

# BREASTFEEDING AND POSTPARTUM WOMEN RISK CODE REFERENCE TOOL

Risk:	ASSESS:	INTERVENTION:	MATERIALS:
<p><b>Goals:</b> The goal of the WIC program is to help achieve optimal health through child bearing years and reduce the risk of chronic diseases</p>			
<p><b>101 Underweight:</b></p> <p>The role of WIC is to assist underweight women in the achievement of a healthy dietary intake and body mass index. Underweight can be an indication of poor nutritional status and/or an underlying health problem.</p>	<p>Usual weight, recent weight loss, Appetite, physical activity pattern, allergies, access to food, oral health issues preventing adequate intake Any GI problems, medications that affect appetite, meal composition, and knowledge and skills related to being able to eat nutrient dense foods with added calories for adequate weight gain.</p>	<p>Education regarding nutrition needs after pregnancy and while breastfeeding, and increasing calories to achieve a healthy weight. Referral to food bank, or SNAP if access to food is needed. Refer to MD if eating disorder is suspected unless already in treatment</p>	<p>ML- 025495 Choose My Plate- English or (ML-025496 S) ML-025598 increasing calories for weight gain.</p>

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<p><b>111 Overweight</b></p> <p>Overweight and obesity have significant impacts on morbidity and mortality. It is imperative that WIC works with women with obesity to improve their own weight status, and assist their children in learning healthy eating and physical activity patterns. <a href="#">Breastfeeding may help with postpartum weight loss.</a></p> <p>Overweight and obesity is associated with the following diseases:</p> <ul style="list-style-type: none"> <li>Coronary heart disease</li> <li>Stroke</li> <li>Hypertension</li> <li>High total blood Cholesterol</li> <li>Diabetes</li> <li>Colon cancer</li> <li>Breast cancer</li> <li>Bone health</li> </ul>	<p>Usual weight, appetite, physical activity pattern, allergies, access to food,</p> <p>Any GI problems, medications that affect appetite, meal composition, and knowledge regarding healthy lifestyle.</p> <p>Assess readiness to change behaviors to include foods lower in fat, sugar and salt and to include physical activity daily.</p> <p><a href="#">Assess how breastfeeding is going.</a></p>	<p>Education regarding the Dietary Guidelines for Americans:</p> <p>Follow a healthy eating pattern within an appropriate calorie level</p> <p>Focus on variety, and nutrient density, from all food groups.</p> <p>Limit calories from added sugar, saturated fat, and reduce sodium intake</p> <p>Shift to healthier food and beverage choices</p> <p>Support healthy eating for all in places where we learn, work, live, and play</p> <p>Encourage 150 minutes of physical activity daily</p> <p>Referral to food bank or SNAP if access to food is needed.</p> <p>Referral to RD or Healthy Living Class if prenatal BMI &gt;30.</p> <p><a href="#">Importance of breastfeeding. Encourage to continue to breastfeed as much as possible.</a></p>	<p>ML-009138</p> <p>Postpartum weight management</p> <p>ML- 025495 Choose My Plate- English or</p> <p>ML-025496 S</p> <p>ML-025136 Adult Portion Size</p> <p>ML-025573 RD information card</p>

