td> <td>• Tandem nursing</td> </tr> </table>	• Severe breast engorgement	• Recurrent plugged ducts	• Mastitis	• Flat or inverted nipples	• Failure of milk to come in by 4 days postpartum	• Cracked, bleeding or severely sore nipples	• Age ≥ 40 years	• Tandem nursing	<p>6A (602)</p>
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• Age ≥ 40 years	• Tandem nursing									

<p>Failure to Meet Dietary Guidelines for Americans</p>	<ul style="list-style-type: none"> • Women who meet the income, categorical and residency eligibility requirements may be presumed to be at nutrition risk for <i>failure to meet Dietary Guidelines for Americans</i>. Based on an individual's estimated energy needs, the failure to meet Dietary Guidelines risk criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans) <p>***This risk may be assigned when a nutrition assessment has been completed AND NO other risk criteria have been identified.</p> <p>This risk code should NOT be used if any other risk code has been assigned.</p>	<p>9X (401)</p>
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NUTRITION RISK CODE DEFINITIONS FOR POSTPARTUM WOMEN – OCTOBER 2012

ALLOWED RISK CRITERIA	<u>Risk Criteria Definition</u>	RISK CODE NUMBER (USDA)																				
High Maternal Weight Gain	<p>Most recent pregnancy only:</p> <ul style="list-style-type: none"> Total gestational weight gain exceeding the upper limit of the IOM's recommended range based on Body Mass Index (BMI) for singleton pregnancies, as follows: <table border="1" style="margin-left: 40px;"> <thead> <tr> <th style="text-align: center;">Prepregnancy Weight</th> <th style="text-align: center;">BMI</th> <th style="text-align: center;">Cut-off Value</th> </tr> </thead> <tbody> <tr> <td>Underweight</td> <td>BMI < 18.5</td> <td>> 40 lbs</td> </tr> <tr> <td>Normal weight</td> <td>BMI 18.5 to 24.9</td> <td>> 35 lbs</td> </tr> <tr> <td>Overweight</td> <td>BMI 25.0 to 29.9</td> <td>> 25 lbs</td> </tr> <tr> <td>Obese</td> <td>BMI ≥ 30.0</td> <td>> 20 lbs</td> </tr> </tbody> </table>	Prepregnancy Weight	BMI	Cut-off Value	Underweight	BMI < 18.5	> 40 lbs	Normal weight	BMI 18.5 to 24.9	> 35 lbs	Overweight	BMI 25.0 to 29.9	> 25 lbs	Obese	BMI ≥ 30.0	> 20 lbs	1E (133)					
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Overweight	<ul style="list-style-type: none"> Pre-pregnancy BMI ≥ 25 	1O (111)																				
Underweight	<ul style="list-style-type: none"> Pre-pregnancy <u>or</u> current BMI < 18.5 	1U (101)																				
Low Hemoglobin/ Low Hematocrit	<ul style="list-style-type: none"> Hemoglobin concentration below the cut-off values established by the CDC. <table border="1" style="margin-left: 40px;"> <thead> <tr> <th style="text-align: center;">Altitude -ft</th> <th style="text-align: center;">0-2999</th> <th style="text-align: center;">3000-3999</th> <th style="text-align: center;">4000-4999</th> </tr> </thead> <tbody> <tr> <td>Nonsmoker</td> <td>12.0 / 36</td> <td>12.2 / 37</td> <td>12.3 / 37</td> </tr> <tr> <td>Up to <1pk/day</td> <td>12.3 / 37</td> <td>12.5 / 38</td> <td>12.6 / 38</td> </tr> <tr> <td>1 to <2 pks/day</td> <td>12.5 / 38</td> <td>12.7 / 38</td> <td>12.8 / 39</td> </tr> <tr> <td>≥ 2 pks/day</td> <td>12.7 / 38</td> <td>12.9 / 39</td> <td>13.0 / 39</td> </tr> </tbody> </table>	Altitude -ft	0-2999	3000-3999	4000-4999	Nonsmoker	12.0 / 36	12.2 / 37	12.3 / 37	Up to <1pk/day	12.3 / 37	12.5 / 38	12.6 / 38	1 to <2 pks/day	12.5 / 38	12.7 / 38	12.8 / 39	≥ 2 pks/day	12.7 / 38	12.9 / 39	13.0 / 39	2H (201)
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Elevated Blood Lead Levels	<ul style="list-style-type: none"> Blood lead level of ≥10ug/deciliter within the past 12 months 	2L (211)																				
Pregnancy at young age	<ul style="list-style-type: none"> Most recent pregnancy 17 or younger at conception age at last menstrual period may be used to determine pregnancy before 18th birthday 	3B (331)																				
Maternal Smoking	<ul style="list-style-type: none"> any daily smoking of tobacco products (cigarettes, pipes or cigars) 	3D (371)																				
Alcohol Use *One standard sized drink is: 1 can of beer (12oz) 5 oz Wine 1 ½ ounces liquor (gin, rum, vodka, whiskey, liqueurs)	<ul style="list-style-type: none"> Routine current use of ≥ 2 drinks per day or Binge drinking, i.e., drinks ≥ 5 drinks on the same occasion on at least one day in the past 30 days or Heavy Drinking, i.e., drinks ≥ 5 drinks on the same occasion on five or more days in the previous 30 days 	3E (372)																				

Illegal Drug Use	<ul style="list-style-type: none"> any current illegal drug use 	3F (372)
Drug/Nutrient Interactions	<ul style="list-style-type: none"> Use of prescription or over-the counter drugs or medications that have been shown to interfere with nutrient intake or utilization, to an extent that nutritional status is compromised. USING CURRENT AND APPROPRIATE DRUG REFERENCE 	3H (357)
Closely Spaced Pregnancies	<p>Most recent pregnancy</p> <ul style="list-style-type: none"> conception before 16 months postpartum may include miscarriage or fetal death 	3I (332)
History of LGA infant	<ul style="list-style-type: none"> most recent pregnancy; birth of an infant weighing ≥ 9 pounds (4000 grams) 	(337)
History of preterm	<ul style="list-style-type: none"> most recent pregnancy; birth of an infant at less than or equal to 37 weeks gestation 	3J (311, 312)
History of LBW	<ul style="list-style-type: none"> most recent pregnancy; birth of an infant weighing less than or equal to 5 pounds 8oz (≤ 2500 grams) 	
History of Gestational Diabetes	<ul style="list-style-type: none"> diagnosed gestational diabetes in most recent pregnancy 	3K (303, 304)
History of Preeclampsia	<ul style="list-style-type: none"> diagnosed preeclampsia in most recent pregnancy 	
Infectious Diseases	<p>A disease caused by growth of pathogenic microorganisms in the body severe enough to affect nutritional status.</p> <p>Must be present within the past 6 months</p> <ul style="list-style-type: none"> Tuberculosis Pneumonia Meningitis DOES NOT INCLUDE OTITIS MEDIA, BRONCHITIS, CHRONIC OR RECURRENT RESPIRATORY INFECTIONS, OR SEXUALLY TRANSMITTED DISEASES hepatitis parasitic infections HIV / AIDS 	3M (352)
Multifetal Gestation	<ul style="list-style-type: none"> More than one fetus in the most recent pregnancy 	3N (335)
High Parity and Young Age	<ul style="list-style-type: none"> Most recent pregnancy Under age 20 at date of conception, with 3 or more previous pregnancies of at least 20 weeks duration, regardless of birth outcome. Current pregnancy must be at least the applicants 4th pregnancy. 	3P (333)
Recent Major Surgery, Trauma, Burns	<ul style="list-style-type: none"> Severe enough to compromise nutritional status Any occurrence within the past 2 months may be self reported More than > 2 months previous, physician must document continued need for nutritional support. Includes Cesarean Section 	3R (359)

