New Hampshire WIC Program

Number	Risk	Definition	Priority
Anthropo	metric		
101	Underweight (Women)	PG Pre-pregnancy Body Mass Index (BMI) <18.5	1
	PG-[HP]	< 6 months postpartumBreastfeeding/Non-breastfeeding women pre-pregnancy or current Body Mass Index (BMI) <18.5	1/6
		≥ to 6 months postpartumBreastfeeding women	
		current Body Mass Index (BMI) < 18.5	1
111	Overweight (Women)	PG Pre-pregnancy Body Mass Index (BMI) ≥ 25.0	1
		< 6 months postpartumBreastfeeding/Non-breastfeeding women pre-pregnancy Body Mass Index (BMI) > 25	1/6
		≥ to 6 months postpartumBreastfeeding women	
		current Body Mass Index (BMI) ≥ 25	1
131	Low maternal	PG Woman OnlyLow maternal weight gain is defined as:	1
	weight gain PG-[HP]	1) A low rate of gain such that in the 2nd and 3rd trimesters, singleton:	
		Using the following cutoffs:	
		 Underweight woman gains < 1 pound/week or <28 pounds total wt; 	
		 Normal weight woman gains < 0.8 pounds/wk or <25 pounds total wt; [twin gestation <37 pounds total wt gain] 	
		 Overweight woman gains < 0.5 pounds/wk or <15 pounds total wt; [twin gestation <31 pounds total wt gain] 	
		 Obese woman gains < 0.4 pounds/wk or < 11 pounds total wt; [twin gestation < 25 pounds total wt gain] 	
		or	
		2) Low weight gain at any point in pregnancy, such that: Using an Institute of Medicine based weight gain grid, a pregnant woman's weight plots at any point beneath the bottom line of the appropriate weight gain range for her respective pre-pregnancy weight category.	
		For PG w/ triplets overall wt gain of 50# @ rate of 1.5#/week 1 st -3 rd trimester.	

New Hampshire WIC Program

Number	Risk	Definition			Priorit	
Anthropo	metric					
133	High maternal	PGHigh maternal wei	ght gain is defined as:		1	
	weight gain	1) A high rate of gain substitution Using the following cu		d 3rd trimesters, singleton:	•	
		 Underweight woman gains > 1.3 pounds/wk or >40 pounds total wt 				
		 Normal weight won [twin gestation >54 		k or >35 pounds total wt;		
			gains > 0.7 pounds/wl pounds total wt gain]	or >25 pounds total wt;		
		Obese woman gain [twin gestation >42	s > 0.6 pounds/wk or > pounds total wt]	20 pounds total wt;		
		or				
		Institute of Medicine weight plots at any		id, a pregnant woman's e of the appropriate weight		
		Breastfeeding women pregnancy): based on p		vomen (most recent ass Index (BMI), as follows:		
		Pre-pregnancy Weight groups	<u>Definition</u>	Cut-off <u>Value</u>		
		Underweight	BMI <18.5	>40 lbs		
		Normal Weight	BMI 18.5 to 24.9	>35 lbs		
		Overweight Obese	BMI 25.0 to 29.9 BMI <u>></u> 30.0	>25 lbs >20 lbs		
Biochem	ical		<u> </u>	- 20 103		
201	Low Hematocrit/ Low Hemoglobin [HP]	PG women 1st trimester 2nd trimester 3rd trimester	Hgb(g/dl)/Hct(%) <11.0/33.0 <10.5/32.0 <11.0/33.0		1/6	
		Breastfeeding/Non-B	Breastfeeding women	u dl)/Hct(%)		
		12 years to < 15 years				
		15 years to < 18 years	s <12.0/3	5.9		
		<u>></u> 18 years 	<12.0/3	5.7 		
211	Lead poisoning	Blood lead level ≥ 5 u	g/deciliter within the pa	ast 12 months.	1/6	
Clinical/I	Health Medical					
301	*Hyperemesis gravidarum		omiting during pregnar and fluid electrolyte imb	ncy which may cause more palances.	1/6	

CDC's definition of trimesters: 1st trimester: 0-13 weeks; 2nd trimester: 14-26 weeks; 3rd trimester: 27-40 weeks *Diagnosed by physician as self-reported by applicant/participant/caregiver, or as reported or documented by a physician, or someone working under physician's orders.