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<p><b>133 High Maternal Weight Gain</b></p> <p>Women who gain excessive weight during pregnancy may retain excess weight and have complications of subsequent pregnancies and a lifetime of chronic health conditions.</p> <p>Breastfeeding may help with postpartum weight loss.</p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle and readiness to change dietary and physical activity habits.</p> <p>How is breastfeeding going?</p>	<p>Importance of breastfeeding; encourage to continue to breastfeed as much as possible.</p> <p>Education regarding the Dietary Guidelines for Americans: Follow a healthy eating pattern within an appropriate calorie level Focus on variety, and nutrient density, from all food groups. Limit calories from added sugar, saturated fat, and reduce sodium intake Shift to healthier food and beverage choices Support healthy eating for all in places where we learn, work, live, and play Encourage 150 minutes of physical activity daily Referral to food bank, or SNAP if access to food is needed. Referral to RD or Healthy Living Class if prenatal BMI &gt;30.-Change to red font</p>	<p>ML-009138 Postpartum weight management ML-025495 Choose My Plate- English or ML-025496 S ML-025136 Adult Portion Size ML-025573 RD information card</p>
<p><b>201 Low Hemoglobin</b></p> <p>An indication of a diet low in iron, or blood loss. Symptoms are fatigue, and poor immune function</p>	<p>Any medical conditions that cause anemia such as sickle cell disease. Pica? Recent illness or infection? Does food consumed include foods rich in iron and vitamin C? Are prenatal supplements being consumed and if not, why not?</p>	<p>Education regarding role of iron in the diet to prevent iron deficiency anemia. Educate on foods high in iron and vitamin C. Refer to MD per WIC state plan would remove MD since CPA must still give caregiver a referral copy depending on values of HGB</p>	<p>ML-009045 Get your iron from the food you eat.</p> <p>ML- 025495 Choose My Plate- English or ML-025496 S</p>

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<p><b>211 Elevated Lead levels</b>  <b>Normal lead levels: &lt; 5 micrograms/dl.</b></p> <p>Lead can be passed in breastmilk to the infant. Adequate consumption of iron, calcium, selenium, and zinc along with vitamin C, D, and E decreases the absorption of lead</p>	<p>Assess the history of lead testing            Sources of lead exposure?            (housing, occupation, pica)            Does food consumed include foods rich in iron and vitamin C?            Meal composition, Does participant drink milk or consume other rich sources of calcium</p>	<p>Education regarding the need for lead test if participant had Pica during pregnancy or continues to ingest soil, clay, or paint for at least a month            Educate on foods high in iron and vitamin C.            Educate on foods high in calcium.            Encourage a nutrient dense diet with a variety of vegetables, fruits, and legumes.</p>	<p>ML-009045 Get your iron from the food you eat.            ML-025337 Calcium Rich Foods            ML- 025495 Choose My Plate- English or            ML-025496 S</p>
<p><b>303 History of Gestational Diabetes</b>            Women are at risk of gestational diabetes at subsequent pregnancies and. Maintaining a healthy weight will help prevent diabetes.</p>	<p>Weight gain pattern, meal composition, physical activity pattern.            If pre-pregnancy BMI is &gt;30, refer to RD.</p>	<p>Encourage weight loss prior to next pregnancy.            Advise to keep post-partum MD appointments because they will need a glucose tolerance test at 6-12 weeks postpartum.            Educate on nutrition needs for optimal health and the importance of physical activity to prevent diabetes.            Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.            Encourage to continue to breastfeed as much as possible.</p>	<p>ML-009138 Postpartum weight management            ML-025495 Choose My Plate- English or            ML-025496 S            ML-025136 Adult Portion Size</p>

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<p><b>304 History of Preeclampsia</b></p> <p>Preeclampsia is a leading cause of maternal death and a major contributor to maternal and perinatal morbidity. Women who have had preeclampsia in a prior pregnancy have a 20% increased risk of recurrence.</p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p>	<p>Advise women that they are at risk for recurrence of the disease and the development of cardiovascular disease later in life.</p> <p>Provided education that emphasize measures to prevent preeclampsia in the future.</p> <p>Maintaining a healthy weight</p> <p>Engage in regular physical activity 150 minutes or &gt; per week</p> <p>Follow Dietary Guidelines</p> <p>Limit saturated fat, and processed foods.</p>	<p>ML- 025495 Choose My Plate- English or ML-025496 Spanish ML-009138</p> <p>Postpartum weight management</p>