History of Spontaneous Abortion, Fetal or Neonatal Loss	<p>Most recent pregnancy</p> <ul style="list-style-type: none"> Spontaneous termination of gestation at < 20 weeks Fetal death at greater than or equal to 20 weeks gestation or Neonatal death within 0-28 days of life 	3U (321)								
Hypertension and Prehypertension	<ul style="list-style-type: none"> Presence of hypertension or prehypertension 	3V (345)								
History of Nutrition Related Congenital or Birth Defect	<ul style="list-style-type: none"> Most recent pregnancy with birth of an infant who has a congenital or birth defect linked to inappropriate nutritional intake, e.g., inadequate folic acid, inadequate zinc, or excess vitamin A 	3W (339)								
Food Allergies Lactose Intolerance Celiac Disease	<ul style="list-style-type: none"> Adverse health effects arising from a specific immune response that occurs reproducibly on exposure to a given food. The syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating, that occurs after lactose ingestion. An autoimmune disease precipitated by the ingestion of gluten that results in damage to the small intestine and malabsorption of the nutrients from food. CD is also known as: Celiac Sprue; Gluten-sensitive Enteropathy; Non-tropical Sprue 	4A (353, 355, 354)								
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Cancer Renal Disease Other Medical Conditions:	<ul style="list-style-type: none"> Presence of cancer. Current condition, or the treatment of the condition, must be severe enough to affect nutritional status Any renal disease including pyelonephritis, persistent proteinuria. DOES NOT INCLUDE URINARY TRACT INFECTIONS INVOLVING THE BLADDER. <p>Diseases or conditions with nutritional implications that are not included in any of the other medical conditions.</p> <ul style="list-style-type: none"> juvenile rheumatoid arthritis cardiorespiratory disease cystic fibrosis persistent asthma (moderate or severe) requiring daily medication lupus erythematosus heart disease 	4C (346, 347, 360)								

<p>Gastro-intestinal disorders</p> <p>Nutrient Deficiency Diseases</p>	<p>Diseases and/or conditions that interfere with the intake or absorption of nutrients. The diseases and/or conditions include but are not limited to:</p> <ul style="list-style-type: none"> • Gastroesophageal reflux disease (GERD) • Peptic ulcer • Inflammatory bowel disease • Short bowel syndrome • Malabsorption syndrome • Liver disease, pancreatitis, gallbladder disease • Post-bariatric surgery <p>• Caused by insufficient dietary intake of macro and micronutrients. Diseases include, but are not limited to:</p> <ul style="list-style-type: none"> • Protein Energy Malnutrition, Scurvy, Rickets, Hypocalcemia, Osteomalacia, Cheilosis, Menkes Disease, Vitamin K Deficiency and Xerophthalmia. 	<p>4D (342, 341)</p>
<p>Woman with Limited ability</p>	<p>Limited ability to make feeding decisions and/or prepare food. Examples may include individuals who are:</p> <ul style="list-style-type: none"> • mentally disabled/delayed and/or have a diagnosed mental illness • physically disabled to a degree which restricts or limits food preparation abilities • currently using or having a history of abusing alcohol or other drugs • 17 years of age or younger 	<p>4E (902)</p>
<p>Diabetes</p> <p>Pre-Diabetes</p> <p>Thyroid Disorders</p> <p>Hypoglycemia</p>	<ul style="list-style-type: none"> • presence of diabetes mellitus • medical diagnosis of pre-diabetes <p>Thyroid dysfunctions including but not limited to:</p> <ul style="list-style-type: none"> • Hyperthyroidism • Hypothyroidism • Congenital Hyperthyroidism or Hypothyroidism • Postpartum Thyroiditis <ul style="list-style-type: none"> • presence of hypoglycemia 	<p>4F (343, 363, 344, 356)</p>
<p>Central Nervous System Disorders</p> <p>Genetic/ Congenital Disorders</p>	<p>Conditions which affect energy requirements, ability to feed self, or alter nutritional status metabolically, mechanically, or both. These include, but are not limited to:</p> <ul style="list-style-type: none"> • epilepsy, • cerebral palsy (CP), • neural tube defects (NTD), such as spina bifida • Parkinson's disease • Multiple sclerosis (MS) <p>Hereditary or congenital condition at birth that causes physical or metabolic abnormality. Current condition must alter nutrition status:</p> <ul style="list-style-type: none"> • Down's syndrome • Thalassemia major • Sickle cell anemia (NOT SICKLE CELL TRAIT) • cleft lip or palate. 	<p>4G (348, 349)</p>

Developmental Delays	<p>Developmental, sensory or motor disabilities that restrict the ability to chew or swallow food or require tube feeding to meet nutritional needs:</p> <ul style="list-style-type: none"> • minimal brain function • head trauma • other disabilities • birth injury • brain damage 	4G (362)
Dental Problems	<ul style="list-style-type: none"> • tooth decay, periodontal disease, tooth loss and/or ineffectively replaced teeth which impair the ability to ingest food in adequate quantity or quality. 	4H (381)
Eating Disorders	<ul style="list-style-type: none"> • Presence of eating disorder(s) diagnosed by a physician <p>Eating disorders are characterized by a disturbed sense of body image and morbid fear of becoming fat. Symptoms are manifested by abnormal eating patterns including, but not limited to:</p> <ul style="list-style-type: none"> • self-induced vomiting • purgative abuse • alternating periods of starvation • use of drugs such as appetite suppressants or diuretics 	4I (358)
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Recipient of Abuse	<ul style="list-style-type: none"> • Battering within past 6 months • “Battering” generally refers to violent physical assaults on women. <p>Abuse can be self-reported, or as documented by a social worker, health care worker, healthcare provider or on other appropriate documents, or as reported through consultation with a social worker, health care provider, or other appropriate personnel</p>	4X (901)
Homelessness	<p>A woman who lacks a fixed and regular nighttime residence; or whose primary nighttime residence is:</p> <ul style="list-style-type: none"> • A supervised publicly or privately operated shelter • An institution that provides temporary residence for individuals intended to be institutionalized • A temporary accommodation of not more than 365 days in the residence of another individual • A public or private place not designed or ordinarily used as a regular sleeping accommodation for human beings 	8A (801)
Migrancy	<p>Women who are members of families which contain at least one individual whose principal employment is:</p> <ul style="list-style-type: none"> • in agriculture on a seasonal basis • who has been so employed within the last 24 months • and who establishes for the purposes of such employment, a temporary abode 	8A (802)