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Numbe	Pregnant/BF/PP Women Risk Criteria New Hampshire WIC Pro Number Risk Definition Clinical/Health Medical			
302	*Gestational diabetes	GDM is defined as any degree of glucose/carbohydrate intolerance w/ onset or first recognition during pregnancy.	1/6	
303	*History of gestational diabetes	Any history of diagnosed gestational diabetes.	1/6	
304	*History of preeclampsia	History of diagnosed preeclampsia	1/6	
311	History of	History of preterm and/or early term delivery is defined as follows:	1/6	
	preterm or early term delivery	 Preterm: Delivery of an infant born ≤ 36 6/7 weeks 		
	,	 Early Term: Delivery of an infant born ≥ 37 0/7 and ≤ 38 6/7 weeks. 		
312	History of low birthweight	Any history of birth of an infant weighing ≤ 5 lbs. 8 oz. (≤ 2500 grams).	1/6	
321	History of spontaneous abortion, fetal or neonatal loss	Any history of a fetal death (death at \geq 20 weeks gestation), a neonatal death (death within 0-28 days of life) or 2 or more spontaneous abortions (spontaneous termination of gestation at <20 weeks gestation or 500 grams).	1/6	
331	Young age PG-[HP]	Conception ≤ 20 years of age. Most recent pregnancy for BF/PP women.	1/4	
332	Short interpregnancy interval	Conception before 18 months postpartum. Most recent pregnancy for BF/PP women.		
334	Inadequate prenatal care	Prenatal care beginning after the 1st trimester (after 13th week), or first prenatal visit in the third trimester (7-9 months) or:	1/6	
	PG-[HP]	Weeks of gestationNumber of prenatal visits14-210 or unknown22-291 or less30-312 or less32-333 or less34 or more4 or less		
335	Multifetal gestation PG-[HP]	More than one fetus in a current pregnancy. Most recent pregnancy for BF/PP women.	1/6	
336	*Fetal growth restriction	Fetal Growth Restriction (FGR) is defined as a fetal weight < 10th percentile for gestational age.		

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Number Clinical/H	Risk ealth Medical	Definition	Priority
337	*History of birth of a large-for- gestational-age infant	In the most recent pregnancy , or any history of giving birth to an infant ≥ 9 pounds (≥ 4000 grams)	1/6
338	Currently breastfeeding	Breastfeeding woman now pregnant.	1/6
339	*History of birth with nutrition related congenital or birth defect	A woman who has given birth to an infant who has a congenital or birth defect linked to inappropriate nutritional intake, e.g., inadequate zinc, folic acid, excess vitamin A. Any history of birth with nutrition-related congenital or birth defect. BF/PP women In the most recent pregnancy.	1/6
341	*Nutrient Deficiency or Disease	Diagnosis of clinical signs of nutritional deficiencies or a disease caused by insufficient dietary intake of macro and micro nutrients. Diseases include, but are not limited to, Protein Energy Malnutrition, Scurvy, Rickets, Beri Beri, Hypocalcemia, Osteomalacia, Vitamin K Deficiency, Pellagra, Xeropthalmia, and iron deficiency.	1/6
342	*Gastro-intestinal disorders	Disease(s) or condition(s) that interferes with the intake or absorption of nutrients. The conditions include, but are not limited to: Gastroesophageal reflux disease (GERD), peptic ulcers, post-bariatric surgery, small bowel syndrome, inflammatory bowel disease, including ulcerative colitis or Crohn's disease, liver disease, pancreatitis, and biliary tract (gallbladder) disease.	1/6
343	*Diabetes mellitus	A metabolic disease characterized by inappropriate hyperglycemia resulting from defects in insulin secretion, insulin action or both.	1/6
344	*Thyroid disorders	Thyroid dysfunctions caused by the abnormal secretion of the thyroid hormones. Conditions include but are not limited to: hyperthyroidism (high levels of thyroid hormone secreted), hypothyroidism (insufficient levels of thyroid hormone produced or severe iodine deficiency), congenital hyperthyroidism/hypothyroidism and postpartum thyroiditis.	1/6
345	*Hypertension & pre-hypertension	Includes chronic HTN and pregnancy-induced HTN (PIH) (PIH=Preeclamsia, eclamsia and gestational HTN) HTN ≥140/≥90 mm Hg; Pre-HTN consistently ≥120/≥80 to ≤139/≤89 mm Hg	1/6
346	*Renal disease	Any renal disease including pyelonephritis and persistent proteinuria, but excluding urinary tract infections (UTI) involving the bladder.	1/6
347	*Cancer	The current condition, or the treatment for the condition, must be severe enough to affect nutritional status.	1/6
348	*Central nervous system disorders	Conditions which affect energy requirements, ability to feed self, or alter nutritional status metabolically, mechanically, or both. Includes, but is not limited to: epilepsy, cerebral palsy (CP), neural tube defects (NTDs), such as spina bifida, Parkinson's disease, and multiple sclerosis (MS).	1/6

