

Chapter 6C

Certification/Participation-Nutrition Assessment

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This chapter describes policies and procedures related to the nutrition assessment process used to determine an individual’s nutrition status, including nutrition eligibility for WIC, and to develop the plan of nutrition care.

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Required Local Agency Written Policies and Procedures

- Each local agency must have a written protocol for immunization screening and referral. (page 18)

Nutrition Assessment and Plan of Care

The nutrition assessment process determines an individual's nutrition status, including nutrition eligibility for WIC, and provides the framework for developing an individual's plan of nutrition care.

■ Frequency of Nutrition Assessment

A nutrition assessment must be completed and a plan of nutrition care developed for each applicant/participant at each certification and at the following intervals:

- Infants must receive a nutrition assessment at five to seven months after birth
- Breastfeeding postpartum women must receive a nutrition assessment at five to seven months after delivery
- Children must receive a nutrition assessment at mid-certification, i.e., five to seven months after certification

■ Sources Of Nutrition Assessment Information

Information required for the nutrition assessment may be collected from a variety of sources including the applicant/participant/parent/guardian/caretaker (i.e. self-report), the local agency, a private health care practice, and/or other type of health care facility.

Regardless of the source of information, it must be documented in the individual's health record in the Crossroads system. Written information obtained from outside the local agency must be scanned and saved in the applicant's/participant's record in the Crossroads system. Examples of this type of information include a "WIC Program Exchange of Information" (Refer to Attachment 1), a WIC or physician's prescription form, and written correspondence (e.g. memo, letter, discharge summary).

Information obtained from the applicant/participant/parent/guardian/caretaker is done through an interview process. To facilitate this process, staff may choose to use a questionnaire the client completes prior to the nutrition assessment interview. Attachment 2 includes examples of questionnaires for client completion. Client-completed questionnaires are not required to be retained.

■ Categories Of Nutrition Assessment Information

To complete a nutrition assessment, staff must collect information in each of the following categories.

- **Anthropometric Information.** This information is collected to assess growth and physical development of infants and children and prenatal weight gain and weight status of women. Refer to Section 2 for more guidance on requirements for anthropometric data collection. Documented under the Anthro/Lab quick link.
- **Biochemical Information.** This information is collected to assess blood serum indicators of nutrition risk, such as iron status and lead levels. Refer to Section 3 for details about requirements for biochemical data collection. Documented under the

Anthro/Lab quick link.

- ▶ **Clinical/Health History/Disease Status.** This information is collected to assess medical and clinical indicators of nutrition risk, health history and disease status. Health and disease conditions are evaluated for nutrition-related consequences. This information is documented under the Health Information quick link. Clinical information that is assessed includes but is not limited to:

- For pregnant and postpartum women: pregnancy-related conditions, history of pregnancies and birth outcomes, presence of medical conditions, use of substances (tobacco, alcohol, drugs), use of medications (e.g., prescription, over-the-counter, herbal supplements), oral health status, and depression.*

**Local agencies must maintain a current list of local health and mental health resources for referral for diagnosis and treatment of maternal depression.*

- For infants and children: presence of medical conditions, use of medications (e.g., prescription, over-the-counter, herbal supplements), immunization status and oral health status. Refer to Section 6 for information on immunization screening requirements in WIC.
- ▶ **Dietary and Physical Activity Behaviors.** This information is collected to assess dietary and physical activity behaviors which may be indicative of nutrition risk. Behaviors that are assessed include but are not limited to usual eating or feeding pattern, fruit and vegetable consumption, type of milk/beverages consumed, frequency of physical activity, and amount of TV time. The information is documented under the Dietary & Health and Eco-Social quick links in the Crossroads system.
 - ▶ **Eco-social Information.** This information includes eco-social behaviors and conditions which may indicate nutrition risk. Eco-social information that is assessed includes but is not limited to household composition, food security, working appliances for food preparation and source of drinking water, homelessness, and migrancy status. The information is documented under the Family Demographics, Family Assessment and Eco-Social quick links in the Crossroads system.

■ **Establishing Nutrition Risk Eligibility for WIC**

- ▶ **Identification of WIC nutrition risk criteria.** Staff must identify all applicable WIC nutrition risk criteria for each participant at each certification/subsequent certification. Refer to Attachment 3: “WIC Nutrition Risk Criteria” for a list of all risk factors used to determine nutrition eligibility. The Assigned Risk Factors quick link lists the system identified risk factors and allows the CPA to add additional risk codes based on the interview, observation and assessment performed.

■ **Summarizing The Participant’s Nutrition Status**

Staff must organize, integrate, and synthesize the information gathered during the nutrition assessment process in the creation of the Care Plan.

- ▶ **Summary of nutrition status/Nutrition Assessment.** Staff must write a brief statement in the Care Plan Summary quick link Nutrition Assessment container which summarizes the findings of the nutrition assessment, including problems and potential problems.

■ **Developing The Care Plan**

Based on the summary of nutrition problems and potential problems, staff must work with the participant to establish a nutrition plan of care. Consideration must be given to the participant/parent/guardian/caretaker education, understanding of nutrition principles, beliefs, skills, cultural practices, family and social environment resources, access to food and health care services, and stage of readiness to make changes in behaviors for her/himself or her/his family. The required components of a nutrition plan of care are:

- ▶ **Goals.** A goal is intended to be a specific change a client is willing to make to improve a nutrition or physical activity habit or behavior. They generally are one or two actions the participant/parent/ guardian/caretaker establishes or agrees to, that s/he will do to achieve the desired health outcome(s). The goals are documented in the Maintain Goals quick link under Care Plan. Goals can be Family Goals or Individual Goals. Goals should be relevant, achievable, measureable, and realistic.
- ▶ **Nutrition education.** Nutrition education should be related to the goals and any required nutrition education. Nutrition education is documented using the Nutrition Education quick link under Care Plan. Refer to Chapter 5 for information on required nutrition education topics.
- ▶ **Breastfeeding support.** The issuance of a breast pump and/or breastfeeding aid should be related to the goals, identified nutrition problems/potential problems and/or health needs.
- ▶ **Referrals.** Referrals to other health, welfare and social services should be made to help meet additional needs, and assist in improving health and achieving positive health outcomes. Referrals should also be related to the goals, identified nutrition problems/potential problems and health needs, and documented in the participant's record. Referrals are documented on the Referral Program screen when the agency/ service to which the participant is being referred can be chosen from this screen. Otherwise, the referral must be documented as a note in the Nutrition Assessment section on the Care Plan Summary screen.

Note: To update information about any programs or services accessible on the Referral Program screen, the local agency should contact their Regional Nutrition Consultant and provide information about the changes needed.

- ▶ **WIC food package.** The food package prescribed should reflect the participant's nutritional needs and cultural practices.

- **Follow-up.** Follow-up should include a specific timeframe and purpose/action and should be related to the goals, referrals, and health needs.

■ **Documenting The Nutrition Assessment And Care Plan**

Staff is required to document the nutrition assessment and care plan in the client's health record in the Crossroads system.

A primary purpose of documentation is to assure continuity of care by communicating information among health care providers about a participant's nutrition status. Another purpose of documentation is to serve as a legal record of services provided. Documentation must be clear in the Crossroads system. Use abbreviations consistent with the local agency's approved abbreviation list. Errors must be corrected using an additional entry in the care plan in the Nutrition Assessment Area beginning with the text "Additional data or correction to data entered on [date of previous entry]". These documentation practices are critical should the record ever be needed for a legal procedure/action.

Anthropometric Data Collection

Staff must comply with Program policies for the type of anthropometric data that is collected, when data is collected, the type of medical equipment used, and procedures staff use to weigh and measure individuals.

■ Anthropometric Data Requirements

Both weight and height/length must be collected at each certification for all participant categories. This information may be obtained through weighing and measuring at the time of certification, from documentation in the Crossroads system, or through written referral information from a health care provider. Anthropometric data used for certification must not be more than 60 days old at the time of certification.

The following additional requirements apply:

For pregnant women	<ul style="list-style-type: none"> ▪ Weight and height data must be collected <u>during</u> pregnancy. ▪ At least two weights must be collected during pregnancy and documented in the Crossroads system appropriate for the woman’s pre-pregnancy BMI.* <p><i>Note: Only one weight is required if the woman is certified at 37 weeks or greater gestation.</i></p>
For postpartum women <i>(breastfeeding & non-breastfeeding)</i>	<ul style="list-style-type: none"> ▪ Weight and height data must be collected <u>after</u> pregnancy. ▪ All postpartum women (breastfeeding or non-breastfeeding) must have a pre-pregnancy weight collected.* ▪ Weight and height data must be collected at the mid-year assessment of postpartum breastfeeding women.
For infants and children	<ul style="list-style-type: none"> ▪ The expected rate of weight gain must be determined for: <ul style="list-style-type: none"> - infants and children with a recent history of poor growth (e.g., inadequate weight gain, a decrease in weight-for-age, a decrease in length/height-for-age within the past year) and - any infant or child for whom the clinician determines it necessary, - Crossroads calculates incremental gains ▪ Parental BMI must be assessed for: <ul style="list-style-type: none"> - infants at either the initial or the 5-7 month nutrition assessment, or - children 12-24 months of age when added to the Program (i.e. they were not certified for WIC as infants), and - any child for whom the clinician determines it necessary.

* Pre-pregnancy weight may be obtained through participant self-report, documentation in the Crossroads system, or written referral information from a health care provider. In cases when a woman's pre-pregnancy weight cannot initially be determined through any of these methods, it is required to obtain a pre-pregnancy weight. Staff should ask the participant probing questions related to her weight prior to pregnancy compared to her current weight (e.g., *How do you think your weight has changed since you became pregnant?; How has your appetite changed since you became pregnant?; How do your clothes fit now compared to before you became pregnant? etc.*) and come to a mutual decision with the participant to identify a pre-pregnancy weight. As always, staff should use their professional judgment when making these decisions.

■ **Anthropometric Medical Equipment**

Medical equipment (i.e., scales and measuring boards) used by local agency staff to obtain anthropometric data is subject to specific purchasing requirements, must meet certain specifications, and must be routinely maintained to assure accurate measurements. Refer to Chapter 12 for additional guidance pertaining to purchasing medical equipment.

▸ **Specifications for Medical Equipment**

- **Scales (weight).** There are two types of scales, double beam balance and digital. A double beam balance scale has both a main and a fine weight, adjusts manually; has engraved beam graduations, has a tare (zero) adjustment, and has a precise heavy duty lever system with heat-treated pivots (no spring system). A digital scale has a load cell(s) and a digital read-out. For both types of pediatric scales, the weighing tray and surface should be able to be sanitized.

Specifications for both beam balance and digital scales are:

- Infant scales: a minimum increment of 10 grams or ½ ounce and a maximum weight of at least 20 kilograms or 40 pounds
- Adult scales: a minimum increment of 100 grams or ¼ pound

- **Infantometers and Stadiometers (length/height).**

- Infant Board (Infantometer). These boards should be constructed to resist warping and have surfaces that can be sanitized. They should have a moveable foot board and a fixed right-angle head board. Length should be indicated by fixed and measured increments on the board.
- Adult Board (Stadiometer). These boards should have a moveable right-angle head board which indicates the height using fixed, measured increments. Wall-mounted boards must be installed on a stationary wall (e.g., not on a door) and in such a manner to avoid base board molding and/or carpeted floors which can impact the measurement accuracy.
- Minimum Specifications.
Infantometer and Stadiometer minimum increments: 0.1 centimeter or 1/8 inch

Stadiometer minimum height: 190.5 centimeters or 75 inches

- ▶ **Maintenance of Clinic Scales.** Scales used to obtain anthropometric data must be “zero adjusted”, tested for accuracy, and calibrated when found to be inaccurate.
 - **Zero adjustment** of balance beam scales should be done after each measurement and each time the scales are moved. Digital scales make this adjustment automatically.
 - **Testing for accuracy** of scales must be done annually. This can be accomplished by requesting services in writing to the North Carolina Department of Agriculture. The request should include a contact person at the local agency, when the service is needed and the site/location of each clinic scale that needs to be tested. An inspector will contact the local agency to provide this service free of charge.

North Carolina Department of Agriculture
Standards Division, Measurement Section
Mail Service Center 1050
Raleigh, NC 27699-1050

Local agency staff must retain the receipt from this testing. Any rejected scales which do not meet the testing standards must be removed from service immediately.

- **Calibration of scales** is required only when the result of the annual accuracy testing of scales indicates that it is necessary. This can be accomplished by contacting a medical equipment company or scale technician in your area or the medical equipment manufacturer. The North Carolina Department of Agriculture does not provide this service.
- **Procedures For Weighing And Measuring**
Staff who weigh and measure individuals must be trained and must follow standard procedures. For standard procedures that must be used when weighing and measuring, refer to Attachment 4.

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Bloodwork Requirements

WIC requires that a hemoglobin (hgb.) or hematocrit (hct.) be completed to screen for iron deficiency anemia. To meet this requirement, WIC Programs should align their efforts with the Centers for Disease Control and Prevention (CDC) guidelines for bloodwork testing of infants, children, and pregnant and postpartum women. The flexibility of these guidelines allows WIC to coordinate with other health programs serving WIC applicants/participants and to minimize repetitive, costly and invasive blood testing procedures. Results of tests performed outside the agency may be used, or WIC agencies may perform the bloodwork test themselves at no charge to the applicant/participant.

■ Minimum Requirements

The bloodwork requirements for WIC (*which are based on CDC guidelines*) are summarized in the following table.

Participant Category / Age at Certification	Blood work Requirements
WOMEN	
Pregnant	Bloodwork must be performed at the earliest opportunity during current pregnancy.
Postpartum non-breastfeeding	Bloodwork must be performed after pregnancy ends (ideally 4-6 weeks after pregnancy ends).
Postpartum breastfeeding: <i>Delivery to 6 months postpartum</i>	Bloodwork must be performed after delivery (ideally 4-6 weeks after delivery).
Postpartum breastfeeding: <i>6 months to 12 months postpartum</i>	Additional bloodwork is not required if performed since delivery (<i>and results are available to the WIC Program.</i>) Otherwise, bloodwork is required.
INFANTS / CHILDREN	
less than 9 months of age	Bloodwork is not required.
9 months through 23 months of age	Bloodwork must be performed between 9-12 months of age** and again 6 months later (ideally around 15-18 months of age). <i>** A blood test performed before 9 months of age may be appropriate on a case-by-case basis (e.g., preterm or low birth weight infant not fed iron-fortified formula).</i>
24 months to 60 months of age	Bloodwork is required annually beginning at 24 months of age unless the previous test indicates a hemoglobin less than 11.1 gms or a hematocrit less than 33%. When hemoglobin is less than 11.1 gms or a hematocrit is less than 33%, a blood test must be performed at 6 month intervals until the hemoglobin is equal to or greater than 11.1 gms or the hematocrit is equal to or greater than 33%.

■ **Timing Of The Bloodwork**

There is considerable flexibility in the schedule for blood tests used for WIC certifications. Depending on the situation, blood tests may be performed prior to; the same day as; or up to 90 days after the date of certification.

- ▶ The result of a blood test performed **prior to the date of certification** may be used for women when the result reflects the woman applicant's category, meaning the test must have been taken for a pregnant woman during pregnancy and for a postpartum or breastfeeding woman after the end of her pregnancy; or for infants and children, conforms to the anemia screening schedule as outlined in the previous table.
- ▶ The result of a blood test performed on the **same day as certification** may be used for any participant.
- ▶ For pregnant, postpartum breastfeeding and postpartum non-breastfeeding women, and for children; the hematological test may be **deferred for up to 90 days after the date of certification** when the individual has at least one qualifying nutritional risk factor present at the time of certification.