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<p><b>311 History of Pre-term or Early Term delivery</b>  <b>312 History of Low Birth Weight</b>  <b>321 History of spontaneous abortion, Fetal, or Neonatal loss</b></p> <p>Women with a history of preterm, low birth weight and spontaneous abortion are at a high risk for these conditions in a subsequent pregnancy. <b>Breastmilk is especially important for pre-term babies because it has special protective factors and is easier to digest than formula.</b></p> <p>Risk factors for these conditions include:</p> <ul style="list-style-type: none"> <li>Smoking</li> <li>Alcohol, drug use</li> <li>Obesity, Diabetes, HTN</li> <li>Mental Health issues: stress, depression</li> <li>Pregnant with multiples</li> <li>Past delivery of pre term</li> <li>Short interval between pregnancies</li> <li>Uterine Infections</li> </ul>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p> <p><b>How is breastfeeding going or are they able to pump and feed breastmilk?</b></p>	<p>Education regarding nutrition and physical activity needs for optimal health using the dietary guidelines. Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.</p> <p>If overweight or obese, educate participant that maternal obesity is a risk factor for premature delivery and emphasize the importance of obtaining and maintaining a healthy weight prior to next pregnancy.</p> <p><b>Importance of breastmilk for preterm baby's immune system and digestive system.</b></p>	<p>ML-009138  Postpartum weight management  ML-025495 Choose My Plate- English or  ML-025496 S  ML-025136 Adult Portion Size</p>
<p><b>331 Pregnancy at a young age</b>  <b>Teenagers are at high risk for:</b></p> <ul style="list-style-type: none"> <li>Preeclampsia</li> <li>Premature Birth</li> <li>Inadequate Prenatal care</li> <li>STD's</li> <li>Depression</li> </ul>	<p>Assess for social support system, <b>breastfeeding support</b>, Prenatal care, daily prenatal supplementation, access to healthy foods, weight gain pattern, Appetite, meal and snack intake, beverage intake.</p>	<p>Education regarding nutrition and physical activity needs for optimal health. Encourage <b>breastfeeding, and</b> daily vitamin/ mineral supplementation throughout childbearing years.</p>	<p>ML- 025495 Choose My Plate- English or (ML-025496 S)</p>

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<b>Risk:</b>	<b>ASSESS:</b>	<b>INTERVENTION:</b>	<b>MATERIALS:</b>
<b>332 Short inter-pregnancy interval</b>  Short inter-pregnancy intervals are associated with a number of adverse outcomes for both mother and child, including increased risk of preterm birth, low birth weight, and preeclampsia. <b>Breastfeeding can help delay conception.</b>	Assess for social support at home, access to healthy foods, Prenatal care, daily prenatal supplements, weight pattern, appetite, depression	Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years, especially folic acid Refer to family planning services <b>Encourage breastfeeding</b>	ML- 025495 Choose My Plate- English or (ML-025496 S)
<b>333 High Parity and Young Age</b>  High Parity and young age are associated with a number of adverse outcomes for both mother and child, including increased risk of preterm birth, low birth weight, and preeclampsia.	Assess for social support at home, access to healthy foods, Prenatal care, daily prenatal supplements, weight pattern, appetite, depression	Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years. <b>Encourage to continue to breastfeed as much as possible.</b>	ML- 25495 Choose My Plate- English or ML-025496 S ML-025627 Depression during or after pregnancy.
<b>335 Multifetal Gestation in the most recent pregnancy</b>  Nutritional needs are greater for all nutrients for a woman breastfeeding twins. Postpartum non breastfeeding women have an increased nutritional risk	Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.	Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.	ML- 25495 Choose My Plate- English or (ML-025496 S) ML-025598 increasing calories for weight gain.

