6-1 Risks for Postpartum Women

Overview

After completing this chapter, you will be able to assess and assign nutrition risks that apply to postpartum women, both breastfeeding and non-breastfeeding. Additional risks that apply to postpartum women can be found in Chapters 2 and 3. The following table lists risks that have specific criteria for postpartum women:

<table>
<thead>
<tr>
<th>Risk Group</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anthropometric</td>
<td>□ 101 – Underweight Women</td>
</tr>
<tr>
<td></td>
<td>□ 111 – Overweight Women</td>
</tr>
<tr>
<td></td>
<td>□ 133 – High Maternal Weight Gain</td>
</tr>
<tr>
<td>Biochemical</td>
<td>---</td>
</tr>
<tr>
<td>Clinical/Medical</td>
<td>□ 363 – Pre-Diabetes</td>
</tr>
<tr>
<td>Dietary</td>
<td>---</td>
</tr>
<tr>
<td>Environmental</td>
<td>---</td>
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</tbody>
</table>

To complete these chapters, you must read each of the risk information sheets. If you are reading this on a computer, click on the title of each risk to open the link. If you are reading this as a printed version, locate the risk information sheets at the end of the printed module.

For more information on specific health and medical conditions, refer to More Information about Medical Conditions in the resource section.

Learning activity:

Refer to the table above and write your answer to the following question:

1. There are three anthropometric risks for postpartum women. What aspect of a women’s health are they related to?
Anthropometric risks for postpartum women

These risks are related to the pre-pregnancy/current weight or pregnancy weight gain of postpartum women, both breastfeeding and non-breastfeeding. When reviewing these risks, be sure to focus on the information specifically for postpartum women. Read the risk information sheet for each of the following risks:

- 101 – Underweight Women
- 111 – Overweight Women
- 133 – High Maternal Weight Gain

Learning activity

Using the risk information sheets as a reference, write your answers to the following questions:

1. Sally’s pre-pregnancy BMI was 29 and she gained 30 pounds during her pregnancy. She is a non-breastfeeding woman whose baby is 2 months old. Would she qualify for a nutrition risk?
   - YES – RISK #  
   - NO

2. Sue is a breastfeeding woman of a 2 weeks old. Her BMI before pregnancy was 20 and her weight gain during pregnancy was 32 pounds. Would she qualify for a nutrition risk?
   - YES – RISK #  
   - NO
6-3  Clinical risk for postpartum women

This risk is associated with postpartum women only. Read the risk information sheet for the following risk:

☐ 363 – Pre-Diabetes

Learning activity

Using the risk information sheet as a reference, write your answers to the following questions:

1. Clara is a non-breastfeeding woman who has been diagnosed with pre-diabetes. Would she qualify for a nutrition risk?
   ☐ YES – RISK #  ☐ NO

2. Rose is being enrolled as a breastfeeding woman. She reports that her family has a history of diabetes and she is concerned that she might have a tendency toward high blood sugars. Would she meet the criteria for pre-diabetes?
   ☐ YES – RISK #  ☐ NO