

PRENATAL RISK CODE REFERENCE TOOL

| RISKS DURING PREGNANCY: | ASSESS: | INTERVENTION: | MATERIALS: |
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| Goal : The goal of the WIC program is to help women to deliver a healthy, full-term infant while maintaining optimal health status | | | |
| 101 Underweight: Underweight women who become pregnant are at a higher risk for delivery of low birth weight infants, retarded fetal growth, and perinatal mortality. They have a higher rate of anemia, antepartum hemorrhage and premature rupture of membranes. The role of WIC is to assist underweight women in the achievement of a healthy dietary intake and weight gain. | 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. | Education regarding nutrition needs during pregnancy, the importance of achieving recommended weight gain, and increasing calories. Referral to food bank, or SNAP if access to food is needed. Refer to MD if eating disorder is suspected unless already receiving treatment | ML-025553 Weight Gain and Pregnancy (ML-025554 S) ML-25495 Tips for a Healthy Pregnancy English or (ML-025496 S) ML-025598 increasing calories for weight gain. |
| 111 Overweight/ High Risk if pre-pregnancy BMI >30. Obesity during pregnancy is associated with increased risk for multiple complications of pregnancy Including Gestational Diabetes, preeclampsia, and postpartum hemorrhage. There is a strong connection between obesity and preterm delivery. | Usual weight, appetite, physical activity pattern, allergies, access to food, Any GI problems, medications that affect appetite, meal composition, and knowledge regarding healthy lifestyle. | Education regarding nutrition needs during pregnancy, weight gain recommendations Referral to food bank, or SNAP if access to food is needed. Referral to RD prenatal BMI >30. Goal of intervention is to achieve recommended weight gain during pregnancy by avoiding high calorie foods, getting physical activity and selecting foods high in nutritional value. | ML-025553 Weight Gain and Pregnancy ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025136 Adult Portion Size ML-025155 Physical Activity during pregnancy ML-025573 RD information card |

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| <p>131 Low Maternal Weight gain High risk after first trimester. 132 Maternal Weight Loss High risk after first trimester</p> <p>Inadequate weight gain during pregnancy and maternal weight loss is associated with fetal growth restriction which can impact the lifelong health of the infant.</p> | <p>Usual weight, appetite, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, meal composition, and knowledge regarding healthy lifestyle.</p> | <p>Education regarding nutrition needs during pregnancy, increasing calories and weight gain goals. Referral to food bank, or SNAP if access to food is needed. Referral to RD after 1st trimester</p> | <p>ML-025553 Weight Gain and Pregnancy (ML-025554 S) ML-25495 Tips for a Healthy Pregnancy English or (ML-025496 S) ML-025598 increasing calories for weight gain. ML-025573 RD information card</p> |
| <p>133 High Maternal Weight Gain</p> <p>Women who gain excessive weight during pregnancy may have high birth weight infants and are at high risk for Gestational Diabetes, HTN, and Preeclampsia. They may also retain excess weight and have complications of subsequent pregnancies and a lifetime of chronic health conditions.</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 needs during pregnancy, weight gain recommendations, Physical activity recommendations Referral to food bank, or SNAP if access to food is needed. Referral to RD</p> | <p>ML-025553 Weight Gain and Pregnancy ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025136 Adult Portion Size ML-025155 Physical Activity during pregnancy ML-025296 Breastfeed for Best Start ML-025573 RD information card ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>201 Low Hemoglobin</p> <p>An indication of inadequate iron intake is associated with delivery of low birth weight baby and increased risk of infant mortality. The need for iron in pregnancy is very high. Fatigue and irritability are symptoms of anemia.</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 during pregnancy. Educate on foods high in iron and vitamin C. Refer to MD per WIC state plan</p> | <p>ML-009045 Get your iron from the food you eat. ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish. ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S</p> |