If no qualifying risk factor is identified at certification, then a hematological test for anemia (hgb/hct) must be performed or obtained from referral sources to complete the eligibility determination. The one exception to this requirement is pregnant women who are certified with temporary eligibility (nutrition risk criterion 503) since these women may be certified for up to 60 days without an evaluation of nutrition risk. Refer to Section 5 for more information on temporary eligibility of pregnant women.

NOTE: The nutrition risk criteria 401 or 428 may not be used unless bloodwork is completed.

Staff must make every effort to collect bloodwork that has been deferred for up to 90 days after the date of certification. If the participant/parent/guardian/caretaker does not provide the bloodwork information or have the bloodwork performed by the local agency, staff should not withhold Program benefits or terminate the participant from the Program because the participant does have a nutritional risk condition that makes him/her eligible for participation.

■ **Medical Exceptions To Bloodwork Requirements**

Hemoglobin/hematocrit tests are not required if an individual has a medical condition (e.g., hemophilia, fragile bones, a serious skin disease) for which the procedure of collecting a blood sample could cause harm to the applicant/participant. Others for whom the test is not required include individuals for whom the test could cause unnecessary physical burden if they were required to visit the local WIC agency to provide a blood sample (e.g., they are medically confined to bed).

In cases where a medical condition precludes obtaining a blood test, scan and save the physician's documentation of the medical condition in the Crossroads system. If the medical

condition is treatable, obtain the physician's documentation of the medical condition at each certification. If the medical condition is lifelong, then document the situation only once. Local agency staff should make every effort to obtain referral medical data, including hematocrit/ hemoglobin data, from the individual's health care provider.

■ **Refusal To Have Bloodwork Completed**

For whatever reason, including religious reasons, the participant/parent/guardian/caretaker may refuse to provide test results or to allow the local agency to do the blood test. When this situation occurs, staff should certify the individual and document in Crossroads that the participant/parent/guardian/ caretaker refused to provide results or to allow the blood test. Staff must document refusal to have bloodwork completed in the Crossroads system at each recertification.

NOTE: The nutrition risk criteria 401 or 428 may not be used unless blood work is completed.

■ **Documentation Of Bloodwork**

Staff must document the actual date of the blood test, the test results and the source of measures in the Crossroads system.

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Staff Who May Determine Nutrition Eligibility For WIC

Nutrition eligibility for the WIC Program must be determined by a competent professional authority.

■ **Competent Professional Authority (CPA)**

A competent professional authority is an individual authorized to determine nutrition risk eligibility and prescribe a food package for the WIC Program. A CPA may be a nutritionist, registered dietitian, dietetic technician registered (DTR), registered nurse, nurse practitioner, physician assistant, or physician. A CPA shall determine if a person is at nutritional risk and eligible for the WIC Program through a comprehensive nutrition assessment. Refer to Section 1 for information on nutrition assessment and care plan.

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Temporary Eligibility For Pregnant Women

A pregnant woman who meets the eligibility requirements for identity, residency, and income may be certified temporarily without an evaluation of nutrition risk for a period up to 60 days and receive up to one month worth of food benefits.

■ Documentation of Temporary Eligibility

To document “temporary eligibility” of a pregnant woman, a CPA should use the nutrition risk criterion code 503, “Temporary Eligibility for Pregnant Women”. This criterion must be documented in the participant’s record in the Crossroads system.

NOTE: The CPA must complete the starred/required fields on the follow-up visit to complete the certification in Crossroads on the Family Assessment, Anthro/Lab and Health Information screens then navigate to the Certification Summary screen and select Complete Assessment.

■ Issuance of Food Benefits

Pregnant women certified as temporarily eligible may receive up to one month of food benefits at the time of certification. Additional food benefits must not be issued until the nutrition assessment (which includes the determination of nutrition eligibility) has been completed. To prevent an interruption of food benefits, staff should schedule an appointment within 30 days of the certification with a Competent Professional Authority (CPA) to complete the nutrition assessment, develop a plan of nutrition care, and provide nutrition education.

■ Nutrition Assessment and Continuation of Program Benefits

Pregnant women, who are considered temporarily eligible, should have a nutrition assessment completed. The assessment would ideally be completed within 30 days, but must be completed within 60 days, of the date of certification, to identify nutrition risk criteria. If the nutrition assessment is not completed within 60 days of the date of certification, the woman’s application expires. The woman may subsequently reapply for Program benefits, and may participate in the Program if found to be residentially, categorically, and income eligible and at nutritional risk.

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Immunization Screening and Referral

The immunization status of infants/children participating in the WIC Program must be determined at initial and subsequent WIC certification visits up to 24 months of age and at the infant mid-year nutrition assessment visit. Infants and children not up-to-date on immunizations at any one of these visits must be referred for immunization services.

To facilitate meeting this requirement, the parent/guardian/caretaker should be asked to bring immunization documentation to each of their infant's/child's WIC certification visits up to 24 months of age.

■ Immunization Screening

The purpose of immunization screening is to identify children under age two who are at risk for under-immunization.

- ▶ **Documented Immunization Record:** To determine immunization status, use a documented record on which actual vaccination dates are recorded. This documentation can be:
 - a paper source such as a client's immunization record (from the primary health care provider) or client's health record, or
 - a computerized record such as the North Carolina Immunization Registry (NCIR) or some other computerized data system
- ▶ **Minimum Screening Requirements:** At a minimum, immunization screening for WIC participants is based on the number of doses of DTaP vaccines the infant/child has received in relation to their age as follows:

By 3 months of age, received 1 dose of DTaP
By 5 months of age, received 2 doses of DTaP
By 7 months of age, received 3 doses of DTaP
By 19 months of age, received 4 doses of DTaP

Immunization status of the DTaP vaccine (diphtheria and tetanus toxoids and acellular pertussis) is used because it is an indicator or predictor of overall immunization status. The Centers for Disease Control (CDC) Recommended Childhood and Adolescent Immunization Schedule recommends doses of this vaccine be given at 2 months, 4 months, 6 months and 18 months.

■ **Immunization Referrals**

- ▶ **Not Up-To-Date on Immunizations.** If the result of the immunization screening indicates the infant/child is not up-to-date on immunizations:
 - provide information on the recommended immunization schedule appropriate to the current age of the infant/child; and
 - refer infant/child for immunization services according to the local agency protocol.

- ▶ **Unknown Immunization Status.** If the immunization status cannot be determined due to lack of information:
 - provide information on the recommended immunization schedule appropriate to the current age of the infant/child;
 - refer infant/child for immunization services according to local agency protocol, and
 - request the parent/guardian/caretaker bring the immunization record to the next certification visit.

■ **Documentation Requirements**

Staff must document in the Crossroads system when immunization status is not-up-to-date or is unknown and when referrals to immunization services are made.

Note: Activities related to immunization screening, referral, and documentation in addition to those described in this section are NOT required by the WIC Program. Examples of “extra” activities include, but are not limited to: requesting immunization records from health care providers, filing or recording immunization data in the client’s agency medical record, making copies of immunization data, screening children older than 24 months of age, and entering historical immunization data into the NCIR.

■ **Local Agency Protocol**

Each local agency must have a written protocol which:

- ▶ identifies staff responsible for:
 - screening immunization status of infants/children participating in WIC and
 - documenting immunization status in the Crossroads system as up-to-date, not-up-to-date or unknown and when referrals to immunization services are made.

- ▶ defines:
 - where children not up-to-date on immunizations will be referred and
 - what to do when a documented immunization record is not available.

WIC's Role in Lead Testing and Referral

In North Carolina, health care providers are encouraged to assess young children for lead exposure by either performing a blood lead test or administering a risk assessment questionnaire.

Children who participate in Health Check, Health Choice or WIC are required to receive a blood lead test at 12 and 24 months from their health care provider. When 18- and 30-month old children present for certification, WIC staff should assess whether blood lead tests were done by children's health care providers.

When the assessment indicates that the blood lead test was not done by a child's health care provider, or blood lead test results are not available, a test should be done at the local agency but only when the child is also having bloodwork for certification. Otherwise, the child should be referred to the agency's lead program staff or to the child's medical home, depending on the agency's protocol.

If lead test results are available the data can be documented on the Anthro/Lab screen in the Crossroads system.

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**WIC Program Exchange of Information
(DHHS 3492)**

PURPOSE: To facilitate the exchange of information necessary for WIC certification between a health care provider and the local WIC Program.

GENERAL

INSTRUCTIONS: WIC Program staff should complete the appropriate side of the form (infants/children or women) with the following information and forward it to the individual's health care provider (e.g., faxed, mailed, or given to the individual to take to the health care provider).

- **WIC Agency Name, Address, & Phone Number** of local WIC Program where person receives program services.
- **Patient Name & DOB (date of birth)** of individual being certified for WIC.
- **Client's Signature with Date** authorizing the exchange of information.

The health care provider should complete the relevant medical information, sign and date the form, and return it to the Local WIC Program.

If requested, the local WIC Program should provide a summary of nutrition services to the referring individual.

DISTRIBUTION: Scan and maintain a copy of the WIC Program Exchange of Information form in the Crossroads system. Send a copy to the referring health care provider if requested.

DISPOSITION: This form may be destroyed in accordance with the Records Retention and Disposition Schedule for Local Health Departments. Refer to Chapter 13 for additional information.

REORDER

INFORMATION: Additional copies of this form may be ordered on the Nutrition Services Branch Requisition Form, DHHS 2507, from:

Nutrition Services Branch
1914 Mail Services Section
Raleigh, NC 27699-1914

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WIC PROGRAM EXCHANGE OF INFORMATION

– INFANTS AND CHILDREN –

WIC is an Equal Opportunity Program.

RETURN COMPLETED FORM TO:

Local WIC Agency / Address / Phone Number

I authorize the exchange of the information below
between the WIC Program and my Health Care Provider.

Client's Signature: _____

Date: _____

The following information is to be completed by the Health Care Provider.

- Client is insured through (check one): Medicaid Other No health insurance
- Document if client is \leq 24 months of age: Birth Weight _____ Birth Length _____ Weeks Gestation _____
- Enter date and results of **most recent** measurements / tests:
Date _____ Weight: _____
Date _____ Recumbent Length: _____ or Standing Height: _____
Date _____ Hemoglobin: _____ or Hematocrit: _____
Date _____ Blood Lead: _____ or Results not yet available
- Immunization Status (check one): Up-to-Date Not Up-to-Date
- Medical Conditions and Medications:
- Special Instructions for Nutritional Support or Feeding:
- Would you like to receive a copy of nutrition services provided by the WIC Program staff? Yes No

Completed by: _____ Date: _____ Phone No.: _____

Signature/Title

SUMMARY OF NUTRITION SERVICES (to be completed by the WIC Program Staff)

Completed by: _____ Date: _____ Phone No. _____

Signature/Title

The North Carolina WIC Program operates in all 100 counties in North Carolina.
For more information, go to www.nutritionnc.com or contact your local WIC Program.

North Carolina Department of Health and Human Services
Division of Public Health
Women's and Children's Health Section
Nutrition Services Branch • WIC Program

WIC PROGRAM EXCHANGE OF INFORMATION – WOMEN –

WIC is an Equal Opportunity Program.

RETURN COMPLETED FORM TO:

Local WIC Agency / Address / Phone Number

I authorize the exchange of the information below
between the WIC Program and my Health Care Provider.

Client's Signature: _____

Date: _____

The following information is to be completed by the Health Care Provider.

1. Actual or expected date of delivery:

2. Pregnancy weight (if available):

3. Enter date and results of **most recent** measurements:

Date _____ Weight: _____

Date _____ Height: _____

Date _____ Hemoglobin: _____ or Hematocrit: _____

4. Obstetric History:

5. Special instructions for nutritional support or feeding:

6. Would you like to receive a copy of nutrition services provided by the WIC Program staff? Yes No

Completed by: _____ Date: _____ Phone No. _____

Signature/Title

SUMMARY OF NUTRITION SERVICES (to be completed by the WIC Program Staff)

Completed by: _____ Date: _____ Phone No. _____
Signature/Title

The North Carolina WIC Program operates in all 100 counties in North Carolina.
For more information, go to www.nutritionnc.com or contact your local WIC Program.

DRAFT

WIC Client Completed Questionnaires - Examples -

Attachment 2 includes examples of questionnaires that may be used to gather information from clients and then used to assist staff in the nutrition assessment and care plan process. These questionnaires are optional. There are four examples of questionnaires:

- Prenatal questionnaire
- Postpartum questionnaire
- Infant questionnaire
- Child questionnaire

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Prenatal Questionnaire

Name _____

Date _____

Please answer these questions to help with your WIC visit today.

1. Does anyone smoke inside your home? Yes No
2. What does your household use for drinking water?
 city/town/county water well water bottled water other
3. Does the refrigerator in your home work? Yes No
4. Does the stove in your home work? Yes No
5. In the past month, have there been days when you did not have enough food or money to buy food? Yes No
6. Have you seen your doctor since you became pregnant? Yes No
7. Is this your first pregnancy? Yes No
8. Has your doctor said that you have any health problems?
If "yes", list problem(s):
9. What concerns do you have about your health during this pregnancy?
10. Have you had any problems with your teeth or gums since you became pregnant? Yes No
11. Which of these do you have? nausea vomiting heartburn constipation none
12. Which of these do you take?
 prenatal vitamins iron supplement medicine from doctor
 over-the-counter medicine (like pain relievers, antacids, laxatives) herbal supplement
 other _____ none
13. Which of these do you do?
 smoke cigarettes chew tobacco drink alcohol use drugs none
14. How do you feel about your weight change since you became pregnant?
 gaining too much gaining too little it's okay not sure weight has not changed
15. How many times a day do you eat? This includes meals and snacks of all kinds.
 less than 3 3-4 5-6 more than 6 not sure

turn page over →

-
16. How does the amount of food you eat now compare with before you were pregnant?
 a lot more a little more about the same a little less a lot less not sure
-
17. How many times a week do you eat meals and snacks away from home (or eat take-out meals)?
This includes vending machines, fast foods, delis and all types of restaurants.
 never or rarely 1-3 times a week 4-6 times a week more than 6 times a week not sure
-
18. Do you follow any kind of special diet? Yes No
-
19. Do you eat fruit every day? Yes No
-
20. Do you eat vegetables every day? Yes No
-
21. What kind of milk do you drink?
 skim or fat-free 1% low-fat 2% low-fat whole not sure none
 other _____
-
22. Which of these do you drink everyday?
 milk water flavored water fruit juice fruit drinks or punch
 regular soda sweet tea sports drinks other _____
-
23. Check any of the following items you eat:
 ashes baking soda carpet fibers chalk cigarette butts
 clay dirt ice matches paint chips
 starch (corn or laundry) other _____ none
-
24. Check any of the following foods you eat:
 raw or unpasteurized milk
 soft cheeses like feta, Brie, blue cheese or queso fresco or blanco
 raw or undercooked meat or poultry, fish (including sushi), shellfish, eggs or tofu
 hot dogs or cold cuts (deli or lunch meats) not reheated to steaming
 none
-
25. How does the amount of exercise you get now compare with before you were pregnant?
 a lot more a little more about the same a little less a lot less not sure
-
26. Do you watch more than 2 hours of TV everyday? Yes No
-
27. Have you thought about how you will feed your baby (like breastfeed)? Yes No
-
28. What would you like to talk to the nutritionist about today?
-

Thank you!

Postpartum Questionnaire

Name _____

Date _____

Please answer these questions to help with your WIC visit today.

