

2-1 Risks for All Participants

Overview

After completing this chapter, you will be able to assess and assign nutrition risks that apply to all categories of participants. The Anthropometric and Dietary risk groups do not apply to all categories as each category has different needs in these areas. These risk groups will be covered in later chapters. The following table lists the risks for all participants:

Risk Group:	Description:
Anthropometric	---
Biochemical	<input type="checkbox"/> 201 - Low Hemoglobin or Hematocrit <input type="checkbox"/> 211 - Elevated Blood Lead Levels
Clinical/Medical	<input type="checkbox"/> 341 - Nutrient Deficiency or Disease <input type="checkbox"/> 342 - Gastrointestinal Disorders <input type="checkbox"/> 343 - Diabetes Mellitus <input type="checkbox"/> 344 - Thyroid Disorders <input type="checkbox"/> 345 - Hypertension and Prehypertension <input type="checkbox"/> 346 - Renal Disease <input type="checkbox"/> 347 - Cancer <input type="checkbox"/> 348 - Central Nervous System Disorders <input type="checkbox"/> 349 - Genetic and Congenital Disorders <input type="checkbox"/> 351 - Inborn Errors of Metabolism <input type="checkbox"/> 352A - Infectious Diseases - Acute <input type="checkbox"/> 352B - Infectious Diseases - Chronic <input type="checkbox"/> 353 - Food Allergies <input type="checkbox"/> 354 - Celiac Disease <input type="checkbox"/> 355 - Lactose Intolerance <input type="checkbox"/> 356 - Hypoglycemia <input type="checkbox"/> 357 - Drug Nutrient Interactions <input type="checkbox"/> 359 - Recent Major Surgery, Physical Trauma or Burns <input type="checkbox"/> 360 - Other Medical Conditions

Risk Group:	Description:
	<input type="checkbox"/> 362 - Developmental, Sensory or Motor Delays Interfering with Eating <input type="checkbox"/> 381 - Oral Health Conditions
Dietary	---
Environmental	<input type="checkbox"/> 502 - Transfer of Certification <input type="checkbox"/> 801 - Homelessness <input type="checkbox"/> 802 - Migrancy <input type="checkbox"/> 901 - Recipient of Abuse <input type="checkbox"/> 902 - Woman or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food <input type="checkbox"/> 903 - Foster Care <input type="checkbox"/> 904 - Environmental Tobacco Smoke Exposure

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

Using the table above, write your answer to the following question:

Which two of the risk groups do not apply to all categories?

2-2 Biochemical risks for all participants

Biochemical risks are associated with the results of blood tests for either hemoglobin (blood iron) or lead levels. Read the risk information sheet for each of the following risks:

- [201 – Low Hemoglobin or Hematocrit](#)
- [211 – Elevated Blood Lead Levels](#)



Learning activity

Using the risk information sheets listed above as a reference, write your answers to the following questions.

1. For Risk 201, when will you have to manually change the risk level to high?

2. Is a referral to the RD required for Risk 211? Why or why not?

2-3 Clinical risks for all participants based on medical diagnoses

Participants with these risks have been diagnosed by a health care provider with serious health conditions. Read the risk information sheet for each of the following risks:

- [341 Nutrient Deficiency or Disease](#)
- [342 Gastrointestinal Disorders](#)
- [343 Diabetes Mellitus](#)
- [344 Thyroid Disorders](#)
- [345 Hypertension and Prehypertension](#)
- [346 Renal Disease](#)
- [347 Cancer](#)
- [352A Infectious Diseases - Acute](#)
- [352B Infectious Diseases - Chronic](#)
- [356 Hypoglycemia](#)
- [360 Other Medical Conditions](#)
- [361 Depression](#)
- [381 Oral Health Conditions](#)



Learning activity

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

1. What is the key information that you need to know if a parent is reporting that their child has one of these medical conditions?

2. Which of these risks require additional documentation in the data system?

3. Which of these risks require a high-risk referral to a WIC nutritionist?

4. Avery is a postpartum woman with a 6-week-old baby. She was just diagnosed with breast cancer. Would she qualify for a nutrition risk?

YES – RISK # NO

5. Savannah is a 2-year-old. When she was a baby, she had an infection in her intestines which required removal of half of her small intestine. Would she qualify for a nutrition risk?

YES – RISK # NO

6. Scarlett is a 4-year-old recently diagnosed with Type 1 diabetes. Would she qualify for a nutrition risk?

YES – RISK # NO

7. Alexandra is a pregnant woman who has been taking medication for high blood pressure and hypothyroidism for the past 2 years. Would she qualify for a nutrition risk?

YES – RISK # NO

8. Sarah is currently being treated by her physician for a kidney infection. Would she qualify for a nutrition risk?

YES – RISK # NO

9. Anna is a pregnant woman with asthma that requires occasional medication. Would she qualify for a nutrition risk?

YES – RISK # NO

10. Clark is a 3-year-old child whose guardian reports that he has been diagnosed with rickets. Would he qualify for a nutrition risk?