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| <p>211 Elevated Lead levels Normal lead levels: < 5 micrograms/dl.</p> <p>Elevated lead levels in pregnancy can cause hypertension, spontaneous abortion, low birth weight and impaired neurodevelopment.</p> | <p>Sources of lead exposure? (housing, occupation, pica) Does food consumed include foods rich in iron and vitamin C? Meal composition</p> | <p>Education regarding role of iron during pregnancy. Educate on foods high in iron and vitamin C. Educate on foods high in calcium</p> | <p>ML-009045 Get your iron from the food you eat. ML-025337 Calcium Rich Foods</p> <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>301 Hyperemesis Gravidarum:</p> <p>Severe Nausea and vomiting leading to dehydration or acidosis, and often hospitalization.</p> | <p>Any eating strategies that are helpful? Amount of weight lost Medications prescribed for condition.</p> | <p>Education regarding nutrition needs during pregnancy, increasing calories and weight gain goals. Review strategies that other women have found helpful. Dry bread or crackers first thing in the morning Avoid sudden movements while getting up Eat very small frequent meals. Eat slowly while relaxed Avoid fatty and greasy foods Eat foods that are lightly seasoned</p> | <p>ML-025553 Weight Gain and Pregnancy (ML-025554 S) ML-25495 Tips for a Healthy Pregnancy English or (ML-025496 S) ML-025598 increasing calories for weight gain. ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>302 Gestational Diabetes:</p> <p>Women with uncontrolled gestational diabetes are at risk of having a very large baby with metabolic complications.</p> | <p>Assess education received from MD and understanding of the education. Assess compliance, and if more education is desired by the clinic RD Knowledge about condition? Assess medications?</p> | <p>Education regarding nutrition needs during pregnancy, weight gain recommendations, Physical activity recommendations Referral to RD</p> | <p>ML-025553 Weight Gain and Pregnancy ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-000114 Gestational Diabetes ML-025573 RD information card ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>303 History of Gestational Diabetes</p> <p>Women are at risk of gestational diabetes at subsequent pregnancies. Maintaining a normal weight will help prevent diabetes.</p> | <p>Assess potential risk factors for this pregnancy.</p> <p>Weight gain pattern, meal composition, physical activity pattern.</p> <p>If pre-pregnancy BMI is >30, refer to RD.</p> | <p>Education regarding nutrition needs during pregnancy, weight gain recommendations, Physical activity recommendations</p> <p>Referral to RD if appropriate</p> | <p>ML-025553 Weight Gain and Pregnancy</p> <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S</p> <p>ML-025155 Physical Activity during pregnancy</p> <p>ML-000114 Gestational Diabetes</p> <p>ML-025573 RD information card</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>304 History of Preeclampsia</p> <p>Preeclampsia is a serious blood pressure disorder that can affect all organs in a woman's body.</p> <p>When preeclampsia occurs, the baby may need to be delivered early.</p> <p>Risk factors for Preeclampsia:</p> <ul style="list-style-type: none"> • Obesity • Hx of preeclampsia • Chronic HTN • Kidney disease • Diabetes • Over 40 years of age | <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 signs and symptoms of Preeclampsia.</p> | <p>Education regarding nutrition needs during pregnancy, weight gain recommendations, and Physical activity recommendations. Review s/s of preeclampsia and recommend calling MD if she has:</p> <ul style="list-style-type: none"> • Sudden weight gain • Swelling of face or hands • A headache that won't go away • Difficulty breathing • Changes in eyesight | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S</p> <p>ML-025155 Physical Activity during pregnancy</p> <p>ML-025553 Weight Gain and Pregnancy</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>311 History of Pre-term or Early Term delivery 312 History of Low Birth Weight 321 History of spontaneous abortion, Fetal, or Neonatal loss</p> <p>Risk factors for these conditions include:</p> <ul style="list-style-type: none"> • Smoking • Alcohol, drug use • Obesity, Diabetes, HTN • Mental Health issues: stress, depression • Pregnant with multiples • Past delivery of pre term • Short interval between pregnancies • Uterine Infections | <p>Assess for potential risk factors for this pregnancy such as smoking, substance abuse, inadequate nutritional intake, weight gain or loss, infections, and obesity.</p> | <p>Education regarding nutrition needs during pregnancy, weight gain recommendations, Physical activity recommendations</p> <p>Referral to food bank, or SNAP if access to food is needed.</p> <p>Referral to Mental Health if indicated.</p> <p>Refer to RD if BMI >30 or diabetes. -</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025627 Depression during or after pregnancy. ML-025573 RD information card</p> <p>ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>331 Pregnancy at a young age</p> <p>Teenagers are at high risk for:</p> <ul style="list-style-type: none"> • Preeclampsia • Premature Birth • Inadequate Prenatal care • STD's • Depression | <p>Assess for social support system, Prenatal care, daily prenatal supplementation, access to healthy foods, weight gain pattern, Appetite, meal and snack intake, beverage intake.</p> | <p>Education regarding nutrition needs during pregnancy, weight gain recommendations, and physical activity recommendations.</p> <p>Encourage daily prenatal vitamin, and to keep prenatal appointments</p> <p>Referral to food bank, or SNAP if access to food is needed.</p> <p>Referral to Mental Health if indicated.</p> <p>Referral to Family Planning</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025627 Depression during or after pregnancy. ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| 331 Short inter-pregnancy interval 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. | Assess for social support at home, access to healthy foods, Prenatal care, daily prenatal supplements, weight pattern, appetite, depression | Education regarding nutrition needs during pregnancy, weight gain recommendations, and physical activity recommendations. Encourage daily prenatal vitamin, and to keep prenatal appointments Referral to food bank, or SNAP if access to food is needed. Referral to Mental Health if indicated Referral to Family Planning | ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025627 Depression during or after pregnancy. ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish. |
| 333 High Parity and Young Age 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 needs during pregnancy, weight gain recommendations, and physical activity recommendations. Encourage daily prenatal vitamin, and to keep prenatal appointments Referral to food bank, or SNAP if access to food is needed. Referral to Mental Health if indicated Referral to Family Planning | ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025627 Depression during or after pregnancy. ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish. |
| 334 Lack of Prenatal Care Having a healthy pregnancy is one of the best ways to promote a healthy birth. Getting early and regular prenatal care improves the chances of a healthy pregnancy. | Who is the Ob and how often are they going to the doctor? Does the doctor have any concerns about the pregnancy? Assess social support at home, transportation, depression | Provide community resources to assist participant in finding a doctor if she has not had prenatal care. Referral to Social worker and/or provide resource to assist with transportation. Referral to Mental Health if indicated Education regarding nutrition needs during pregnancy, weight gain recommendations, and physical activity recommendations. Encourage daily prenatal vitamin. | ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy |

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| <p>335 Multifetal Gestation</p> <p>The following risk are associated with multifetal gestation:</p> <ul style="list-style-type: none"> Hyperemesis gravidarum Pregnancy-induced hypertension Preterm labor Gestational Diabetes <p>Key nutrient deficiencies</p> <ul style="list-style-type: none"> Iron Calcium Vitamin D Folate Magnesium Zinc Omega-3 fatty acids/docosahexaenoic acid (DHA) | <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 signs and symptoms of Preeclampsia</p> <p>Weight gain pattern and vitamin and mineral supplementation</p> | <p>Education regarding nutrition needs during pregnancy, recommendations for increasing calories in order to gain 1.5 pounds per week after 20 weeks.</p> <p>Encourage daily prenatal vitamin/mineral supplementation, and to keep prenatal appointments.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or (ML-025496 S)</p> <p>ML-025598 increasing calories for weight gain.</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>336 Fetal Growth Restriction</p> <p>A condition in which a baby doesn't grow to normal weight during pregnancy. The risk factors include:</p> <ul style="list-style-type: none"> Underweight Poor Nutrition Birth defects Use of drugs, cigarettes and / or alcohol High blood pressure | <p>Weight gain during pregnancy</p> <p>Meal, snack and beverage intake</p> <p>Access to food</p> <p>Prenatal supplement</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 needs during pregnancy, recommendations for increasing calories in order to gain 1.5 pounds per week after 20 weeks.</p> <p>Encourage daily prenatal vitamin/mineral supplementation, and to keep prenatal appointments.</p> <p>Referral to Social Worker if indicated</p> <p>Referral to Tobacco Hotline if indicated</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or (ML-025496 S)</p> <p>ML-025598 increasing calories for weight gain.</p> <p>ML-025553 Weight Gain and Pregnancy</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>337 History of Large for Gestational Age Infant</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. Assess weight gain pattern since previous birth Has MD referral to CDE?</p> | <p>Education regarding nutrition needs during pregnancy, weight gain recommendations, and physical activity recommendations during pregnancy. Encourage daily prenatal vitamin/ mineral supplementation, and keep prenatal appointments.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>338 Pregnant woman currently Breastfeeding</p> <p>Breastfeeding during pregnancy is safe. A woman who is pregnant and breastfeeding will need to eat a nutrient dense diet with additional calories. If nursing infant is less than 6 months old, an additional 650 calories per day after the first trimester and if infant is eating complementary foods, and additional 500 calories per day after first trimester.</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. Assess in problems with breastfeeding while being pregnant</p> | <p>Education regarding nutrition needs during pregnancy and breastfeeding, recommendations for increasing calories, Weight gain goals. Referral to BPC/CLC and/ or IBCLC if indicated</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025598 increasing calories ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>339 History of Birth with congenital or Birth Defect</p> <p>A woman who has given birth to an infant who has a congenital or birth defect linked to inappropriate nutritional intake.</p> <ul style="list-style-type: none"> • Inadequate folic acid- Neural tube defect • Excess vitamin A- cleft lip or palate • Inadequate Zinc-Low birth weight | <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 needs during pregnancy, weight gain recommendations, and physical activity recommendations during pregnancy. Encourage daily prenatal vitamin/ mineral supplementation, and to keep prenatal appointments.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>341 Nutrition Deficiency Disease</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 needs during pregnancy, weight gain recommendations, and physical activity recommendations during pregnancy. Encourage daily prenatal vitamin/ mineral supplementation, and to keep prenatal appointments.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>342 Gastrointestinal disorders</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>Pregnancy may complicate GI diseases especially GERD and Inflammatory bowel disease.</p> | <p>Assess education received re: Gastrointestinal disorder from Primary care provider and her understanding of the education. Assess compliance, and if more education is desired by the clinic RD. Assess medication being provided</p> | <p>Education regarding nutrition needs during pregnancy, weight gain recommendation, and physical activity recommendations during pregnancy. Encourage daily prenatal vitamin/ mineral supplementation, and to keep prenatal appointments</p> <p>Refer to Registered Dietitian if appropriate</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025573 RD Information card ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>343 Diabetes HR</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>Women with uncontrolled diabetes are at risk of having a very large baby with metabolic complications.