

## Thyroid Disorders

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**Definition/  
cut-off value**

Hypothyroidism (insufficient levels of thyroid hormone produced or defect in receptor) or hyperthyroidism (high levels of thyroid hormone secreted).

Presence of thyroid disorders diagnosed by a physician as self reported by applicant/participant/caregiver; or as reported or documented by a physician, or someone working under physician's orders.

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**Participant  
category and  
priority level**

Category	Priority
Pregnant Women	I
Breastfeeding Women	I
Non-Breastfeeding Women	III
Infants	I
Children	III

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**Justification**

Individuals with hyperthyroidism can benefit from WIC foods and nutrition education due to the increased caloric needs of hypermetabolism. Nutrition education and low-fat WIC food packages can assist individuals with hypothyroidism in weight management and promotion of normal growth and development.

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**Clarifications/  
Guidelines**

Before assigning this risk code, document the presence of the specific thyroid disorder on the health history form.

Self-reporting of a diagnosis by a medical professional should not be confused with self-diagnosis, where a person simply claims to have or to have had a medical condition without any reference to professional diagnosis. A self-reported medical diagnosis ("My doctor says that I have/my son or daughter has...") should prompt the CA to validate the presence of the condition by asking more pointed questions related to that diagnosis.

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**References**

1. Institute of Medicine: WIC Nutrition Risk Criteria: A Scientific Assessment; 1996; pp. 170-172.
  2. Berkow, et al.: Merck Manual Section 8.87; 1992; 16th Edition.
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