

Sample Protocol for Prenatal and Breastfeeding Women
Underweight (A10) and (A12)

Definition	A. Pregravid Body Mass Index (BMI) <19.8 (Prenatal A10). B. Current Body Mass Index (BMI) <18.5 (Breastfeeding A12).	
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. For example, consume more whole grains. 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 • Accuracy of weight measurements • Weight history (recent weight loss, previous pregnancy weight gain) • What does HCP say about weight? • Related medical conditions and/or medications • Hx or current cigarette smoking • Hx or current substance abuse • Hx or current eating disorder • Stress level/sleep adequacy • Physical activity (excessive?) • Dietary restrictions (e.g., cultural or religious or fad diets) • Affects on appetite (e.g. nausea/vomiting/heartburn/constipation/diarrhea) 	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Review healthy or recommended weight range • Relationship of adequate weight gain to fetal growth and development • Self-monitoring of weight gain/loss (i.e. weekly self weight checks) • High calorie, high nutrient dense foods • Review remedies for common problems during pregnancy • Regularly scheduled meals and snacks, including breakfast • Physical activity as directed by HCP 	
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 a medical history of pre-term labor or low birth weight infant? • Is there unexplained wt loss? • Would the participant like to see the RD? 	
Possible Referrals to outside WIC	<ul style="list-style-type: none"> • Health Care Provider for medical issues • Community resources appropriate for prenatal women (food assistance) • Smoking cessation program, if needed 	
Suggested Education Materials		
<ul style="list-style-type: none"> • Give Your Baby a Healthy Start • Snacks 	<ul style="list-style-type: none"> • Food Guide for Women • Relief from Common Problems 	