</p> | <p>Assess education received re: diabetes and pregnancy from Primary care provider and her understanding of the education. Assess compliance, and if more education is desired by the clinic RD. Assess medication</p> | <p>Education regarding nutrition needs during pregnancy, weight gain recommendation, and physical activity during pregnancy. Encourage daily prenatal vitamin/ mineral supplementation, and to keep prenatal appointments</p> <p>Refer to Registered Dietitian-</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025573 RD Information card ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>344 Thyroid Disorders</p> <p>Thyroid hormones influence every system in the body and iodine from the diet is essential in producing thyroid hormones.</p> <p>Maternal needs for dietary iodine and prescribed thyroid medication increases during pregnancy.</p> <p>Iodine deficiency during the first 20 weeks of pregnancy impacts neonatal brain development.</p> | <p>Dietary assessment to insure adequate intake of foods high in iodine:</p> <ul style="list-style-type: none"> • Iodized salt • Egg yolk • Saltwater fish • Milk • Prenatal vitamin supplement should contain 150 micrograms of iodine a day <p>Assess education received from primary provider, Assess understanding of education</p> | <p>Educate that salt in processed foods are not iodized and to read label of prenatal vitamin to insure it contains 150 micrograms per day. 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</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>345 Hypertension/ Prehypertension</p> <p>Hypertension during pregnancy is one of the greatest causes of perinatal morbidity and mortality and contributes to premature delivery and fetal growth restriction.</p> <p>Hypertension is a strong risk factor for stroke, cardiovascular disease, kidney disease, congestive heart failure</p> | <p>Recommended medications are:</p> <ul style="list-style-type: none"> • Labetalol • Nifedipine • Methyldopa <p>Assess knowledge of risks of HTN and the importance of keeping MD appointments</p> <p>Assess if any dietary restrictions are observed. Assess meal composition, physical activity pattern</p> | <p>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</p> <p>Refer to Registered Dietitian</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025573 RD Information card ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>346 Renal Disease</p> <p>347 Cancer</p> <p>348 Central Nervous System Disorders HR (Cerebral Palsy)</p> <p>349 Genetic and Congenital Disorders HR:</p> <ul style="list-style-type: none"> cleft lip or palate Down syndrome Congenital Heart Disease <p>351 Inborn errors of Metabolism HR</p> <p>352 b Infectious Disease-ChronicHR:</p> <ul style="list-style-type: none"> HIV AIDS, severely Immunocompromised <p>360 Other Medical Conditions HR</p> <ul style="list-style-type: none"> Congestive Heart Disease Cystic Fibrosis | <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 needs during pregnancy, weight gain recommendations, and physical activity recommendations during pregnancy. Encourage daily prenatal vitamin/ mineral supplementation, and to keep prenatal appointments Education regarding food safety and storage practices if indicated</p> <p>Refer to Registered Dietitian if High Risk</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S</p> <p>ML-025155 Physical Activity during pregnancy</p> <p>ML-025553 Weight Gain and Pregnancy</p> <p>ML-025573 RD Information card</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>352a Infectious Disease- Acute</p> <p>Acute infectious diseases can lead to poor appetite, low nutrient absorption, accelerated nutrient utilization and/or rapid nutrient 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</p> | <p>Education to consume adequate calories and suggestions for addressing poor appetite. Provide education on safe food handling and storage practices. Nutritional needs during pregnancy, weight gain and physical activity goals.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or (ML-025496 S)</p> <p>ML-025598 increasing calories for weight gain.</p> <p>ML-025553 Weight Gain and Pregnancy</p> <p>ML-025155 Physical Activity during pregnancy</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| 353 Food Allergies 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 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish. |
| 355 Lactose Intolerance Milk is an important source of calcium. Calcium is needed for the development of baby's heart, muscles, bones, and tooth buds. If a mother does not consume enough calcium during pregnancy, calcium will be taken from the mother's teeth and bones. This may cause osteoporosis and tooth decay in mothers. | Assess eating habits and if other foods and beverages that have calcium are consumed at least three times per day. These include: <ul style="list-style-type: none"> • Lactose free milk • Canned salmon • Calcium fortified orange juice • Leafy greens • Nuts and legumes | Tailor food package to remove milk , Educate on reading food labels. Education regarding nutrition needs during pregnancy, weight gain recommendations, and physical activity recommendations during pregnancy. Encourage daily prenatal vitamin/ mineral supplementation, calcium rich foods, and to keep prenatal appointments | ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025337 Calcium-Rich Foods Eng/Sp ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish. |