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Number Clinical/He	Risk ealth Medical	Definition	Priority
349	*Genetic and congenital disorders	Hereditary or congenital condition at birth that causes physical or metabolic abnormality. The current condition must alter nutrition status metabolically, mechanically, or both. May include, but is not limited to, cleft lip or palate, Down's syndrome, muscular dystrophy, thalassemia major, sickle cell anemia (not sickle cell trait).	1/6
351	*Inborn errors of metabolism (IEM)	 Gene mutations or gene deletions that alter metabolism in the body, including but not limited to: Amino Acid Disorders-i.e. phenylketonuria (PKU), maple syrup urine disease homocystinuria, tyrosinemia, hypermethioninemia, and histidinemia; Carbohydrate Disorders i.e. fructoaldolase deficiency, galactosemia, glycogen storage diseases; Fatty Acid Oxidation Defects-i.e.medium-chain acyl-CoA dehydrogenase (MCAD); Organic Acid Metabolism Disorders –i.e. propionic acidemia, glutaric aciduria, methylmalonic acidemia; Lysosomal Storage Diseases; Mitochondrial Disorders; Peroxisomal Disorders; and Urea Cycle Disorders. See: http://rarediseases.info.nih.gov/GARD 	1/6
352a	*Infectious diseases- Acute	A disease present w/in the last 6 months which is characterized by a single or repeated episode of relatively rapid onset and short duration. Including, but not limited to: Hepatitis A, Hepatitis E, Meningitis (bacterial/viral), Parasitic infections, Listerosis, Pneumonia, Bronchitis3 episodes in last 6 months. See: http://www.nlm.nih.gov/medlineplus/infections.html	1/6
352b	*Infectious diseases- Chronic	Conditions likely lasting a lifetime and require long-term management of symptoms. Including, but not limited to: HIV (Human Immunodeficiency Virus), AIDS (Acquired Immunodeficiency Syndrome), Hepatitis D, Hepatitis B, Hepatitis C. See: http://www.nlm.nih.gov/medlineplus/infections.html	1/6
353	*Food allergies	An adverse immune health effects arising from a specific immune response that occurs reproducibly on exposure to a given food. Most common food allergies are: cow's milk and foods containing cow's milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy.	1/6
354	*Celiac disease	An autoimmune disease precipitated by the ingestion of gluten (a protein in wheat, rye, and barley) that result in damage to the small intestine and malabsoption of the nutrients from food. Also known as: Celiac Sprue, Gluten-sensitive Enteropathy, Non-tropical Sprue.	1/6
355	*Lactose intolerance	Diagnosis of intolerance or symptoms well documented by the competent professional authority. Documentation should indicate that the ingestion of lactose causes symptoms consistent with lactose intolerance (i.e. gas, abdominal pain, bloating, and/or diarrhea) and the avoidance of such lactose containing products eliminates them.	1/6