Transfer of Certification	<ul style="list-style-type: none"> with current valid verification of certification (VOC) document from another state or local agency. verification of transfer status via documented telephone calls is acceptable used primarily when the VOC document does not reflect a more specific nutrition risk condition at the time of transfer, or participant was initially certified based on a nutrition risk condition not in use by the receiving State agency. 	8B (502)
Diet Very Low in Calories/ Essential Nutrients Inadequate Vitamin/Mineral Supplementation Recognized as Essential.	<ul style="list-style-type: none"> Routinely following a diet that is very low in calories, severely limits intake of important food sources of nutrients, or otherwise involves high-risk eating patterns. Examples include but are not limited to: <ul style="list-style-type: none"> Strict vegan diet Low-carbohydrate, high protein diet Macrobiotic diet Includes impaired caloric intake or absorption of essential nutrients following bariatric surgery (gastric bypass surgery for treatment of obesity) <p>Consumption of less than 400 mcg of folic acid from fortified-foods and/or supplements daily by non-pregnant women.</p>	8L (427)
Compulsive Ingestion of Non-Food Items (Pica)	<p>Ingestion of non-food items including:</p> <ul style="list-style-type: none"> Ashes, baking soda, burnt matches, carpet fibers, chalk, cigarettes, clay, dust, paint chips, soil, laundry starch, cornstarch Large quantities of ice and/or freezer frost 	8Q (427)
Failure to Meet Dietary Guidelines for Americans	<ul style="list-style-type: none"> Women who meet the income, categorical and residency eligibility requirements may be presumed to be at nutrition risk for <i>failure to meet Dietary Guidelines for Americans</i>. Based on an individual's estimated energy needs, the failure to meet Dietary Guidelines risk criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans) <p>***This risk may be assigned when a nutrition assessment has been completed AND NO other risk criteria have been identified.</p> <p style="text-align: center;">This risk code should NOT be used if any other risk code has been assigned.</p>	9X (401)

High Weight for Length	<ul style="list-style-type: none"> • $\geq 97.7^{\text{th}}$ percentile weight-for-length as plotted on the CDC, Birth to 24 months gender specific growth charts 	1W (115)								
Low Hemoglobin (Low Hematocrit)	<ul style="list-style-type: none"> • Hemoglobin concentration below the cut-off values established by the CDC. <table border="1"> <thead> <tr> <th>Altitude – feet</th> <th>0-2999</th> <th>3000-3999</th> <th>4000-4999</th> </tr> </thead> <tbody> <tr> <td>Infants 6 to 12 months</td> <td>11.0</td> <td>11.2</td> <td>11.3</td> </tr> </tbody> </table>	Altitude – feet	0-2999	3000-3999	4000-4999	Infants 6 to 12 months	11.0	11.2	11.3	2H (201)
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Elevated Blood Lead Levels	<ul style="list-style-type: none"> • Blood lead level of $\geq 10\mu\text{g}/\text{deciliter}$ within the past 12 months <ul style="list-style-type: none"> • <i>Cut-off value is the current published guidance from the CDC</i> 	2L (211)								
Infant of Mother with Alcohol/Drug Abuse or Mental Retardation	<p>Infant born of a woman with:</p> <ul style="list-style-type: none"> • Documentation or self-report of any use of alcohol or illegal drugs during most recent pregnancy • Diagnosed mental retardation 	3G (703)								
Fetal Alcohol Syndrome	<ul style="list-style-type: none"> • Presence of Fetal Alcohol Syndrome (FAS) diagnosed by a physician. • Diagnosis of FAS is based on the presence of retarded growth, a pattern of facial abnormalities, and abnormalities of the central nervous system, including mental retardation. 	(382)								
Drug/Nutrient Interactions	<ul style="list-style-type: none"> • Use of prescription or over-the-counter drugs or medications that have been shown to interfere with nutrient intake or utilization, <i>to an extent that nutritional status is compromised.</i> • Refer to current drug references 	3H (357)								
Infectious Diseases	<p>A disease caused by growth of pathogenic microorganisms in the body severe enough to affect nutritional status. Includes, but is not limited to:</p> <p>Must be present within the past 6 months</p> <ul style="list-style-type: none"> • Tuberculosis • Pneumonia • Meningitis • Bronchiolitis (3 episodes in last 6 months) • Hepatitis • Parasitic infections • HIV / AIDS <p>DOES NOT INCLUDE OTITIS MEDIA, BRONCHITIS, CHRONIC OR RECURRENT RESPIRATORY INFECTIONS, OR URINARY TRACT INFECTIONS</p>	3M (352)								
LGA Infant	<ul style="list-style-type: none"> • Infant with birth weight of ≥ 9 pounds (4000 grams) 	3O (153)								
Recent Major Surgery, Trauma, Burns	<ul style="list-style-type: none"> • Severe enough to compromise nutritional status • Any occurrence within the past ≤ 2 months may be self reported • More than > 2 months previous, physician must document continued need for nutritional support. 	3R (359)								
Low Birth Weight Prematurity	<ul style="list-style-type: none"> • Infant with birth weight ≤ 5 pounds 8 ounces (≤ 2500 g) • Infant born at ≤ 37 weeks gestation 	3S (141, 142)								

Failure to Thrive	<ul style="list-style-type: none"> • Presence of failure to thrive as diagnosed by a physician 	3T (134)								
Hypertension and Prehypertension	<ul style="list-style-type: none"> • Presence of hypertension or prehypertension 	3V (345)								
Food Allergies Lactose Intolerance Celiac Disease	<ul style="list-style-type: none"> • Adverse health effects arising from a specific immune response that occurs reproducibly on exposure to a given food. • The syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating, that occurs after lactose ingestion. • An autoimmune disease precipitated by the ingestion of gluten that results in damage to the small intestine and malabsorption of the nutrients from food. • CD is also known as: Celiac Sprue; Gluten-sensitive Enteropathy; Non-tropical Sprue 	4A (353, 355, 354)								
Inborn Errors of Metabolism	<p>Inherited metabolic disorders caused by a defect in the enzymes or their co-factors that metabolize protein, carbohydrate, or fat. Generally refers to gene mutation or gene deletions that alter metabolism in the body. Including but not limited to:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) </td> <td style="width: 50%; padding: 5px;"> <ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) </td> </tr> <tr> <td style="padding: 5px;"> <ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Gluteric academia, Biotinidase deficiency) </td> <td style="padding: 5px;"> <ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) </td> </tr> <tr> <td style="padding: 5px;"> <ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) </td> <td style="padding: 5px;"> <ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) </td> </tr> <tr> <td style="padding: 5px;"> <ul style="list-style-type: none"> • Fatty Acid Oxidation Defects </td> <td style="padding: 5px;"> <ul style="list-style-type: none"> • Mitochondrial Disorders: </td> </tr> </table>	<ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) 	<ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) 	<ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Gluteric academia, Biotinidase deficiency) 	<ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) 	<ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) 	<ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) 	<ul style="list-style-type: none"> • Fatty Acid Oxidation Defects 	<ul style="list-style-type: none"> • Mitochondrial Disorders: 	4B (351)
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Cancer Renal Disease Other Medical Conditions:	<ul style="list-style-type: none"> • Presence of cancer. Current condition, or the treatment of the condition, must be severe enough to affect nutritional status • Any renal disease including pyelonephritis and persistent proteinuria. • Does not include urinary tract infections involving the bladder. <p>Diseases or conditions with nutritional implications that are not included in any of the other medical conditions. Current condition, or treatment of the condition must be severe enough to affect nutritional status.</p> <ul style="list-style-type: none"> • Juvenile Rheumatoid Arthritis • Cardiorespiratory Disease • Cystic Fibrosis • Persistent Asthma (moderate or severe) requiring daily medication • Lupus Erythematosus • Heart Disease 	4C (346, 347, 360)								