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| <p>356 Hypoglycemia</p> <p>The presence of hypoglycemia in pregnancy can lead to fetal hypoglycemia and poor fetal growth. Episodes of hypoglycemia is hazardous to mother doing performance of tasks such as driving.</p> | <p>Assess knowledge of the symptoms of hypoglycemia such as nausea/vomiting, shaking, lightheadedness, sweating, and anxiety.</p> <p>Assess knowledge of treatment of hypoglycemic episode.</p> <ul style="list-style-type: none"> • Drink 4oz juice for example. <p>Assess eating habits and meal composition</p> | <p>Education regarding nutrition needs during pregnancy, Women with hypoglycemia should eat small frequent, well balanced meals. Never skip a meal. Keep snacks available in the car and pull over at a safe location if symptoms begin. Review weight gain recommendations, MD should evaluate effects of physical activity on blood sugar. Encourage daily prenatal vitamin/ mineral supplementation, and to keep prenatal appointments</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025553 Weight Gain and Pregnancy</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>357 Drug Nutrient Interactions</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.</p> | <p>Educate on interaction and referral to MD if appropriate.</p> <p>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</p> | <p>ML-025495 Choose my plate</p> <p>ML-025554 How much weight should you gain</p> <p>ML-025155 Physical activity during pregnancy</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