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<p><b>337 History of Large for Gestational Age Infant</b></p> <p>Woman with a previous delivery of an infant weighing greater than 9 pounds are at increased risk of giving birth to a large for gestation age infant. This may be an indication of gestational diabetes and a predictor of future diabetes</p>	<p>Assess if MD has performed a Glucose Tolerance Test and if results are known.</p> <p>Assess education received re: diabetes and pregnancy from Primary care provider and her understanding of the education.</p>	<p>Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.</p> <p>Encourage to continue to breastfeed as much as possible.</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy</p>
<p><b>339 History of Birth with congenital or Birth Defect</b></p> <p>A woman who has given birth to an infant who has a congenital or birth defect linked to inappropriate nutritional intake. Inadequate folic acid- Neural tube defect Excess vitamin A- cleft lip or palate Inadequate Zinc-Low birth weight</p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p>	<p>Education regarding nutrition and physical activity needs for optimal health Encourage vitamin/ mineral supplementation throughout childbearing years.</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S</p>
<p><b>341 Nutrition Deficiency Disease</b></p> <p>Diseases include protein/energy malnutrition, scurvy, rickets, Beriberi, hypocalcemia, Osteomalacia, Vitamin K deficiency, Pellagra, Cheilosis, Menkes Disease, and Xerophthalmia.</p> <p>Important functional disturbances may occur as a result of single or multiple nutrient deficiencies. Some examples are immune system dysfunction, cognitive impairment and impaired function of the skeletal system.</p> <p>Participation in the WIC program provides key nutrients and education to help restore nutrition status and eliminate symptoms of overt nutrient deficiency.</p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p> <p>Knowledge regarding diagnosis of deficiency and understanding of treatment.</p>	<p>Education regarding nutrition and physical activity needs for optimal health, Encourage vitamin/ mineral supplementation throughout childbearing years.</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S</p>



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<p><b>342 Gastrointestinal disorders</b></p> <p>Gastrointestinal disorders increase nutritional risk in a number of ways, including restricted food intake, abnormal swallowing, impaired digestion of food, nutrient malabsorption, or excessive loss of nutrients through vomiting, and/or diarrhea.</p>	<p>Assess education received re: Gastrointestinal disorder from primary care provider and her understanding of the education. Assess adherence to dietary recommendations. Refer to clinic RD for high risk care planning if participant has Crohn's, Malabsorption, or Short Bowel Syndrome</p>	<p>Education regarding nutrition and physical activity needs for optimal health <b>Refer to R.D.-</b></p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S ML-025573 RD Information card</p>
<p><b>343 Diabetes</b></p> <p>Metabolic diseases characterized by inappropriate hyperglycemia resulting from defects in insulin secretion, insulin action, or both.</p> <p>Chronic hyperglycemia is associated with long term damage, dysfunction and failure of various organs, especially eyes, kidneys, nerves, heart, and blood vessels.</p>	<p>Assess education received re: diabetes and her understanding of the education. Assess adherence to dietary recommendations.</p>	<p>Education regarding nutrition and physical activity needs for optimal health. Emphasize the importance of keeping appointments with MD and controlling diabetes for life. Encourage to continue to breastfeed as much as possible. <b>Refer to RD</b></p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S  ML-025573 RD Information card</p>
<p><b>344 Thyroid Disorders</b></p> <p>Thyroid hormones influence every system in the body and iodine from the diet is essential in producing thyroid hormones. Individuals with thyroid disorders can benefit from WIC foods and dietary education.</p> <p>Promote breastfeeding. Thyroid hormone replacement is not contraindicated in breastfeeding women. Hypothyroidism if not treated can result in a low milk supply.</p>	<p>Dietary assessment to insure adequate intake of foods high in iodine: Iodized salt Egg yolk Saltwater fish Milk Prenatal vitamin supplement should contain 150 micrograms of iodine a day. Caution the use of soy, or foods rich in soy, iron, calcium, and phytates many interfere with the absorption of the oral thyroid hormone.</p>	<p>Educate that salt in processed foods is not iodized and to read label of prenatal vitamin to insure it contains 150 micrograms per day.</p> <p>Education regarding nutrition and physical activity needs for optimal health</p> <p>Promote breastfeeding. Thyroid hormone replacement is not contraindicated in breastfeeding women.</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S</p>

