



Procedure: Risk Criteria for Pregnant Women

Volume: Nutrition Services/Breastfeeding

Section: Nutrition Risk Criteria

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

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Purpose

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

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

ALLOWED RISK CRITERIA	<u>Risk Criteria Definition</u>	RISK CODE NUMBER (USDA)															
<p>High Maternal Weight Gain</p>	<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>	<p>1E (133)</p>															
<p>Low Maternal Weight Gain</p>	<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 rainge for her respective prepregnancy weight category: <table border="1" data-bbox="467 1600 1425 1810"> <thead> <tr> <th>Prepregnancy Weight</th> <th>BMI</th> <th>Total Weight Range (lbs)</th> </tr> </thead> <tbody> <tr> <td>Underweight</td> <td>< 18.5</td> <td>28 – 40</td> </tr> <tr> <td>Normal Weight</td> <td>18.5 to 24.9</td> <td>25 – 35</td> </tr> <tr> <td>Overweight</td> <td>25.0 to 29.9</td> <td>15 - 25</td> </tr> <tr> <td>Obese</td> <td>≥ 30.0</td> <td>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	<p>1I (131)</p>
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	<ul style="list-style-type: none"> any history of birth of an infant at ≤ 37 weeks gestation 	3J (311, 312)												
History of LBW	<ul style="list-style-type: none"> any history of birth of an infant weighing ≤ 5 pounds 8oz (≤ 2500 grams) 													
Gestational Diabetes	<ul style="list-style-type: none"> presence of gestational diabetes in current pregnancy with gestational diabetes, diabetes is not present before the pregnancy 	3K (302, 303, 304)												
History of Gestational Diabetes	<ul style="list-style-type: none"> any history of diagnosed gestational diabetes 													
History of Preeclampsia	<ul style="list-style-type: none"> Any history of diagnosed preeclampsia 													
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" style="margin-left: auto; margin-right: auto;"> <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	<p>Any history of fetal or neonatal death or 2 or more spontaneous abortions</p> <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	<p>Presence of Hypertension or prehypertension</p> <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)
<p>Food Allergies</p> <p>Lactose Intolerance</p> <p>Celiac Disease</p>	<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="500 262 1398 688"> <tr> <td data-bbox="508 268 946 359"> <ul style="list-style-type: none"> Amino Acid Disorders: (PKU, MSUD, Tyrosemia) </td> <td data-bbox="954 268 1390 359"> <ul style="list-style-type: none"> Urea Cycle Disorders: (Citrullinemia, Argininosuccinic aciduria) </td> </tr> <tr> <td data-bbox="508 369 946 480"> <ul style="list-style-type: none"> Organic Acid Metabolism Disorders: (Gluteric academia, Biotinidase deficiency) </td> <td data-bbox="954 369 1390 480"> <ul style="list-style-type: none"> Carbohydrate Disorders: (Galactosemia, Glycogen Storage Disease, Hereditary Fructose Intolerance) </td> </tr> <tr> <td data-bbox="508 491 946 623"> <ul style="list-style-type: none"> Lysosomal Storage Diseases: (Fabry disease, Gauchers disease, Pompe disease) </td> <td data-bbox="954 491 1390 623"> <ul style="list-style-type: none"> Peroxisomal Disorders: (Zellweger Syndrome Spectrum, Adrenoleukodystrophy) </td> </tr> <tr> <td data-bbox="508 634 946 682"> <ul style="list-style-type: none"> Fatty Acid Oxidation Defects </td> <td data-bbox="954 634 1390 682"> <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, 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) 4C (360)								
Gastro-intestinal disorders Nutrient Deficiency Diseases	<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. 	4D (342, 341)								

Woman with Limited ability	<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 and younger 	4E (902)
Diabetes Thyroid Disorders Hypoglycemia	<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 	4F (343, 344, 356)
Central Nervous System Disorders Genetic/ Congenital Disorders Developmental Delays	<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>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 (348) 4G (349, 362)
Dental Problems	<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. 	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)

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. • 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”. 	4S (904)
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)
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 	8H (427)

Eating Potentially Contaminated Foods (cont)	<p>other deli-style meat or poultry products unless reheated until steaming hot</p> <ul style="list-style-type: none"> • 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 unpasteurized eggnog • Raw sprouts (alfalfa, clover, and radish) • Unpasteurized fruit or vegetable juices 	
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)	<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 <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 to women when a nutrition assessment has been completed AND NO other risk criteria have been identified.</p>	9X (401)

Definition of Trimesters:

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