Pregnant/BF/PP Womer Number Risk Clinical/Health Medical		n Risk Criteria New Hampshire WIC P Definition	rogram Priority
356	*Hypoglycemia	Can occur as a complication of diabetes, as a condition in itself, in association with other disorders, or under certain conditions such as early pregnancy, prolonged fasting, or long periods of strenuous exercise.	1/6
357	Drug-nutrient interactions	Use of prescription or over-the-counter drugs or medications that have been shown to interfere with nutrient intake or utilization, to an extent that nutritional status is compromised.	1/6
358	*Eating disorders	Diagnosis or evidence of such disorders documented by the CPA	1/6
359	Recent major surgery,physical trauma, burns	Major surgery (including C-sections), trauma or burns severe enough to compromise nutritional status. Any occurrence within the past two months may be self- reported, more than two months previous must have the continued need for nutritional support diagnosed by a physician or a health care provider working under the orders of a physician.	1/6
360	*Other medical conditions	Diseases or conditions with nutritional implications that are not included in any of the other medical conditions. The current condition, or treatment for the condition, must be severe enough to affect nutritional status. Includes, but is not limited to: juvenile rheumatoid arthritis (JRA), lupus erythematosus, cardiorespiratory diseases, heart disease, cystic fibrosis, persistent asthma (moderate or severe requiring daily medication.)	1/6
361	*Depression	Presence of clinical depression, including postpartum depression. See potentially related RC 902 (for woman and any infant or children). See related RC 357.	1/6
362	Disabilities interfering w/ the ability to eat	Developmental, sensory or motor disabilities that restrict the ability to chew or swallow food or require tube feeding to meet nutritional needs. Includes but not limited to: minimal brain function, feeding problems due to developmental delays or disabilities (pervasive development disorder including autism), birth injury, head trauma, brain damage, other disabilities.	1/6
371	Nicotine and Tobacco Use	Any smoking of tobacco products, including but not limited to cigarettes, pipes, cigars, electronic nicotine delivery systems, hookahs, smokeless tobacco, or nicotine replacement therapies. See related RC 904.	1/6
372	Alcohol and Substance Use	PG-WomanAny alcohol use, illegal substance use and/or abuse of prescription medications; marijuana use in any form. BF/PP Woman— High Risk Drinking: Routine consumption of ≥8 drinks per week or ≥4 drinks on any day. Binge Drinking: Routine consumption of ≥4 drinks within 2 hours; or any illegal substance use and/or abuse of prescription medications, marijuana use in any form. Note: A serving or standard sized drink is: 1 can of beer (12 fluid oz.); 5 oz. wine; and 1 ½ fluid ounces 80 proof distilled spirits (e.g. gin, rum, vodka, whiskey, cordials or liqueurs). See potentially related RC 902.	1/6
381	*Oral Health Conditions	Dental caries (cavities/tooth decay) is a common chronic infectious transmittable disease from bacteria metabolizing sugars to acid which demineralize the tooth structure. Periodontal disease is an infection that affects the bone and tissue that support the teeth. There are 2 stages: gingivitis (milder/reversible) and periodontitis (more destructive). Tooth loss, ineffectively replaced teeth or oral infection which impairs the ability to eat food in adequate quantity or quality	1/6

New Hampshire WIC Program

If assigning this RC there should not be any other RC assigned.

Dietary Guidelines 2020 Dietary Guidelines for Americans, 2020-2025

	Equivalents	Minimum Daily Amounts				
	Calories	<u>1800</u>	2000	2200	<u>2400</u>	<u>2600</u>
Grains	ounce	6**	6**	7**	8**	9**
Vegetables	cup	2.5	2.5	3	3	3.5
Fruit	cup	1.5	2	2	2	2
Milk	cup	3	3	3	3	3
Protein foods	ounces	5	5.5	6	6.5	6.5
Oils (tsp/gms)	tsp	5tsp/(24gm)	6tsp/(27gm)	6tsp/(29gm)	6tsp/(31gm)	7tsp/(34gm)
			<u>Maxin</u>	num Daily Amo	<u>ounts</u>	
Fat		25-35% of tota	al calories (50-10	01 gm)		
Fat gms		50-70	55.5-78	61-85.5	67-93	72-101
Sat'd fat		< 10% total ca	alories			
Added sugars		< 10% total c	alories			
Limit on kcal for other uses	calories	140	240	250	320	350
Sodium		< 2300 mg				

^{***}Need for upper minimum level to be determined by CPA, based on dietary assessment.