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<p><b>345 Hypertension/Prehypertension</b></p> <p>Hypertension is a strong risk factor for stroke, cardiovascular disease, kidney disease and congestive heart failure.</p>	<p>Assess knowledge about the importance of blood pressure control and follow up with Physician.</p> <p>Assess dietary intake of salt and foods high in sodium such as highly processed foods, deli meats, fast food, and canned or packaged soups.</p> <p>Assess appetite and activity patterns.</p> <p>Assess understanding of and compliance of medical plan.</p>	<p>Education and counseling regarding lifestyle changes to manage hypertension: Consuming a diet that follows the Dietary Guidelines for Americans or the DASH eating plan. (Dietary approaches to stop hypertension). Limit dietary sodium Engage in regular physical activity Achieve and maintain a healthy weight Smoking cessation</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 Spanish ML-025601 Eating right with less salt or ML-025602 Spanish ML-009138 Postpartum Weight Management</p>
<p><b>346 Renal Disease</b>  <b>347 Cancer</b>  <b>348 Central Nervous System Disorders HR (Cerebral Palsy)</b>  <b>349 Genetic and Congenital Disorders HR: cleft lip or palate, Down syndrome, Congenital Heart Disease.</b>  <b>351 Inborn errors of Metabolism HR</b>  <b>352 b Infectious Disease- Chronic</b>  <b>HR: HIV, AIDS, severely Immunocompromised</b>  <b>360 Other Medical Conditions</b>  <b>HR Congestive Heart Disease, Cystic Fibrosis</b></p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p> <p>Assess knowledge about the medical condition and any dietary changes recommended by MD, or RD.</p>	<p>Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.</p> <p>Refer to RD if high risk</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S ML-025573 RD Information card</p>

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<b>352a Infectious Disease- Acute</b> Acute infectious diseases can lead to poor appetite, low nutrient absorption, accelerated nutrient utilization and/or rapid nutrient loss.	Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle	Education to consume adequate calories and suggestions for addressing poor appetite. Provide education on safe food handling and storage practices.	ML- 25495 Choose My Plate- English or (ML-025496 S) ML-025598 increasing calories for weight gain. ML-025628 be food safe
<b>353 Food Allergies</b> Food allergies are a significant health concern as they can cause serious illness and life threatening reactions	Assess knowledge of allergic reactions. How are the allergies treated? Does participant have ongoing follow up with doctor to manage allergy? Validate the condition by assessing how the allergy was diagnosed, symptoms, and common triggers.	Education on avoiding the food causing allergies while maintaining adequate nutrient intake. Tailor the food package to remove food causing allergy Educate on reading food labels and identifying allergen in food ingredients Educate on planning meals and snacks while eating outside the home.	ML- 25495 Choose My Plate- English or ML-025496 S
<b>355 Lactose Intolerance</b> Lactose intolerance is associated with low bone mass and increased risk of fracture. Inadequate dairy intake increases the risk of metabolic syndrome, hypertension, preeclampsia, obesity and some cancer...especially colon cancer.	Assess eating habits and if other foods and beverages that have calcium are consumed at least three times per day. These include: Lactose free milk Canned salmon Calcium fortified orange juice Leafy greens Nuts Legumes	Tailor food package to remove milk. Educate on reading food labels. Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.	ML- 25495 Choose My Plate- English or ML-025496 S ML-025337 Calcium-Rich Foods Eng/Sp

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<p><b>356 Hypoglycemia</b> <b>Low Blood Sugar</b></p> <p>Hypoglycemia can occur as a complication of diabetes, as a condition in itself, or in association with certain other conditions such as prolonged fasting or long periods of strenuous exercise.</p>	<p>Assess knowledge of the symptoms of hypoglycemia such as nausea/vomiting, shaking, lightheadedness, sweating, and anxiety. Assess knowledge of prevention and treatment of hypoglycemic episode. Drink 4oz juice for example, and subsequent snack. Assess eating habits.</p>	<p>Education regarding consuming a well-balanced diet with small frequent meals and avoidance of high-sugar foods/drinks to prevent symptoms.</p> <p>Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S</p>
<p><b>357 Drug Nutrient Interactions</b></p> <p>Some medications may interfere with nutrient utilization to the extent that nutritional status is compromised.</p>	<p>Assess drug/nutrient interactions of any prescribed or over the counter medications using Food Medication Interactions resource, including effects of medications on breastmilk.</p>	<p>Educate on interaction and referral to MD if appropriate.</p>	<p>ML-025495 Choose my plate ML-025496 Spanish Choose my plate CR-012046 Medications and Breastfeeding</p>
<p><b>358 Eating Disorders</b></p> <p>A mental disorder defined by abnormal eating habits that negatively affect a person's mental or physical health. Women with eating disorders enter pregnancy in a poor nutritional state. They are at risk for developing chemical or nutritional imbalances, deficiencies or weight gain abnormalities.</p> <p>Undernutrition is associated with increased mortality and an increased risk of congenital malformation.</p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle. Knowledge of disorder and stage of change related to eating well for a healthy baby.</p>	<p>Refer to Primary Care Provider unless participant is already in treatment.</p>	<p>ML-025495 Choose my plate ML-025496 Spanish Choose my plate</p>