1. Does anyone smoke inside your home? Yes No

2. What does your household use for drinking water?
 city/town/county water well water bottled water other

3. Does the refrigerator in your home work? Yes No

4. Does the stove in your home work? Yes No

5. In the past month, have there been days when you did not have enough food or money to buy food? Yes No

6. Have you seen your doctor since you had your baby? Yes No

7. Were there any problems with your delivery?
If "yes", list problem(s):

8. Have you been told by your doctor that you have any health problems?
If "yes", list problem(s):

9. Since having your baby, what concerns do you have about your health?

10. Have you had any problems with your teeth or gums since you had your baby? Yes No

11. Are you breastfeeding or pumping breast milk for your baby now?
If breastfeeding or pumping breast milk, how is it going? Yes No

12. Which of these do you take?
 multi-vitamins iron supplement folic acid supplement medicine from doctor
 over-the-counter medicine (like pain relievers, antacids, laxatives) herbal supplement
 other _____ none

13. What type of birth control do you use? pills shots other none had tubes tied

14. Which of these do you do?
 smoke cigarettes chew tobacco drink alcohol use drugs none

turn page over →

-
15. How do you feel about your weight since you had your baby?
 weigh too much don't weigh enough it's okay not sure
-
16. How does the amount of food you eat now compare with when you were pregnant?
 eat more about the same eat less not sure
-
17. How many times a day do you eat? This includes meals and snacks of all kinds.
 less than 3 3-4 5-6 more than 6 not sure
-
18. How many times a week do you eat meals and snacks away from home (or eat take-out meals)?
This includes vending machines, fast foods, delis and all types of restaurants.
 never or rarely 1-3 times a week 4-6 times a week more than 6 times a week not sure
-
19. Do you follow any kind of special diet? Yes No
-
20. Do you eat fruit everyday? Yes No
-
21. Do you eat vegetables everyday? Yes No
-
22. What kind of milk do you drink?
 skim or fat-free 1% low-fat 2% low-fat whole not sure none
 other _____
-
23. Which of these do you drink everyday?
 milk water flavored water fruit juice fruit drinks or punch
 regular soda sweet tea sports drinks other _____
-
24. Check any of the following items you eat:
 ashes baking soda carpet fibers chalk cigarette butts
 clay dirt ice matches paint chips
 starch (corn or laundry) other _____ none
-
25. How does the amount of exercise you get now compare with when you were pregnant?
 exercise more about the same exercise less not sure
-
26. Do you watch more than 2 hours of TV everyday? Yes No
-
27. What would you like to talk to the nutritionist about today?
-

Thank you!

Infant Questionnaire

Baby's Name _____ Date _____

Name of person completing form _____ Relationship to baby _____

Please answer these questions to help with your WIC visit today.

1. Does anyone smoke inside your home? Yes No
2. What does your household use for drinking water?
 city/town/county water well water bottled water other
3. Does the refrigerator in your home work? Yes No
4. Does the stove in your home work? Yes No
5. In the past month, have there been days when you did not have enough food or money to buy food? Yes No
6. When was your baby's last visit to the doctor?
7. Was your baby born prematurely (early)? Yes No
8. Has the doctor said your baby has any health problems?
If "yes", list problem(s):
9. What concerns do you have about your baby's health?
10. Most days, do you wash or brush your baby's gums or teeth? Yes No
11. Which of these are problems for your baby?
 sucking or swallowing vomiting or spitting up constipation diarrhea
 other _____ none
12. Which of these does your baby take?
 vitamin D other vitamins fluoride supplement medicine from doctor
 over-the-counter medicine herbal supplement
 other _____ none
13. Are your baby's shots up-to-date? Yes No

turn page over →

-
14. How many wet diapers does your baby have in 24 hours?
-
15. How many stools or dirty diapers does your baby have in 24 hours?
-
16. Is your baby breastfed? Yes No
If "yes" how many times in 24 hours do you breastfeed your baby?
-
17. Is your baby fed breast milk from a bottle? Yes No
-
18. Does your baby drink formula? Yes No
- If "yes", what kind of formula?
- How much formula does your baby take in a 24- hour period?
-
19. How is the formula prepared?
-
20. If your baby doesn't finish a bottle, what do you do with the leftover breast milk or formula?
-
21. If your baby takes a bottle:
- Is your baby held while being fed? Yes No
- Is your baby put to bed with a bottle? Yes No
-
22. Is your baby fed anything besides breast milk or formula? Yes No
If "yes", what else do you give your baby?
-
23. If your baby drinks anything besides breast milk or formula, what is used? (Check all that apply.)
 bottle cup with no lid cup with lid and spout (sippy cup) other
-
24. If your baby is fed solid foods, how is food given? (Check all that apply.)
 in bottle with spoon baby feeds self other
-
25. How often is your baby put on the floor for some active play?
 most days some days not very often
-
26. How often is your baby put in front of the TV?
 most days some days not very often
-
27. What would you like to talk to the nutritionist about today?
-

Thank you!

Child Questionnaire

Child's Name _____ Date _____

Name of person completing form _____ Relationship to child _____

Please answer these questions to help with your WIC visit today.

1. Does anyone smoke inside your home? Yes No
2. What does your household use for drinking water?
 city/town/county water well water bottled water other
3. Does the refrigerator in your home work? Yes No
4. Does the stove in your home work? Yes No
5. In the past month, have there been days when you did not have enough food or money to buy food? Yes No
6. When was your child's last visit to the doctor?
7. Has the doctor said your child has any health problems? Yes No
If "yes", list problem(s):
8. What concerns do you have about your child's health?
9. Most days, do you brush your child's teeth? Yes No
10. Which of these does your child take?
 multi-vitamins iron supplement fluoride supplement medicine from doctor
 over-the-counter medicine (like pain relievers, antacids, laxatives) herbal supplement
 other _____ none
11. Are your child's shots up-to-date? Yes No
12. Does your child follow a special diet or drink a special formula? Yes No
If "yes", what kind of diet or formula?
13. On most days, how many times does your child eat?
number of meals _____ number of snacks _____

turn page over →

-
14. How many times a week does your child eat meals and snacks away from home or eat take-out meals (not including meals at child care)? It includes vending machines, fast foods, delis and all types of restaurants.
 never or rarely 1-3 times a week 4-6 times a week more than 6 times a week not sure
-
15. Does your child eat fruit every day? Yes No
-
16. Does your child eat vegetables every day? Yes No
-
17. What kind of milk does your child drink?
 skim or fat-free 1% low-fat 2% low-fat whole not sure none
 other _____
-
18. Which of these does your child drink everyday?
 milk water flavored water fruit juice fruit drinks or punch
 regular soda sweet tea sports drinks other _____
-
19. Check any of the following your child uses for drinking?
 regular cup cup with lid and spout (sippy cup) baby bottle
-
20. Does your child feed him or herself? Yes No
If "yes", how? with fork or spoon with fingers
-
21. Check any of the following foods your child eats:
 raw or unpasteurized milk
 soft cheeses like feta, brie, blue Cheese or queso fresco or blanco
 raw or undercooked meat or poultry, fish (including sushi), shellfish, eggs or tofu
 none
-
22. Check any of the following items you eat:
 ashes baking soda carpet fibers chalk cigarette butts
 clay dirt ice matches paint chips
 starch (corn or laundry) other _____ none
-
23. How often does your child have some active play time (like running, jumping, or playing outside)?
 most days some days not very often
-
24. How many hours a day does your child watch TV?
 3 or more hours 2-3 hours 1-2 hours less than 1 hour doesn't watch TV every day
-
25. What would you like to talk to the nutritionist about today?
-

Thank you!

WIC Nutrition Risk Criteria

Attachment 3 includes the complete list of nutrition risk criteria used to determine nutrition risk eligibility for the WIC Program. The attachment includes:

- WIC Nutrition Risk Criteria
- Appendix A: Medical Conditions
- Appendix B: Inappropriate Nutrition Practices for Women - 427
- Appendix C: Inappropriate Nutrition Practices for Infants – 411
- Appendix D: Inappropriate Nutrition Practices for Children – 425

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PREGNANT WOMEN

RISK CODE PRIORITY/RISK SCORE CRITERION

ANTHROPOMETRIC CRITERIA

101	I/5	UNDERWEIGHT (Women): Pre-Pregnancy Body Mass Index (BMI) < 18.5
111	I/2	OVERWEIGHT (Women): Pre-Pregnancy Body Mass Index (BMI) ≥ 25.0
131	I/5	<p>LOW MATERNAL WEIGHT GAIN:</p> <ul style="list-style-type: none"> • Low weight gain at any point in this pregnancy, such that using a chart based on recommendations from the Institute of Medicine that is appropriate for the woman's pre-pregnancy weight category, a woman's weight plots at any point beneath the bottom line of the appropriate weight gain range, OR • A low rate of weight gain such that after 13 weeks gestation (for singleton pregnancies only): <ul style="list-style-type: none"> - Underweight (BMI < 18.5) prior to pregnancy with weight gain < 1 lb. per week - Normal weight (BMI 18.5-24.9) prior to pregnancy with weight gain < 0.8 lb. per week - Overweight (BMI 25.0-29.9) prior to pregnancy with weight gain < 0.5 lb. per week - Obese (BMI > 30.0) prior to pregnancy with weight gain < 0.4 lbs. per week
132	I/5	<p>MATERNAL WEIGHT LOSS DURING PREGNANCY:</p> <ul style="list-style-type: none"> • Any weight loss below pre-pregnancy weight during the 1st (first) trimester, OR • Weight loss of ≥ 2 pounds after 13 weeks gestation
133	I/5	<p>HIGH MATERNAL WEIGHT GAIN:</p> <ul style="list-style-type: none"> • High weight gain at any point in this pregnancy, such that using a chart based on recommendations from the Institute of Medicine that is appropriate for the woman's pre-pregnancy weight category, a woman's weight plots at any point above the top line of the appropriate weight gain range, OR • A high rate of weight gain such that after 13 weeks gestation (for singleton pregnancies only): <ul style="list-style-type: none"> - Underweight (BMI < 18.5) prior to pregnancy with weight gain > 1.3 lbs. per week - Normal weight (BMI 18.5-24.9) prior to pregnancy with weight gain > 1 lb. per week - Overweight (BMI 25.0-29.9) prior to pregnancy with weight gain > 0.7 lb. per week - Obese (BMI > 30.0) prior to pregnancy with weight gain > 0.6 lb. per week

BIOCHEMICAL CRITERIA

201	I/5	<p>LOW HEMOGLOBIN OR HEMATOCRIT as confirmed by lab tests:</p> <table border="1" style="margin-left: 20px;"> <thead> <tr> <th><u>Weeks at Test</u></th> <th><u>Hgb. (gms)</u></th> <th><u>Hct. (%)</u></th> </tr> </thead> <tbody> <tr> <td>0-13 (1st Trimester)</td> <td>< 11.0</td> <td>< 33</td> </tr> <tr> <td>14-27 (2nd Trimester)</td> <td>< 10.5</td> <td>< 32</td> </tr> <tr> <td>28-42 (3rd Trimester)</td> <td>< 11.0</td> <td>< 33</td> </tr> </tbody> </table>	<u>Weeks at Test</u>	<u>Hgb. (gms)</u>	<u>Hct. (%)</u>	0-13 (1st Trimester)	< 11.0	< 33	14-27 (2nd Trimester)	< 10.5	< 32	28-42 (3rd Trimester)	< 11.0	< 33
<u>Weeks at Test</u>	<u>Hgb. (gms)</u>	<u>Hct. (%)</u>												
0-13 (1st Trimester)	< 11.0	< 33												
14-27 (2nd Trimester)	< 10.5	< 32												
28-42 (3rd Trimester)	< 11.0	< 33												
211	I/4	ELEVATED BLOOD LEAD LEVEL: blood lead level ≥ 5 ug/dL within the past 12 months												

CLINICAL CRITERIA

341	353	<p>Presence of MEDICAL CONDITION(S) that may jeopardize the individual's nutritional status by its presence or by its treatment, through an adverse effect on the ingestion, absorption, or utilization of nutrients (see Appendix A for list of allowable medical conditions and the corresponding nutrition risk criteria codes). <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i></p>
342	354	
343	355	
344	356	
345	357	
346	358	
347	359	
348	360	
349	361	
351	362	
352		

<u>RISK CODE</u>	<u>PRIORITY/ RISK SCORE</u>	<u>CRITERION</u>
301	I/4	HYPEREMESIS GRAVIDARUM: Severe nausea and vomiting to the extent that the pregnant woman becomes dehydrated and acidotic. <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
302	I/4	GESTATIONAL DIABETES: Any degree of glucose/carbohydrate intolerance with onset or first recognition during pregnancy. <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
303	I/4	HISTORY OF GESTATIONAL DIABETES <i>Condition must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
304	I/4	HISTORY OF PREECLAMPSIA (pregnancy-induced hypertension): Current <u>OR</u> prior to pregnancy <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
311	I/4	HISTORY OF PRETERM DELIVERY: any history of birth of an infant at ≤ 37 weeks gestation
312	I/4	HISTORY OF LOW BIRTH WEIGHT: any history of birth of an infant weighing ≤ 5 lbs. 8 oz. (≤ 2500 gms)
321	I/1	HISTORY OF SPONTANEOUS ABORTION, FETAL OR NEONATAL LOSS defined as having had any of the following: <ul style="list-style-type: none"> • Two or more (≥ 2) spontaneous abortions (spontaneous termination of a gestation at < 20 weeks gestation or < 500 grams) • Fetal death (spontaneous termination of a gestation at ≥ 20 weeks) • Neonatal death (death of an infant within 0-28 days of life) <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
331	I/5	PREGNANCY AT A YOUNG AGE: Conception of current pregnancy was prior to 18th birthday
332	I/5	SHORT INTERPREGNANCY INTERVAL: Interpregnancy interval of less than 18 months from the date of a live birth to the conception of the subsequent pregnancy
333	I/5	HIGH PARITY AND YOUNG AGE: Maternal age < 20 years at date of current conception with ≥ 3 previous pregnancies carried ≥ 20 weeks gestation, regardless of birth outcome
334	I/3	LACK OF OR INADEQUATE PRENATAL CARE defined as: <ul style="list-style-type: none"> - Woman is 14-21 wks. gestation and has had 0 prenatal health care visits - Woman is 22-29 wks. gestation and has had ≤ 1 prenatal health care visits - Woman is 30-31 wks. gestation and has had ≤ 2 prenatal health care visits - Woman is 32-33 wks. gestation and has had ≤ 3 prenatal health care visits - Woman is ≥ 34 wks. gestation and has had ≤ 4 prenatal health care visits - Prenatal care was initiated after 26 weeks gestation
335	I/4	MULTIFETAL GESTATION: More than one (>1) fetus in current pregnancy
336	I/5	FETAL GROWTH RESTRICTION (FGR) (replaces the term Intrauterine Growth Retardation (IUGR)) <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>

<u>RISK CODE</u>	<u>PRIORITY/ RISK SCORE</u>	<u>CRITERION</u>
337	I/2	HISTORY OF BIRTH OF A LARGE FOR GESTATIONAL AGE (LGA) INFANT: Any history of giving birth to an infant weighing \geq 9 lbs. or 4000 gms) Condition <i>must be diagnosed by a physician/ physician extender. The diagnosis may be reported or documented by a physician/ physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
338	I/3	PREGNANT WOMAN CURRENTLY BREASTFEEDING (i.e., nurses at least once every 24 hrs.)
339	I/2	HISTORY OF BIRTH WITH NUTRITION-RELATED CONGENITAL OR BIRTH DEFECT: A woman who has given birth to an infant who has a congenital or birth defect linked to inappropriate nutritional intake, e.g., inadequate zinc, folic acid, excess vitamin A. <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/ physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
371	I/4	MATERNAL SMOKING: <u>Any</u> smoking of tobacco products (cigarettes, pipes, or cigars) in current pregnancy
372	I/4	ALCOHOL AND ILLEGAL DRUG USE: Alcohol – <u>Any</u> alcohol use in current pregnancy Illegal Drugs – <u>Any</u> illegal drug use such as, but not limited to cocaine, heroin, methadone, amphetamines, marijuana in current pregnancy
381	I/1	ORAL HEALTH CONDITIONS: conditions which interfere with the ability to ingest food in adequate quantity or quality. Dental conditions may include: tooth decay, chronic oral sores/lesions, abscessed tooth, chronic bleeding gums (gingivitis, periodontal disease), loose teeth, severe edentulous conditions (missing or no teeth). <i>Presence of the dental problem may be diagnosed by a dentist, physician/physician extender, someone working under a dentist's or physician's/physician extender's orders; or, it may be identified through adequate documentation by the WIC CPA. If diagnosed, the diagnosis may be reported or documented by a dentist, physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>

