

Examples of PES Statements in the WIC setting

Overweight / High maternal weight gain:

- Excessive energy intake r/t consumption of fast foods meals 1 time per day AEB BMI / age at the 97%tile
- Excessive energy intake r/t high calorie snack foods AEB rapid weight gain of 2 pounds per month
- Limited adherence to nutrition-related recommendations r/t lack of value for behavior change regarding milk and juice intake AEB consumption of five 8-oz cups milk and three 8-oz cups juice a day despite previous counseling on topic.
- Physical inactivity r/t mandatory bed rest AEB 6# above maximum recommended PN weight gain at ___wks gestation.

Underweight / Inadequate weight gain:

- Inadequate energy intake r/t poor appetite AEB weight loss of 1 pound in the past month.
- Food- and nutrition-related knowledge deficit r/t lack of prior nutrition related education regarding infant/toddler feeding practices AEB MOI reports not knowing when to introduce complementary foods.
- Inadequate energy intake r/t routinely providing pureed fruit and milk as primary part of diet AEB inadequate gain 7 oz in 2 months, w/l <2nd %ile.

Breastfeeding:

- Breastfeeding difficulty r/t infant accustomed to bottle-feeding AEB unable to latch baby to breast.
- Food- and nutrition-related knowledge deficit r/t lack of understanding infant feeding cues AEB breastfeeding on a schedule every 4 hours.

For Further Assistance refer to:

eNCPT Nutrition Terminology Reference Manual.

A list of the Nutrition Diagnoses can be found under the Nutrition Diagnosis tab.