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<p><b>359 Recent Major Surgery, Trauma, Burns. HR Gastric or Cardiac Bypass</b></p> <p>The body's response to injuries may adversely affect nutrient requirements needed for recovery, leading to malnutrition. Adequate calories and protein is needed for healing as well as an increase in some vitamins, minerals, fatty acids, and amino acids.</p>	<p>Appetite and meal composition, vitamin/mineral supplementation, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p>	<p>Education regarding the importance of eating and drinking nutrient dense foods and beverages and increased protein to meet nutritional needs for wound healing and preventing infections. Recommend complete multivitamin/mineral supplement.</p>	<p>ML-025495 Choose my plate ML-025496 Spanish Choose my plate</p>
<p><b>361 Depression</b></p> <p>12-35% of women experience depression after pregnancy. High risk groups include: Women of Low income Young women Low education level History of traumatic or stressful life events. Breastfeeding is related to reduced rates of depression, but depression may also reduce breastfeeding and bonding.(<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4842365/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4842365/</a>)</p>	<p>Screen for depression using the PHQ-2 tool located on the women's questionnaire. Refer to mental health provider if score is 6. Assess for social support at home or in the community. Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle. If breastfeeding: How is breastfeeding going? Do you think your mood has affected your breastfeeding?</p>	<p>Education regarding the importance of eating and drinking nutrient dense foods and beverages for good health. Encourage to continue to breastfeed (better than pumping), and practicing skin to skin.</p> <p>Review handout on depression with the participant.</p>	<p>ML-025627 Depression during or after pregnancy ML-025495 Choose my plate Community resource list</p>

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<p><b>362 Developmental, Sensory, or Motor Disabilities Interfering with the ability to eat HR:</b></p> <p>Oral Motor feeding problems Severe developmental delays, parenteral or critical nutrition support. Women with the above conditions may have feeding problems associated with muscle coordination involving chewing and swallowing which can increase risk of malnutrition.</p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p>	<p>Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years. Refer to the RD-change to red font</p>	<p>ML- 025495 Choose My Plate-English or ML-025496 S  ML-025573 RD Information card</p>
<p><b>371 Maternal Smoking</b></p> <p>Women who smoke are at risk for chronic and degenerative diseases such as: cancer, cardiovascular disease, COPD, and loss of bone density. Infants and children exposed to tobacco smoke in utero and postnatally are at increased risk for otitis media, wheezing and asthma, lower respiratory tract infections, impaired lung function, and sudden infant death syndrome (<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662245/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662245/</a> ; <a href="http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938">http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938</a></p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p> <p>Assess knowledge about the effect of smoking on her health and her baby's health, and readiness to quit or cut back on amount</p>	<p>Education regarding nutrition and physical activity needs for optimal health. Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.</p> <p>Review risks related to smoking Refer to quit line</p>	<p>ML- 025495 Choose My Plate-English or ML-025496 S ML-009084 Alcohol, Tobacco, drugs ML-025600 Spanish</p>

