

Nutrition/Health Volume
Certification Section

Risk Factor 101 Underweight Women (2.04410)

ER# 2.04410

Authority 2012 7CFR 246.7(e)(2)(i); MPSF:WC-02-22-P, WIC Policy Memorandum 98-9, Revision 6; WIC Policy Memorandum 98-9 Revision 10

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POLICY: Risk Factor 101 (Underweight Women) shall be assigned to:

- a. Prenatal women based on her pre-pregnancy BMI < 18.5,
 - b. Non-breastfeeding women and breastfeeding women < 6 months postpartum based on her pre-pregnancy or current BMI < 18.5, and
 - c. Breastfeeding women \geq 6 months postpartum based on her current BMI < 18.5.
- Procedures for obtaining data, documentation and assigning risk factor must be followed.

PROCEDURES:

A. For pregnant women:

1. Obtaining Data

- a. Ask the woman her pre-pregnancy weight, after emphasizing the need for accurate information.
- b. Obtain her current height and weight.

2. Documenting

- a. Record her pre-pregnancy weight, current height/weight in MOWINS.
- b. MOWINS will automatically plot both her pre-pregnancy and current anthropometric data on the 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 \geq 30.

3. Assessing and Assigning Risk Factor

- a. Risk Factor 101 will be automatically assigned by MOWINS based on her pre-pregnancy BMI < 18.5 located on the prenatal Health Information tab. Refer to the [Risk Factor Detail Guide](#) for additional information.

B. For non-breastfeeding women and breastfeeding women who are less than 6 months postpartum:

1. Obtaining Data

- a. Measure woman's current height and weight.

2. Documenting

- a. Record the current height and weight in MOWINS.
- b. MOWINS will automatically plot on the Prenatal Weight Gain Chart

3. Assessing and Assigning Risk Factor
 - a. Risk Factor 101 will be automatically assigned by MOWINS based on her pre-pregnancy or current BMI < 18.5.
 - i. Postpartum women's pre-pregnancy BMI will be calculated using the women's postpartum "weight Gain" minus her postpartum "weight at delivery" which is entered on the Health Information tab.
 - ii. Current BMI would be calculated using data entered on the Height/Weight/Blood tab.
- C. For breastfeeding women who are greater than or equal to 6 months postpartum:
 1. Obtaining Data
 - a. Measure woman's current height and weight.
 2. Documenting
 - a. Record the current height and weight in MOWINS.
 3. Assessing and Assigning Risk Factor
 - a. Risk Factor 101 will be automatically assigned by MOWINS based on her current BMI < 18.5 which is obtained using data entered on the Height/Weight/Blood tab.
- 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.
 2. Document counseling contact in MOWINS.
- E. Providing Referrals
 1. Provide appropriate referral information and document in MOWINS.