<p>Gastrointestinal disorders</p> <p>Nutrient Deficiency Diseases</p>	<p>Diseases and/or conditions that interferes with the intake or absorption of nutrients. The diseases and/or conditions include but are not limited to:</p> <ul style="list-style-type: none"> • Gastroesophageal reflux disease (GERD) • Peptic ulcer • Inflammatory bowel disease • Short bowel syndrome • Malabsorption syndrome • Liver disease, pancreatitis, gallbladder disease • Post-bariatric surgery <ul style="list-style-type: none"> • Caused by insufficient dietary intake of macro and micronutrients. Diseases include, but are not limited to: • Protein Energy Malnutrition, Scurvy, Rickets, Hypocalcemia, Osteomalacia, Cheilosis, Menkes Disease, Vitamin K Deficiency and Xerophthalmia. 	<p>4D</p> <p>(342, 341)</p>
<p>Infant of Limited Ability Caregiver</p>	<p>Child whose primary caregiver is assessed to have a limited ability to make feeding decisions and/or prepare food. Primary caregiver is the person responsible for taking care of the child and for making the feeding decisions. This person is not necessarily the mother or guardian of the child.</p> <p>Examples of limited ability may include individuals who are:</p> <ul style="list-style-type: none"> • mentally disabled/delayed and/or have a diagnosed mental illness • physically disabled to a degree which restricts or limits food preparation abilities • currently using or having a history of abusing alcohol or other drugs • ≤ 17 years of age 	<p>4E</p> <p>(902)</p>
<p>Foster Care</p>	<ul style="list-style-type: none"> • Infant entering the foster care system during the previous six months or moving from one foster care home to another foster care home during the previous six months. • Cannot be used for consecutive certifications while the child remains in the same foster home. 	<p>4E</p> <p>(903)</p>
<p>Diabetes</p> <p>Thyroid Disorders</p> <p>Hypoglycemia</p>	<ul style="list-style-type: none"> • presence of diabetes mellitus <p>Thyroid dysfunctions including but not limited to:</p> <ul style="list-style-type: none"> • Hyperthyroidism • Hypothyroidism • Congenital Hyperthyroidism or Hypothyroidism <ul style="list-style-type: none"> • presence of hypoglycemia 	<p>4F</p> <p>(343, 344, 356)</p>
<p>Central Nervous System Disorders</p>	<p>Conditions which affect energy requirements, ability to feed self, or alter nutritional status metabolically, mechanically, or both. These include but are not limited to:</p> <ul style="list-style-type: none"> • Epilepsy, • Cerebral palsy, • Neural tube defects (NTD); spina bifida, myelomeningocele • Multiple sclerosis (MS) 	<p>4G</p> <p>(348)</p>

<p>Genetic and Congenital Disorders</p>	<p>Hereditary or congenital condition at birth that causes physical or metabolic abnormality. Current condition must alter nutrition status. May include, but is not limited to:</p> <ul style="list-style-type: none"> • Down’s syndrome • thalassemia major • sickle cell anemia (NOT SICKLE CELL TRAIT) • cleft lip or palate • muscular dystrophy 	<p>4G (349, 362)</p>
<p>Developmental Delays</p>	<p>Developmental, sensory or motor disabilities that restrict the ability to chew or swallow food or require tube feeding to meet nutritional needs:</p> <ul style="list-style-type: none"> • minimal brain function • head trauma • other disabilities • feeding problems due to a developmental disability such as pervasive development disorder (PDD) which includes autism • birth injury • brain damage 	
<p>Dental Problems</p>	<ul style="list-style-type: none"> • Presence of nursing or baby bottle caries, smooth surface decay of the maxillary anterior and the primary molars. • Tooth decay, periodontal disease, tooth loss and or ineffectively replaced teeth which impair the ability to ingest food in adequate quantity or quality 	<p>4H (381)</p>
<p>Environmental Tobacco Smoke Exposure</p>	<ul style="list-style-type: none"> • Environmental tobacco smoke (ETS) exposure is defined (for WIC eligibility purposes) as exposure to smoke from tobacco products inside the home. • Also known as passive, secondhand or involuntary smoke • Assessment must be phrased as: “Does anyone living in your household smoke inside the home?” • This definition is based on CDC guidance and relates specifically to exposure “INSIDE THE HOME”. 	<p>4S (904)</p>
<p>Recipient of Abuse</p>	<ul style="list-style-type: none"> • Child abuse/neglect within past 6 months <ul style="list-style-type: none"> • “any recent act or failure to act resulting in imminent risk of serious harm, death, serious physical or emotional harm, sexual abuse, or exploitation of an infant or child by a parent or caretaker” <p>Abuse can be self-reported, or as documented by a social worker, health care worker, healthcare provider or on other appropriate documents, or as reported through consultation with a social worker, health care provider, or other appropriate personnel.</p> <p><i>*If State law requires the reporting of known or suspected child abuse or neglect, WIC staff must release such information to appropriate State officials.*</i></p>	<p>4X (901)</p>
<p>Breastfeeding Complications</p>	<p>A breastfed infant with any of the following complications or potential complications of breastfeeding (Refer to health care provider and/or lactation consultant):</p> <ul style="list-style-type: none"> • jaundice • weak or ineffective suck • difficulty latching on to mother’s breast • inadequate stooling (for age, as determined by a physician or other health care professional) and/or less than 6 wet diapers per day 	<p>6A (603)</p>