14-18 years			19-30 years			31-50 years			
PREGNANT	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd
	trimester								
Calories	1800	2200	2400	2000	2400	2600	1800	2200	2400
(Extra calories)	(+0)	(+340)	(+452)	(+0)	(+340)	(+452)	(+0)	(+340)	(+452)
						•		•	•
	1 4 4 6			40.00			-4		

LACTATING	14-18 years		19-30 years		31-50 years	
BF months	0-6m	7-12m	0-6m	7-12m	0-6m	7-12m
Calories	2200	2200	2400	2400	2200	2200
(Extra calories)	(+330)	(+400)	(+330)	(+400)	(+330)	(+400)

Equivalents

Grains: 1 ounce = 1 slice of bread, 1 oz. or 1 cup of ready-to-eat cereal, 1/2 c. of cooked cereal, rice, or pasta

Vegetables: 1 c. vegetables cooked or chopped raw, 1 c. of vegetable juice, 2 c. of raw leafy vegetables, ½ cup dried vegetables

Fruit: 1 c. of chopped, cooked, or canned fruit, 1 c. of fruit juice; 1 medium fruit or ½ cup dried fruit

Dairy: 1 c. of milk or yogurt, 1½ oz. of natural or 2 oz. of processed cheese = 1 cup

Protein foods: 1 oz. cooked lean meat, poultry, or fish.1/4 c. cooked dry beans, 1 egg, 1 tbs. peanut butter, ½ ounce of nuts or seeds

= 1 ounce of lean meat.

Oils: 1 tsp. vegetable oil, margarine, mayo etc. (1 Tsp= 5gms) 1 tbsp. LF mayo; 2 TBSP light salad dressing = 5 grams

Sugar: i.e. cookie, pie, candy, donut, cake, sodas,etc (1 tsp sugar=4gms)

CDC's definition of trimesters: 1st trimester: 0-13 weeks; 2nd trimester: 14-26 weeks; 3rd trimester: 27-40 weeks

^{**} Whole grains: at least ½ of grain choices

^{*}Diagnosed by physician as self-reported by applicant/participant/caregiver, or as reported or documented by a physician, or someone working under physician's orders.

Pregnan	t/BF/PP	Women Risk Criteria
Number	Rick	Definition

New Hampshire WIC Program

Number Dietary	Risk	Definition	Priority
427	Inappropriate Nu	utrition Practices for Women INPW, such as:	4/6
[427.1]	INPW Dietary supplements w/ harmful consequences	Intake of dietary supplements when ingested in excess of recommended doses may be toxic or have harmful consequences: • Single or multiple vitamins; • Mineral supplements and • Herbal or botanical supplements /remedies/teas (ie:Blue cohash/ penny royal).	
[427.2]	INPW Diet low in calories or nutrients, <u>or</u> intake or absorption following bariatric surgery.	Consuming a diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients. • Strict vegan diet; • Low carbohydrate diet, high protein; • Macrobiotic diets; and Any other diet restricting calories and or essential nutrients.	
[427.3]	INPW Pica	Current or recent craving for or ingestion of nonfood items including, but not limited to: ashes, baking soda, burnt matches, carpet fibers, chalk, cigarettes, clay, dust, large quantities of ice and/or freezer frost, paint chips, soil, starch (laundry and cornstarch).	4/6
[427.4]	INPW Inadequate vitamin/ mineral supplementation	Participant not routinely taking a dietary supplement recognized as essential by national public health policy makers because diet alone cannot meet nutrient requirements. i.e. PGConsumption of < 27mg of supplemental iron/day. PG/BFConsumption of < 150 micrograms of supplemental lodine/day. PP Consumption 400 mcg of folic acid foods and/or supplements/day.	
[427.5]	INPW Ingesting foods potentially contaminated with pathogenic microorganisms PG WOMEN ONLY	 Potentially harmful foods: Raw fish or shellfish, including oysters, clams, mussels and scallops; Refrigerated smoked seafood, unless it is an ingredient in a cooked dish, such as a casserole; Raw or undercooked meat or poultry; Hot dogs, luncheon meat (cold cuts), fermented and dry sausage and other deli-style meat or poultry products unless reheated to steaming hot; Refrigerated pate or meat spreads; Unpasteurized milk or foods containing unpasteurized milk; Soft cheeses such as: feta, Brie, Camembert, blue-veined cheeses and Mexican style cheese such as: queso blanco, queso fresco, or Panela unless labeled "made with pasteurized milk"; Raw or undercooked eggs or foods containing raw or lightly cooked eggs including certain salad dressings, cookie and cake batters, sauces, and beverages such as eggnog; Raw sprouts (alfalfa, clover, and radish); or Unpasteurized fruit or vegetable juices. 	

