



Procedure: Risk Criteria for Postpartum Women

Volume: Nutrition Services/Breastfeeding

Section: Nutrition Risk Criteria

Citation: 246.7 (d)(1)(2); PM 2011-5

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Revised Date:

Purpose

To provide guidance on nutritional risk criteria for postpartum women as part of eligibility for the Nebraska WIC Program.

Definitions for all allowed risk criteria for postpartum women are found in the following table:

ALLOWED RISK CRITERIA	Risk Criteria Definition	RISK CODE NUMBER (USDA)																				
High Maternal Weight Gain	Most recent pregnancy only: <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: 	1E (133)																				
	<table border="1"> <thead> <tr> <th>Prepregnancy Weight</th> <th>BMI</th> <th>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					
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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. 	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 LMP 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	Most recent pregnancy <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	A disease caused by growth of pathogenic microorganisms in the body severe enough to affect nutritional status. Must be present within the past 6 months <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)								
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="513 1472 1411 1896"> <tr> <td data-bbox="513 1472 963 1568"> <ul style="list-style-type: none"> • Amino Acid Disorders: (PKU, MSUD, Tyrosemia) </td> <td data-bbox="971 1472 1411 1568"> <ul style="list-style-type: none"> • Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) </td> </tr> <tr> <td data-bbox="513 1579 963 1675"> <ul style="list-style-type: none"> • Organic Acid Metabolism Disorders: (Gluteric academia, Biotinidase deficiency) </td> <td data-bbox="971 1579 1411 1675"> <ul style="list-style-type: none"> • Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) </td> </tr> <tr> <td data-bbox="513 1686 963 1824"> <ul style="list-style-type: none"> • Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) </td> <td data-bbox="971 1686 1411 1824"> <ul style="list-style-type: none"> • Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) </td> </tr> <tr> <td data-bbox="513 1835 963 1896"> <ul style="list-style-type: none"> • Fatty Acid Oxidation Defects </td> <td data-bbox="971 1835 1411 1896"> <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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<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, 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 	<p>4C (346, 347, 360)</p>
<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 <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>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>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>4G (348, 349)</p>
<p>Genetic/ Congenital Disorders</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>4G (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 • birth injury • brain damage 	<p>4G (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 • This definition is based on CDC guidance and relates specifically to exposure “INSIDE THE HOME”. 	<p>4S (904)</p>

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)

<p>Failure to Meet Dietary Guidelines for Americans</p> <p>This risk code should NOT be used if any other risk code has been assigned.</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>9X (401)</p>
<p>Possibility of Regression</p> <p>Regression risk criteria may not be used more for more than ONE six-month certification period.</p>	<p>A participant who has previously been certified eligible for the Program may be considered to be at nutritional risk in the next certification period if the CPA determines there is a possibility of regression in nutritional status without the benefits that the WIC program provides.</p> <ul style="list-style-type: none"> Participants recertified for this risk will remain in the same priority as at the previous certification. CPA must document the risk condition that warrants use of possibility of regression criteria. (anthropometric, biochemical or medical/nutritional risk) May not be used at an applicant's initial certification. May not be used for pregnant women 	<p>9A (501)</p>