Infrequent Breastfeeding as Only Source of Nutrition	<p>The exclusively breastfed infant (i.e., NOT consuming any solid foods or infant formula) who is routinely taking:</p> <ul style="list-style-type: none"> • < 8 feedings in 24 hours if under 2 months of age • < 6 feedings in 24 hours if 2 months of age and older 	6I (411)
Breastfed Infant of Mother at Nutritional Risk	<p>A breastfeed infant whose mother has been determined to be at nutritional risk</p> <ul style="list-style-type: none"> • Used when breastfeeding infant has no independent risk factor of his/her own • Infant must be same priority as his/her mother • 6E: Breastfeeding infant of priority 1 mother • 6F: Breastfeeding infant of priority 4 mother 	6E, 6F (702)
Infant (up to 6 months old) of WIC or WIC Eligible Mother	<ul style="list-style-type: none"> • An infant <6 months of age whose mother was a WIC Program participant during pregnancy <p style="text-align: center;">or</p> <ul style="list-style-type: none"> • An infant <6 months of age whose mother's medical records document that the woman was at nutritional risk during pregnancy because of detrimental or abnormal nutritional conditions detectable by biochemical or anthropometric measurements or other documented nutritionally related medical conditions 	7A (701)
Inappropriate Complementary Foods	<p>Routinely offering complementary foods (any foods or beverages other than breastmilk or formula) or other substances that are inappropriate in type or timing.</p> <p>Examples of inappropriate complementary foods include:</p> <ul style="list-style-type: none"> • Adding sweet agents such as sugar, honey, or syrups to any beverage (including water) or prepared food, or used on a pacifier • Any food other than breastmilk or iron-fortified infant formula before 4 months of age 	7C (411)
Dilution of Formula Inappropriate	<p>Routinely feeding inappropriately diluted infant formula.</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Failure to follow manufacturer's dilution instructions (to include over-dilution of formula for household economic reasons) • Failure to follow specific instructions accompanying a prescription 	7F (411)
Feeding Potentially Contaminated Foods	<p>Feeding of foods to an infant that could be contaminated with harmful microorganisms or toxins. Examples of potentially harmful foods include:</p> <ul style="list-style-type: none"> • Unpasteurized fruit or vegetable juices • Unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, and Mexican-style cheese • Honey (added to liquids or solid foods, used in cooking, as part of processed foods, on a pacifier, etc) • Raw or undercooked meat, fish, poultry, eggs • Raw vegetable sprouts (alfalfa, clover, bean and radish) • Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot) 	7H (411)

Improper Use of Bottles or Cups	<p>Routinely using bottles or cups improperly. Examples of improper practices include:</p> <ul style="list-style-type: none"> • Using a bottle to feed fruit juice • Feeding any sugar-containing fluids, such as soda/soft drinks, gelatin water, corn syrup solutions, sweetened tea • Allowing the infant to fall asleep or be put to bed with a bottle at naps or bedtime • Allowing the infant to use the bottle without restriction (such as walking around with the bottle) or as a pacifier • Propping the bottle when feeding • Adding any food (cereal or other solid foods) to the infants bottle • Allowing an infant to carry around and drink throughout the day from a covered or spill-proof sippy cup or training type cup. 	7K (411)
Diet Very Low in Calories / Essential Nutrients Not Providing Dietary Supplements Recognized as Essential	<p>Routinely feeding a diet that is very low in calories and/or essential nutrients. Examples include:</p> <ul style="list-style-type: none"> • Vegan diet • Macrobiotic diet • Other highly restrictive diets that are very low in calories and/or essential nutrients <p>Routinely not providing a supplement of 400 IU of vitamin D to infants who are 6 months of age or older AND</p> <ul style="list-style-type: none"> • are exclusively breastfed and are not taking a supplement of 400 IU of vitamin D/day • are partially breastfed and eating less than 32 ounces of formula/day • are formula fed and eating less than 32 ounces of formula per day. 	7L (411)
Primary Nutrient Source Inappropriate	<p>Routinely using a substitute(s) for breastmilk or for FDA approved iron-fortified formula as the primary nutrient source during the first year of life. Examples of substitutes include:</p> <ul style="list-style-type: none"> • Low iron formula without iron supplementation • Cow's milk, goat's milk, or sheep's milk (whole, reduced fat, low-fat, skim), canned evaporated or sweetened condensed milk • Imitation or substitute milks (such as rice- or soy-based beverages, non-dairy creamer) or other "homemade concoctions" 	7N (411)
Sanitation Practices Inappropriate	<p>Routinely using inappropriate sanitation in preparation, handling and storage of expressed breastmilk or formula. Including:</p> <p><u>Routinely using inappropriate breastmilk storage and handling practices such as</u></p> <ul style="list-style-type: none"> • Saving breastmilk from a used bottle for use at another feeding • Feeding previously frozen breastmilk that has been thawed in the refrigerator and has been refrigerated more than 24 hours • Using a microwave to thaw frozen breastmilk • Re-freezing breastmilk once it has been thawed • Adding freshly expressed unrefrigerated breastmilk already frozen breastmilk in a storage container. 	7S (411)

<p>Sanitation Practices Inappropriate</p> <p>No Safe Water Supply</p>	<p><u>Feeding an infant prepared infant formula which:</u></p> <ul style="list-style-type: none"> • Has been held at room temperature longer than 1 hour; or longer than recommended by the manufacturer • Has been held in the refrigerator longer than 24 hours for powdered formula or longer than 48 hours for concentrated or ready-to-feed formula. • Remains in a bottle one hour after the start of the feeding; and/or • Remains in a bottle from an earlier feeding <ul style="list-style-type: none"> • Limited or no access to a safe water supply (as documented by appropriate official) <ul style="list-style-type: none"> • Water contaminated with toxic substances such as nitrate >10mg/l, lead, or pesticides • Limited or no access to a heat source for sterilization • Limited or no access to refrigerator or freezer for storage 	<p>7S (411)</p>
<p>Feeding Practices Disregard Developmental Stage</p>	<p>Routinely using feeding practices that disregard the developmental needs or stage of the infant. Examples of these feeding practices include:</p> <ul style="list-style-type: none"> • Inability to recognize, insensitivity to, or disregarding the infant's cues for hunger and satiety (such as forcing an infant to eat a certain type and/or amount of food or beverage or ignoring an infant's hunger cues) • Feeding foods of inappropriate consistency, size or shape that put infants at risk of choking • Not supporting an infant's need for growing independence with self-feeding (such as solely spoon-feeding an infant who is able and ready to finger-feed and/or try self-feeding with appropriate utensils) • Feeding an infant foods with inappropriate textures based on his/her developmental stage (such as feeding primarily pureed or liquid foods when the infant is ready and capable of eating mashed, chopped or appropriate finger foods) 	<p>7T (411)</p>
<p>Homelessness</p>	<p>An infant who lacks a fixed and regular nighttime residence; or whose primary nighttime residence is:</p> <ul style="list-style-type: none"> • A supervised publicly or privately operated shelter • An institution that provides temporary residence for individuals intended to be institutionalized • A temporary accommodation of not more that 365 days in the residence of another individual • A public or private place not designed or ordinarily used as a regular sleeping accommodation for human beings 	<p>8A (801)</p>
<p>Migrancy</p>	<p>Infants who are members of families which contain at least one individual whose principal employment is:</p> <ul style="list-style-type: none"> • in agriculture on a seasonal basis • who has been so employed within the last 24 months • and who establishes for the purposes of such employment, a temporary abode 	<p>8A (802)</p>

