

SECTION: Nutrition Services**SUBJECT: High Risk Participants**

Federal Regulations: §246.7(e) 1-4; New and Revised WIC Nutrition Risk Criteria, 2018 Revision

Nutrition Services Standard: 7**POLICY**

High-risk participants are participants satisfying one or more of the following criteria:

High Risk Pregnant Women:

- Teenager ≤ 15 years or 16 to 19 years if within 3 years of menarche
- Interval since last pregnancy ≤ 12 months
- Diagnosed disease requiring special therapeutic diet
- Inadequate preconceptional weight/height ($\leq 80\%$ standard)
- Low material weight gain during pregnancy (≥ 6 lbs. below preferred weight gain range on prenatal weight grid)
- Poor obstetrical history characterized by prior low birth weight infant or neonatal death or multiple spontaneous abortions, including fetal deaths
- Smoking (≥ 2 packs per day), any alcohol consumption (ongoing in pregnancy), any illegal substance use or abuse of prescription medications
- Multiple pregnancy

High Risk Postpartum/Breastfeeding Women:

- Alcohol consumption (High risk drinking: ≥ 8 drinks per week or ≥ 4 drinks per day; Binge drinking: Routine consumption of ≥ 4 drinks within 2 hours)
- Substance Use (Illegal or abuse of prescription medications)
- A teenager ≤ 15 years or 16 to 19 years if within 3 years of menarche
- Diagnosed chronic disease requiring special therapeutic diet
- Poor obstetrical history characterized by low birth weight infant or neonatal death or multiple spontaneous abortions, including fetal deaths

High Risk Infants/Children:

- Infants up to 1 year of age who were < 5.5 pounds at birth
- Failure to thrive (Infants)
- Neonatal Abstinence Syndrome (NAS) (Infants)
- Diagnosed chronic disease requiring special therapeutic diet
- Serious nutritional anemia (Hgb ≤ 10 grams/dl or HCT $\leq 31\%$)
- Weight for length $\leq 5\%$ ile (Infants)
- Obese (children 2-5 years) BMI $\geq 95\%$

The presence of "Other Medical Conditions" for any category.

Participants with any other documented condition which, in the professional judgment of the CPA or referring physician, warrants the development of a nutrition care plan.