

Nutrition/Health Volume
Certification Section

Overweight or At Risk of Overweight (Infants and Children) - RF 114 (2.04310)

ER# 2.04310

Authority 2011 7CFR 246.7(e)(1) & (2); MPSF:WC-01-18-P, WIC Policy Memorandum 98-9, Revision 5; Transmittal of New and Revised WIC Nutrition Risk Criteria May 27, 2011

Issued 10/02

Revised 10/12

POLICY: Risk Factor 114 (Overweight or At Risk of Overweight) shall be assigned to an infant or child when the criteria listed in this policy are met. Assignment of Risk Factor 114 based on Parental Body Mass Index (BMI) is optional for an infant or child (when the biological mother was not on WIC as a prenatal). Procedures for obtaining data, documentation and assigning risk factors must be followed.

PROCEDURES:

A. Obtaining Data

1. For an infant/child less than (<) 24 months of age, obtain the weight and recumbent length measurement according to procedures in the [Health and Nutrition Assessment Handbook \(HNAH\)](#).
2. For a child greater than or equal to (≥) 24 months of age, obtain weight and standing height with adherence to procedures in the [Health and Nutrition Assessment Handbook \(HNAH\)](#).
 - a. A recumbent length measurement cannot be used to assess Body Mass Index (BMI).
 - b. For a child greater than (>) 24 months of age who is unable to stand for a height measurement, refer to [HNAH](#) for methods to obtain height.
3. When using self-reported Parental Body Mass Index, request weight and height of parent in attendance. Parental Body Mass Index (BMI) is optional for an infant or child (when the biological mother was not on WIC as a prenatal and when the biological father is present).
 - a. For an infant less than (<) 12 months of age when mother's information is not in MOWINS:
 - i. Ask the biological mother what her pre-pregnancy weight and height were or obtain a measured weight and height documented by staff or other health care provider during the first trimester of the pregnancy.
 - ii. Determine her pre-pregnancy Body Mass Index (BMI) or the BMI for her first trimester of pregnancy, using the BMI formula (see [HNAH](#)).
 - b. For a child greater than or equal to (≥) 12 months of age when the biological mother's information is self-reported:
 - i. Ask the biological mother what her weight and height are or obtain weight

and height measurements at **the child's** certification. (See the guidelines in the [HNAH](#).) If the mother is pregnant or has had a baby within the past 6 months, use her pre-pregnancy weight and height to determine her BMI since her current measurements will be influenced by pregnancy related weight gain.

- ii. Determine her BMI, using the BMI formula (see [HNAH](#)).
- c. For all infants and children if the biological father is present:
 - i. Ask the biological father his current height and weight or obtain his height and weight at **the child's** certification.
 - ii. Determine his current BMI, using the BMI formula (see [HNAH](#)).

B. **Documenting and Plotting**

1. Record the infant's/child's weight and height or length measurements in MOWINS. MOWINS will automatically plot on the appropriate growth charts.
2. When parent in attendance self-reports height and weight, document parent's height, weight and calculated BMI in participant record.

C. **Assessing and Assigning Risk Factor**

1. Risk Factor 114 (Overweight) will be automatically assigned by the system to a child age 2 to 5 years of age when Body Mass Index (BMI) for age or weight-for-stature plot is greater than or equal to (\geq) 85th and less than ($<$) 95th percentile. Refer to the [Risk Factor Detail Guide](#) for additional information.

2. Risk Factor 114 (At Risk of Overweight) will be assigned based on Parental Body Mass Index (BMI) when:

- a. MOWINS will automatically assign Risk Factor 114 for an infant less than ($<$) 12 months of age if the biological mother's BMI is greater than or equal to (\geq) 30 at the time of conception or at any point in the first trimester and the mother's information is in MOWINS. Refer to the [Risk Factor Detail Guide](#)
- b. Optional assignment by CPA when BMI is based on self-reported weight and height by the parent in attendance.**
 - i. CPA will **manually** assign Risk Factor 114 for an infant less than ($<$) 12 months of age when mother's information is not in MOWINS **and** if the biological mother's BMI was greater than or equal to (\geq) 30 at the time of conception or at any point in the first trimester.
 - ii. CPA will **manually** assign Risk Factor 114 for a child greater than **or equal to** (\geq) 12 months if the biological mother's BMI is greater than or equal to (\geq) 30 at the time of child's certification. (If the mother is pregnant or has had a baby within the past 6 months, use her **preconceptional weight to assess for obesity since her current weight will be influenced by pregnancy-related weight gain.**)
 - iii. CPA will **manually** assign Risk Factor 114 for all infants and children if

the biological father is present and the biological father's BMI is greater than or equal to (\geq) 30 at the time of the child's certification. BMI cannot be based on measurements of the father provided by the mother.*

* BMI must be based on self-reported weight and height by the parent in attendance (i.e., one parent may not "self report" for the other parent) or weight and height measurements taken by staff at the time of certification.

D. 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.

**Note: It is recommended that the term "overweight" be used for documentation and risk assessment only and more neutral terms (e.g. weight disproportional to height, excess weight, BMI) be used when discussing a child's weight with a parent/caregiver.

2. Document counseling contact in MOWINS.

E. Providing Referrals.

1. Provide appropriate referral information and document in MOWINS.