

Pregnant-Breastfeeding/Postpartum Women Risk Criteria & Desired Health Outcome(s):

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

BF/PP woman--Achieves optimal health during childbearing years and reduces risk of chronic diseases.

Number	Risk Criteria	Priority	Number	Risk Criteria	Priority
Anthropometric			Clinical/Health/Medical		
<ul style="list-style-type: none"> • Achieves recommended maternal weight gain. 			353	Food allergies	1/6
101	Underweight PG-[HP]	1/6	354	Celiac disease	1/6
111	Overweight	1/6	355	Lactose intolerance	1/6
131	Low maternal weight gain PG-[HP]	1	356	Hypoglycemia	1/6
133	High maternal weight gain	1/6	357	Drug-nutrient interactions	1/6
<hr/>			358	Eating disorders	1/6
Biochemical			359	Recent major surgery, trauma, burns	1/6
201	Low Hematocrit/ Low Hemoglobin [HP]	1/6	360	Other medical conditions	1/6
211	Lead poisoning	1/6	361	Depression	1/6
<hr/>			362	Developmental, sensory or motor delays	1/6
Clinical/Health/Medical			371	Maternal smoking	1/6
<ul style="list-style-type: none"> • Receives ongoing preventive health care including prenatal care and early postpartum care. • Remains free from nutrition- or food-related illness, complications, or injury. • Avoids alcohol, tobacco, and illegal drugs. 			372	Alcohol and Substance Use	1/6
301	Hyperemesis gravidarum	1	381	Oral health conditions	1/6
302	Gestational diabetes	1	<hr/>		
303	History of gestational diabetes	1/6	Dietary		
304	History of preeclampsia	1/6	<ul style="list-style-type: none"> • Consumes a variety of foods to meet energy and nutrient requirements. 		
311	History of preterm or early term delivery	1/6	401	~ PRESUMED ~	4/6
312	History of low birthweight	1/6	Failure to meet dietary guidelines		
321	History of spontaneous abortion, fetal or neonatal loss	1/6	427	Inappropriate Nutrition Practices for Women INPW-such as:	
331	Pregnancy at a young age PG-[HP]	1/4	[427.1]	INPW Dietary supplements w/ harmful consequences	4/6
332	Short interpregnancy period	1/6	[427.2]	INPW Restrictive diets-calories or nutrients-intake or absorption	4/6
333	High parity and young age PG-[HP]	1/6	[427.3]	INPW Pica	4/6
334	Inadequate prenatal care PG-[HP]	1	[427.4]	INPW Inadequate vitamin/mineral supplementation	4/6
335	Multifetal gestation PG-[HP]	1/6	[427.5]	INPW Consuming food with potential pathogenic microorganisms	4/6
336	Fetal growth restriction PG-[HP]	1	<hr/>		
337	History of birth of a large-for-gestational-age infant	1/6	Other Risks		
338	Pregnant woman currently breastfeeding	1	502	Transfer (nutrition risk unknown)	1/6
339	History of birth with nutrition related congenital or birth defect	1/6	503	Presumptive eligibility	4
341	Nutrient deficiency or disease	1/6	601	BFing mother of infant at nutritional risk	1,2 or 4
342	Gastro-intestinal disorders	1/6	602	Breastfeeding complications	1
343	Diabetes mellitus	1/6	801	Homelessness	4/6
344	Thyroid disorders	1/6	802	Migrancy	4/6
345	Hypertension and pre-hypertension	1/6	901	Recipient of abuse	4/6
346	Renal disease	1/6	902	Woman with limited abilities	4/6
347	Cancer	1/6	903	Foster care	4/6
348	Central nervous system disorders	1/6	904	ETS exposure	1/6
349	Genetic and congenital disorders	1/6			
351	Inborn errors of metabolism	1/6			
352	Infectious diseases- acute/chronic	1/6			

Category / Risk Code	Pregnant (1)	Postpartum (3)	Breastfeeding (2)	
			< 6 months	≥ 6 months
101 Underweight	Pre-pregnancy BMI <18.5	Pre-pregnancy or Current BMI <18.5	Pre-pregnancy or Current BMI < 18.5	Current BMI <18.5
111 Overweight	Pre-pregnancy BMI ≥25.0	Pre-pregnancy BMI ≥25.0	Pre-pregnancy BMI ≥25.0	Current BMI ≥25.0

Anthropometrics Maternal Weight Gain

	BMI Classification cut-off	Low Wt Gain RC 131	Expected Wt Gain Range	High Wt Gain RC 133
Underweight	< 18.5	<28#	28-40#	>40#
		< 1#/wk* *2 nd / 3 rd trimesters*		1.3#/wk* *2 nd / 3 rd trimesters*
Normal Weight	18.5 to 24.9	<25#	25-35#	>35#
		< 0.8#/wk*		> 1.0#/wk*
Overweight	25.0 to 29.9	<15#	15-25#	>25#
		< 0.5#/wk*		> 0.7#/wk*
Obese	≥ 30.0	<11#	11-20#	>20#
		<0.4#/wk*		> 0.6#/wk

(Calculation assume a 1.1 # to 4.4# wt gain in the first trimester.)

PG Weight Gain for Twins/Triples

	BMI cut-off Classification	Low Wt Gain RC 131	Expected Wt Gain Range	High Wt Gain RC 133
Underwt	< 18.5	Insufficient information to make recommendations.		
Normal Weight	18.5 to 24.9	<37#	37-54#	>54#
		< 1.5#/wk* *2 nd / 3 rd trimesters		
Overwt	25.0 to 29.9	<31#	31-50#	>50#
		> 1.5#/wk*		
Obese	≥ 30.0	<25#	25-42#	>42#
		> 1.5#/wk*		

For triples 1.5# per week throughout the PG with a total wt gain for ~ 50#

Self-reported condition vs. self-diagnosis:

Presence of a condition diagnosed by a physician as self-reported by applicant/participant/caregiver; or as reported or documented by a physician or someone working under a physician's orders.

Self-reporting of a diagnosis by a medical professional should not be confused with self-diagnosis, where a person simply claims to have or to have had a medical condition without any reference to a professional diagnosis. A self-reported medical diagnosis ("my doctor says that I have/my son has") should prompt the CPA to validate the presence of the condition by asking more pointed questions related to that diagnosis.