

Nutrition/Health Volume  
Certification Section

Risk Factor 131 (Low Maternal Weight Gain) (2.04200)

ER# 2.04200

Authority 2010 7CFR 246.7(e)(2)(i); MPSF:WC-02-22-P, Risk Factor Memorandum 98-9, Revision 6; WIC Policy Memorandum 98-9 Revision 10

Issued 3/99

Revised 10/10

POLICY: Risk Factor 131 (Low Maternal Weight Gain) shall be assigned to pregnant women with one fetus as defined:

- a. Low weight gain at any point in pregnancy based on the recommended weight gain range for her pre-pregnancy BMI category: underweight < 18.5, normal weight 18.5 to 24.9, overweight 25.0 to 29.9 and obese  $\geq$  30.
- b. A low rate of weight gain based on the recommended weight gain range for her pre-pregnancy BMI category, such that in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters, for singleton pregnancies: underweight woman gains < 1 pound per week, normal weight woman gains < .8 pound per week, overweight woman gains < .5 pound per week, and obese woman gains < .4 pound per week.

MOWINS will classify prenatal women as high risk when 131 has been assigned. Complete a SOAP note (High Risk Care Plan) in MOWINS. Procedures for obtaining data, documentation and assigning risk factor must be followed.

PROCEDURES:

A. For pregnant women with one fetus in the current pregnancy:

1. Obtaining Data

- a. If it is her initial visit,
  - i. Ask the woman for her pre-pregnancy weight, after emphasizing the need for accurate information.
    1. If the woman's pre-pregnancy weight is unknown, per CDC guidelines use first trimester weight.
  - ii. Measure the woman's current height and weight.
- b. If it is her subsequent visit,
  - i. Measure her current weight.

2. Documenting

- a. If it is her initial visit, record her pre-pregnancy weight and current weight and height in MOWINS.
- b. If it is her subsequent visit, record her current weight in MOWINS.
- c. MOWINS will automatically plot both her pre-pregnancy and current anthropometric data on the appropriate Prenatal Weight Gain Chart based on her

weight gain channel using her pre-pregnancy BMI {underweight < 18.5, normal weight 18.5 to 24.9, overweight 25.0 to 29.9 and obese ≥ 30}.

3. Assessing and Assigning Risk Factor

- a. MOWINS will automatically assign Risk Factor 131 using data entered on the Prenatal Weight Gain Chart. Refer to the [Risk Factor Detail Guide](#) for additional information.
- b. Complete a SOAP note (High Risk Care Plan) in MOWINS.

B. Providing Appropriate Counseling (See [Counseling Guides](#) for suggested counseling). Refer to the [Nutrition Training Manual](#) for more information.

1. Counseling and education shall be provided by the CPA.

- a. For twin pregnancies this risk factor would not be assigned however, the 2009 IOM recommendations provide provisional guidelines: normal-weight women should gain 25-42 pounds. A gain of 1.5 pounds per week during the second and third trimesters is recommended. There was insufficient information for the IOM committee to develop even provisional guidelines for underweight women.
- b. For triplet pregnancies this risk factor would not be assigned however, the overall weight gain should be around 50 pounds with a steady rate of gain of approximately 1.5 pounds per week throughout the pregnancy.

2. Document counseling contact in MOWINS.

C. Providing Referrals

1. Provide appropriate referral information and document in MOWINS.