

Relevant WIC Nutrition Assessment Information for a Breastfeeding Woman

ANTHROPOMETRIC

What to Assess (Relevant Information)	What to Collect	What to Do	
		Assign Risk	Suggestions for Further Assessment*
Weight Status	<p>Current height for BMI calculation.</p> <p>Current weight for BMI calculation.</p> <p>If <6 months postpartum, pregravid weight and height or BMI. If pregravid weight and height or BMI are not available, probe if useful for assessment or counseling purposes.</p> <p>If unable to get an accurate weight or height, consider using alternative measurement techniques. (See Appendix E.)</p>	<p>101 Underweight</p> <p>111 Overweight</p>	<p>Assess contributors to low or high BMI (e.g., weight control/loss diet, dieting history; smoking; physical activity; body image maternal age, and depression).</p> <p>Ask about physical activity recommendations from health care provider.</p> <p>Ask about knowledge/attitude and barriers to physical activity (e.g., safety concerns, time constraints, access to facilities, self-motivation/management skills).</p>
Weight Gain with Most Recent Pregnancy	<p>Total gestational weight gain.</p> <p>If total weight gain is not available, probe if useful for assessment or counseling purposes.</p>	<p>133 High maternal weight gain</p>	<p>Assess postpartum weight retention.</p>

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BIOCHEMICAL

What to Assess (Relevant Information)	What to Collect	What to Do	
		Assign risk	Suggestions for Further Assessment*
Hemoglobin or Hematocrit	Blood hemoglobin or hematocrit level. Smoking status (if State policy is to adjust for smoking practices).	201 Low hematocrit/ low hemoglobin	Assess factors that may affect hemoglobin/hematocrit levels (e.g., medical condition or recent illnesses/ infections, appetite, pica, diet, factors that might inhibit dietary iron absorption, lead poisoning, prolonged or excessive menstrual bleeding, or blood loss with delivery). Assess whether it is likely to be a nutritional or physiological anemia.
Blood Lead Levels	Lead testing in past 12 months. Blood lead level.	211 Elevated blood lead levels	Ask about potential sources of lead exposure (e.g., age of housing, recent renovation, pica, occupational exposure, lead-glazed containers used for food preparation or storage). Assess food sources of calcium and iron and regular meals and snacks.

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CLINICAL

What to Assess (Relevant Information)	What to Collect	What to Do	
		Assign risk	Suggestions for Further Assessment*
Pregnancy-Related Conditions with Most Recent Pregnancy	History of gestational diabetes.	303 History of gestational diabetes	Assess current blood sugar level and access to follow-up care.
	Baby born ≥ 3 weeks early.	311 History of preterm delivery	Assess for contributing factors.
	Birth weights: • $\leq 5\frac{1}{2}$ pounds • ≥ 9 pounds	312 History of low birth weight 337 History of birth of large for gestational age infant	Assess for contributing factors such as: body image, smoking, drugs, alcohol (low birth weight) and gestational diabetes mellitus (GDM), family with history of GDM (high birth weight).
	Multiple birth: Fetal or neonatal death with one or more infants still living.	321 History of spontaneous abortion, fetal or neonatal loss	Assess level of access to support services or support group related to the grieving process.
	Interval between pregnancies: • Date of conception OR last menstrual period for this most recent pregnancy. • Delivery date of previous pregnancy.	332 Closely spaced pregnancies	Assess support system at home (e.g. assistance with obtaining adequate intake, help with children).
	High parity and young age: • Maternal age. • Date of conception OR last menstrual period for last pregnancy. • Number of previous pregnancies of at least 20 weeks duration regardless of birth outcome.	333 High parity at young age	Assess support system at home (e.g., assistance with obtaining adequate intake).
	Number of fetuses.	335 Multifetal gestation	

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CLINICAL (continued)

What to Assess (Relevant Information)	What to Collect	What to Do	
		Assign risk	Suggestions for Further Assessment*
Pregnancy-Related Conditions with Most Recent Pregnancy (continued)	Baby born with neural tube defect, cleft lip, or cleft palate.	339 History of birth with nutrition-related congenital or birth defects	Ask about health care provider's recommendations and participant's follow-through for folic acid supplementation and preformed Vitamin A supplement use for this pregnancy. Assess knowledge of access to special medical services available to infant.
Age at Conception	Maternal age. Date of conception OR date of last menstrual period (LMP).	331 Pregnancy at young age	Assess age of menarche OR gynecological age to assess whether she is likely to still be growing. Assess support system at home (e.g., assistance with obtaining adequate intake).
Medical Conditions	Nutrition-related medical condition or illness.	341-349 351-356 358 360-362 Nutrition-related risk conditions.	Ask about special diet, nutritional supplements, and medications prescribed to manage or treat condition. Assess current and potential impact on nutritional intake, nutritional needs (increased need for specific nutrients, special diet low in essential nutrients), and breastfeeding. Assess understanding of and compliance with treatment plan. Assess level of access to follow-up medical care.
	Prescription medications with nutrition implications.	357 Drug-nutrient interactions	Assess ability to meet increased/altered nutrition implications of medications. nutrient needs or cope with other
	Over-the-counter medications with nutrition implications.	357 Drug-nutrient interactions	Assess understanding of nutrient and drug interactions and strategize to minimize them.

