

Nutrition/Health Volume
Certification Section

Weight Standards for Women and Adolescent Females (2.03300)

ER# 2.03300

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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.