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<p><b>381 Oral Health Conditions</b></p> <p>Poor oral health may interfere with nutrient intake due to pain in tooth, jaw and gums and sensitivity to temperature.</p> <p>There is some evidence that infection of the gums correlates to preterm and low birth weight.</p> <p>Dental decay is an infectious disease and mothers can pass the decay causing germs to her baby.</p>	<p>Assess meal and beverage composition, assess consumption of high-sugar foods and beverages between meals. If participant does not eat raw fruits and vegetables, is this due to pain in teeth, jaws or gums that prevents chewing.</p> <p>Dental visits prior to pregnancy</p> <p>Assess oral care habits.</p>	<p>Educate on the importance of brushing and flossing, limiting foods and beverages high in sugar and fermentable carbohydrates such as juice, especially between meals.</p> <p>Encourage water as beverage of choice, especially between meals.</p> <p>Educate women not to clean pacifiers, bottles or baby's mouth with their own saliva to prevent tooth decay in their baby.</p> <p>Education regarding nutrition and physical activity needs for optimal health</p> <p>Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.</p>	<p>ML- 025495 Choose My Plate- English or ML- 025496 S</p> <p>ML-003008 Give your child a Healthy Smile.</p>

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<b>401 Failure to Meet Dietary Guidelines</b> Good nutrition is essential for a positive outcome for mother and baby. Women should follow the healthy eating pattern from the Dietary Guidelines for Americans.	Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.	Education regarding nutrition and physical activity needs for optimal health. Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.	ML- 025495 Choose My Plate-English or ML-025496 S
<b>427 Inappropriate Nutrition Practices for Women</b> Routine nutrition Practices that may result in impaired nutrient status, disease or health problems.	Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.	Provide education and counseling regarding the inappropriate practice and its consequences, and better practices to substitute for the inappropriate ones.  Education regarding nutrition and physical activity needs for optimal health Encourage daily prenatal vitamin/ mineral supplementation throughout childbearing years.	ML- 025495 Choose My Plate-English or ML-025496 S
<b>502 Transfer of Certification</b>			



# BREASTFEEDING AND POSTPARTUM WOMEN RISK CODE REFERENCE TOOL

Risk:	ASSESS:	INTERVENTION:	MATERIALS:
<p><b>601 Breastfeeding Mother of Infant at Nutritional Risk</b></p> <p>A breastfed infant is dependent on the mother's milk as the primary source of nutrition. Lactation requires ~500 additional kcal per day as well as increased protein, calcium, and other vitamins and minerals.</p>	<p>How is breastfeeding going?            What concerns do you have?            What questions do you have?            Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p>	<p>Educate participant about the need for eating a nutrient rich diet and to drink water, or other beverage with each feeding to insure adequate fluid intake. Breastmilk composition is not usually affected by poor nutritional intake of mother because the lactocytes (milk making cells) perform quality assurance for breastmilk. However, eating a varied diet will insure mother of infant remains healthy.</p> <p>Refer to BFPC, CLC, or IBCLC if needed.</p>	<p>ML- 025495            Choose My Plate-English or ML-025496 S            ML 025572 Moms Helping Moms S            ML-025571 Moms Helping Moms E</p>

# BREASTFEEDING AND POSTPARTUM WOMEN RISK CODE REFERENCE TOOL

Risk:	ASSESS:	INTERVENTION:	MATERIALS:
<p>602 Breastfeeding Complications or Potential Complications</p>	<p>How is breastfeeding going?            What concerns do you have?            What questions do you have?            Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p>	<p>Refer to appropriate breastfeeding staff. - BFPC, CLC, or IBCLC            See Chapter 3, pages 3-5            Encourage follow up as soon as possible.</p>	<p>ML-025495 Choose My Plate            ML-025496 Spanish Choose my plate            ML-009107 Breastmilk expression and storage            ** Materials addressing complications as needed:            ML-009105 Is your baby getting enough milk            ML- 009109Leaking            ML-009110 Mastitis            ML-009133 Nipple Confusion            ML-025286 Returning to work or school            ML-009112 Sore Nipples            ML-009114 Thrush            ML-025609 Tongue Tie            ML-025438 5 steps to a good latch</p>

