

3-1 Risks for All Women

Overview

After completing this chapter, you will be able to assess and assign nutrition risks that apply to all women, both pregnant and postpartum. Additional risks specific to pregnant women are covered in Chapter 4. Additional risks specific to postpartum women are covered in Chapter 6. The following table lists the risks for all women:

Risk Group:	Description:
Anthropometric	---
Biochemical	---
Clinical/Medical	<ul style="list-style-type: none"><input type="checkbox"/> 303 - History of Gestational Diabetes<input type="checkbox"/> 304 - History of Preeclampsia<input type="checkbox"/> 311 - History of Preterm or Early Term Delivery<input type="checkbox"/> 312 - History of Low Birth Weight<input type="checkbox"/> 321 - History of Fetal or Neonatal Loss<input type="checkbox"/> 331 - Pregnancy at a Young Age<input type="checkbox"/> 332 - Closely Spaced Pregnancy<input type="checkbox"/> 335 - Multiple Fetus Pregnancy<input type="checkbox"/> 337 - History of a Birth of a Large for Gestational Age Infant<input type="checkbox"/> 339 - History of a Birth with a Congenital Birth Defect<input type="checkbox"/> 358 - Eating Disorders<input type="checkbox"/> 361 - Depression<input type="checkbox"/> 601 - Breastfeeding Mother of Infant at Nutritional Risk<input type="checkbox"/> 602 - Breastfeeding Complications or Potential Complications Woman

Risk Group:	Description:
Dietary	<ul style="list-style-type: none"> <li data-bbox="561 289 1471 369">☐ 401 - Presumed Dietary Eligibility for Women and Children age 2-5 years <li data-bbox="561 390 1370 428">☐ 427 – Inappropriate Nutrition Practices for Women <ul style="list-style-type: none"> <li data-bbox="620 453 1390 491">➤ 427.1 - Inappropriate Use of Dietary Supplements <li data-bbox="620 499 1373 537">➤ 427.2 -Eating Very Low Calorie or Nutrient Diet <li data-bbox="620 546 987 583">➤ 427.3 – Pica - Women <li data-bbox="620 604 1318 684">➤ 427.4 - Inadequate Iron, Iodine or Folic Acid Supplementation
Environmental	<ul style="list-style-type: none"> <li data-bbox="587 726 1114 764">☐ 371 - Nicotine and Tobacco Use <li data-bbox="587 785 1123 823">☐ 372 - Alcohol and Substance Use <li data-bbox="587 844 1458 961">☐ 902 – Women or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions or Prepare Food

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



Learning activity:

Write your answer to the following question:

1. Many of the clinical risks address a woman’s medical history. Why would this be important information?

3-2 Clinical risks for all women based on health history

These risks refer to a condition a woman had during a previous pregnancy. Read the risk information sheet for each of the following risks:

- [303 History of Gestational Diabetes](#)
- [304 History of Preeclampsia](#)
- [311 History of Preterm or Early Term Delivery](#)
- [312 History of Low Birth Weight](#)
- [321 History of Fetal or Neonatal Loss](#)
- [337 History of a Birth of a Large for Gestational Age Infant](#)
- [339 History of a Birth with a Congenital Birth Defect](#)



Learning activity

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

1. What is the difference between assigning these risks for a pregnant woman vs. a postpartum woman?

2. Molly is being recertified as a breastfeeding woman and was diagnosed with gestational diabetes during her pregnancy. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

3. Mae is being recertified as a non-breastfeeding woman. Her baby was born two weeks ago and weighed 5 pounds 8 ounces. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

4. Margaret is pregnant with her third child. Her first baby was born at 36 weeks due to preeclampsia. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

5. Marlana is being certified as a breastfeeding woman. She was pregnant with twins, but at 21 weeks miscarried one of the twins. The second baby survived and is now 2 weeks old and breastfeeding. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

6. Lenore was pregnant but miscarried at 11 weeks gestation. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

7. Linnea just gave birth to a baby who weighed 9 pounds 0 ounces. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

8. Laura is being enrolled as a prenatal woman. Her first child was born with spina bifida. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

3-3 Clinical risks for all women related to pregnancy

These risks are related to a woman's current or most recent pregnancy. Read the risk information sheets for each of the following risks:

- [331 Pregnancy at a Young Age](#)
- [332 Closely Spaced Pregnancy](#)
- [335 Multiple Fetus Pregnancy](#)



Learning activity

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

1. Katie is 15 years old and pregnant. Would she qualify for any of these nutrition risks?
 YES – RISK # NO

2. Katrina is two months pregnant with her third child. Her other children are 13 months and 2 ½ years old. Would she qualify for any of these nutrition risks?
 YES – RISK # NO

