



## Memorandum

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**#10-141**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** October 15, 2010

**SUBJECT:** Prenatal Weight Gain Grids and Health History Forms

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The revised prenatal weight gain grid, *Prenatal Weight Gain Grid – Singleton* (WIC-4) and the new *Prenatal Weight Gain Grid – Multi-fetal* (WIC-4-1) were distributed to local agencies the last week of September. An email was sent to all WIC Directors on September 30<sup>th</sup> to notify local agencies that if the WIC-4 and WIC-4-1 were not received by October 1, 2010 to continue to use the WIC-4 form (revision date 3/05) until the new forms were received.

The health history forms underwent minor revisions that were not associated with the new risk condition changes; therefore, these forms were not distributed to local agencies. You can continue to use the current forms until you exhaust your supply.

If you have questions or require additional information, please contact Paula Kanter, Clinical Nutrition Specialist, at (512) 341-4574 or email [paula.kanter@dshs.state.tx.us](mailto:paula.kanter@dshs.state.tx.us) or Tiffany Brown, Training Specialist, at (512)341-4587 or email [tiffany.brown@dshs.state.tx.us](mailto:tiffany.brown@dshs.state.tx.us).