# BREASTFEEDING AND POSTPARTUM WOMEN RISK CODE REFERENCE TOOL

Risk:	ASSESS:	INTERVENTION:	MATERIALS:
<b>801 Homelessness</b> Studies show that 43% of homeless individuals are families.	Social support system Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.	Provide list of community resources. Education regarding healthy nutrition, and physical activity needs for good health.	ML- 25495 Choose My Plate- English or ML-025496 S ML-025627 Depression during or after pregnancy
<b>802 Migrancy</b> Migrant workers and their children have higher incidence of infant mortality, and malnutrition than the general population	Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle. Weight gain pattern and vitamin and mineral supplementation	Education regarding healthy nutrition, and physical activity needs for good health.	ML- 25495 Choose My Plate- English or ML-025496 S
<b>901 Recipient of abuse</b> Abuse during pregnancy is associated with increased risk of low birth weight, preterm delivery, and poor nutrition and health behaviors	Social support system Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.	Provide list of community resources. Education regarding healthy nutrition, and physical activity needs for good health. <b>Report abuse as required by law.</b>	ML- 25495 Choose My Plate- English or ML-025496 S ML-025627 Depression during or after pregnancy

# BREASTFEEDING AND POSTPARTUM WOMEN RISK CODE REFERENCE TOOL

Risk:	ASSESS:	INTERVENTION:	MATERIALS:
<p><b>902 Women or infant/child of primary caregiver with limited ability to make feeding decisions and/or prepare food.</b></p> <p>Examples include:</p> <ul style="list-style-type: none"> <li>&lt; 17 years of age</li> <li>Mentally disabled</li> <li>Physically disabled to a degree which restricts or limits food preparation abilities</li> <li>Currently using or having a history of alcohol or drug abuse.</li> </ul> <p>These conditions are a risk because the caregiver may not have the parenting skills to promote beneficial feeding interactions with the infant. Mental illness and drug and drug/alcohol abuse is associated with abuse and neglect.</p>	<p>Social support system</p> <p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p> <p>Assess breastfeeding knowledge/understanding, feeding frequency, any issues. How is breastfeeding going?</p>	<p>Provide community resource referrals.</p> <p>Provide education as appropriate on healthy nutrition and physical activity.</p> <p>Encourage to continue breastfeeding at appropriate frequencies.</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S</p>
<p><b>903 Foster Care</b></p> <p>Foster children have higher rates of chronic conditions such as asthma, diabetes, and seizure disorders. They are more likely to have inadequate nutrition.</p>	<p>Social support system</p> <p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p> <p>Assess breastfeeding knowledge/understanding, feeding frequency, any issues. How is breastfeeding going?</p>	<p>Provide education as appropriate on healthy nutrition and physical activity.</p> <p>Encourage to continue breastfeeding at appropriate frequencies.</p>	<p>ML- 25495 Choose My Plate- English or ML-025496 S</p>

# BREASTFEEDING AND POSTPARTUM WOMEN RISK CODE REFERENCE TOOL

Risk:	ASSESS:	INTERVENTION:	MATERIALS:
<p><b>904 Environmental Tobacco Smoke Exposure</b></p> <p>Some of the health conditions associated with being exposed to second hand smoke include low birth weight, preterm or early term delivery, asthma, cancer, COPD and sudden unexplained infant death.</p>	<p>Appetite and meal composition, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle. Research suggests that some of the damage caused by smoke can be decreased by eating foods rich in antioxidants and high in vitamin C. Assess exposure to environmental smoke and how/whether it can be reduced.</p>	<p>Educate on the adverse health conditions of exposure to second hand smoke. Education regarding nutrition needs during pregnancy, weight gain recommendations, and physical activity recommendations during pregnancy. Encourage daily prenatal vitamin/mineral supplementation, and to keep prenatal appointments. Encourage increased intake of fruits and vegetables. Encourage potential strategies to avoid/limit smoke exposure as feasible.</p>	<p>ML-025495 Choose my plate ML-025496 Spanish</p>

NOTES: