

Sample Protocol for Prenatal/Breastfeeding/Non-breastfeeding Women
History of Gestational Diabetes Mellitus (C11)

Definition	Any previous history of gestational diabetes (GDM) prenatal or the most recent pregnancy for postpartum women as self reported by applicant/participant	
Objective	Achieve and maintain a healthy postpartum weight Note signs & symptoms of GDM (prenatal) and/or Diabetes (postpartum)	
Instructions for Staff	<ol style="list-style-type: none"> 1. Review Nutrition Questionnaire/ISIS Summary Screen to determine WIC eligibility. 2. Determine potential topic(s) for nutrition education/referral 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. 4. Provide Healthy Lifestyle Messaging and /or information about the risk condition, as appropriate. 5. Work with participant to identify constructive "next steps" 6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition. 7. Document the nutrition education contact in ISIS. 8. Make referral(s) and schedule follow-up as needed 	
Possible Assessment Information	<ul style="list-style-type: none"> • Pregravid weight or weight at first WIC visit • History of GDM? (e.g., large infant? fetal loss?) • Family history of GDM or DM? • Pattern of meals and snacks • Excessive calories from high fat/high sugar sources • Excessive carbohydrate at each meal • Fiber intake • Excessive juice, punch, sodas • Maternal age > 25 years of age • Blood glucose records that are available • What does health care provider (HCP) say? 	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Signs/symptoms of GDM/DM • Importance of weight management • Dietary food guide, balanced eating patterns and healthy snacks • Avoiding high fat such as fast foods, processed foods, fried food • Avoiding high sugar foods and drinks • Modify food package: choose V-8 juice instead of fruit juice, high fiber cereals, beans instead of peanut butter, non-fat or low-fat milk • Participant to discuss exercise plan with her HCP. 	
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> • Does the participant need follow-up on results of Glucose Tolerance Test, Random Blood Glucose and/or any home blood glucose records? • Does the participant have medical issues beyond the scope of the counseling session? • Would the participant like to see the RD? 	
Possible Referrals to outside WIC	<ul style="list-style-type: none"> • HCP 	
Suggested Education Materials		
<ul style="list-style-type: none"> • WIC Shopping Guide • Sweet Success Food Guide Pyramid • Common Problems • Snacks 		<ul style="list-style-type: none"> • Be a Healthy Mom • Nutrition During Pregnancy • What Moms Say About Breastfeeding