YES – RISK # NO

11. Darla is a pregnant woman who has two missing molars on one side of her mouth. She reports that it makes eating difficult. Would she qualify for a nutrition risk?

YES – RISK # NO

12. Andrew is 19 months old. His mother tells you that he has had bronchitis 4 times in the past 6 months. Would he qualify for a nutrition risk?

YES – RISK # NO

13. Clara is postpartum woman being treated for HIV. Would she qualify for a nutrition risk?

YES – RISK # NO

2-4 Clinical risks for all participants based on genetic conditions

Participants with these risks have health issues that they were born with or inherited and are often ongoing. There are multiple conditions associated with each risk so the specific health concern for each participant must be documented in the data system. Read the risk information sheet for each of the following risks:

- [348 – Central Nervous System Disorders](#)
- [349 – Genetic and Congenital Disorders](#)
- [351 – Inborn Errors of Metabolism](#)
- [362 – Developmental Delays, Sensory or Motor Delays Interfering with the Ability to Eat](#)

Learning activity



Using the risk information sheets as a reference, write the risk number that would be assigned to a participant with each of these conditions.

Risk Number	Condition:
	Spina bifida
	Developmental Delays
	Cleft Palate
	PKU
	Autism
	Multiple Sclerosis
	Galactosemia
	Down Syndrome
	Epilepsy
	Sickle Cell Anemia

Risk Number	Condition:
	Brain Damage
	Thalassemia major
	Cerebral Palsy
	Parkinson's

2-5 Clinical risks for all participants related to food

The risks in this group pertain to food intolerance or allergy. Participants with these risks are unable to eat specific foods. Read the risk information sheet for each of the following risks:

- [353 – Food Allergies](#)
- [354 – Celiac Disease](#)
- [355 – Lactose Intolerance](#)



Learning activity

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

1. Jovana is pregnant. She tells you that she can't drink milk because it gives her stomach cramps and diarrhea. She can eat small amounts of cheese. Would she qualify for a nutrition risk?
 YES – RISK No. NO

2. Jordan is three years old. His mother tells you that he was diagnosed with gluten enteropathy last month. Would he qualify for a nutrition risk?
 YES – RISK No. NO

3. Jose is two years old. His father tells you that last month he had a severe allergic reaction to peanuts. On the advice of their doctor, they are closely watching his diet to make sure he doesn't eat anything that contains peanuts. Would he qualify for a nutrition risk?
 YES – RISK No. NO

2-6 Clinical risks for all participants related to other conditions

Participants with these risks have a current health concern that does not require diagnosis by a health care provider. Specific conditions that qualify for these risks must be documented in the data system. Read the risk information sheet for each of the following risks.

- [357 – Drug Nutrient Interactions](#)
- [359 – Recent Major Surgery, Physical Trauma or Burns](#)



Learning activity

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

1. Which of these risks is a high-risk and requires referral to the RD?

2. Andres, a 5-month-old baby, had heart surgery last month. Would he qualify for a nutrition risk?
 YES – RISK # NO

3. Austin is 13 months old and is taking antibiotics for an ear infection. His mother tells you that he doesn't seem as hungry as usual but he is still eating. Would he qualify for a nutrition risk?
 YES – RISK # NO

Kallie had a C-section when she delivered her baby three weeks ago. She is at WIC for her postpartum recertification appointment. Would she qualify for a nutrition risk?

- YES – RISK # NO

2-7 Environmental risks for all participants

These risks are related to social and safety factors that can impact a participant's nutrition and health status but are not due to a specific health problem. Read the risk information sheets for each of the following risks:

- [502 – Transfer of Certification](#)
- [801 – Homelessness](#)
- [802 – Migrancy](#)
- [901 – Recipient of Abuse](#)
- [902 – Woman or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food](#)
- [903 – Foster Care](#)
- [904 – Environmental Tobacco Smoke Exposure](#)

Learning activity



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

1. Wilma is a pregnant woman who is transferring into your agency in the middle of her certification period. Her transfer information does not list any nutrition risks. Which risk code would you enter into the data system?

2. Weston is a child who was recently taken into foster care because he was physically abused by his family. Which 2 risks would he qualify for?

3. Zoe is an infant living in a home where the father reports that he only smokes outside. Would she qualify for a nutrition risk?

YES – RISK # NO

4. Abby is a pregnant woman enrolling in WIC. She reports that she does not have a physical address because she is living out of her car. Would she qualify for a nutrition risk?

YES – RISK # NO

5. Michael is a 4-year-old child on WIC. He and his family live in the area and work on farms during the growing season. Would he qualify for a nutrition risk?

YES – RISK # NO

6. Heather is 14 years old and pregnant. She lives with her mom who shops and makes all of her meals because she has never cooked. Would she qualify for any of these nutrition risks?

YES – RISK # NO

7. Would all children born to mothers who are 16 years old qualify for Risk 902? Why or Why not?

8. Wade is a 4-week-old baby. His mother, Wilma, is developmentally delayed. She lives with her family and Wilma's mother is the primary caregiver. Would Wade qualify for any of these risks?

YES – RISK # NO