DIETARY CRITERIA

401	IV/3	FAILURE TO MEET DIETARY GUIDELINES FOR AMERICANS. Women who meet the income, categorical, and residency eligibility requirements may be presumed to be at nutrition risk for failure to meet <i>Dietary Guidelines for Americans [Dietary Guidelines]</i> . Based on an individual's estimated energy needs, the <i>Failure to meet Dietary Guidelines</i> risk criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans). This risk is assigned <u>only</u> to individuals for whom a complete nutrition assessment (including assessment of the risk criterion 427 "Inappropriate Nutrition Practices for Women") has been performed and for whom no other risk(s) is identified.
427	IV/3	INAPPROPRIATE NUTRITION PRACTICES FOR WOMEN: routine nutrition practices that may result in impaired nutrient status, disease, or health problems. (<i>Refer to Appendix B for definitions</i>)

ECO-SOCIAL CRITERIA

502	NA	TRANSFER OF CERTIFICATION from a WIC Program out-of-state
503	IV/NA	TEMPORARY ELIGIBILITY FOR PREGNANT WOMEN: A pregnant woman who meets WIC income eligibility standards but has not yet been evaluated for nutrition risk for a period of up to 60 days. (<i>Refer to Chapter 6C, Section 5</i>)

RISK PRIORITY/

<u>CODE</u>	<u>RISK SCORE</u>	<u>CRITERION</u>
801	IV/1	<p>HOMELESSNESS: Lacking a fixed and regular nighttime residence; or having a primary nighttime residence that is:</p> <ul style="list-style-type: none"> • a supervised publicly or privately operated shelter (including a welfare hotel, a congregate shelter, or a shelter for victims of domestic violence) designed to provide temporary living accommodations; • an institution that provides a temporary residence for individuals intended to be institutionalized; • a temporary accommodation of not more than 365 days in the residence of another individual; or • a public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings.
802	IV/1	<p>MIGRANCY: Being a member of a family which has at least one individual whose principal employment is in agriculture on a seasonal basis, who has been so employed within the last 24 months, and who establishes, for the purposes of such employment, a temporary abode.</p>
901	IV/1	<p>RECIPIENT OF ABUSE defined as battering (violent, physical assaults on women) within past 6 months as self-reported or as documented by a social worker, health care provider or other appropriate documents, or as reported through consultation with a social worker, health care provider or appropriate personnel.</p>
902	IV/1	<p>WOMAN WITH LIMITED ABILITY TO MAKE FEEDING DECISIONS AND/OR PREPARE FOOD. Examples may include individuals who are:</p> <ul style="list-style-type: none"> • ≤ 17 years of age • mentally-disabled, delayed and/or diagnosed with a mental illness such as clinical depression <i>Condition must be diagnosed by a physician/physician extender or licensed psychologist. The diagnosis may be reported or documented by a physician/physician extender, licensed psychologist, someone working under a physician's/physician extender's orders, or self-reported by applicant/ participant/guardian/caretaker.</i> • physically disabled to a degree which restricts or limits food preparation abilities,or • abusing or having a history of abusing alcohol or other drugs
903	IV/1	<p>IN FOSTER CARE: Designated by DSS or living in a private/public/public child placement agency licensed by the state of North Carolina/DHHS/DSS as evidenced by:</p> <ul style="list-style-type: none"> • entering the foster care system during the previous six months; or • moving from one foster care home to another foster care home during the previous six months.
904	I/1	<p>ENVIRONMENTAL TOBACCO SMOKE EXPOSURE (ETS) is defined as exposure to smoke from tobacco products inside the home. ETS is also known as passive, secondhand, or involuntary smoke.</p>

POSTPARTUM NON-BREASTFEEDING WOMEN

RISK CODE	PRIORITY/ RISK SCORE	CRITERION									
ANTHROPOMETRIC CRITERIA											
101	III/4	UNDERWEIGHT (Women): Pre-Pregnancy <u>or</u> current Body Mass Index (BMI) < 18.5									
111	III/3	OVERWEIGHT (Women): Pre-Pregnancy Body Mass Index (BMI) ≥ 25.0									
133	III/4	<p>HIGH MATERNAL WEIGHT GAIN in most recent pregnancy with total gestational weight gain exceeding the upper limit of the IOM's (Institute of Medicine) recommended range based on Body Mass Index (BMI) for singleton pregnancies as follows:</p> <ul style="list-style-type: none"> • Underweight (BMI < 18.5) prior to pregnancy with > 40 lbs. total weight gain • Normal weight (BMI 18.5 – 24.9) prior to pregnancy with > 35 lbs. total weight gain • Overweight (BMI 25.0 – 29.9) prior to pregnancy with >25 lbs. total weight gain • Obese (BMI ≥ 30.0) prior to pregnancy with > 20 lbs. total weight gain 									
BIOCHEMICAL CRITERIA											
201	III/5	<p>LOW HEMOGLOBIN OR HEMATOCRIT as confirmed by lab tests:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Age at Test</th> <th>Hgb. (gms)</th> <th>Hct. (%)</th> </tr> </thead> <tbody> <tr> <td>< 15 yrs.</td> <td>< 11.8</td> <td>< 36.0</td> </tr> <tr> <td>≥ 15 yrs.</td> <td>< 12.0</td> <td>< 36.0</td> </tr> </tbody> </table>	Age at Test	Hgb. (gms)	Hct. (%)	< 15 yrs.	< 11.8	< 36.0	≥ 15 yrs.	< 12.0	< 36.0
Age at Test	Hgb. (gms)	Hct. (%)									
< 15 yrs.	< 11.8	< 36.0									
≥ 15 yrs.	< 12.0	< 36.0									
211	III/4	ELEVATED BLOOD LEAD LEVEL: blood lead level ≥ 5 ug/dL within the past 12 months									
CLINICAL CRITERIA											
341	III/5	<p>Presence of MEDICAL CONDITION(S) that may jeopardize the individual's nutritional status by its presence or by its treatment, through an adverse effect on the ingestion, absorption, or utilization of nutrients (see Appendix A for list of allowable medical conditions and the corresponding nutrition risk criteria codes). <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i></p>									
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352	362										
352	363										
303	III/4		<p>HISTORY OF GESTATIONAL DIABETES in most recent pregnancy <u>OR</u> history of gestational diabetes. <i>Condition must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i></p>								
304	III/4	<p>HISTORY OF PREECLAMPSIA in most recent pregnancy <u>OR</u> history of preeclampsia. <i>Condition must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i></p>									
311	III/5	HISTORY OF PRETERM DELIVERY in most recent pregnancy (infant born at ≤ 37 weeks gestation)									
312	III/5	HISTORY OF LOW BIRTH WEIGHT in most recent pregnancy with the birth of an infant weighing ≤ 5 lbs. 8 oz. or ≤ 2500 gms									
321	III/1	<p>SPONTANEOUS ABORTION, FETAL OR NEONATAL LOSS in the most recent pregnancy by having had any of the following:</p> <ul style="list-style-type: none"> • Spontaneous abortion (spontaneous termination of a gestation at < 20 weeks gestation or < 500 grams) • a fetal death (spontaneous termination of a gestation at ≥ 20 weeks) • a neonatal death (death of an infant within 0-28 days of life) <p><i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or</i></p>									

documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.

RISK CODE	PRIORITY/ RISK SCORE	CRITERION
331	III/7	PREGNANCY AT A YOUNG AGE: Conception of most recent pregnancy was prior to 18th birthday
332	II/5	SHORT INTERPREGNANCY INTERVAL: Interpregnancy interval of less than 18 months from the date of a live birth to the conception of the subsequent pregnancy
333	II/4	HIGH PARITY AND YOUNG AGE: Maternal age < 20 years at date of conception of most recent pregnancy with ≥ 3 previous pregnancies carried ≥ 20 weeks gestation, regardless of birth outcome
335	III/5	MULTIFETAL GESTATION: More than one (>1) fetus in most recent pregnancy
337	III/4	HISTORY OF BIRTH OF A LARGE FOR GESTATIONAL AGE INFANT in most recent pregnancy <u>OR</u> history of giving birth to an infant weighing ≥ 9 lbs. or 4000 gms. <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
339	III/4	HISTORY OF BIRTH WITH NUTRITION-RELATED CONGENITAL OR BIRTH DEFECT in most recent pregnancy (A woman who has given birth to an infant who has a congenital or birth defect linked to inappropriate nutritional intake, e.g., inadequate zinc, folic acid, excess vitamin A) <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
371	III/4	MATERNAL SMOKING: <u>Any</u> smoking of tobacco products (cigarettes, pipes, or cigars)
372	III/4	ALCOHOL AND ILLEGAL DRUG USE: Alcohol <ul style="list-style-type: none"> • Routine consumption of ≥ 2 drinks per day (Standard size drink = 1½ oz. liquor or 5 oz. wine or 12 oz. beer) • Binge drinking (drinks ≥ 5 drinks on the same occasion on at least 1 day in past 30 days) • Heavy drinking (drinks ≥ 5 drinks on the same occasion on 5 or more days in past 30 days) Illegal Drugs - Illegal drug use such as, but not limited to cocaine, heroin, methadone, amphetamines, marijuana.
381	III/3	ORAL HEALTH CONDITIONS: conditions which interfere with the ability to ingest food in adequate quantity or quality. Dental conditions may include: tooth decay, chronic oral sores/lesions, abscessed tooth, chronic bleeding gums (gingivitis, periodontal disease), loose teeth, severe edentulous conditions (missing or no teeth). <i>Presence of the dental problem may be diagnosed by a dentist, physician/physician extender, someone working under a dentist's or physician's/physician extender's orders; or, it may be identified through adequate documentation by the WIC CPA. If diagnosed, the diagnosis may be reported or documented by a dentist, physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>

DIETARY CRITERIA

401	VI/3	<p>FAILURE TO MEET DIETARY GUIDELINES FOR AMERICANS.</p> <p>Women who meet the income, categorical, and residency eligibility requirements may be presumed to be at nutrition risk for failure to meet <i>Dietary Guidelines for Americans [Dietary Guidelines]</i>. Based on an individual's estimated energy needs, the <i>Failure to meet Dietary Guidelines</i> risk criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans).</p> <p>This risk is assigned <u>only</u> to individuals for whom a complete nutrition assessment (including assessment of the risk criterion 427 "Inappropriate Nutrition Practices for Women") has been performed and for whom no other risk(s) is identified.</p>
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<u>RISK CODE</u>	<u>PRIORITY/ RISK SCORE</u>	<u>CRITERION</u>
427	VI/3	INAPPROPRIATE NUTRITION PRACTICES FOR WOMEN defined as routine nutrition practices that may result in impaired nutrient status, disease, or health problems. <i>(Refer to Appendix B)</i>

ECO-SOCIAL CRITERIA

502	NA	TRANSFER OF CERTIFICATION from another WIC Program out-of-state
801	VI/1	<p>HOMELESSNESS: Lacking a fixed and regular nighttime residence; or having a primary nighttime residence that is:</p> <ul style="list-style-type: none"> • a supervised publicly or privately operated shelter (including a welfare hotel, a congregate shelter, or a shelter for victims of domestic violence) designed to provide temporary living accommodations; • an institution that provides a temporary residence for individuals intended to be institutionalized; • a temporary accommodation of not more than 365 days in the residence of another individual; or • a public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings.
802	VI/1	MIGRANCY: Being a member of a family which has at least one individual whose principal employment is in agriculture on a seasonal basis, who has been so employed within the last 24 months, and who establishes, for the purposes of such employment, a temporary abode.
901	VI/1	RECIPIENT OF ABUSE defined as battering (violent, physical assaults on women) within past 6 months as self-reported or as documented by a social worker, health care provider or other appropriate documents, or as reported through consultation with a social worker, health care provider or appropriate personnel.
902	VI/1	<p>WOMAN WITH LIMITED ABILITY TO MAKE FEEDING DECISIONS AND / OR TO PREPARE FOOD. Examples may include individuals who are:</p> <ul style="list-style-type: none"> • ≤ 17 years of age • mentally-disabled, delayed and/or diagnosed with a mental illness such as clinical depression <i>Condition must be diagnosed by a physician/physician extender or licensed psychologist. The diagnosis may be reported or documented by a physician/physician extender, licensed psychologist, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/ guardian/ caretaker.</i> • physically disabled which restricts or limits food preparation abilities • abusing or having a history of abusing alcohol or illegal drugs
903	VI/1	<p>IN FOSTER CARE: Designated by DSS or living in a private/public/public child placement agency licensed by the state of North Carolina/DHHS/DSS as evidenced by:</p> <ul style="list-style-type: none"> • entering the foster care system during the previous six months; <u>or</u> • moving from one foster care home to another foster care home during previous six months.
904	IV/1	ENVIRONMENTAL TOBACCO SMOKE EXPOSURE (ETS) is defined as exposure to smoke from tobacco products inside the home. ETS is also known as passive, secondhand, or involuntary smoke.

POSTPARTUM BREASTFEEDING WOMEN

RISK CODE	PRIORITY/ RISK SCORE	CRITERION									
ANTHROPOMETRIC CRITERIA											
101	I/3	UNDERWEIGHT (Women): <ul style="list-style-type: none"> For women < 6 months postpartum: Pre-Pregnancy <u>or</u> current Body Mass Index (BMI) < 18.5 For women ≥ 6 months postpartum: Current Body Mass Index (BMI) < 18.5 									
111	I/1	OVERWEIGHT (Women): For women < 6 months postpartum: Pre-Pregnancy Body Mass Index (BMI) ≥ 25.0 For women ≥ 6 months postpartum: Current Body Mass Index (BMI) ≥ 25.0									
133	I/1	HIGH MATERNAL WEIGHT GAIN in most recent pregnancy with total gestational weight gain exceeding the upper limit of the IOM's (Institute of Medicine) recommended range based on Body Mass Index (BMI) for singleton pregnancies as follows: <ul style="list-style-type: none"> Underweight (BMI < 18.5) prior to pregnancy with > 40 lbs. total weight gain Normal weight (BMI 18.5 – 24.9) prior to pregnancy with > 35 lbs. total weight gain Overweight (BMI 25.0 – 29.9) prior to pregnancy with >25 lbs. total weight gain Obese (BMI ≥ 30.0) prior to pregnancy with > 20 lbs. total weight gain 									
BIOCHEMICAL CRITERIA											
201	I/4	LOW HEMOGLOBIN OR HEMATOCRIT as confirmed by lab tests: <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Age at Test</th> <th>Hgb. (gms)</th> <th>Hct. (%)</th> </tr> </thead> <tbody> <tr> <td>< 15 yrs.</td> <td>< 11.8</td> <td>< 36.0</td> </tr> <tr> <td>≥ 15 yrs.</td> <td>< 12.0</td> <td>< 36.0</td> </tr> </tbody> </table>	Age at Test	Hgb. (gms)	Hct. (%)	< 15 yrs.	< 11.8	< 36.0	≥ 15 yrs.	< 12.0	< 36.0
Age at Test	Hgb. (gms)	Hct. (%)									
< 15 yrs.	< 11.8	< 36.0									
≥ 15 yrs.	< 12.0	< 36.0									
211	I/4	ELEVATED BLOOD LEAD LEVEL: blood lead level ≥ 5 ug/dL within the past 12 months									
CLINICAL CRITERIA											
341 342 343 344 345 346 347 348 349 351 352	I/4	Presence of MEDICAL CONDITION(S) that may jeopardize the individual's nutritional status by its presence or by its treatment, through an adverse effect on the ingestion, absorption, or utilization of nutrients (see Appendix A for list of allowable medical conditions and the corresponding nutrition risk criteria codes). <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>									
303	I/1	HISTORY OF GESTATIONAL DIABETES in most recent pregnancy <u>OR</u> history of gestational diabetes. <i>Condition must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>									
304	I/1	HISTORY OF PREECLAMPSIA in most recent pregnancy <u>OR</u> history of preeclampsia. <i>Condition must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>									
311	I/2	HISTORY OF PRETERM DELIVERY in most recent pregnancy (infant born at ≤ 37 weeks gestation)									
312	I/2	HISTORY OF LOW BIRTH WEIGHT in most recent pregnancy (birth of an infant weighing ≤ 5 lbs. 8 oz. or ≤ 2500 gms)									