PRENATAL RISK CODE REFERENCE TOOL

| RISKS DURING PREGNANCY: | ASSESS: | INTERVENTION: | MATERIALS: |
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| <p>358 Eating Disorders</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. 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.</p> <p>Knowledge of disorder and stage of change related to eating well for a healthy baby.</p> <p>Seeing a provider/counselor for treatment?</p> | <p>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</p> <p>Promote adequate consumption of water and nutrient dense foods during pregnancy</p> <p>Refer to Primary Care Provider unless participant is already in treatment. Refer to Social Worker if indicated</p> | <p>ML-025495 Choose my plate</p> <p>ML-025554 How much weight should you gain</p> <p>ML-025155 Physical activity during pregnancy</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>359 Recent Major Surgery, Trauma, Burns. HR Gastric or Cardiac Bypass</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, physical activity pattern, allergies, access to food, any GI problems, medications that affect appetite, and knowledge regarding healthy lifestyle.</p> | <p>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</p> <p>Promote adequate consumption of water and nutrient dense foods during pregnancy</p> | <p>ML-025495 Choose my plate</p> <p>ML-025554 How much weight should you gain</p> <p>ML-025155 Physical activity during pregnancy</p> <p>ML-025573 RD Information card</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

PRENATAL RISK CODE REFERENCE TOOL

| RISKS DURING PREGNANCY: | ASSESS: | INTERVENTION: | MATERIALS: |
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| <p>361 Depression</p> <p>Depression is common in pregnancy with estimates that 14-23% of pregnant women experience depressive symptoms usually in the third trimester. Women who experience depression are less likely to seek prenatal care, increase their use of alcohol tobacco, and drugs and they are at risk for preeclampsia, preterm delivery, and delivery of low birth weight infant and have higher perinatal mortality rates.</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. Weight gain grid, Appetite, eating habits, Social support and meal composition</p> | <p>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 Promote adequate consumption of water and nutrient dense foods during pregnancy Refer to Mental Health if indicated</p> | <p>ML-025627 Depression during or after pregnancy ML-025495 Choose my plate ML-025554 How much weight should you gain ML-025155 Physical activity during pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>362 Developmental, Sensory, or Motor Disabilities Interfering with the ability to eat HR: Oral Motor feeding problems Severe developmental delays, parenteral or critical nutrition support.</p> <p>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. Assess education provide by primary provider and/or other medical specialty</p> | <p>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 Promote adequate consumption of water and nutrient dense foods during pregnancy Refer to RD</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025573 RD Information card ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>371 Maternal Smoking Smoking during pregnancy</p> <p>Carbon Monoxide and nicotine in tobacco smoke can interfere with oxygen delivery to an unborn baby and other harmful compounds in the tobacco smoke can become concentrated in fetal tissues. Smoking during pregnancy can lead to:</p> <ul style="list-style-type: none"> • Slower fetal growth rate • Premature delivery • Respiratory problems in newborn. • Low birth weight • Placental abruption • Stillbirth | <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 baby and readiness to quit</p> | <p>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</p> <p>Review risks related to smoking</p> <p>Refer to quit line</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-009084 Alcohol, Tobacco, drugs ML-025600 Spanish</p> <p>ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>381 Oral Health Conditions</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. If participant does not eat raw fruits and vegetables, is this due to pain in teeth, jaws or gums that prevents chewing. If she drinks sugary beverages, Dental visits prior to pregnancy</p> <p>Assess oral care habits.</p> | <p>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</p> <p>Educate on the importance of brushing and flossing, limiting foods and beverages high in sugar and fermentable carbohydrates such as juice. Encourage water as beverage of choice.</p> <p>Educate women not to clean pacifiers, bottles or baby's mouth with their own saliva.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy. ML-003008 Give your child a Healthy Smile. ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| RISKS DURING PREGNANCY: | ASSESS: | INTERVENTION: | MATERIALS: |
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| <p>401 Failure to Meet Dietary Guidelines</p> <p>Good nutrition is essential for a positive outcome for mother and baby. Foods, beverages, and supplements consumed are the source of nutrients needed for growth and development of a healthy baby at all stages of pregnancy. Women should follow the healthy eating pattern from the Dietary Guidelines for Americans, with extra emphasis on iron, calcium, and folic acid.</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>Weight gain pattern and vitamin and mineral supplementation</p> <p>Access to food</p> | <p>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</p> <p>Refer to food bank, and/or SNAP if access to food is needed</p> <p>Review sources of folic acid, iron and calcium in the diet.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S</p> <p>ML-025155 Physical Activity during pregnancy</p> <p>ML-025553 Weight Gain and Pregnancy.</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>427 Inappropriate Nutrition Practices for Women</p> <p>Routine nutrition Practices that may result in impaired nutrient status, disease or health problems.</p> <ul style="list-style-type: none"> • Ingest excess of dietary supplements • Diet very low in calories and/or essential nutrients • Ingest non-food items (pica) • Inadequate vitamin/mineral supplement (iron, folic acid, and iodine) | <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>Weight gain pattern, vitamin and mineral supplementation</p> | <p>Provide education and counseling regarding the inappropriate practice</p> <p>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.</p> <p>Education regarding food safety,</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S</p> <p>ML-025155 Physical Activity during pregnancy</p> <p>ML-025553 Weight Gain and Pregnancy</p> <p>** Materials available for 427.3</p> <p>Pica ML-009076</p> <p>427.4 Iron ML-0090045</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>502 Transfer of Certification</p> <p>Valid verification of certification (VOC) document from another state or WIC site</p> | | | |