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CLINICAL (continued)

What to Assess (Relevant Information)	What to Collect	What to Do	
		Assign risk	Suggestions for Further Assessment*
Medical Conditions (continued)	Major surgery, trauma, or burns in past 2 months.	359 Recent major surgery, trauma, burns	Ask about special diet and prescribed medications. Assess understanding of and compliance with treatment plan. Assess level of access to follow-up medical care.
	Major surgery, trauma, or burns >2 months ago with continued need for nutritional support.	359 Recent major surgery, trauma, burns	Obtain documentation of need for continued nutritional support. Ask about special diet and prescribed medications, assess, and document impact on nutritional needs and diet intake. Assess level of access to follow-up medical care.
Use of Alcohol	Alcohol consumption: * Routine current use \geq 2 drinks per day * Binge drinking * Heavy drinking	372 Alcohol and illegal drug use	Assess her understanding of the potential dangers to herself and her fetus. Assess awareness of available help and readiness to access /accept it.
Use of Illegal Drugs	Any illegal drug use.	372 Alcohol and illegal drug use	Assess her understanding of the potential dangers to herself and her fetus. Assess client's attitude toward drug treatment.
Use of Tobacco	Any daily smoking of tobacco products (cigarettes, pipes, or cigars).	371 Maternal smoking	Assess her understanding of the potential dangers to herself and her fetus. Assess client's attitude towards smoke cessation. Assess oral health practices.

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CLINICAL (continued)

What to Assess (Relevant Information)	What to Collect	What to Do	
		Assign Risk	Suggestions for Further Assessment*
Infant and Maternal Factors Affecting Breastfeeding	Mother's complications or potential complications of breastfeeding.	602 Breastfeeding complications (Women)	<p>Assess effectiveness of mother's management strategies.</p> <p>Assess mother's medical providers' recommendations.</p> <p>Assess support system (e.g., family, partner and peer support; work site issues; influence of mass media).</p> <p>Assess need for referral to IBCLC.</p>

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DIETARY

What to Assess (Relevant Information)	What to Collect	What to Do	
		Assign risk	Suggestions for Further Assessment*
Ability to Meet Dietary Guidelines for Americans	Absence of any risk. Note: A complete assessment including risk 427 must be completed prior to assigning risk 401.	401 Failure to meet Dietary Guidelines for Americans	Assess need for anticipatory guidance.
Nutrition Practices	Use of dietary supplements: • Excessive or inappropriate. • Folic acid intake from supplements or fortified foods.	427.1 Consuming dietary supplements with potentially harmful consequences	Assess potential for toxicity or harm to mother or infant. Assess barriers to obtaining appropriate supplementation (e.g., health belief, religious or cultural practices, finances).
		427.4 Inadequate vitamin/mineral supplementation	Assess attitude towards dietary supplementation.
	Usual meal pattern. Consumption of a diet very low in calories and/or essential nutrients.	427.2 Consuming a diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients following bariatric surgery	Assess factors that might affect meal pattern (e.g., appetite, pregnancy discomforts, medical conditions and illnesses, culture, religion, knowledge and attitudes about eating practices consistent with good health outcomes, knowledge and skills about meal planning and food preparation).
	Craving for or eating nonfood substances (pica).	427.3 Compulsively ingesting non-food items	Assess potential for toxicity or harm to mother or fetus. Assess impact on nutrient and calorie intake.
Infant and Maternal Factors Affecting Breastfeeding	Breastfed infant's nutritional risk.	601 Breastfeeding mother of infant at nutritional risk	Assess effectiveness of mother's management strategies. Assess mother's medical providers' recommendations.

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ENVIRONMENTAL AND FAMILY FACTORS

What to Assess (Relevant Information)	What to Collect		What to Do
		Assign Risk	Suggestions for Further Assessment*
Environmental and Family Factors	Primary nighttime residence (homelessness).	801 Homelessness	Assess food preparation and food storage equipment. Assess level of access to safe and adequate water.
	Migrant status.	802 Migrancy	Assess food preparation and food storage equipment.
	Physical assault in past 6 months.	901 Recipient of abuse	Assess primary residence (shelter for victims of domestic violence) and food preparation and food storage equipment.
	Ability to make appropriate feeding decisions and/or prepare food.	902 Woman, or infant/child of primary caregiver with limited ability to make feeding decisions and/or prepare food	Assess her support system for feeding decisions and food preparation.
	Foster care status.	903 Foster care	Ask about teenager's adaptation to current foster care.
	Sources of breastfeeding support.	N/A	Assess interest for more information/ participation in breastfeeding peer counseling and other breastfeeding support resources.

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OTHER ADJUNCT HEALTH ISSUES AND TECHNICAL REQUIREMENTS

What to Assess (Relevant Information)	What to Collect	What to Do	
		Assign Risk	Suggestions for Further Assessment*
Oral Health	Dental problems that impair ability to eat food in adequate quantity or quality.	381 Dental problems	Ask about dental status and treatment already in progress. Assess access to dental care. Ask about oral health practices.
Oral Health Care	Dental home. Last visit.	N/A	Assess barriers to obtaining care (e.g., beliefs, finances, alien status, lack of insurance, childcare, and transportation)
Postpartum Health Care	Medical home. Scheduling of postpartum visit. Need for follow-up.	N/A	Assess barriers to obtaining care (e.g., beliefs, finances, alien status, lack of insurance, childcare, transportation, lack of social support)
Food Security	Availability of safe and nutritious foods.	N/A	Assess community availability, participation in food assistance programs, and equipment for food preparation and storage. Assess availability of adequate and safe water.
Physical Activity	Perceived physical activity level or abilities.	N/A	Ask about physical activity recommendations from health care provider. Ask about knowledge/attitude and barriers to physical activity (e.g., safety concerns, time constraints, access to facilities, self-motivation/management skills).

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