Transfer of Certification	<ul style="list-style-type: none"> • with current valid verification of certification (VOC) document from another state or local agency. • verification of transfer status via documented telephone calls is acceptable • used primarily when the VOC document does not reflect a more specific nutrition risk condition at the time of transfer, or participant was initially certified based on a nutrition risk condition not in use by the receiving State agency. 	8B (502)
Dietary Risk Associated with Complementary Feeding Practices	<ul style="list-style-type: none"> • <u>An infant age 4 – 12 months</u> is at risk of inappropriate complementary feeding when the infant has begun to or is expected to begin to: <ol style="list-style-type: none"> 1. Consume complementary foods and beverages 2. Eat independently 3. Be weaned from breastmilk or infant formula 4. Transition from a diet based on infant/toddler foods to one based on the <i>Dietary Guidelines for Americans</i> <p>**This risk may be assigned to infants age 4-12 months when a nutrition assessment has been completed AND NO other risk criteria have been identified.</p> <ul style="list-style-type: none"> • This risk code should NOT be used if any other risk code has been assigned. 	9Z (428)

NUTRITION RISK CODE DEFINITIONS FOR CHILDREN – OCTOBER 2012

ALLOWED RISK CRITERIA	<u>Risk Criteria Definition</u>	RISK CODE NUMBER (USDA)											
Short Stature or At Risk of Short Stature**	<p><u>Children 12 to 23 months of age</u></p> <ul style="list-style-type: none"> Short Stature: $\leq 2.3^{\text{rd}}$ percentile length-for-age as plotted on WHO growth standards At Risk of Short Stature: $>2.3^{\text{rd}}$ and $\leq 5^{\text{th}}$ percentile length-for-age as plotted on WHO growth standards <p><i>**NOTE: For children 12-23 months that were born prematurely, assignment of this risk criterion will be based on adjusted gestational age.</i></p> <p><u>Children 2-5 years of age</u></p> <ul style="list-style-type: none"> Short Stature: $\leq 5^{\text{th}}$ percentile stature-for-age At Risk of Short Stature: $>5^{\text{th}}$ and $\leq 10^{\text{th}}$ percentile stature-for-age 	1A (121)											
Underweight or At Risk of Becoming Underweight	<p><u>Children 12 to 23 months of age</u></p> <ul style="list-style-type: none"> Underweight: $\leq 2.3^{\text{rd}}$ percentile weight-for-length as plotted on WHO growth standards At Risk of Underweight: $>2.3^{\text{rd}}$ and $\leq 5^{\text{th}}$ percentile weight-for-length as plotted on WHO growth standards <p><u>Children 2-5 years of age</u></p> <ul style="list-style-type: none"> Underweight: $\leq 5^{\text{th}}$ percentile BMI-for-age At Risk of Underweight: $>5^{\text{th}}$ and $\leq 10^{\text{th}}$ percentile BMI-for-age 	1C (103)											
Inadequate Growth Children from 12 – 59 months of age	<p>An inadequate rate of weight gain, defined as:</p> <ul style="list-style-type: none"> Based on 2 weights taken at least 3 months apart, the child's actual weight gain is less than the calculated expected weight gain based on the table below <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th rowspan="2">Age</th> <th colspan="3">Average Weight Gain</th> </tr> <tr> <th>Per week</th> <th>Per month</th> <th>Per 6 months</th> </tr> </thead> <tbody> <tr> <td>12 – 59 months</td> <td>0.6 ounces</td> <td>2.7 ounces</td> <td>1 pound</td> </tr> </tbody> </table>	Age	Average Weight Gain			Per week	Per month	Per 6 months	12 – 59 months	0.6 ounces	2.7 ounces	1 pound	1D (135)
Age	Average Weight Gain												
	Per week	Per month	Per 6 months										
12 – 59 months	0.6 ounces	2.7 ounces	1 pound										
Overweight	<p><u>Use only for children 2 – 5 years of age:</u></p> <ul style="list-style-type: none"> $\geq 85^{\text{th}}$ and $< 95^{\text{th}}$ percentile BMI-for-age 	1R (114)											
Obese	<p><u>Use only for children 2 – 5 years of age:</u></p> <ul style="list-style-type: none"> $\geq 95^{\text{th}}$ percentile BMI 	1Q (113)											
High Weight for Length	<p><u>Use only for children 12 – 23 months of age</u></p> <ul style="list-style-type: none"> $\geq 97.7^{\text{th}}$ percentile weight-for-length as plotted on the CDC, Birth to 24 months gender specific growth charts 	1W (115)											

Low Hemoglobin (Low Hematocrit)	<ul style="list-style-type: none"> Hemoglobin concentration below the cut-off values established by the CDC. <table border="1" data-bbox="480 201 1433 373"> <thead> <tr> <th>Altitude – feet</th> <th>0-2999</th> <th>3000-3999</th> <th>4000-4999</th> </tr> </thead> <tbody> <tr> <td>Age 12-23 months</td> <td>11.0</td> <td>11.2</td> <td>11.3</td> </tr> <tr> <td>Age 24-59 months</td> <td>11.1</td> <td>11.3</td> <td>11.4</td> </tr> </tbody> </table>	Altitude – feet	0-2999	3000-3999	4000-4999	Age 12-23 months	11.0	11.2	11.3	Age 24-59 months	11.1	11.3	11.4	2H (201)
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Age 24-59 months	11.1	11.3	11.4											
Elevated Blood Lead Levels	<ul style="list-style-type: none"> Blood lead level of $\geq 10\mu\text{g}/\text{deciliter}$ within the past 12 months <ul style="list-style-type: none"> <i>Cut-off value is the current published guidance from the CDC</i> 	2L (211)												
Fetal Alcohol Syndrome	<ul style="list-style-type: none"> Presence of Fetal Alcohol Syndrome (FAS) diagnosed by a physician. Diagnosis of FAS is based on the presence of retarded growth, a pattern of facial abnormalities, and abnormalities of the central nervous system, including mental retardation. 	3G (382)												
Drug/Nutrient Interactions	<ul style="list-style-type: none"> Use of prescription or over-the-counter drugs or medications that have been shown to interfere with nutrient intake or utilization, <i>to an extent that nutritional status is compromised.</i> Refer to current drug references 	3H (357)												
Infectious Diseases	<p>A disease caused by growth of pathogenic microorganisms in the body severe enough to affect nutritional status. Includes, but is not limited to:</p> <p>Must be present within the past 6 months</p> <ul style="list-style-type: none"> Tuberculosis Pneumonia Meningitis Bronchiolitis (3 episodes in last 6 months) Hepatitis Parasitic infections HIV / AIDS <p>DOES NOT INCLUDE OTITIS MEDIA, BRONCHITIS, CHRONIC OR RECURRENT RESPIRATORY INFECTIONS, OR URINARY TRACT INFECTIONS</p>	3M (352)												
Recent Major Surgery, Trauma, Burns	<ul style="list-style-type: none"> Severe enough to compromise nutritional status Any occurrence within the past ≤ 2 months may be self reported More than > 2 months previous, physician must document continued need for nutritional support. 	3R (359)												
Low Birth Weight Prematurity	<p>Use only for children 12 – 23 months of age</p> <ul style="list-style-type: none"> Birth weight ≤ 5 pounds 8 ounces (≤ 2500 g) Birth at ≤ 37 weeks gestation 	3S (141, 142)												
Failure to Thrive	<ul style="list-style-type: none"> Presence of failure to thrive as diagnosed by a physician 	3T (134)												
Hypertension and Prehypertension	<ul style="list-style-type: none"> Presence of hypertension or prehypertension 	3V (345)												
Food Allergies Lactose Intolerance	<ul style="list-style-type: none"> Adverse health effects arising from a specific immune response that occurs reproducibly on exposure to a given food. The syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating, that occurs after lactose ingestion. 	4A (353, 355)												

