



## Memorandum

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**#16-096**

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

**FROM:** Amanda Hovis, Director  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** September 30, 2016

**SUBJECT:** WIC Policy *CS 18.0: Criteria for Identifying Nutrition Risk Conditions*

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This memo announces a revision to WIC Policy *CS 18.0: Criteria for Identifying Nutrition Risk Conditions*. The policy is effective October 1, 2016. This revision was reviewed by TALWD and approved by USDA. Monitoring will begin 6 months after the effective date on April 1, 2017. The revision will be posted and you may update your *Policy and Procedures Manual* by accessing the *WIC Website* at:

[http://www.dshs.state.tx.us/wichd/policy/table\\_of\\_contents.shtm](http://www.dshs.state.tx.us/wichd/policy/table_of_contents.shtm)

### Summary of Changes:

- Effective date: Changed to October 1, 2016
- Guidelines, List of Allowable Nutrition Risk Conditions, Pregnant Women
  - *General Obstetrical Risks*: 332 is now “Short Interpregnancy Interval” (instead of Closely Spaced Pregnancies)
  - *Breastfeeding Mother/Infant Dyad*: criterion now applies to Pregnant Women (previously applied to Breastfeeding Women only). These criterion include:
    - 601 Breastfeeding Mother of Infant at Nutritional Risk – Priority I, II or IV – highest priority for which either the mother or infant is qualified for.
    - 602 Breastfeeding Complications or Potential Complications – Priority I
- Guidelines, List of Allowable Nutrition Risk Conditions, Breastfeeding Women
  - *General Obstetrical Risks*: 332 is now “Short Interpregnancy Interval” (instead of Closely Spaced Pregnancies)
  - *Breastfeeding Mother/Infant Dyad*:
    - 601 Breastfeeding Mother of Infant at Nutritional Risk – Priority I, II or IV – highest priority for with either the mother or infant is qualified. (“Use only if no other risk condition is identified” statement was deleted.)
- Guidelines, List of Allowable Nutrition Risk Conditions, Postpartum Women
  - *General Obstetrical Risks*: 332 is now “Short Interpregnancy Interval” (instead of Closely Spaced Pregnancies)

- Guidelines, List of Allowable Nutrition Risk Conditions, Infants
  - *Infant of a WIC-Eligible Mother or Mother at Risk During Pregnancy:*
    - 702 Breastfeeding Infant of Woman at Nutrition Risk – Priority I, II, or IV – highest priority for which either the mother or infant is qualified for. (“Use only if no other risk condition is identified” statement was deleted.)
- Guidelines, List of Allowable Nutrition Risk Conditions, Children
  - *Nutrition-Related Risk Conditions (E.g., Chronic Disease, Genetic Disorder, Infection)*
    - 361 Depression: deleted criterion as it is no longer applicable to Children

If you have any questions or require additional information regarding *Texas WIC Policy CS 18.0: Criteria for Identifying Nutrition Risk Conditions*, please contact Tiffany Brown, Dietetic Nutrition Specialist, Nutrition Education Branch, at [Tiffany.Brown@dshs.state.tx.us](mailto:Tiffany.Brown@dshs.state.tx.us) or (512) 341-4587.

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## **Criteria For Identifying Nutrition Risk Conditions**

### **Purpose**

To provide benefits to meet the special health and nutrition needs of low-income pregnant, breastfeeding and postpartum women, infants, and children. WIC provides supplemental foods and nutrition education to participants at nutrition risk during the critical growth and development periods of pregnancy, infancy, and early childhood.

### **Authority**

7 CFR Part 246.7

### **Policy**

To be eligible for program benefits, all WIC Program applicants shall have a nutrition risk condition identified through the documentation of a complete nutrition assessment.

### **Procedures**

- I. When determining eligibility, compare all data from the applicant's health history, dietary, biomedical, and anthropometric assessment to the risk conditions listed in the Texas Nutrition Risk Manual. The criteria listed in this policy reflect allowable risk conditions. The Texas Nutrition Risk Manual provides the definition, justification, clarifications/guidelines and references about each of the risk conditions.
  