CDC's definition of trimesters: 1st trimester: 0-13 weeks; 2nd trimester: 14-26 weeks; 3rd trimester: 27-40 weeks *Diagnosed by physician as self-reported by applicant/participant/caregiver, or as reported or documented by a physician, or someone working under physician's orders.

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Pregnar	nt/BF/PP Women	Risk Criteria New Hampshire WIC Prog	gram
Number	Number	Number	Priority
Other Ris	ks		
502	Transfer (nutrition risk unknown)	Person with current valid Verification of Certification (VOC) document from another State or local agency.	1/6
503	Presumptive Eligibility	PREGANANT WOMAN ONLYMeets WIC income eligibility standards but has not yet been evaluated for nutrition risk, for a period of up to 60 days.	4
601	Breastfeeding women of infant at nutritional risk	A breastfeeding woman whose breastfed infant has been determined to be at nutritional risk. Must be the same priority as infant.	1,2, or 4
602	Breastfeeding complications	A breastfeeding woman with any of the following complications or potential complications for breastfeeding: a) Severe breast engorgement	1
		b) Recurrent plugged ducts	
		c) Mastitis (fever or flu-like symptoms with localized breast tenderness	
		d) Flat or inverted nipples	
		e) Cracked, bleeding or severely sore nipples	
		f) Age greater than or equal to 40 years	
		g) Failure of milk to come in by 4 days postpartum	
		h) Tandem nursing (breastfeeding two siblings who are not twins)	
801	Homelessness	A woman, infant or child who lacks a fixed/regular nighttime residence; or whose primary nighttime residence is a supervised publicly/privately operated shelter (including a welfare hotel, a congregate shelter, or a shelter for victims of domestic violence) designed to provide temporary living accommodations; an institution that provides a temporary residence for individuals intended to be institutionalized; a temporary accommodation of not more than 365 days in the residence of another individual; or a public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings.	4/6
802	Migrancy	Women who are members of families which contain at least one individual whose principal employment is in agriculture on a seasonal basis, who has been so employed within the last 24 months, and who establishes, for the purposes of such employment, a temporary abode.	4/6
901	Recipient of abuse	Battering/ violent physical assault within past 6 months as self-reported, or as documented by a social worker, health care provider or on other appropriate documents, or as reported through consultation with a social worker, health care provider, or other appropriate personnel.	4/6

Pregnant/BF/PP Women Risk Criteria New Hampshire WIC P			rogram	
Number	Number	Number	Priority	
Other Ris	ks			
902	Woman with limited ability (*mental illness including clinical depression and Intellectual disability as diagnosed by physician or psychologist)	 Woman who <u>is assessed</u> to have a limited ability to make appropriate feeding decisions and/or prepare food. Examples may include individuals who are: less than or equal to 17 years of age, *mental illness including clinical depression Physical disability to a degree which impairs ability to feed infant/child or limits food preparation abilities. *Intellectual disability Documentation or self-report of currently using or having a history of misuse of alcohol, use of illegal substances, use of marijuana, or misuse or prescription medications 	4/6	
		See potentially related RC 361, 372.		
903	Foster care	Entering the foster care system during the previous six months or moving from one foster care home to another foster care home during the previous six months.	4/6	
904	Environmental tobacco smoke [ETS] exposure	Exposure to smoke from tobacco products inside closed areas, like the home, place of childcare, etc. This definition also includes exposure to the aerosol from electronic nicotine delivery systems. See related RC 371.	1/6	

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