<u>RISK CODE</u>	<u>PRIORITY/ RISK SCORE</u>	<u>CRITERION</u>
321	I/1	FETAL OR NEONATAL LOSS in most recent pregnancy in which there was a multifetal gestation with one or more fetal or neonatal deaths but with one or more infants still living: <ul style="list-style-type: none"> • a fetal death (spontaneous termination of a gestation at ≥ 20 weeks gestation) • a neonatal death (death of an infant within 0-28 days of life) <i>Condition must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/caretaker.</i>
331	I/3	PREGNANCY AT A YOUNG AGE: Conception of most recent pregnancy was prior to 18th birthday
332	I/2	SHORT INTERPREGNANCY INTERVAL: Interpregnancy interval of less than 18 months from the date of a live birth to the conception of the subsequent pregnancy
333	I/4	HIGH PARITY AND YOUNG AGE: Maternal age < 20 years at date of conception of most recent pregnancy with ≥ 3 previous pregnancies carried ≥ 20 weeks gestation, regardless of birth outcome
335	I/3	MULTIFETAL GESTATION: More than one (>1) fetus in most recent pregnancy
337	I/2	HISTORY OF BIRTH OF A LARGE FOR GESTATIONAL AGE INFANT in most recent pregnancy <u>OR</u> history of giving birth to an infant weighing ≥ 9 lbs. or 4000 gms. <i>Condition must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
339	I/2	HISTORY OF BIRTH WITH NUTRITION-RELATED CONGENITAL OR BIRTH DEFECT in most recent pregnancy (A woman who has given birth to an infant who has a congenital or birth defect linked to inappropriate nutritional intake, e.g., inadequate zinc, folic acid, excess vitamin A) <i>Condition must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian caretaker.</i>
371	I/4	MATERNAL SMOKING: <u>Any</u> smoking of tobacco products (cigarettes, pipes, or cigars)
372	I/4	ALCOHOL AND ILLEGAL DRUG USE: Alcohol <ul style="list-style-type: none"> • Routine consumption of ≥ 2 drinks per day (Standard size drink = 1½ oz. liquor or 5 oz. wine or 12 oz. beer) • Binge drinking (drinks ≥ 5 drinks on the same occasion on at least 1 day in past 30 days) • Heavy drinking (drinks ≥ 5 drinks on the same occasion on 5 or more days in past 30 days) Illegal Drugs - Illegal drug use such as, but not limited to cocaine, heroin, methadone, amphetamines, marijuana.
381	I/1	ORAL HEALTH CONDITIONS: conditions which interfere with the ability to ingest food in adequate quantity or quality. Dental conditions may include: tooth decay, chronic oral sores/lesions, abscessed tooth, chronic bleeding gums (gingivitis, periodontal disease), loose teeth, severe edentulous conditions (missing or no teeth) <i>Presence of the dental problem may be diagnosed by a dentist, physician/physician extender, someone working under a dentist's or physician's/physician extender's orders; or, it may be identified through adequate documentation by the WIC CPA. If diagnosed, the diagnosis may be reported or documented by a dentist, physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
602	I/1	BREASTFEEDING COMPLICATIONS OR POTENTIAL COMPLICATIONS: present at the time of certification and <u>which are limited to:</u> severe breast engorgement; recurrent plugged ducts; mastitis; flat or inverted nipples; cracked, bleeding, or severely sore nipples; age ≥ 40 years; failure of milk to come in by 4 days postpartum; nursing siblings who are not twins (i.e., tandem nursing)

<u>RISK CODE</u>	<u>RISK SCORE</u>	<u>CRITERION</u>
DIETARY CRITERIA		
401	IV/3	<p>FAILURE TO MEET DIETARY GUIDELINES FOR AMERICANS. Women who meet the income, categorical, and residency eligibility requirements may be presumed to be at nutrition risk for failure to meet <i>Dietary Guidelines for Americans [Dietary Guidelines]</i>. Based on an individual's estimated energy needs, the <i>Failure to meet Dietary Guidelines</i> risk criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans).</p> <p>This risk is assigned <u>only</u> to individuals for whom a complete nutrition assessment (including assessment of the risk criterion 427 "Inappropriate Nutrition Practices for Women") has been performed and for whom no other risk(s) is identified.</p>
427	IV/3	<p>INAPPROPRIATE NUTRITIONAL PRACTICES FOR WOMEN defined as routine nutrition practices that may result in impaired nutrient status, disease, or health problems (<i>Refer to Appendix B</i>).</p>
ECO-SOCIAL CRITERIA		
502	NA	<p>TRANSFER OF CERTIFICATION from another WIC Program out-of-state</p>
601	I, II, IV/1	<p>BREASTFEEDING WOMAN WHOSE INFANT IS AT NUTRITIONAL RISK BASED ON PRIORITY I, II, OR IV CRITERIA.</p>
801	IV/1	<p>HOMELESSNESS: Lacking a fixed and regular nighttime residence; or having a primary nighttime residence that is:</p> <ul style="list-style-type: none"> • a supervised publicly or privately operated shelter (including a welfare hotel, a congregate shelter, or a shelter for victims of domestic violence) designed to provide temporary living accommodations; • an institution that provides a temporary residence for individuals intended to be institutionalized; • a temporary accommodation of not more than 365 days in the residence of another individual; or • a public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings.
802	IV/1	<p>MIGRANCY: Being a member of a family which has at least one individual whose principal employment is in agriculture on a seasonal basis, who has been so employed within the last 24 months, and who establishes, for the purposes of such employment, a temporary abode.</p>
901	IV	<p>RECIPIENT OF ABUSE defined as battering (violent, physical assaults on women) within past 6 months as self-reported or as documented by a social worker, health care provider or other appropriate documents, or as reported through consultation with a social worker, health care provider or appropriate personnel.</p>
902	IV/1	<p>WOMAN WITH LIMITED ABILITY TO MAKE FEEDING DECISIONS AND/OR TO PREPARE FOOD. Examples may include individuals who are:</p> <ul style="list-style-type: none"> • ≤ 17 years of age • mentally-disabled, delayed and/or diagnosed with a mental illness such as clinical depression <i>Condition must be diagnosed by a physician/physician extender or licensed psychologist. The diagnosis may be reported or documented by a physician/physician extender, licensed psychologist, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i> • physically disabled which restricts or limits food preparation abilities • abusing or having a history of abusing alcohol or illegal drugs
903	IV/1	<p>IN FOSTER CARE: Designated by DSS or living in a private/public/public child placement agency licensed by the state of North Carolina/DHHS/DSS as evidenced by:</p> <ul style="list-style-type: none"> • entering the foster care system during the previous six months; <u>or</u> • moving from one foster care home to another foster care home during previous six months.
904	I/1	<p>ENVIRONMENTAL TOBACCO SMOKE EXPOSURE (ETS) is defined as exposure to smoke from tobacco products inside the home. ETS is also known as passive, secondhand, or involuntary smoke.</p>

INFANTS

RISK PRIORITY/
CODE RISK SCORE CRITERION

ANTHROPOMETRIC CRITERIA

103	I/5	<p>UNDERWEIGHT (weight-for-length \leq 2.3rd percentile as plotted on the 2009 Centers for Disease Control (CDC)/WHO Birth to 24 months gender specific growth charts*) OR AT RISK OF UNDERWEIGHT (weight-for-length \leq 5th percentile as plotted on the 2009 CDC/WHO Birth to 24 months gender specific growth charts*)</p>																																											
114	I/5	<p>AT RISK OF OVERWEIGHT based on the presence of one or both of the following:</p> <ul style="list-style-type: none"> • Infant of obese mother: Having a biological mother with BMI \geq 30.0 at time of conception of this infant or at any time in 1st trimester of this most recent pregnancy (<i>BMI must be based on pre-pregnancy weight and height self-reported by the mother or on weight and height measurements that were taken during her pregnancy by staff or a health care provider.</i>) • Infant of obese father: Having a biological father with BMI \geq 30.0 at time of certification (<i>BMI must be based on weight and height self-reported by the father or on weight and height measurements taken by staff at time of certification.</i>) 																																											
115	I/5	<p>HIGH WEIGHT-FOR-LENGTH: weight-for-length \geq 97.7th percentile as plotted on the 2009 CDC/WHO Birth to 24 months gender specific growth charts*</p>																																											
121	I/2	<p>SHORT STATURE (length-for-age \leq 2.3rd percentile as plotted on the 2009 CDC/WHO Birth to 24 months gender specific growth charts*) OR AT RISK OF SHORT STATURE (length-for-age \leq 5th percentile as plotted on the 2009 CDC/WHOBirth to 24 months gender specific growth charts*)</p> <p><i>For premature infants (i.e., \leq 37 weeks gestational age), risk assignment is based on adjusted gestational age.</i></p>																																											
134	I/10	<p>FAILURE TO THRIVE <i>Presence of failure to thrive must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by parent/caretaker.</i></p>																																											
135	I/4	<p>INADEQUATE GROWTH as defined below:</p> <p>Infants from birth to 1 month of age (at the time of certification)</p> <ul style="list-style-type: none"> • loss of excessive (\geq 10%) of birth weight • not back to birth weight by 2 weeks of age <p>Infants from 1 month to 6 months of age (at the time of certification): Based on 2 weights taken at least 1 month apart, the infant's actual weight gain is less than the calculated expected minimal weight gain based on the table below.</p> <table border="0" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Age</u></th> <th colspan="3" style="text-align: center;"><u>Expected Minimal Weight Gain</u></th> </tr> </thead> <tbody> <tr> <td>Birth - 1 mo</td> <td style="text-align: center;">18 gm/day</td> <td style="text-align: center;">4 ½ oz./wk</td> <td style="text-align: center;">19 oz/mo</td> <td style="text-align: center;">1 lb 3 oz/mo</td> </tr> <tr> <td>1-2 mos</td> <td style="text-align: center;">25 gm/day</td> <td style="text-align: center;">6¼ oz./wk</td> <td style="text-align: center;">27 oz/mo</td> <td style="text-align: center;">1 lb 11 oz/mo</td> </tr> <tr> <td>2-3 mos</td> <td style="text-align: center;">18 gm/day</td> <td style="text-align: center;">4 ½ oz./wk</td> <td style="text-align: center;">19 oz/mo</td> <td style="text-align: center;">1 lb 3 oz/mo</td> </tr> <tr> <td>3-4 mos</td> <td style="text-align: center;">16 gm/day</td> <td style="text-align: center;">4 oz./wk</td> <td style="text-align: center;">17 oz/mo</td> <td style="text-align: center;">1 lb 1 oz/mo</td> </tr> <tr> <td>4-5 mos</td> <td style="text-align: center;">14 gm/day</td> <td style="text-align: center;">3 ½ oz./wk</td> <td style="text-align: center;">15 oz/mo</td> <td></td> </tr> <tr> <td>5-6 mos</td> <td style="text-align: center;">12 gm/day</td> <td style="text-align: center;">3 oz./wk</td> <td style="text-align: center;">13 oz/mo</td> <td></td> </tr> </tbody> </table> <p>Infants from 6 months to 12 months of age (at the time of certification): Based on 2 weights taken at least 3 months apart, the infant's actual weight gain is less than the calculated expected weight gain based on the table below.</p> <table border="0" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Age</u></th> <th colspan="3" style="text-align: center;"><u>Expected Minimal Weight Gain</u></th> </tr> </thead> <tbody> <tr> <td>6-12 mos</td> <td style="text-align: center;">9 gm/day</td> <td style="text-align: center;">2 ¼ oz./wk</td> <td style="text-align: center;">9 ½ oz./mo</td> <td style="text-align: center;">3 lbs. 10 oz./6 mos</td> </tr> </tbody> </table>	<u>Age</u>	<u>Expected Minimal Weight Gain</u>			Birth - 1 mo	18 gm/day	4 ½ oz./wk	19 oz/mo	1 lb 3 oz/mo	1-2 mos	25 gm/day	6¼ oz./wk	27 oz/mo	1 lb 11 oz/mo	2-3 mos	18 gm/day	4 ½ oz./wk	19 oz/mo	1 lb 3 oz/mo	3-4 mos	16 gm/day	4 oz./wk	17 oz/mo	1 lb 1 oz/mo	4-5 mos	14 gm/day	3 ½ oz./wk	15 oz/mo		5-6 mos	12 gm/day	3 oz./wk	13 oz/mo		<u>Age</u>	<u>Expected Minimal Weight Gain</u>			6-12 mos	9 gm/day	2 ¼ oz./wk	9 ½ oz./mo	3 lbs. 10 oz./6 mos
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5-6 mos	12 gm/day	3 oz./wk	13 oz/mo																																										
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*Based on 2006 World Health Organization international growth standards

<u>RISK CODE</u>	<u>PRIORITY/ RISK SCORE</u>	<u>CRITERION</u>
141	1/6	LOW BIRTH WEIGHT (>1500 gms - ≤ 2500 gms or >3 lbs. 5oz - ≤ 5 lbs. 8 oz.) AND VERY LOW BIRTH WEIGHT (≤ 1500 gms or ≤ 3 lbs. 5 oz.)
142	1/6	PREMATURITY: gestational age ≤ 37 weeks
151	1/6	SMALL FOR GESTATIONAL AGE (SGA) <i>Presence of SGA must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by parent/caretaker.</i>
153	1/4	BIRTH WEIGHT ≥ 9 LBS (4000 GMS) OR LARGE FOR GESTATIONAL AGE (LGA) <i>Presence of LGA must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by parent/caretaker.</i>

BIOCHEMICAL CRITERIA

201	1/5	LOW HEMOGLOBIN OR HEMATOCRIT as confirmed by lab tests: Hgb. < 11.0 gms. or Hct. < 33%
211	1/4	ELEVATED BLOOD LEAD LEVEL: blood lead level ≥ 5 ug/dL within the past 12 months

CLINICAL CRITERIA

341	353	Presence of MEDICAL CONDITION(S) that may jeopardize the individual's nutritional status by its presence or by its treatment, through an adverse effect on the ingestion, absorption, or utilization of nutrients (see Appendix A for list of allowable medical conditions and the corresponding nutrition risk criteria codes). <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
342	354	
343	355	
344	356	
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351		
352		
381	1/4	ORAL HEALTH CONDITIONS: conditions may include tooth decay (including nursing or baby bottle caries), chronic oral sores/lesions, oral candidiasis, or an abscessed tooth. <i>Presence of the dental problem may be diagnosed by a dentist, physician/physician extender, someone working under a dentist's or physician's/physician extender's orders; or, it may be identified through adequate documentation by the WIC CPA. If diagnosed, the diagnosis may be reported or documented by a dentist, physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by parent/caretaker.</i>
382	1/3	FETAL ALCOHOL SYNDROME <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
603	1/2	BREASTFEEDING COMPLICATIONS OR POTENTIAL COMPLICATIONS which are present at the time of certification and <u>which are limited to:</u> jaundice, weak or ineffective suck, difficulty latching onto mother's breast, inadequate stooling (as determined by physician/healthcare professional), < 6 wet diapers per day

RISK PRIORITY/
CODE RISK SCORE CRITERION

DIETARY CRITERIA

411	IV/3	INAPPROPRIATE NUTRITION PRACTICES FOR INFANTS defined as routine use of feeding practices that may result in impaired nutrient status, disease, or health problems. <i>(Refer to Appendix C)</i>
428	IV/3	DIETARY RISK ASSOCIATED WITH COMPLEMENTARY FEEDING PRACTICES and current chronological age is \geq . Infants who meet the eligibility requirements of income, participant category and residence and who have begun or are expected to begin to consume complementary foods are at risk of inappropriate complementary feeding. This risk is assigned <u>only</u> to individuals for whom a complete nutrition assessment (including assessment of the risk criterion 411 “Inappropriate Nutrition Practices for Infants”) has been performed and for whom no other risk(s) is identified.