- II. Every condition of nutrition risk identified shall be marked on the back of the category specific state agency (SA) Participant Form (titled WIC Nutrition Risk Codes). Every risk code marked on the Participant Form shall have supporting documentation, e.g., growth charts, diet and health history forms.

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## **Guidelines**

### **List of Allowable Nutrition Risk Conditions**

The allowable nutrition risk conditions are subsequently listed by category. These risk conditions are in accordance with the national risk conditions identified and required by the United States Department of Agriculture (USDA). See the Texas Nutrition Risk Manual for complete definitions, clarification and justification of each risk criteria.

#### **Pregnant Women**

##### Anthropometric - Priority I

- 101 Underweight
- 111 Overweight
- 131 Low Maternal Weight Gain
- 132 Maternal Weight Loss During Pregnancy
- 133 High Maternal Weight Gain

##### Biochemical - Priority I

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

##### Clinical/Health/Medical - Priority I

##### Pregnancy-Induced Conditions

- 301 Hyperemesis Gravidarum
- 302 Gestational Diabetes
- 303 History of Gestational Diabetes
- 304 History of Preeclampsia

##### Delivery of Low-Birth weight/Premature Infant

- 311 History of Preterm Delivery
  - 312 History of Low Birth Weight
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Prior Stillbirth Fetal or Neonatal Death

- 321 History of Spontaneous Abortion (two or more terminations of less than 20 weeks gestation or less than 500 grams), Fetal (20 weeks or greater gestation) or Neonatal Loss (28 days or less of life)

General Obstetrical Risks

- 331 Pregnancy at a Young Age  
332 Short Interpregnancy Interval  
333 High Parity and Young Age  
334 Lack of or Inadequate Prenatal Care  
335 Multifetal Gestation  
336 Fetal Growth Restriction (FGR)  
337 History of Birth of a Large for Gestational Age Infant  
338 Pregnant Woman Currently Breastfeeding  
339 History of Birth with Nutrition Related Congenital or Birth Defect

Nutrition-Related Risk Conditions (Chronic disease, Genetic Disorder, Infection)

- 341 Nutrient Deficiency Diseases  
342 Gastro-Intestinal Disorders  
343 Diabetes Mellitus  
344 Thyroid Disorders  
345 Hypertension and Prehypertension  
346 Renal Disease  
347 Cancer  
348 Central Nervous System Disorders  
349 Genetic and Congenital Disorders  
351 Inborn Errors of Metabolism  
352 Infectious Diseases (within the past 6 months)  
353 Food Allergies  
354 Celiac Disease  
355 Lactose Intolerance  
356 Hypoglycemia  
357 Drug Nutrient Interactions  
358 Eating Disorders
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- 359 Recent Major Surgery, Trauma, Burns
- 360 Other Medical Conditions
- 361 Depression
- 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat

Substance Use (Drugs, Alcohol, Tobacco)

- 371 Maternal Smoking
- 372 Any Alcohol Use in Current Pregnancy
- 373 Any Illegal Drug Use in Current Pregnancy

Other Health Risks

- 381 Oral Health Conditions

Dietary - Priority IV

- 401 Failure to Meet *Dietary Guidelines for Americans*
- 480 Inappropriate Nutrition Practices for Women

Other Risks - Refer to each risk condition for priority level

Regression/Transfer

- 502 Transfer of Certification - No priority

Breastfeeding Mother/Infant Dyad

- 601 Breastfeeding Mother of Infant at Nutritional Risk - Priority I, II or IV – highest priority for which either the mother or infant is qualified for.
- 602 Breastfeeding Complications or Potential Complications - Priority I

Homelessness/Migrancy

- 801 Homelessness – Priority IV
- 802 Migrancy – Priority IV

Other Nutrition Risks

- 901 Recipient of Abuse (within past six months) – Priority IV

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- 902 Woman with Limited Ability to Make Feeding Decisions and/or Prepare Food – Priority IV
- 903 Foster Care – Priority IV
- 904 Environmental Tobacco Smoke Exposure – Priority I

