

# 4-1 Risks for Pregnant Women

## Overview

After completing this chapter, you will be able to assess and assign nutrition risks for pregnant women. Additional risks that apply to pregnant women can be found in Chapters 2 and 3. The following table lists risks for pregnant women:

Risk Group:	Description:
<b>Anthropometric</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> <a href="#">101– Underweight Women</a></li><li><input type="checkbox"/> <a href="#">111 – Overweight Women</a></li><li><input type="checkbox"/> <a href="#">131 – Low Prenatal Weight Gain</a></li><li><input type="checkbox"/> <a href="#">133 – High Maternal Weight Gain</a></li></ul>
<b>Biochemical</b>	---
<b>Clinical/Medical</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> <a href="#">301 – Hyperemesis Gravidarum</a></li><li><input type="checkbox"/> <a href="#">302 – Gestational Diabetes</a></li><li><input type="checkbox"/> <a href="#">334 – Lack of or Inadequate Prenatal Care</a></li><li><input type="checkbox"/> <a href="#">336 – Fetal Growth Restriction</a></li><li><input type="checkbox"/> <a href="#">338 – Pregnant Woman Currently Breastfeeding</a></li></ul>
<b>Dietary</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> 427 – Inappropriate Nutrition Practices for Women<ul style="list-style-type: none"><li>➤ <a href="#">427.5 Eating Potentially Harmful Foods</a></li></ul></li></ul>
<b>Environmental</b>	---

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:

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Write your answer to the following question:

1. All of the anthropometric risks for pregnant women listed in the table above are based on pre-pregnancy weight. Why might this be an important consideration for this category?

## 4-2 Anthropometric risks for pregnant women

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These risks are related to the pre-pregnancy weight or prenatal weight gain of pregnant women. When reviewing Risks 101, 111 and 133, be sure to focus on the information specifically for pregnant women. Read the risk information sheet for each of the following risks:

- [101 – Underweight Women](#)
- [111 – Overweight Women](#)
- [131 – Low Prenatal Weight Gain](#)
- [133 – High Maternal Weight Gain](#)



### Learning activity

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Using the risk information sheets as a reference, match the risk with the condition:

**101 – Underweight**

Weight gain during the first month of pregnancy is 9 pounds.

**111 – Overweight**

Pre-pregnancy BMI is 24 and prenatal weight gain is 1 pound per month during the 2nd trimester.

**131 – Low Prenatal Weight Gain**

Weight loss of 2 pounds during the first trimester.

**131 – Low Prenatal Weight Gain**

Pre-pregnancy BMI is 18.

**133 – High Maternal Weight Gain**

Pre-pregnancy BMI is 29.



## 4-3 Clinical risks for pregnant women

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These risks are all conditions that only exist during pregnancy. Read the risk information sheet for each of the following risks.

- [301 – Hyperemesis Gravidarum](#)
- [302 – Gestational Diabetes](#)
- [334 – Lack of or Inadequate Prenatal Care](#)
- [336 – Fetal Growth Restriction](#)
- [338 – Pregnant Woman Currently Breastfeeding](#)



### Learning activity

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

1. Would a pregnant woman who says “I’ve had a lot of morning sickness, but by noon I’m feeling better” be describing hyperemesis gravidarum (Risk 301)?
2. What is the difference between diabetes mellitus (Risk 343) and gestational diabetes (Risk 302)?
3. Would someone who is 30 weeks pregnant and has had one prenatal visit during that time meet the criteria for inadequate prenatal care (Risk 334)?
4. A pregnant woman tells you that her doctor has diagnosed her with IUGR. How would this relate to fetal growth restriction (Risk 336)?

A woman is breastfeeding her toddler once a day and is pregnant. Would she meet the criteria for Risk 338?

## 4-4 Dietary risks for pregnant women

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There is one dietary risk that relates specifically to pregnant women and is considered an “Inappropriate Nutrition Practices for Women.” This risk identifies a nutrition practice that may result in impaired nutrient status, disease, or health problems. Read the risk information sheet for this risk:

- 427 – Inappropriate Nutrition Practices for Women
  - [427.5 Eating Potentially Harmful Foods](#)



### Learning activity

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

1. Sierra is being certified as a pregnant woman. She takes a bologna sandwich to work for lunch every day. Would she qualify for a dietary risk?

YES – RISK #

NO

2. Rayanne is a pregnant woman. She loves eating sushi at least once a week especially when it is made with fresh salmon or raw ahi tuna. Would she qualify for a dietary risk?

YES – RISK #

NO