

Sample Protocol for Prenatal Women
Inadequate Weight Gain/Weight Loss (A40)

Definition	A. Low rate of weight gain in the 2 nd or 3 rd trimester (underweight women <4 lbs/mo, normal/overweight women <2lbs/mo and very overweight women <1lb/mo). B. Significant weight loss during pregnancy (≥4# in 1 st trimester, ≥2# in 2 nd or 3 rd trimesters)
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"> 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 weight gain with previous pregnancy • Hemoglobin/Hematocrit if available • Eating habits, including frequency of meals/snack • Adequacy of food groups, calories, and nutrients • Dietary restrictions (e.g., cultural or religious or fad diets) • Affects on appetite (nausea/vomiting/heartburn/constipation/diarrhea) • Hx or current cigarette smoking • Hx or current substance abuse • Hx or current eating disorder • Stress level/sleep adequacy • Physical activity (excessive?) • What does HCP say about weight gain/loss? • Related medical conditions and/or medications
Possible Topics for Discussion (Focus on Lifestyle Messaging)	<ul style="list-style-type: none"> • Review recommended weight gain range • Relationship of adequate weight gain to fetal growth and development • Review remedies for common problems during pregnancy • Physical activity as directed by health care provider
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> • Does the participant have medical or social issues beyond the scope of the counseling session? • Is there unexplained wt loss or inadequate weight gain? • Would the participant like to see the RD?
Possible Referrals to outside WIC	<ul style="list-style-type: none"> • HCP • Community resources appropriate for prenatal women (food assistance)
Suggested Education Materials	
<ul style="list-style-type: none"> • Give Your Baby a Healthy Start • Snacks 	<ul style="list-style-type: none"> • Relief from Common Problems