ECO-SOCIAL CRITERIA

502	NA	TRANSFER OF CERTIFICATION from another WIC Program out-of-state
701	II/1,2	INFANT < 6 MONTHS OF AGE, BORN TO WOMAN WHO PARTICIPATED ON WIC DURING THIS PREGNANCY <u>OR</u> INFANT < 6 MONTHS OF AGE, BORN TO WOMAN WHO DID NOT PARTICIPATE ON WIC DURING PREGNANCY BUT WHO WAS AT NUTRITIONAL RISK BASED ON PRIORITY I CRITERIA. Document mother's nutritional risk in infant's health record.
702	I, IV/1	BREASTFED INFANT WHOSE MOTHER IS AT NUTRITIONAL RISK BASED ON PRIORITY I CRITERIA <u>OR</u> BREASTFED INFANT WHOSE MOTHER IS AT NUTRITIONAL RISK BASED ON PRIORITY IV CRITERIA.
703	I/2	INFANT BORN OF A WOMAN WHO: <ul style="list-style-type: none"> • Is mentally-retarded <i>Condition must be diagnosed by a physician/physician extender or licensed psychologist. The diagnosis may be reported or documented by a physician/physician extender, licensed psychologist, someone working under a physician's/physician extender' orders, or self-reported by applicant/participant/guardian/caretaker. ; <u>or</u></i> • Used alcohol or illegal drugs during most recent pregnancy (<i>documented use or self-reported behavior.</i>)
801	IV/1	HOMELESSNESS: Lacking a fixed and regular nighttime residence; or having a primary nighttime residence that is: <ul style="list-style-type: none"> • a supervised publicly or privately operated shelter (including a welfare hotel, a congregate shelter, or a shelter for victims of domestic violence) designed to provide temporary living accommodations; • an institution that provides a temporary residence for individuals intended to be institutionalized; • a temporary accommodation of not more than 365 days in the residence of another individual; or • a public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings.
802	IV/1	MIGRANCY: Being a member of a family which has at least one individual whose principal employment is in agriculture on a seasonal basis, who has been so employed within the last 24 months, and who establishes, for the purposes of such employment, a temporary abode.
901	IV/1	RECIPIENT OF ABUSE: child abuse/neglect (defined as any act or failure to act resulting in imminent risk of serious harm, death, serious physical or emotional harm, sexual abuse, or exploitation of an infant by a parent/caretaker) within past 6 months as self-reported or as documented by a social worker, health care provider or other appropriate documents, or as reported through consultation with a social worker, health care provider or appropriate personnel.

<u>RISK CODE</u>	<u>PRIORITY/ RISK SCORE</u>	<u>CRITERION</u>
902	IV/1	INFANT OF A PRIMARY CARETAKER WITH LIMITED ABILITY TO MAKE FEEDING DECISIONS AND/OR PREPARE FOOD. Examples may include individuals who are: <ul style="list-style-type: none">• ≤ 17 years of age• mentally-disabled, delayed and/or diagnosed with a mental illness such as clinical depression <i>Condition must be diagnosed by a physician/physician extender or licensed psychologist. The diagnosis may be reported or documented by a physician/physician extender, licensed psychologist, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/ guardian/ caretaker.</i>• physically disabled to a degree which restricts or limits food preparation abilities. or• abusing or having a history of abusing alcohol or other drugs
903	IV/1	IN FOSTER CARE: Designated by DSS or living in a private/public/public child placement agency licensed by the state of North Carolina/DHHS/DSS as evidenced by: <ul style="list-style-type: none">• entering the foster care system during the previous six months; <u>or</u>• moving from one foster care home to another foster care home during previous six months.
904	I/1	ENVIRONMENTAL TOBACCO SMOKE EXPOSURE (ETS) is defined as exposure to smoke from tobacco products inside the home. ETS is also known as passive, secondhand, or involuntary smoke.

CHILDREN

RISK CODE	PRIORITY/ RISK SCORE	CRITERION
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ANTHROPOMETRIC CRITERIA

103	III/10	<p>UNDERWEIGHT</p> <ul style="list-style-type: none"> • For age 12-23 months (weight-for-length \leq 2.3rd percentile as plotted on the 2009 CDC/WHO Birth to 24 months gender specific growth charts*) • For age 2-5 years(BMI-for-age \leq 5th percentile as plotted on the 2000 CDC 2-20 years gender specific growth charts) OR <p>AT RISK OF UNDERWEIGHT</p> <ul style="list-style-type: none"> • For age 12-23 months (weight-for-length \leq 5th percentile as plotted on the 2009 CDC/WHO Birth to 24 months gender specific growth charts*) • For age 2-5 years (BMI-for-age \leq 10th percentile as plotted on the 2000 CDC 2-20 years gender specific growth charts)
113	III/6	<p>OBESE (Children 2 – 5 years of age): 2-5 years and BMI-for-age \geq 95th percentile as plotted on the 2000 CDC 2-20 years gender specific growth charts</p>
114	III/5	<p>OVERWEIGHT: age 2-5 years and BMI-for-age \geq 85th and $<$ 95th percentile as plotted on the 2000 Centers for Disease Control (CDC) 2-20 years gender specific growth charts OR</p> <p>AT RISK OF OVERWEIGHT based on the presence of one or both of the following:</p> <ul style="list-style-type: none"> • Child of obese mother: Having a biological mother with BMI \geq 30.0 at time of certification of this child (<i>BMI must be based on weight and height self-reported by the mother or on weight and height measurements taken by staff at the time of certification. If mother is pregnant or had a baby within the past 6 months, use her pre-pregnancy weight to determine BMI since her current weight will be influenced by pregnancy-related weight gain.</i>) • Child of obese father: Having a biological father with BMI \geq 30.0 at time of certification of this child (<i>BMI must be based on weight and height self-reported by the father or on weight and height measurements taken by staff at time of certification.</i>)
115	III/5	<p>HIGH WEIGHT-FOR-LENGTH (Children < 24 months of age): weight-for-length \geq 97.7th percentile as plotted on the 2009 CDC/WHO Birth to 24 months gender specific growth charts*</p>
121	III/8	<p>SHORT STATURE</p> <ul style="list-style-type: none"> • For age 12-23 months (length-for-age \leq 2.3rd percentile as plotted on the 2009 CDC/WHO Birth to 24 months gender specific growth charts*) • For age 2-5 years(stature-for-age \leq 5th percentile as plotted on the 2000 CDC 2-20 years gender specific growth charts) OR <p>AT RISK OF SHORT STATURE</p> <ul style="list-style-type: none"> • For age 12-23 months (length-for-age \leq 5th percentile as plotted on the 2009 CDC/WHO Birth to 24 months gender specific growth charts*) • For age 2-5 years(stature-for-age \leq 10th percentile as plotted on the 2000 CDC 2-20 years gender specific growth charts) <p><i>For children < 2 years old with a history of prematurity (i.e., \leq 37 weeks gestational age), risk assignment is based on adjusted gestational age.</i></p>

*Based on 2006 World Health Organization international growth standards.

FNS CODE	PRIORITY/ RISK SCORE	CRITERION																																																		
134	III/15	FAILURE TO THRIVE Presence of failure to thrive must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by parent/caretaker.																																																		
135	III/9	INADEQUATE GROWTH: Based on 2 weights taken at least 3 months apart, the child's actual weight gain is less than the calculated expected minimal weight gain based on the table below. <table border="1"> <thead> <tr> <th>Age</th> <th colspan="4">Expected Minimal Weight Gain</th> </tr> </thead> <tbody> <tr> <td>12-59 mos</td> <td>2½ gm/day</td> <td>0.6 oz./wk</td> <td>2.7 oz./mo</td> <td>1 lb. / 6 mos</td> </tr> </tbody> </table> <p>When the previous weight being used to calculate the expected minimal weight gain was a weight taken during infancy, refer to the following table.</p> <table border="1"> <thead> <tr> <th>Age</th> <th colspan="4">Expected Minimal Weight Gain</th> </tr> </thead> <tbody> <tr> <td>Birth -1 mo</td> <td>18 gm/day</td> <td>4 ½ oz./wk</td> <td>19 oz/mo</td> <td>1 lb 3 oz/mo</td> </tr> <tr> <td>1-2 mos</td> <td>25 gm/day</td> <td>6 ¼ oz./wk</td> <td>27 oz/mo</td> <td>1 lb 11 oz/mo</td> </tr> <tr> <td>2-3 mos</td> <td>18 gm/day</td> <td>4 ½ oz./wk</td> <td>19 oz/mo</td> <td>1 lb 3 oz/mo</td> </tr> <tr> <td>3-4 mos</td> <td>16 gm/day</td> <td>4 oz./wk</td> <td>17 oz/mo</td> <td>1 lb 1 oz/mo</td> </tr> <tr> <td>4-5 mos</td> <td>14 gm/day</td> <td>3 ½ oz./wk</td> <td>15 oz/mo</td> <td></td> </tr> <tr> <td>5-6 mos</td> <td>12 gm/day</td> <td>3 oz./wk</td> <td>13 oz/mo</td> <td></td> </tr> <tr> <td>6-12 mos</td> <td>9 gm/day</td> <td>2 ¼ oz./wk</td> <td>9½ oz./mo</td> <td>3 lbs. 10 oz./6 mos</td> </tr> </tbody> </table>	Age	Expected Minimal Weight Gain				12-59 mos	2½ gm/day	0.6 oz./wk	2.7 oz./mo	1 lb. / 6 mos	Age	Expected Minimal Weight Gain				Birth -1 mo	18 gm/day	4 ½ oz./wk	19 oz/mo	1 lb 3 oz/mo	1-2 mos	25 gm/day	6 ¼ oz./wk	27 oz/mo	1 lb 11 oz/mo	2-3 mos	18 gm/day	4 ½ oz./wk	19 oz/mo	1 lb 3 oz/mo	3-4 mos	16 gm/day	4 oz./wk	17 oz/mo	1 lb 1 oz/mo	4-5 mos	14 gm/day	3 ½ oz./wk	15 oz/mo		5-6 mos	12 gm/day	3 oz./wk	13 oz/mo		6-12 mos	9 gm/day	2 ¼ oz./wk	9½ oz./mo	3 lbs. 10 oz./6 mos
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141	III/3	HISTORY OF LOW BIRTH WEIGHT (> 1500 gms - ≤ 2500 gms or > 3 lbs. 5oz - ≤ 5 lbs. 8 oz.) OR VERY LOW BIRTH WEIGHT (≤ 1500 gms or ≤ 3 lbs. 5 oz.): current chronological age is < 24 months																																																		
142	III/6	HISTORY OF PREMATURITY: current chronological age is < 24 months of age and gestational age was ≤ 37 weeks																																																		
151	III/3	HISTORY OF SMALL FOR GESTATIONAL AGE (SGA): current chronological age is < 24 months <i>SGA must have been diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by parent/caretaker.</i>																																																		

BIOCHEMICAL CRITERIA

201	III/10	LOW HEMOGLOBIN OR HEMATOCRIT as confirmed by lab tests: 1 - < 2 years Hgb. < 11.0 gms. or Hct. < 32.9% 2 - < 5 years Hgb. < 11.1 gms. or Hct. < 33.0%
211	III/10	ELEVATED BLOOD LEAD LEVEL: blood lead level ≥ 5 ug/dL within the past 12 months

CLINICAL CRITERIA

341	353	Presence of MEDICAL CONDITION(S) that may jeopardize the individual's nutritional status by its presence or by its treatment, through an adverse effect on the ingestion, absorption, or utilization of nutrients (see Appendix A for list of allowable medical conditions and the corresponding nutrition risk criteria codes). <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i>
342	354	
343	355	
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RISK CODE	RISK SCORE	CRITERION
381	III/5	ORAL HEALTH CONDITIONS: conditions may include tooth decay (including nursing or baby bottle caries) or other conditions which interfere with the ability to ingest food in adequate quantity or quality such as chronic oral sores/lesions, abscessed teeth, chronic bleeding gums (gingivitis, periodontal disease), or severe malocclusions. <i>Presence of the dental problem may be diagnosed by a dentist, physician/physician extender, someone working under a dentist's or physician's/physician extender's orders; or, it may be identified through adequate documentation by the WIC CPA. If diagnosed, the diagnosis may be reported or documented by a dentist, physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by parent/caretaker.</i>
382	III/5	FETAL ALCOHOL SYNDROME <i>Condition must be diagnosed by a physician/physician extender. The diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by parent/caretaker.</i>

DIETARY CRITERIA

401	V/4	FAILURE TO MEET DIETARY GUIDELINES FOR AMERICANS AND CURRENT CHRONOLOGICAL AGE IS > 24 MONTHS. Children two years of age and older who meet the income categorical, and residency eligibility requirements may be presumed to be at nutrition risk for failure to meet <i>Dietary Guidelines for Americans [Dietary Guidelines]</i> . Based on an individual's estimated energy needs, the <i>Failure to Meet the Dietary Guidelines</i> risk criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans). This risk is assigned <u>only</u> to individuals for whom a complete nutrition assessment (including assessment of the risk criterion 425 "Inappropriate Nutrition Practices for Children") has been performed and for whom no other risk(s) is identified.
425	V/4	INAPPROPRIATE NUTRITION PRACTICES FOR CHILDREN defined as routine use of feeding practices that may result in impaired nutrient status, disease, or health problems. <i>(Refer to Appendix D)</i>
428	V/4	DIETARY RISK ASSOCIATED WITH COMPLEMENTARY FEEDING PRACTICES and current chronological age is < 24 months. Children who meet the eligibility requirements of income, participant category and residence and who consume complementary foods, eat independently, are being weaned from breast milk or infant formula and begin to transition from a diet based on infant/toddler foods to one based on the <i>Dietary Guidelines for Americans</i> , are at risk of inappropriate complementary feeding. This risk is assigned <u>only</u> to individuals for whom a complete nutrition assessment (including assessment of the risk criterion 425 "Inappropriate Nutrition Practices for Children") has been performed and for whom no other risk(s) is identified.

ECO-SOCIAL CRITERIA

502	NA	TRANSFER OF CERTIFICATION from another WIC Program out-of-state
801	V/1	HOMELESSNESS: Lacking a fixed and regular nighttime residence; or having a primary nighttime residence that is: <ul style="list-style-type: none"> • a supervised publicly or privately operated shelter (including a welfare hotel, a congregate shelter, or a shelter for victims of domestic violence) designed to provide temporary living accommodations; • an institution that provides a temporary residence for individuals intended to be institutionalized; • a temporary accommodation of not more than 365 days in the residence of another individual; or • a public or private place not designed for, or ordinarily used as, a regular sleeping accommodation for human beings.
802	V/1	MIGRANCY: Being a member of a family which has at least one individual whose principal employment is in agriculture on a seasonal basis, who has been so employed within the last 24 months, and who establishes, for the purposes of such employment, a temporary abode.

