

VIII. Certification and Eligibility and Coordination of Services

8.1.090 Weight Standards for Women and Adolescent Females

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POLICY: Body Mass Index (BMI) must be used to assess pre-pregnancy or postpartum weight for height to determine eligibility for the Missouri WIC Program.

PROCEDURES:

- A. For postpartum women and adolescent females, obtain current height and weight to determine the woman's BMI (see Health and Nutrition Assessment Handbook ([HNAH](#)) for mathematical formula) or by automated calculation in Missouri WIC Information Network System (MOWINS).
- B. For pregnant women and adolescent females, use her pre-pregnancy weight which she self declares and her most recent record height to determine the woman's pre-pregnancy BMI, using BMI formula (see [HNAH](#)) or by automated calculation in MOWINS.
- C. BMI is used when assessing woman participants for risk factors 101, 111, 131, 132, and 133.

NOTE: Current research does not support the use of different BMI cut-offs to determine weight status categories for adolescent pregnancies. Therefore, the same BMI cut-offs will be used for all women, regardless of age, when determining WIC eligibility.

- D. The pregnant adolescent female will be plotted on the Prenatal Weight Gain Chart in MOWINS and not on the 2 Years to 20 Years Girls growth charts.