

Level 2

Nutrition Risk Chapter 4

The Basics

Level 2	All CPA’s must complete
Type	Paper module Ch. 4: Risks for Pregnant Women
Completion time	1 hour
Complete	Within 6 months of hire
Certifiers Guide	Lesson 4-11
Posttest	Paper
Completion	Must complete all 6 chapters.



Course Objectives

This chapter of the **Nutrition Risk** module focuses on risks that apply to pregnant WIC participants. Certifiers must complete chapter 4 before they can certify any pregnant woman.

- After completing this chapter, the learner will be able to:
- Assess and assign nutrition risks that specifically apply to pregnant women.

Learning activities – Chapter 4



This table lists the risks that are covered in Chapter 4.

Risk Group:	Description:
Anthropometric	<input type="checkbox"/> 101– Underweight Women <input type="checkbox"/> 111 – Overweight Women <input type="checkbox"/> 131 – Low Prenatal Weight Gain <input type="checkbox"/> 133 – High Maternal Weight Gain
Biochemical	
Clinical/Medical	<input type="checkbox"/> 301 – Hyperemesis Gravidarum <input type="checkbox"/> 302 – Gestational Diabetes <input type="checkbox"/> 334 – Lack of or Inadequate Prenatal Care <input type="checkbox"/> 336 – Fetal Growth Restriction <input type="checkbox"/> 338 – Pregnant Woman Currently Breastfeeding

Risk Group:	Description:
Dietary	<input type="checkbox"/> 427 – Inappropriate Nutrition Practices for Women <input type="checkbox"/> 427.5 Eating Potentially Harmful Foods
Environmental	

4-1 Learning Activity

- All 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?

A women’s weight changes throughout her pregnancy. Pre-pregnancy weight is the starting point used to monitor the rate and amount of weight gain or loss.

4-2 Anthropometric Risks

Staff will select from the following list of risks when completing this activity.

- 101– Underweight Women
- 111 – Overweight Women
- 131 – Low Prenatal Weight Gain
- 132 – Weight Loss during Pregnancy
- 133 – High Maternal Weight Gain

Risks have been aligned with their correct pairing.

101 – Underweight Women	Pre-pregnancy BMI is 18.
111 – Overweight Women	Pre-pregnancy BMI is 29.
131 – Low Prenatal Weight Gain	Pre-pregnancy BMI is 25 and 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.
133 – High Maternal Weight Gain	Weight gain during the first month is 9 pounds.

4-4 Dietary Risks

- 427 – Inappropriate Nutrition Practices for Women
- 427.5 - Eating Potentially Harmful Foods

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

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 #

Posttest Questions and Answers for Chapter 4



When scoring this posttest, the learner will earn 1 point for correctly answering each question in the tables. Passing score is 10 out of a possible 12 points.

1. Beth: Her pre-pregnancy BMI was 29.
Her baby is due 2 months from today and she has gained 44 pounds.
She is breastfeeding her older child who is 22 months old.

What risks would be assigned?	Risk #s: 111, 133, 338
Additional documentation required?	No
Referral to the RD required?	No

2. Mary: Her pre-pregnancy BMI was 25.
She has lost 4 pounds since her pregnancy began.
At 14 weeks into this pregnancy, she saw a health care provider for the first time and she was diagnosed with severe hyperemesis gravidarum.

What risks would be assigned?	Risk #s: 111, 131, 301, 334
Additional documentation required?	Yes
Referral to the RD required?	Yes

3. Wendy: Her prenatal weight gain grid shows that she has not gained the recommended amount of weight during this pregnancy. She recently saw a new health care provider who diagnosed her with IUGR.

What risks would be assigned?	Risk #s: 131, 336
Additional documentation required?	No
Referral to the RD required?	No

4. Susanna: Her pre-pregnancy BMI was 32. She typically drinks raw, unpasteurized milk as she believes it is healthier for her.

What risks would be assigned?	Risk #s: 111, 427.5
Additional documentation required?	Yes
Referral to the RD required?	No