<u>RISK CODE</u>	<u>PRIORITY/ RISK SCORE</u>	<u>CRITERION</u>
901	V/1	RECIPIENT OF ABUSE: child abuse/neglect (defined as any act or failure to act resulting in imminent risk of serious harm, death, serious physical or emotional harm, sexual abuse, or exploitation of a child by a parent/caretaker) within past 6 months as self-reported or as documented by a social worker, health care provider or other appropriate documents, or as reported through consultation with a social worker, health care provider or appropriate personnel.
902	V/1	CHILD OF A PRIMARY CARETAKER WITH LIMITED ABILITY TO MAKE FEEDING DECISIONS AND/OR PREPARE FOOD. Examples may include individuals who are: <ul style="list-style-type: none"> • ≤ 17 years of age • mentally-disabled, delayed and/or diagnosed with a mental illness such as clinical depression <i>Condition must be diagnosed by a physician/physician extender or licensed psychologist. The diagnosis may be reported or documented by a physician/physician extender, licensed psychologist, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/guardian/caretaker.</i> • physically disabled to a degree which restricts or limits food preparation abilities, or • abusing or having a history of abusing alcohol or other drugs
903	V/1	IN FOSTER CARE: Designated by DSS or living in a private/public/public child placement agency licensed by the state of North Carolina/DHHS/DSS as evidenced by: <ul style="list-style-type: none"> • entering the foster care system during the previous six months; <u>or</u> • moving from one foster care home to another foster care home during previous six months.
904	III/1	ENVIRONMENTAL TOBACCO SMOKE EXPOSURE (ETS) is defined as exposure to smoke from tobacco products inside the home. ETS is also known as passive, secondhand, or involuntary smoke.

MEDICAL CONDITIONS**FOR THESE CRITERIA TO APPLY:**

- there must be a diagnosed medical condition present at the time of certification that may jeopardize the individual's nutritional status by its presence or by its treatment, through adverse effect on the ingestion, absorption or utilization of nutrients.
 - the presence of the condition must be diagnosed by a physician/physician extender
 - the diagnosis may be reported or documented by a physician/physician extender, someone working under a physician's/physician extender's orders, or self-reported by applicant/participant/caretaker.

Allowable Medical Condition	Category & FNS Risk Code	Description / Examples of Medical Condition
Cancer	All Categories 347	A chronic disease whereby populations of cells have acquired the ability to multiply and spread without the usual biologic restraints. The current condition, or the treatment for the condition, must be severe enough to affect nutritional status.
Celiac Disease	All Categories 354	An autoimmune disease precipitated by the ingestion of gluten (a protein in wheat, rye and barley) that results in damage to the small intestine and malabsorption of the nutrients from food. Also known as: <ul style="list-style-type: none"> • Celiac Sprue • Gluten-sensitive Enteropathy • Non-tropical Sprue
Central Nervous System Disorders	All Categories 348	Conditions which affect energy requirements, ability to feed self, or alter nutritional status metabolically, mechanically or both. These include but are not limited to: <ul style="list-style-type: none"> • Cerebral Palsy (CP) • Epilepsy • Multiple Sclerosis (MS) • Neural tube defects (NTDs), such as Spina Bifida • Parkinson's disease
Depression	Excludes infants 361	Presence of clinical depression, including postpartum depression.
Developmental, Sensory or Motor Disabilities Interfering with Ability to Eat	All Categories 362	Disabilities that restrict the ability to intake, chew or swallow food or require tube feeding to meet nutritional needs. Includes disabilities such as but not limited to: <ul style="list-style-type: none"> • Birth injury • Feeding problems due to developmental disability • Head trauma or brain damage • Minimal brain function • Other disabilities

Allowable Medical Condition	Category & FNS Risk Code	Description / Examples of Medical Condition
Diabetes Mellitus	All Categories 343	Consists of a group of metabolic diseases characterized by inappropriate hyperglycemia resulting from defects in insulin secretion, insulin action or both.
Drug-Nutrient Interactions	All Categories 357	Use of prescription or over-the-counter drugs that have been shown to interfere with nutrient intake or utilization, to an extent that nutritional status will be compromised and which will be used for >3 weeks. Examples of prescribed drugs which may be included are: Dilantin, steroids, diuretics, isoniazid, phenobarbital, oral contraceptives, Depo-Provera and many antimicrobials. For additional information, refer to a current drug reference such as a <u>Physician's Desk Reference</u> (PDR), a text such as <u>Food-Medication Interactions</u> , a drug insert, or consult with a pharmacist.
Eating Disorders	Excludes infants and children 358	Eating disorders (anorexia nervosa and bulimia) are characterized by a disturbed sense of body image and morbid fear of becoming fat. Symptoms are manifested by abnormal eating patterns including but not limited to: <ul style="list-style-type: none"> • Alternating periods of starvation • Purgative abuse • Self-induced marked weight loss • Self-induced vomiting • Use of drugs such as appetite suppressants, thyroid preparations or diuretics
Food Allergies	All Categories 353	Adverse health effects arising from a specific immune response that occurs reproducibly on exposure to a given food.
Gastrointestinal Disorders	All Categories 342	Diseases and/or conditions that interfere with the intake, digestion, and/or absorption of nutrients. Diseases/conditions include but not limited to: <ul style="list-style-type: none"> • Biliary tract diseases • Gastroesophageal reflux disease (GERD) • Inflammatory bowel disease, including ulcerative colitis or Crohn's disease • Liver disease • Pancreatitis • Peptic ulcer • Post-bariatric surgery • Short bowel syndrome

Allowable Medical Condition	Category & FNS Risk Code	Description / Examples of Medical Condition
Genetic and Congenital Disorders	All Categories 349	<p>Hereditary or congenital condition at birth that causes physical or metabolic abnormality. The current condition must alter nutrition status metabolically, mechanically, or both. Disorders include but are not limited to:</p> <ul style="list-style-type: none"> • Aplastic, hypoplastic or hemolytic anemia • Bleeding disorders such as hemophilia • Cleft lip or palate • Down's syndrome • Fragile X • Muscular dystrophy • Muscular dystrophy • Prader-Willi • Sickle cell anemia (not sickle cell trait) • Symptomatic congenital cardiovascular defects • Thalassemia major
Hypertension and Prehypertension	All Categories 345	<p>Hypertension: persistently high arterial blood Pressure with systolic blood pressure above 140 mm Hg or diastolic blood pressure above 90 mm Hg</p> <p>Prehypertension: blood pressure readings between 130/80 to 139/89 mm Hg</p>
Hypoglycemia	All Categories 356	<p>Hypoglycemia can occur as a complication of diabetes, as a condition in itself, in association with other disorders, or under certain conditions such as early pregnancy, prolonged fasting, or long periods of strenuous exercise. Symptomatic hypoglycemia is a risk observed in a substantial proportion of newborns who are small for gestational age (SGA).</p>
Inborn Errors of Metabolism	All Categories 351	<p>Generally refers to gene mutations or gene deletions that alter metabolism in the body, including, but not limited to:</p> <ul style="list-style-type: none"> • Galactosemia • Hyperlipoproteinemia • Maple syrup urine disease (MSUD) • Phenylketonuria (PKU) • Tyrosinemia
Infectious Diseases	All Categories 352	<p>A disease caused by growth of pathogenic microorganisms in the body severe enough to affect nutritional status. The infectious disease must be present within the past 6 months. Diseases Include, but not limited to:</p> <ul style="list-style-type: none"> • Acquired immunodeficiency syndrome (AIDS) • Bronchiolitis (3 episodes in last 6 months) • Hepatitis

Allowable Medical Condition	Category & FNS Risk Code	Description / Examples of Medical Condition
		<ul style="list-style-type: none"> • Human immunodeficiency virus infection (HIV) • Meningitis • Parasitic infections • Pneumonia • Tuberculosis
Lactose Intolerance	All Categories 355	Syndrome of one or more of the following: diarrhea, abdominal pain, flatulence, and/or bloating, that occurs after lactose ingestion.
Nutrient Deficiency Diseases	All Categories 341	<p>Diseases caused by insufficient dietary intake of macro and micronutrients. Diseases include, but not limited to:</p> <ul style="list-style-type: none"> • Beri Beri • Cheilosis • Hypocalcemia • Menkes disease • Osteomalacia • Pellagra • Protein-Energy Malnutrition • Rickets • Scurvy • Vitamin K deficiency • Xerophthalmia
Other Medical Conditions	All Categories 360	<p>Diseases or conditions with nutritional implications that are not included in any of the other medical conditions. The current condition, or treatment for the condition, must be severe enough to affect nutritional status. Diseases include but are not limited to:</p> <ul style="list-style-type: none"> • Adrenocorticoid disorders such as Cushing's syndrome and Addison's disease • Broncho-pulmonary dysplasia (BPD) requiring treatment within the past year (<u>for infants and children only</u>) • Cardiorespiratory diseases (congestive heart failure) • Cystic fibrosis • Emphysema (<i>for women only</i>) • Heart disease (coronary heart disease, valvular disease, cardiac arrhythmias, hyperlipidemia, hyperlipoproteinemia) • Juvenile rheumatoid arthritis (JRA) • Lupus erythematosus • Persistent asthma (moderate or severe) requiring daily medication • Severe atopic conditions such as extensive eczema (<u>for infants and children only</u>)

Allowable Medical Condition	Category & FNS Risk Code	Description / Examples of Medical Condition
Pre-Diabetes	Postpartum and Breastfeeding 363	Impaired fasting glucose (IFG) and/or impaired glucose tolerance (IGT). These conditions are characterized by hyperglycemia that does not meet the diagnostic criteria for diabetes mellitus.
Recent Major Surgery, Trauma, Burns	All Categories 359	<p>Major surgery (including C-sections), trauma or burns severe enough to compromise nutritional status.</p> <p>Any occurrence:</p> <ul style="list-style-type: none"> • within the past two (≤ 2) months may be self-reported • more than two (> 2) months previous must have the continued need for nutritional support diagnosed by a physician or a health care provider working under the orders of a physician <p>Trauma limited to injuries:</p> <ul style="list-style-type: none"> • involving multiple broken bones • requiring treatment by a trauma team
Renal Disease	All Categories 346	<p>Any renal disease including:</p> <ul style="list-style-type: none"> • Pyelonephritis • Persistent proteinuria <p>(Excludes urinary tract infections involving the bladder)</p>
Thyroid Disorders	All Categories 344	<p>Thyroid dysfunctions that occur in pregnant and postpartum women, during fetal development, and in childhood are caused by the abnormal secretion of thyroid hormones. These conditions include but not limited to:</p> <ul style="list-style-type: none"> • Congenital Hyperthyroidism • Congenital Hypothyroidism • Hyperthyroidism • Hypothyroidism • Postpartum Thyroiditis

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Inappropriate Nutrition Practices for Women – 427

Inappropriate nutrition practices are defined as routine practices that may result in impaired nutrient status, disease, or health problems. These practices are outlined below.

Inappropriate Nutrition Practices for Women	Examples of Inappropriate Nutrition Practices			
1) <u>Pregnant</u> woman ingesting foods that could be contaminated with pathogenic microorganisms.	<p>Potentially harmful foods:</p> <ul style="list-style-type: none"> ▪ raw fish or shellfish, including oysters, clams, mussels, and scallops ▪ refrigerated smoked seafood, unless it is an ingredient in a cooked dish, such as a casserole ▪ raw or undercooked meat or poultry ▪ hot dogs, luncheon meats (cold cuts), fermented and dry sausage and other deli-style meat or poultry products unless reheated until steaming hot ▪ refrigerated pâté or meat spreads ▪ unpasteurized milk or foods containing unpasteurized milk ▪ soft cheeses such as feta, Brie, Camembert, blue-veined cheeses and Mexican style cheese such as queso blanco, queso fresco, or Panela unless labeled as made with pasteurized milk ▪ raw or undercooked eggs or foods containing raw or lightly cooked eggs including certain salad dressings, cookie and cake batters, sauces, and beverages such as unpasteurized eggnog ▪ raw vegetable sprouts (such as alfalfa, clover, bean, radish) ▪ unpasteurized fruit or vegetable juice 			
2) Consuming dietary supplements with potentially harmful consequences	<p>Examples of dietary supplements which when ingested in excess of recommended dosages, may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"> ▪ single or multiple vitamins ▪ mineral supplements ▪ herbal or botanical supplements/remedies/teas 			
3) Inadequate vitamin/mineral supplementation recognized as essential by national public health policy.	<ul style="list-style-type: none"> ▪ Consumption of less than 27 mg of iron as a supplement daily by pregnant woman ▪ Consumption of less than 150 mcg of supplemental iodine per day by pregnant and breastfeeding women ▪ Consumption of less than 400 mcg of folic acid from fortified foods and/or supplements daily by non-pregnant woman 			
4) Compulsively ingesting non-food items (pica).	<p>Examples of non-food items</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> ▪ ashes ▪ baking soda ▪ burnt matches ▪ carpet fibers ▪ chalk </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> ▪ cigarettes/cigarette butts ▪ clay ▪ dust ▪ large quantities of ice and/or freezer frost </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> ▪ paint chips ▪ soil ▪ starch (laundry and cornstarch) </td> </tr> </table>	<ul style="list-style-type: none"> ▪ ashes ▪ baking soda ▪ burnt matches ▪ carpet fibers ▪ chalk 	<ul style="list-style-type: none"> ▪ cigarettes/cigarette butts ▪ clay ▪ dust ▪ large quantities of ice and/or freezer frost 	<ul style="list-style-type: none"> ▪ paint chips ▪ soil ▪ starch (laundry and cornstarch)
<ul style="list-style-type: none"> ▪ ashes ▪ baking soda ▪ burnt matches ▪ carpet fibers ▪ chalk 	<ul style="list-style-type: none"> ▪ cigarettes/cigarette butts ▪ clay ▪ dust ▪ large quantities of ice and/or freezer frost 	<ul style="list-style-type: none"> ▪ paint chips ▪ soil ▪ starch (laundry and cornstarch) 		
5) Consuming a diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients following bariatric surgery.	<p>Examples of diets:</p> <ul style="list-style-type: none"> ▪ strict vegan diet ▪ low-carbohydrate, high-protein diet ▪ macrobiotic diet ▪ any other diet restricting calories and/or essential nutrients 			

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Inappropriate Nutrition Practices for Infants – 411

Inappropriate nutrition practices are defined as routine use of feeding practices that may result in impaired nutrient status, disease, or health problems. These practices, with examples, are outlined below.

Inappropriate Nutrition Practices for Infants	Examples of Inappropriate Nutrition Practices
<p>1) Routinely using a substitute(s) for breast milk or FDA-approved iron-fortified formula as the primary nutrient source during the first year of life.</p>	<p>Examples of substitutes:</p> <ul style="list-style-type: none"> ▪ low-iron formula without iron supplementation ▪ cow's milk, goat's milk, or sheep's milk (whole, reduced fat, low-fat, skim), canned evaporated or sweetened condensed milk ▪ imitation or substitution milks (such as rice- or-soy-based beverages, non-dairy creamer) or other "homemade" concoctions
<p>2) Routinely using nursing bottles or cups improperly.</p>	<p>Examples of improper use of nursing bottles or cups:</p> <ul style="list-style-type: none"> ▪ Using a bottle to feed fruit juice. ▪ Feeding any sugar-containing fluids, such as soda/soft drinks, gelatin water, corn syrup solutions, and sweetened tea. ▪ Allowing infant to fall asleep/be put to bed with a bottle at naps/bedtime. ▪ Allowing the infant to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier. ▪ Propping the bottle when feeding. ▪ Allowing an infant to carry around and drink throughout the day from a covered or training cup. ▪ Adding any food (cereal or other solid foods) to the infant's bottle.
<p>3) Routinely offering complementary foods* or other substances that are inappropriate in type or timing. *Complementary foods are any foods or beverages other than breast milk or infant formula.</p>	<p>Examples of inappropriate complementary foods:</p> <ul style="list-style-type: none"> ▪ adding sweet agents such as sugar, honey, or syrups to any beverage (including water) or prepared food, or used on a pacifier ▪ any food other than breast milk or iron-fortified infant formula before 4 months of age
<p>4) Routinely using feeding practices that disregard the developmental needs or stage of the infant.</p>	<p>Examples of feeding practices that disregard developmental needs:</p> <ul style="list-style-type: none"> ▪ Inability to recognize, insensitivity to, or disregarding the infant's cues for hunger and satiety (e.g., forcing an infant to eat a certain type and/or amount of food or beverage or ignoring an infant's hunger cues). ▪ Feeding foods of inappropriate consistency, size, or shape that put infants at risk of choking. ▪ Not supporting an infant's need for growing independence with self-feeding (e.g., solely spoon-feeding an infant who is able and ready to finger-feed and/or try self-feeding with appropriate utensils). ▪ Feeding an infant food with inappropriate textures based on his/her developmental stage (e.g., feeding primarily pureed or liquid foods when the infant is ready and capable of eating mashed, chopped or appropriate finger foods).

