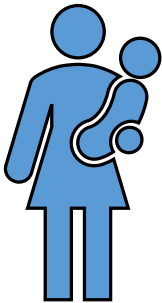


# Level 2

# Nutrition Risk Chapter 6

## The Basics

Level 2	All CPA's must complete
Type	Paper module <a href="#">Ch. 6: Risks for Postpartum Women</a>
Completion time	1 hour
Complete	Within 6 months of hire
Certifiers Guide	<a href="#">Lesson 4-20</a>
Posttest	<a href="#">Paper</a>
Completion	Must complete all 6 chapters. <a href="#">Form</a>



## Course Objectives

This chapter of the **Nutrition Risk** module focuses on risks that apply to postpartum WIC participants. Certifiers must complete chapter 6 before they can certify any postpartum woman, whether they are breastfeeding or non-breastfeeding.

After completing this chapter, the learner will be able to:

- Assess and assign nutrition risks that apply to postpartum women, both breastfeeding and non-breastfeeding.

## Learning activities – Chapter 6



This table lists the risks that are covered in Chapter 6.

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

## Environmental

### Learning activity 6-1

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? **Weight**

### 6-2 Anthropometric risks for postpartum women

- 101– Underweight Postpartum Women
- 111 – Overweight Postpartum Women
- 133 – High Maternal Weight Gain

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 #

2. Sue is a breastfeeding woman of a 2-week old infant. Her BMI before pregnancy was 20 and her weight gain during pregnancy was 32 pounds. Would she qualify for a nutrition risk?

NO

### 6-3 Clinical risk for postpartum women

- 363– Pre-Diabetes

1. Clara is a non-breastfeeding woman who has been diagnosed with pre-diabetes. Would she qualify for a nutrition risk?

YES – RISK #

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?

NO

## Posttest Questions and Answers for Chapter 3

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When scoring this posttest, the learner will earn 1 point for correctly answering each question in the tables. Passing score is 5 out of a possible 6 points.

1. Tori:

- ◆ She is a breastfeeding woman of a 7-month-old infant.
- ◆ Her pre-pregnancy BMI was 24 and her current BMI is 28.
- ◆ She gained 40 pounds during her pregnancy.

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

2. Tammy:

- ◆ She is a non-breastfeeding woman with a 5-week-old infant.
- ◆ Her pre-pregnancy BMI was 18 and her current BMI is 22.
- ◆ Her doctor has diagnosed her with pre-diabetes.

<b>What risks would be assigned?</b>	Risk #s: 101, 363
<b>Additional documentation required?</b>	No
<b>Referral to the RD required?</b>	Yes