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| 503 Presumptive eligibility for Pregnant women Meet WIC income eligibility standards but has not been evaluated for nutritional risk | | | |
| 601 Breastfeeding Mother of Infant at 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. Weight gain pattern and vitamin and mineral supplementation | 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. | ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish. |

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| RISKS DURING PREGNANCY: | ASSESS: | INTERVENTION: | MATERIALS: |
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| 602 Breastfeeding Complications or Potential Complications | <p>How is breastfeeding going? What concerns do you have? What questions do you have? Have you been seen by BPC/CLC and/or IBCLC?</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>Refer to appropriate breastfeeding staff. 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 ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> <p>** 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> |
| 801 Homelessness Studies show that 43% of homeless individuals are families. | <p>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.</p> | <p>Provide list of community resources. Education regarding healthy nutrition, and physical activity needs for good health. Refer to Social Worker</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025627 Depression during or after pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>802 Migrancy</p> <p>Migrant workers and their children have higher incidence of infant mortality, and malnutrition than the general population</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>Weight gain pattern and vitamin and mineral supplementation</p> | <p>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.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>901 Recipient of abuse</p> <p>Abuse during pregnancy is associated with increased risk of low birth weight, preterm delivery, and poor nutrition and health behaviors</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>Weight gain pattern and vitamin and mineral supplementation</p> | <p>Provide list of community resources</p> <p>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</p> <p>Refer to Social Worker</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025627 Depression during or after pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>902 Women or infant/child of primary caregiver with limited ability to make feeding decisions and/or prepare food</p> <p>Examples include:</p> <ul style="list-style-type: none"> • < 17 years of age • Mentally disabled • Physically disabled to a degree which restricts or limits food preparation abilities • Currently using or having a history of alcohol or drug abuse. <p>These conditions are at 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>Education regarding nutrition needs during pregnancy, weight gain recommendation, meal planning. Encourage daily prenatal vitamin/mineral supplementation. Keep all prenatal appointment and/or specialty appointment</p> <p>Refer to Social Worker if participant currently using alcohol or drugs.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |
| <p>903 Foster Care</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>Dietary assessment should be comprehensive to identify any deficiencies</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>Weight gain pattern and vitamin and mineral supplementation</p> | <p>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.</p> | <p>ML-25495 Tips for a Healthy Pregnancy English or ML-025496 S ML-025155 Physical Activity during pregnancy ML-025553 Weight Gain and Pregnancy ML-025296 Breastfeed for Best Start ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |

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| <p>904 Environmental Tobacco Smoke Exposure</p> <p>Some of the health conditions associated with being exposed to second hand smoke include:</p> <ul style="list-style-type: none"> • low birth weight • preterm or early term delivery • asthma • cancer • COPD • Sudden unexplained infant death. | <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>Research suggests that some of the damage caused by smoke can decreased by eating foods rich in antioxidants and high in vitamin C.</p> | <p>Educate on the adverse health conditions of exposure to second hand smoke.</p> <p>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.</p> <p>Encourage increased intake of fruits and vegetables.</p> | <p>ML-025495 Choose my plate</p> <p>ML-025554 How much weight should you gain</p> <p>ML-025155 Physical activity during pregnancy</p> <p>ML-025296 Breastfeed for Best Start</p> <p>ML-009084 Alcohol, Tobacco and Drugs ML-025600 Spanish.</p> |