<p>Celiac Disease</p>	<ul style="list-style-type: none"> • An autoimmune disease precipitated by the ingestion of gluten that results in damage to the small intestine and malabsorption of the nutrients from food. • CD is also known as: Celiac Sprue; Gluten-sensitive Enteropathy; Non-tropical Sprue 	<p>4A (354)</p>								
<p>Inborn Errors of Metabolism</p>	<p>Inherited metabolic disorders caused by a defect in the enzymes or their co-factors that metabolize protein, carbohydrate, or fat. Generally refers to gene mutation or gene deletions that alter metabolism in the body. Including but not limited to:</p> <table border="1" data-bbox="511 436 1409 865"> <tr> <td data-bbox="511 436 963 535"> <ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) </td> <td data-bbox="963 436 1409 535"> <ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) </td> </tr> <tr> <td data-bbox="511 535 963 661"> <ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Glutaric academia, Biotinidase deficiency) </td> <td data-bbox="963 535 1409 661"> <ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) </td> </tr> <tr> <td data-bbox="511 661 963 793"> <ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) </td> <td data-bbox="963 661 1409 793"> <ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) </td> </tr> <tr> <td data-bbox="511 793 963 865"> <ul style="list-style-type: none"> • Fatty Acid Oxidation Defects </td> <td data-bbox="963 793 1409 865"> <ul style="list-style-type: none"> • Mitochondrial Disorders: </td> </tr> </table>	<ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) 	<ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) 	<ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Glutaric academia, Biotinidase deficiency) 	<ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) 	<ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) 	<ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) 	<ul style="list-style-type: none"> • Fatty Acid Oxidation Defects 	<ul style="list-style-type: none"> • Mitochondrial Disorders: 	<p>4B (351)</p>
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<p>Cancer</p> <p>Renal Disease</p> <p>Other Medical Conditions:</p>	<ul style="list-style-type: none"> • Presence of cancer. Current condition, or the treatment of the condition, must be severe enough to affect nutritional status • Any renal disease including pyelonephritis and persistent proteinuria. • Does not include urinary tract infections involving the bladder. <p>Diseases or conditions with nutritional implications that are not included in any of the other medical conditions. Current condition, or treatment of the condition must be severe enough to affect nutritional status.</p> <ul style="list-style-type: none"> • Juvenile Rheumatoid Arthritis • Cardiorespiratory Disease • Cystic Fibrosis • Persistent Asthma (moderate or severe) requiring daily medication • Lupus Erythematosus • Heart Disease 	<p>4C (346, 347, 360)</p>								
<p>Gastrointestinal disorders</p> <p>Nutrient Deficiency Diseases</p>	<p>Diseases and/or conditions that interferes with the intake or absorption of nutrients. The diseases and/or conditions include but are not limited to:</p> <ul style="list-style-type: none"> • Gastroesophageal reflux disease (GERD) • Peptic ulcer • Inflammatory bowel disease • Short bowel syndrome • Malabsorption syndrome • Liver disease, pancreatitis, gallbladder disease • Post-bariatric surgery <ul style="list-style-type: none"> • Caused by insufficient dietary intake of macro and micronutrients. Diseases include, but are not limited to: • Protein Energy Malnutrition, Scurvy, Rickets, Hypocalcemia, Osteomalacia, Cheilosis, Menkes Disease, Vitamin K Deficiency and Xerophthalmia. 	<p>4D (342, 341)</p>								

<p>Child of Limited Ability Caregiver</p> <p>Foster Care</p>	<p>Child whose primary caregiver is assessed to have a limited ability to make feeding decisions and/or prepare food. Primary caregiver is the person responsible for taking care of the child and for making the feeding decisions. This person is not necessarily the mother or guardian of the child.</p> <p>Examples of limited ability may include individuals who are:</p> <ul style="list-style-type: none"> • mentally disabled/delayed and/or have a diagnosed mental illness • physically disabled to a degree which restricts or limits food preparation abilities • currently using or having a history of abusing alcohol or other drugs • ≤ 17 years of age <ul style="list-style-type: none"> • Child entering the foster care system during the previous six months or moving from one foster care home to another foster care home during the previous six months. • Cannot be used for consecutive certifications while the child remains in the same foster home. 	<p>4E</p> <p>(902, 903)</p>
<p>Diabetes</p> <p>Thyroid Disorders</p> <p>Hypoglycemia</p>	<ul style="list-style-type: none"> • presence of diabetes mellitus <p>Thyroid dysfunctions including but not limited to:</p> <ul style="list-style-type: none"> • Hyperthyroidism • Hypothyroidism • Congenital Hyperthyroidism or Hypothyroidism <ul style="list-style-type: none"> • presence of hypoglycemia 	<p>4F</p> <p>(343, 344, 356)</p>
<p>Central Nervous System Disorders</p> <p>Genetic and Congenital Disorders</p> <p>Developmental Delays</p>	<p>Conditions which affect energy requirements, ability to feed self, or alter nutritional status metabolically, mechanically, or both. These include but are not limited to:</p> <ul style="list-style-type: none"> • Epilepsy, • Cerebral palsy, • Neural tube defects (NTD); spina bifida, myelomeningocele • Multiple sclerosis (MS) <p>Hereditary or congenital condition at birth that causes physical or metabolic abnormality. Current condition must alter nutrition status. May include, but is not limited to:</p> <ul style="list-style-type: none"> • Down's syndrome • thalassemia major • sickle cell anemia (NOT SICKLE CELL TRAIT) • cleft lip or palate • muscular dystrophy <p>Developmental, sensory or motor disabilities that restrict the ability to chew or swallow food or require tube feeding to meet nutritional needs:</p> <ul style="list-style-type: none"> • minimal brain function • head trauma • other disabilities • feeding problems due to a developmental disability such as pervasive development disorder (PDD) which includes autism • birth injury • brain damage 	<p>4G</p> <p>(348, 349, 362)</p>

