

## Pregnant Woman

### Desired health outcome:

Delivers a healthy, full-term infant while maintaining optimal health status.

### HEALTH DETERMINANTS:

#### Receives ongoing preventive health care including prenatal care.

Prenatal care (334)

Oral health care

#### Achieves a recommended maternal weight gain.

Pregravid weight status and maternal weight gain pattern

(101, 111, 131, 132, 133)

Physical activity

#### Remains free from nutrition or food-related illness, complications, or injury.

Hemoglobin/hematocrit (201)

Pregnancy-related conditions, past and current

(301, 302, 303, 311, 312, 321, 332, 333, 335-339)

Medical conditions (211, 341-349, 351-362)

Age at conception (331)

Oral health status (381)

Nutrition practices (427.1, 427.3, 427.4, 427.5)

Family and social environment (801, 802, 901, 902, 903)

#### Avoids alcohol, tobacco, and illegal drugs.

Use of alcohol, tobacco, or illegal drugs (371, 372, 904)

#### Consumes a variety of foods to meet energy and nutrient requirements.

Nutrition practices (427.2)

Ability to meet *Dietary Guidelines for Americans* (401)

Food security

Makes an informed decision to breastfeed her infant

Breastfeeding knowledge, support and potential contraindications

## Breastfeeding\* & Non-Breastfeeding Women

\* Additional risk only for Breastfeeding women

### Desired health outcome:

Achieves optimal health during the childbearing years and reduces the risk of chronic diseases.

### HEALTH DETERMINANTS:

#### Receives ongoing preventive health care including early postpartum care.

Postpartum health care

Oral health care

#### Achieves desirable postpartum weight or BMI.

Weight or BMI (101, 111)

Weight gain with most recent pregnancy (133)

Physical activity

#### Remains free from nutrition or food-related illness, complications, or injury.

Hemoglobin/hematocrit (201)

Pregnancy-related risk conditions with most recent pregnancy

(303, 304, 311, 312, 321, 332, 333, 335, 337, 339)

Medical conditions (211, 341-349, 351-363)

Age at conception (331)

Oral health status (381)

Nutrition practices (427.1, 427.3, 427.4)

Family and social environment (801, 802, 901, 902, 903)

#### Avoids alcohol, tobacco, and illegal drugs.

Use of alcohol, tobacco or illegal drugs (371, 372, 904)

#### Consumes a variety of foods to meet energy and nutrient requirements.

Nutrition practices (427.2)

Ability to meet *Dietary Guidelines for Americans* (401)

Food security

\*Breastfeeds her infant(s) successfully

\*Sources of breastfeeding support

\*Infant and maternal factors affecting breastfeeding (601, 602)

## Infant

### Desired health outcome:

Achieves optimal growth and development in a nurturing environment and develops a foundation for healthy eating practices.

### HEALTH DETERMINANTS:

**Receives ongoing preventive health care including screenings and immunizations.**

Well child care (includes immunizations)

**Achieves a normal growth pattern.**

Growth pattern (103, 114, 121, 135)

Physical activity

**Remains free from nutrition or food-related illness, complications, or injury.**

Hemoglobin/hematocrit (201)

Medical conditions (134, 152, 211, 341-357, 359, 360, 362, 382, 701, 703)

Birthweight/gestational age at birth (141, 142, 151, 153)

Oral health status (381)

Nutrition practices (411.5, 411.9, 411.10, 411.11)

Family and social environment (801, 802, 901, 902, 903)

Environmental tobacco smoke (904)

**Consumes breast milk and/or iron-fortified infant formula and other foods as developmentally appropriate to meet energy and nutrient requirements.**

Primary nutrient source (411.1, 411.6)

Complementary foods (411.3)

Feeding pattern (411.7, 411.8)

Use of nursing bottles and cups (411.2)

Ability to transition to complementary feeding after 4 months (428)

Food security

**Establishes a trusting relationship with parent(s) that contributes to positive feeding experiences.**

Routine feeding practices (411.4)

Infant and maternal factors affecting breastfeeding (603, 702) [for BF infants]

## Child 12- 60 Months

### Desired health outcome:

Achieves optimal growth and development in a nurturing environment and begins to acquire dietary and lifestyle habits associated with a lifetime of good health.

### HEALTH DETERMINANTS:

**Receives ongoing preventive health care including screenings and immunizations.**

Well child care (includes blood lead screening and immunizations)

Oral health care

**Achieves a normal growth pattern.**

Growth pattern (103, 114, 121, 135; 113 only for children after 24 months)

Physical activity

**Remains free from nutrition or food-related illness, complications or injury.**

Hemoglobin/hematocrit (201)

Medical conditions (134, 211, 341-349, 351-357, 359-362, 382)

Birthweight and gestational age at birth for children 12-23 months old (141, 142, 151)

Oral health status (381)

Nutrition practices (425.5, 425.7, 425.8, 425.9)

Family and social environment (801, 802, 901, 902, 903)

Environmental tobacco smoke (904)

**Consumes a variety of foods to meet energy and nutrient requirements.**

Nutrition practices (425.1, 425.2, 425.6)

Ability to meet Dietary Guidelines for Americans [children after 24 months] (401)

Food security

**Achieves developmental milestones including self-feeding.**

Nutrition practices (425.3, 425.4)

Ability to transition to complementary feeding for children 12-23 months old (428)