3. Kaylee is 19 years old and 7 months pregnant. This is her second pregnancy. She has a 30-month-old child. Would she qualify for any of these nutrition risks?
 YES – RISK # NO

4. Kiersten is pregnant with triplets. Would she qualify for any of these nutrition risks?
 YES – RISK # NO

3-4 Clinical risks for all women based on other conditions

These are other health conditions that apply to all women. Read the risk information sheet for each risk:

- [358 – Eating Disorders](#)
- [361 – Depression](#)
- [601 –Breastfeeding Mother of Infant at Nutrition Risk](#)
- [602 –Breastfeeding Complications or Potential Complications for Women](#)



Learning activity

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

1. While you are enrolling Misha for her pregnancy, she tells you that she was diagnosed with bulimia last year. She says that she has stopped bingeing and purging since she found out she was pregnant, but that she is concerned that she will start again after delivery. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

2. Valentina is in the office for her first postpartum visit and shares that she has been diagnosed with postpartum depression. She is on medication and is being followed by her health care provider. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

YES – RISK #

NO

3. During her postpartum appointment, Amelia reports that she is breastfeeding her infant with cleft palate and struggling with severe engorgement. Would she qualify for any of these nutrition risks?

YES – RISK #

NO

3-5 Dietary risks for all women

There are several dietary risks for pregnant and postpartum women that are considered “Inappropriate Nutrition Practices for Women.” These risks identify nutrition practices that may result in impaired nutrient status, disease, or health problems.

Research has shown that individuals who meet WIC income guidelines typically have diets that do not meet USDA dietary recommendations. For this reason, Risk 401 can be assigned when a woman has no other risk factors.

Read the risk information sheets for each of these risks:

- [401– Presumed Dietary Eligibility for Women and Children \(2 to 5 years\)](#)
- 427 Inappropriate Nutrition Practices for Women
 - [427.1 Inappropriate Use of Dietary Supplements](#)
 - [427.2 Eating Very Low Calorie or Nutrient Diet](#)
 - [427.3 Pica - Women](#)
 - [427.4 Inadequate Iron, Iodine or Folic Acid Supplementation](#)

Learning activity



Using the risk information sheets as a reference, write your answer to the following question:

What information, if any, should be documented for the following risks?

Risk	Documentation
427.1 – Inappropriate Use of Dietary Supplements	
427.2 – Consuming a Very Low Calorie or Nutrient Diet	

Risk	Documentation
427.3 – Pica -Women	
427.4 – Inadequate Iron, Iodine or Folic Acid Supplementation	

1. Marta is a breastfeeding woman. She ran out of vitamins several weeks ago. Would she qualify for a dietary risk?

YES – RISK #

NO

2. Karen is a non-breastfeeding woman. She is trying to get her lose weight and says that chewing on large amounts of ice every day decreases her appetite. Would she qualify for a dietary risk?

YES – RISK #

NO

3. Kimberly is a woman in her 6th month of pregnancy. She has not taken a prenatal vitamin or any other supplement because they make her constipated. Would she qualify for a dietary risk?

YES – RISK #

NO

4. Adrienne is a pregnant woman. She usually follows a vegan diet but she has been eating eggs since she got pregnant. She also takes prenatal vitamins that the doctor gave her. Would she qualify for a dietary risk?

YES – RISK #

NO

5. Malini is a breastfeeding woman. She takes a double dose of herbal supplements daily to help her milk supply and to give her more energy. She gets them from the health food store and they told her they were safe when breastfeeding. Would she qualify for a dietary risk?

YES – RISK #

NO

6. Sierra is being certified as a pregnant woman. She has been diagnosed with gestational diabetes. Would she qualify for a presumed eligibility risk?

YES – RISK #

NO

3-6 Environmental risks for all women

Women with these risks are using substances that do not support good health.

Read the risk information sheets for each of the following risks:

- [371 Nicotine and Tobacco Use](#)
- [372 Alcohol and Substance Use](#)
- [902 – Women or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions or Prepare Food](#)



Learning activity

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

1. Tran is a non-breastfeeding woman who usually drinks 3 beers every evening. Would she qualify for any of these nutrition risks?
 YES – RISK # NO

2. Annette is a pregnant woman who smokes one-half a pack of cigarettes a day. This is half of what she smoked before she was pregnant. Would she qualify for any of these nutrition risks?
 YES – RISK # NO

3. Wade is a 4-week-old baby. His mother, Wilma, is developmentally delayed. She lives with her family but tries to care for him herself. Would Wade qualify for any of these risks?
 YES – RISK # NO