Inappropriate Nutrition Practices for Infants	Examples of Inappropriate Nutrition Practices
5) Routinely feeding inappropriately diluted formula.	<p>Examples of feeding inappropriately diluted formula:</p> <ul style="list-style-type: none"> ▪ Failure to follow manufacturer's dilution instructions (to include stretching formula for household economic reasons). ▪ Failure to follow specific instructions accompanying a prescription.
6) Routinely limiting the frequency of nursing of the exclusively breastfed infant when breast milk is the sole source of nutrients.	<p>Examples of inappropriate frequency of nursing:</p> <ul style="list-style-type: none"> ▪ Scheduled feedings instead of demand feedings ▪ Less than 8 feedings in 24 hours if less than 2 months of age ▪ Less than 6 feedings in 24 hours if between 2 and 6 months of age
7) Routinely using inappropriate sanitation in preparation, handling, and storage of expressed human milk or formula.	<p>Examples of inappropriate sanitation:</p> <ul style="list-style-type: none"> ▪ Limited or no access to a: <ul style="list-style-type: none"> - safe water supply (documented by appropriate officials), - heat source for sterilization, and/or - refrigerator or freezer for storage. ▪ Failure to prepare, handle and store bottles, storage containers or breast pumps properly. Examples include: <ul style="list-style-type: none"> Human Milk: <ul style="list-style-type: none"> - Thawing in a microwave oven - Refreezing - Adding freshly expressed unrefrigerated human milk to frozen human milk - Feeding thawed human milk more than 24 hours after it was thawed - Saving human milk from a used bottle from another feeding - Failure to clean breast pump per manufacturer's instruction Formula: <ul style="list-style-type: none"> - Storing at room temperature for more than one (1) hour - Failure to store prepared formula per manufacturer's instruction - Using formula in a bottle one (1) hour after the start of a feeding - Saving formula from a used bottle for another feeding - Failure to clean baby bottle properly
8) Feeding foods to an infant that could be contaminated with pathogenic microorganisms.	<p>Examples of potentially harmful foods:</p> <ul style="list-style-type: none"> ▪ honey (added to liquids or solid foods, used in cooking, as part of processed foods, on a pacifier, etc.) ▪ unpasteurized fruit or vegetable juice ▪ unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese ▪ raw or undercooked meat, fish, poultry, or eggs ▪ raw vegetable sprouts (such as alfalfa, clover, bean, radish) ▪ hot dogs, deli meats, and processed meats (avoid unless heated until steaming hot)

<p>9) Feeding dietary supplements with potentially harmful consequences.</p>	<p>Examples of dietary supplements, which when fed in excess of recommended dosage, may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"> ▪ single or multi-vitamins ▪ mineral supplements ▪ herbal or botanical supplements/remedies/teas
<p>10) Routinely not providing dietary supplements recognized as essential by national public health policy when an infant's diet alone cannot meet nutrient requirements.</p>	<ul style="list-style-type: none"> ▪ Infants 6 months of age or older who are ingesting less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. ▪ Infants who are not receiving a supplement of 400 IU of vitamin D and who are ingesting less than 1 liter (1 quart) per day of vitamin D-fortified formula.
<p>11) Routinely feeding a diet very low in calories and/or essential nutrients.</p>	<p>Examples:</p> <ul style="list-style-type: none"> ▪ vegan diet ▪ macrobiotic diet ▪ other diets very low in calories and/or essential nutrients

Inappropriate Nutrition Practices for Children – 425

Inappropriate nutrition practices are defined as routine use of feeding practices that may result in impaired nutrient status, disease, or health problems. These practices, with examples, are outlined below.

Inappropriate Nutrition Practices for Children	Examples of Inappropriate Nutrition Practices
1) Routinely using inappropriate beverages as primary milk source.	<p>Examples of inappropriate beverages as primary milk source:</p> <ul style="list-style-type: none"> ▪ non-fat or reduced-fat milks for 12-24 months of age (unless allowed by State agency policy for a child for whom overweight or obesity is a concern) or sweetened condensed milk ▪ Goat's milk, sheep's milk, imitation or substitute milks (that are unfortified or inadequately fortified) or other "homemade concoctions"
2) Routinely using nursing bottles or cups improperly.	<p>Examples of improper use of nursing bottles or cups:</p> <ul style="list-style-type: none"> ▪ Using a bottle to feed fruit juice, diluted cereal or other solid foods. ▪ Allowing child to fall asleep/be put to bed with bottle at naps/bedtime. ▪ Allowing child to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier. ▪ Using a bottle for feeding or drinking beyond 14 months of age. ▪ Using a pacifier dipped in sweet agents such as sugar, honey, or syrups. ▪ Allowing a child to carry around and drink throughout the day from a covered or training cup.
3) Routinely using feeding practices that disregard the developmental needs or stage of the child.	<p>Examples of feeding practices that disregard developmental needs:</p> <ul style="list-style-type: none"> ▪ Inability to recognize, insensitivity to, or disregarding the child's cues for hunger and satiety (e.g., forcing a child to eat a certain type and/or amount of food/beverage or ignoring a hungry child's requests for appropriate foods). ▪ Feeding foods of inappropriate consistency, size, or shape that put children at risk of choking. ▪ Not supporting a child's need for growing independence with self-feeding (e.g., solely spoon-feeding a child who is able and ready to finger-feed and/or try self-feeding with appropriate utensils). ▪ Feeding a child food with an inappropriate texture based on his/her developmental stage (e.g., feeding primarily pureed or liquid food when the child is ready and capable of eating mashed, chopped or appropriate finger foods).
4) Routinely feeding a child any sugar-containing fluids.	<p>Examples of sugar-containing fluids:</p> <ul style="list-style-type: none"> ▪ soda/soft drinks ▪ gelatin water ▪ sweetened tea ▪ corn syrup solutions
5) Feeding foods to a child that could be contaminated with pathogenic microorganisms.	<p>Examples of potentially harmful foods:</p> <ul style="list-style-type: none"> ▪ unpasteurized fruit or vegetable juice ▪ unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese ▪ raw or undercooked meat, fish, poultry, or eggs ▪ raw vegetable sprouts (such as alfalfa, clover, bean, radish) ▪ hot dogs, deli meats and processed meats (avoid unless heated until steaming hot)

Inappropriate Nutrition Practices for Children	Examples of Inappropriate Nutrition Practices
<p>6) Feeding dietary supplements with potentially harmful consequences.</p>	<p>Examples of dietary supplements which when fed in excess of recommended dosage may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"> ▪ single or multi-vitamins ▪ mineral supplements ▪ herbal or botanical supplements/remedies/teas
<p>7) Routinely not providing dietary supplements recognized as essential by national public health policy when a child’s diet alone cannot meet nutrient requirements.</p>	<ul style="list-style-type: none"> ▪ Providing children under 36 months of age less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. ▪ Providing children 36-60 months of age less than 0.50 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. ▪ Not providing 400 IU of Vitamin D if a child consumes less than 1 liter (1 quart) of Vitamin D fortified milk or formula daily.
<p>8) Compulsively ingesting non-food items (pica).</p>	<p>Examples of non-food items</p> <ul style="list-style-type: none"> ▪ ashes ▪ baking soda ▪ burnt matches ▪ carpet fibers ▪ chalk ▪ cigarettes/cigarette butts ▪ clay ▪ dust ▪ large quantities of ice and/or freezer frost ▪ paint chips ▪ soil ▪ starch (laundry and cornstarch)
<p>9) Routinely feeding a diet very low in calories and/or essential nutrients.</p>	<p>Examples:</p> <ul style="list-style-type: none"> ▪ vegan diet ▪ macrobiotic diet ▪ other diets very low in calories and/or essential nutrients

Procedures For Measuring And Weighing Measuring Recumbent Length

Age

- infants
- children age 12 months to less than 24 months

Materials/Equipment

- Recumbent length board with fixed headboard and movable footboard, both at right angles
- Two (2) people are required; the measurer and an assistant (assistant could be child's parent/guardian or caretaker)

Procedure*

1. Put a clean paper sheet on measuring board, being sure to cover the fixed head board.
2. Remove shoes, hats and bulky clothing from child being measured.
3. With the help of the assistant, position the child face-up on the measuring board with the head placed against the fixed headboard. The assistant should stand behind the headboard and hold the child's head firmly against the headboard.
4. With the child positioned so the head, shoulders, back and buttocks are flat along the center of the board, the measurer should hold the child's knees together, gently pushing them down against the board with one hand to fully extend the child. With the other hand, the measurer should slide the movable footboard toward the child's feet, and place the footboard so both heels are firmly against it with toes pointing directly upward.
5. Read and record the measured length to the nearest 1/8 inch.
6. If, after the Crossroads system plots the length, the measurement is remarkably different from previous measures, the child should be re-measured.
7. Length boards should be sanitized between clients.

* Measuring in special situations:

1. *Child is unable to straighten:* In this case, an approximate length can be obtained using the sum of partial measures. Straighten the child as much as possible then measure from the top of the head to the end of the spine, then from the end of the spine to the back of the knee, then from the back of the knee to the base of the heel. Add the measurements to determine the length.
2. *Child is too long for the length board:* In this case, a longer length board is best practice. Alternatively, attempt to obtain measures from the child's medical home. If no current reliable measure is available, an approximate length can be obtained by using a flat surface, a tape measure and two hard flat blocks (or books). Position the child face-up on the flat surface, place the blocks perpendicular to the flat surface at the child's head and feet and measure the distance between the blocks.

Procedures For Measuring And Weighing Measuring Standing Height

Age

- Children two (2) years of age and older who can stand unassisted
- Adolescents and adults*

Equipment

- Wall mounted measuring board with movable headboard (stadiometer), marked in increments of 1/8 inch. Stadiometers must be checked for accuracy of height. Also, if a stadiometer protrudes from the wall such that all four contact points (see Step 3, below) are not in a straight line, an adaptation such as a heel strike plate should be made to the floor or the wall to accommodate this.
- Two (2) people, the measurer and an assistant, may be required for children. The assistant could be the child's parent/guardian or caretaker.

Procedure:

1. Have child's parent/caretaker remove child's shoes, hats and bulky clothing. Ask adult to remove shoes, hats and bulky, outer clothing.
2. Position the child/adult against the measuring device facing forward, instructing child/adult to stand straight and tall, with shoulders level, hands at sides.
3. Make sure the child/adult stands flat-footed with feet slightly apart and knees extended, looking straight ahead, then check for four (4) contact points: 1) head, 2) shoulders, 3) buttocks, and 4) the back of the heels. If necessary, ensure the child's lower body stays in position by having the assistant firmly press his or her hands on the child's knees and ankles.*
4. Lower the headboard until it firmly touches the crown of the head.
5. Read and record the measured height to the nearest 1/8 inch.
6. If, after the Crossroads system plots the height, the measurement is remarkably different from previous measures, the child or adult should be re-measured.
7. Between each client, sanitize the head board and replace the disposable paper sheet on which the child/adult stands. If a disposable paper sheet is not use, then the floor must be sanitized between each client.

* If the client cannot stand straight (due to obesity, scoliosis, or some other reason) and make contact with the board at the four points as recommended in Step 3, try to have client stand as reasonably straight as possible.

Procedures For Measuring And Weighing

Weighing – Infant Scale

Age

- Infants
- Young children with weights up to scale tolerance, usually 30 pounds

Equipment

- Infant scale with beam balance or digital infant scale. (The accuracy of scales must be tested annually. Refer to Section 2 for more information.)

Procedure*

1. Put clean, paper sheet on scale.
2. Beam balance scales: Balance the scales at zero position, i.e. with paper sheet on tray; place the main and fractional sliding beam weights directly over their zero positions. Check to see if the scale balance indicator is centered and adjust if needed to assure that the scale is balanced at zero.
3. Remove child's shoes and outer clothing. A t-shirt and a clean dry diaper may be worn. If child is wearing braces and/or orthotics, remove these also.
4. Place child in center of scale (may be sitting or lying down).
5. Beam balance scale: Move the weight on the main beam away from the zero position (left to right) until the indicator shows excess weight, then move the weight back (right to left) towards the zero position until too little weight has been obtained. Move the weight on the fractional beam away from the zero position (left to right) until the indicator is centered and stationary. Read and record weight to the nearest ½ ounce.
6. Digital scale: Allow the scale to lock onto a weight. Read the weight in the display area of the scale. Record the weight value including the first number to the right of the decimal.
7. If, after the Crossroads system plots the weight the plotted weight is remarkably different from previous weights taken, the child should be reweighed.
8. Scales should be sanitized between clients.

* Weighing in special situations:

1 *Child cannot stand unassisted but is too heavy or long for an infant scale:*

- a **Beam Balance Scale:** Follow steps 1-3, above. Ask the parent to hold the child and weigh both individuals together. Then measure the parent's weight (without removing any clothes or shoes) and subtract this weight from the weight of both together. Record this weight and complete steps 7 and 8, above.
- b **Digital Scale:** Follow steps 1-3, above. Turn off the scale and ask the parent to stand on the scale, facing out. Turn on the scale; be sure it reads 0.0 and hand the child to the parent. Complete steps 6-8, above.

2 *Child is too heavy to lift:* Ask the parent if he or she knows the child's weight at the time of the last visit to the child's medical home, or, if at all possible, attempt to locate wheelchair scales to obtain a more current weight.

Procedures For Measuring And Weighing

Weighing – Standing Scale

Age

- Children who can stand unassisted
- Adolescents and adults *

Equipment

- Standard platform beam balance scale or digital scale. (The accuracy of scales must be tested annually. Refer to Section 2 for more information.)

Procedure

1. Beam balance scales: Balance the scales at zero position by placing the main and fractional sliding beam weights directly over their zero positions. Check to see if the scale balance indicator is centered, assuring the scale is balanced at zero.
 2. Have child's caretaker remove child's shoes, hat and heavy clothing (including jeans and sweaters/sweatshirts). Ask adults to remove shoes, hats, bulky outer clothing, and heavy belts or jewelry.
 3. Have child/adult stand with both feet in the center of the platform, body upright and arms hanging naturally (children with wandering hands may do better if asked to place their hands on their hips or stomachs or to fold their arms).
 4. Beam balance scale: Move the weight on the main beam away from the zero position (left to right) until the indicator shows excess weight, then move the weight back (right to left) towards the zero position until too little weight has been obtained. Move the weight on the fractional beam away from the zero position (left to right) until the indicator is centered and stationary. Read and record weight to the nearest $\frac{1}{4}$ pound.
 5. Digital scale: Allow the scale to lock onto a weight. Read the weight in the display area of the scale. Record the weight value including the first number to the right of the decimal.
 6. If, after the Crossroads system plots the weight, the plotted weight is remarkably different from previous plotted weights, the child/adult should be re-weighed.
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* If unable to get a weight on a client due to obesity, attempt to get the weight from the client's medical home.