

# 6-1 Risks for Postpartum Women

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## Overview

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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:

Risk Group:	Description:
<b>Anthropometric</b>	<input type="checkbox"/> <a href="#">101– Underweight Women</a> <input type="checkbox"/> <a href="#">111 – Overweight Women</a> <input type="checkbox"/> <a href="#">133 – High Maternal Weight Gain</a>
<b>Biochemical</b>	---
<b>Clinical/Medical</b>	<input type="checkbox"/> <a href="#">363 – Pre-Diabetes</a>
<b>Dietary</b>	---
<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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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?

## 6-2 Anthropometric risks for postpartum women

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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

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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

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

- [363 – Pre-Diabetes](#)



### Learning activity

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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