Dental Problems	<ul style="list-style-type: none"> • Presence of nursing or baby bottle caries, smooth surface decay of the maxillary anterior and the primary molars. • Tooth decay, periodontal disease, tooth loss and or ineffectively replaced teeth which impair the ability to ingest food in adequate quantity or quality 	4H (381)
Depression	<ul style="list-style-type: none"> • Presence of clinical depression diagnosed by a physician or psychologist 	4J (361)
Environmental Tobacco Smoke Exposure	<ul style="list-style-type: none"> • Environmental tobacco smoke (ETS) exposure is defined (for WIC eligibility purposes) as exposure to smoke from tobacco products inside the home. • Also known as passive, secondhand or involuntary smoke • Assessment must be phrased as: "Does anyone living in your household smoke inside the home?" • This definition is based on CDC guidance and relates specifically to exposure "INSIDE THE HOME". 	4S (904)
Recipient of Abuse	<ul style="list-style-type: none"> • Child abuse/neglect within past 6 months <ul style="list-style-type: none"> • "any recent act or failure to act resulting in imminent risk of serious harm, death, serious physical or emotional harm, sexual abuse, or exploitation of an infant or child by a parent or caretaker" <p>Abuse can be self-reported, or as documented by a social worker, health care worker, health care provider or on other appropriate documents, or as reported through consultation with a social worker, health care provider, or other appropriate personnel.</p> <p><i>*If State law requires the reporting of known or suspected child abuse or neglect, WIC staff must release such information to appropriate State officials.*</i></p>	4X (901)
Feeding Potentially Contaminated Foods	<p>Routinely feeding foods to a child that could be contaminated with harmful microorganisms. Examples of potentially harmful foods for a child include:</p> <ul style="list-style-type: none"> • Unpasteurized fruit or vegetable juices • Unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese • Raw or undercooked meat, fish, poultry, or eggs • Raw vegetable sprouts (alfalfa, clover, bean and radish) • Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot) 	5H (425.5)
Improper Use of Bottles, Cups or Pacifiers	<p>Routinely using bottles, cups or pacifiers improperly. Examples include:</p> <ul style="list-style-type: none"> • routine use of the bottle to feed fruit juice, diluted cereal or other solid foods • allowing the child to fall asleep or be put to bed with a bottle at naps or bedtime • allowing the child to use the bottle without restriction (such as walking around with a bottle) or as a pacifier • using a bottle for feeding or drinking beyond 14 months of age • allowing a child to carry around and drink throughout the day from a covered or spill proof sippy cup or training type cup • using a pacifier dipped in sweet agents such as sugar, honey, or syrups 	5K (425.3)

<p>Diet Very Low in Calories/Essential Nutrients</p> <p>Not Providing Dietary Supplements Recognized as Essential</p>	<ul style="list-style-type: none"> Diets that are very low in calories, severely limit intake of important food sources of nutrients, or otherwise involve high-risk eating patterns Examples include Vegan diet, Macrobiotic diet, and other diets very low in calories and/or essential nutrients. Restricting a child's ability to consume nutritious meals at an appropriate frequency per day <ul style="list-style-type: none"> Not providing a supplement containing 400 IU of vitamin D if a child consumes less than 32 ounces vitamin D fortified milk or formula <ul style="list-style-type: none"> (Since 32 ounces of milk is in excess of the recommended 16 ounces of milk per day for pre-school children, most children will require a vitamin D supplement) 	<p>5L (425.6)</p> <p>(425.8)</p>
<p>Inappropriate Beverages as Primary Milk Source</p>	<p>Routine use of inappropriate beverages as primary milk source. Examples include:</p> <ul style="list-style-type: none"> Non-fat or reduced-fat milks (between 12 and 24 months of age) or sweetened condensed milk Unfortified or inadequately fortified substitute milks (such as inadequately or unfortified rice-or soy-based beverages, non-dairy creamer) or other "homemade concoctions" 	<p>5N (425.1)</p>
<p>Routine Ingestion of Non-Food Items (Pica)</p>	<p>Ingestion of inappropriate non-food items. Examples include:</p> <ul style="list-style-type: none"> Ashes, Cigarettes or cigarette butts Carpet fibers, foam rubber Clay Paint chips Soil Laundry starch and cornstarch 	<p>5Q (425.9)</p>
<p>Feeding Sugar Containing Fluids</p>	<p>Routinely feeding a child sugar containing fluids such as:</p> <ul style="list-style-type: none"> soda/soft drinks gelatin water corn syrup solutions sweetened tea 	<p>5S (425.2)</p>
<p>Feeding Practices Disregard Developmental Stage</p>	<p>Routinely using feeding practices that disregard the developmental needs or stages of the child. Examples include:</p> <ul style="list-style-type: none"> inability to recognize, insensitivity to, or disregarding the child's cues for hunger and satiety (e.g., forcing a child to eat a certain type and/or amount of food or beverage or ignoring a hungry child's requests for appropriate foods) feeding foods of inappropriate consistency, size, or shape that put children less than 4 years of age at risk for choking not supporting a child's need for growing independence with self-feeding (e.g., solely spoon-feeding a child who is able and ready to finger-feed and/or try self-feeding with appropriate utensils) feeding a child food with an inappropriate texture based on his/her developmental stage (such as feeding primarily pureed or liquid food when the child is ready and capable of eating mashed, chopped or appropriate finger foods) 	<p>5T (425.4)</p>

Homelessness	<p>A child who lacks a fixed and regular nighttime residence; or whose primary nighttime residence is:</p> <ul style="list-style-type: none"> • A supervised publicly or privately operated shelter • An institution that provides temporary residence for individuals intended to be institutionalized • A temporary accommodation of not more than 365 days in the residence of another individual • A public or private place not designed or ordinarily used as a regular sleeping accommodation for human beings 	8A (801)
Migrancy	<p>A child who is a member of families which contain at least one individual whose principal employment is:</p> <ul style="list-style-type: none"> • in agriculture on a seasonal basis • who has been so employed within the last 24 months • and who establishes for the purposes of such employment, a temporary abode 	8A (802)
Transfer of Certification	<ul style="list-style-type: none"> • With current valid verification of certification (VOC) document from another state or local agency. • Verification of transfer status via documented telephone calls is acceptable • Used primarily when the VOC document does not reflect a more specific nutrition risk condition at the time of transfer, or participant was initially certified based on a nutrition risk condition not in use by the receiving State agency. 	8B (502)
Failure to Meet Dietary Guidelines	<ul style="list-style-type: none"> • <u>Children two years of age and older</u> who meet the income, categorical and residency eligibility requirements may be presumed to be at nutrition risk for <i>failure to meet Dietary Guidelines for Americans</i>. Based on an individual's estimated energy needs, the failure to meet Dietary Guidelines risk criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans) <p>***This risk may be assigned to children age 2 and over when a nutrition assessment has been completed AND NO other risk criteria have been identified.</p> <ul style="list-style-type: none"> • This risk code should NOT be used if any other risk code has been assigned. 	9X (401)
Dietary Risk Associated with Complementary Feeding Practices	<ul style="list-style-type: none"> • <u>A child age 12-23 months</u> is at risk of inappropriate complementary feeding when the child has begun to or is expected to begin to: <ol style="list-style-type: none"> 1. Consume complementary foods and beverages 2. Eat independently 3. Be weaned from breastmilk or infant formula 4. Transition from a diet based on infant/toddler foods to one based on the <i>Dietary Guidelines for Americans</i> <p>**This risk may be assigned to children age 12-23 when a nutrition assessment has been completed AND NO other risk criteria have been identified.</p> <ul style="list-style-type: none"> • This risk code should NOT be used if any other risk code has been assigned. 	9Z (428)