

Sample Protocol for Prenatal Women  
High Maternal Weight Gain (A47)

Definition	Maternal weight gain > 8 pounds in a month Exception: multiple fetuses
Objective	Weight gain and weight gain rate within recommended values, as determined by WIC guidelines and health care provider (HCP).
Instructions for Staff	<ol style="list-style-type: none"> <li>1. Review Nutrition Questionnaire/ISIS Summary Screen to determine WIC eligibility.</li> <li>2. Determine potential topic(s) for nutrition education/referral</li> <li>3. Have a conversation with the parent/guardian of the participant to identify what they are interested in discussing or learning about within the parameters of the participant's category, developmental stage, and health /nutrition risks.</li> <li>4. Provide Healthy Living Messaging and /or information about the risk condition, as appropriate. For example, increase consumption of fruits and vegetables and/or increase physical activity.</li> <li>5. Work with participant to identify constructive "next steps"</li> <li>6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition.</li> <li>7. Document the nutrition education contact in ISIS.</li> <li>8. Make referral(s) and schedule follow-up as needed</li> </ol>
Possible Assessment Information	<ul style="list-style-type: none"> <li>• Pregravid weight or weight at first WIC visit</li> <li>• What does HCP say about weight gain?</li> <li>• Related medical conditions and/or medications</li> <li>• Swelling (edema), especially after 20 weeks (risk of pregnancy hypertension)</li> <li>• History of weight gain with previous pregnancy</li> <li>• History of gestational diabetes?</li> <li>• Physical activity and/or physical activity restrictions</li> <li>• Frequency of eating fast foods and eating out</li> <li>• Beverage preferences and frequency</li> <li>• Meal patterns, including breakfast and snacking</li> <li>• Cravings and "junk food" consumption</li> </ul>
Possible Topics for Discussion (Focus on Healthy Living Messaging)	<ul style="list-style-type: none"> <li>• Review recommended weight gain range</li> <li>• Use food guide pyramid guidelines</li> <li>• Limit fast food/"junk food"</li> <li>• Reduced-fat milk products</li> <li>• Appropriate beverages/reduce sweet drinks</li> <li>• Appropriate portion sizes</li> <li>• Regularly scheduled meals and snacks, including breakfast</li> <li>• Self-monitoring of weight gain (i.e. weekly self weight checks)</li> <li>• Physical activity, with approval from HCP</li> </ul>
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> <li>• Does the participant have medical issues beyond the scope of the counseling session?</li> <li>• Would the participant like to see the RD?</li> </ul>
Possible Referrals to outside WIC	<ul style="list-style-type: none"> <li>• Health Care Provider for medical issues</li> <li>• Community resources for physical activity appropriate for prenatal women</li> </ul>
Suggested Education Materials	
<ul style="list-style-type: none"> <li>• Give Your Baby a Healthy Start</li> <li>• Let's Get Moving</li> </ul>	<ul style="list-style-type: none"> <li>• Relief from Common Problems</li> </ul>