**Breastfeeding Women** - A woman is considered a breastfeeding woman if she nurses the infant at least once a day.

Anthropometric - Priority I

- 101 Underweight
- 111 Overweight
- 133 High Maternal Weight Gain in Most Recent Pregnancy

Biochemical- Priority I

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Priority I

Pregnancy-Induced Conditions

- 303 History of Gestational Diabetes
- 304 History of Preeclampsia

Delivery of Low-Birth weight/Premature Infant

- 311 History of Preterm Delivery
- 312 History of Low Birth Weight

Prior Stillbirth, Fetal or Neonatal Death

- 321 History of Spontaneous Abortion (termination of less than 20 weeks gestation or less than 500 grams), Fetal (20 weeks or greater gestation) or Neonatal Loss (28 days or less of life)

General Obstetrical Risks

- 331 Pregnancy at a Young Age
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- 332 Short Interpregnancy Interval
- 333 High Parity and Young Age
- 335 Multifetal Gestation
- 337 History of Birth of a Large for Gestational Age Infant
- 339 History of Birth with Nutrition Related Congenital or Birth Defect

*Nutrition-Related Risk Conditions (E.g. Chronic Disease, Genetic Disorder, Infection)*

- 341 Nutrient Deficiency Diseases
- 342 Gastro-Intestinal Disorders
- 343 Diabetes Mellitus
- 344 Thyroid Disorders
- 345 Hypertension and Prehypertension
- 346 Renal Disease
- 347 Cancer
- 348 Central Nervous System Disorders
- 349 Genetic and Congenital Disorders
- 351 Inborn Errors of Metabolism
- 352 Infectious Diseases (within the past 6 months)
- 353 Food Allergies
- 354 Celiac Disease
- 355 Lactose Intolerance
- 356 Hypoglycemia
- 357 Drug Nutrient Interactions
- 358 Eating Disorders
- 359 Recent Major Surgery, Trauma, Burns
- 360 Other Medical Conditions
- 361 Depression
- 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat
- 363 Pre-Diabetes

*Substance Use (Drugs, Alcohol, Tobacco)*

- 371 Maternal Smoking
  - 372 Alcohol Use
  - 373 Any Current Illegal Drug Use
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Other Health Risks

381 Oral Health Conditions

Dietary - Priority IV

401 Failure to Meet *Dietary Guidelines for Americans*

480 Inappropriate Nutrition Practices for Women

Other Risks - Refer to each risk condition for priority level

Regression/Transfer

501 Possibility of Regression - Priority IV

502 Transfer of Certification - No priority

Breastfeeding Mother/Infant Dyad

601 Breastfeeding Mother of Infant at Nutritional Risk - Priority I, II or IV– highest priority for which either the mother or infant is qualified for.

602 Breastfeeding Complications or Potential Complications - Priority I

Homelessness/Migrancy

801 Homelessness - Priority IV

802 Migrancy - Priority IV

Other Nutrition Risks

901 Recipient of Abuse (within past six months) - Priority IV

902 Woman with Limited Ability to Make Feeding Decisions and/or Prepare Food - Priority IV

903 Foster Care - Priority IV

904 Environmental Tobacco Smoke Exposure – Priority I

**Postpartum Women**

Anthropometric - Refer to each risk condition for priority level

101 Underweight - Priority III

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- 111 Overweight - Priority VI
- 133 High Maternal Weight Gain in Most Recent Pregnancy - Priority VI

Biochemical - Priority III

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Refer to each risk condition for priority level

Pregnancy-Induced Conditions

- 303 History of Gestational Diabetes – Priority V
- 304 History of Preeclampsia – Priority V

Delivery of Low-Birth weight/Premature Infant

- 311 History of Preterm Delivery – Priority III
- 312 History of Low Birth Weight – Priority III

Prior Stillbirth, Fetal or Neonatal Death

- 321 History of Spontaneous Abortion (termination of less than 20 weeks gestation or less than 500 grams), Fetal (20 weeks or greater gestation) or Neonatal Loss (28 days or less of life) – Priority III

General Obstetrical Risks

- 331 Pregnancy at a Young Age- Priority III
- 332 Short Interpregnancy Interval – Priority III
- 333 High Parity and Young Age – Priority III
- 335 Multifetal Gestation – Priority III
- 337 History of Birth of a Large for Gestational Age Infant – Priority V
- 339 History of Birth with Nutrition Related Congenital Birth Defect – Priority V

Nutrition-Related Risk Conditions (E.g. Chronic Disease, Genetic Disorder, Infection)

- 341 Nutrient Deficiency Diseases – Priority III
  - 342 Gastro-Intestinal Disorders – Priority III
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- 343 Diabetes Mellitus – Priority III
- 344 Thyroid Disorders – Priority III
- 345 Hypertension and Prehypertension – Priority III
- 346 Renal Disease – Priority III
- 347 Cancer – Priority III
- 348 Central Nervous System Disorders- Priority III
- 349 Genetic and Congenital Disorders – Priority III
- 351 Inborn Errors of Metabolism – Priority III
- 352 Infectious Diseases (within the past 6 months) – Priority III
- 353 Food Allergies- Priority III
- 354 Celiac Disease – Priority III
- 355 Lactose Intolerance – Priority III
- 356 Hypoglycemia – Priority III
- 357 Drug Nutrient Interactions – Priority III
- 358 Eating Disorders – Priority III
- 359 Recent Major Surgery, Trauma, Burns – Priority III
- 360 Other Medical Conditions – Priority III
- 361 Depression – Priority III
- 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat – Priority III
- 363 Pre-Diabetes – Priority IV

Substance Use (Drugs, Alcohol)

- 371 Maternal Smoking – Priority VII
- 372 Alcohol Use – Priority III
- 373 Any Current Illegal Drug Use – Priority III

Other Health Risks

- 381 Oral Health Conditions – Priority III

Dietary - Priority VI

- 401 Failure to Meet *Dietary Guidelines for Americans*
- 480 Inappropriate Nutrition Practices for Women

Other Risks - Refer to each risk condition for priority level

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Regression/Transfer

- 501 Possibility of Regression - Priority VII
- 502 Transfer of Certification- No priority

Homelessness/Migrancy

- 801 Homelessness - Priority VI
- 802 Migrancy - Priority VI

Other Nutrition Risks

- 901 Recipient of Abuse (within past six months). - Priority VI
- 902 Woman with Limited Ability to Make Feeding Decisions and/or Prepare Food - Priority VI
- 903 Foster Care - Priority VI
- 904 Environmental Tobacco Smoke Exposure – Priority V

**Infants**

Anthropometric - Priority I

- 103 Infant Underweight
- 104 Infant At Risk of Underweight
- 112 Infant At Risk of Overweight
  
- 115 High Weight-for-Length
- 121 Short Stature
- 122 Infant At Risk of Short Stature
- 134 Failure to Thrive (FTT)
- 135 Inadequate Growth
- 141 Low Birth Weight
- 142 Prematurity
- 143 Very Low Birth Weight
- 151 Small for Gestational Age
- 152 Low Head Circumference
- 153 Large for Gestational Age

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Biochemical - Priority I

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Priority I

Nutrition-Related Risk Conditions (E.g., Chronic Disease, Genetic Disorder, Infection)

- 341 Nutrient Deficiency Diseases
- 342 Gastro-Intestinal Disorders
- 343 Diabetes Mellitus
- 344 Thyroid Disorders
- 345 Hypertension and Prehypertension
- 346 Renal Disease
- 347 Cancer
- 348 Central Nervous System Disorders
- 349 Genetic and Congenital Disorders
- 351 Inborn Errors of Metabolism
- 352 Infectious Diseases (within the past 6 months)
- 353 Food Allergies
- 354 Celiac Disease
- 355 Lactose Intolerance
- 356 Hypoglycemia
- 357 Drug Nutrient Interactions
- 359 Recent Major Surgery, Trauma, Burns
- 360 Other Medical Conditions
- 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat

Other Health Risks

- 381 Oral Health Conditions
- 382 Fetal Alcohol Syndrome (FAS)

Dietary - Priority IV

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428 Dietary risk Associated with Complementary Feeding Practices (4 to 12 months)

460 Inappropriate Nutrition Practices for Infants

Other Risks - Refer to each risk condition for priority level

Regression/Transfer

502 Transfer of Certification - No priority

Breastfeeding Mother/Infant Dyad

603 Breastfeeding Complications or Potential Complications - Priority I

Infant of a WIC-Eligible Mother or Mother at Risk During Pregnancy

701 Infant Up to 6 Months Old of WIC Mother - Priority II

702 Breastfeeding Infant of Woman at Nutrition Risk - Priority I, II, or IV – highest priority for which either the mother or infant is qualified for.

703 Infant Born of Woman with Mental Retardation or Alcohol or Drug Abuse (most recent pregnancy) - Priority I

704 Infant Up to 6 Months of a Woman Who Would Have Been Eligible During Pregnancy – Priority II

Homelessness/Migrancy

801 Homelessness - Priority IV

802 Migrancy - Priority IV

Other Nutrition Risks

901 Recipient of Abuse (within past six months) – Priority IV

902 Infant of Woman or Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food - Priority IV

903 Foster Care - Priority IV

904 Environmental Tobacco Smoke Exposure – Priority I

**Children**

Anthropometric - Priority III

103 Child Underweight

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- 104 Child At Risk of Underweight
- 112 Child At Risk of Overweight
- 113 Child Obese (2-5 Years of Age)
- 114 Child Overweight (2 – 5 Years of Age)
- 115 High Weight-for-Length (12 – 23 Months of Age)
- 121 Short Stature
- 122 Child At Risk of Short Stature
- 134 Failure to Thrive (FTT)
- 135 Inadequate Growth
- 141 Low Birth Weight
- 142 Prematurity
- 143 Very Low Birthweight
- 151 Small for Gestational Age
- 152 Low Head Circumference (12 – 23 Months of Age)

Biochemical - Priority III

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Priority III

*Nutrition-Related Risk Conditions (E.g., Chronic Disease, Genetic Disorder, Infection)*

- 341 Nutrient Deficiency Diseases
  - 342 Gastro-Intestinal Disorders
  - 343 Diabetes Mellitus
  - 344 Thyroid Disorders
  - 345 Hypertension and Prehypertension
  - 346 Renal Disease
  - 347 Cancer
  - 348 Central Nervous System Disorders
  - 349 Genetic and Congenital Disorders
  - 351 Inborn Errors of Metabolism
  - 352 Infectious Diseases (within the past 6 months)
  - 353 Food Allergies
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- 354 Celiac Disease
- 355 Lactose Intolerance
- 356 Hypoglycemia
- 357 Drug Nutrient Interactions
- 359 Recent Major Surgery, Trauma, Burns
- 360 Other Medical Conditions
- 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat

Other Health Risks

- 381 Oral Health Conditions
- 382 Fetal Alcohol Syndrome (FAS)

Dietary - Priority V

- 401 Failure to Meet Dietary Guidelines (2 – 5 Years of Age)
- 428 Dietary Risk Associated with Complementary Feeding Practices (12 – 23 Months of Age)
- 470 Inappropriate Nutrition Practices for Children

Other Risks - Refer to each risk condition for priority level

Regression/Transfer

- 501 Possibility of Regression - Priority VII
- 502 Transfer of Certification - No priority

Homelessness/Migrancy

- 801 Homelessness - Priority V
- 802 Migrancy - Priority V

Other Nutrition Risks

- 901 Recipient of Child Abuse (within past six months) – Priority V.
  - 902 Child of Woman or Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food - Priority V
  - 903 Foster Care – Priority V
  - 904 Environmental Tobacco Smoke Exposure – Priority III
-