

**Sample Protocol for Women
Hypertension & Prehypertension (C51)**

Definition	Presence of hypertension or prehypertension diagnosed by a physician as self reported by applicant/participant/caregiver/ or as reported or documented by a physician; or someone working under physician's orders. Hypertension, commonly referred to as high blood pressure, is defined as persistently high arterial blood pressure with systolic blood pressure above 140 mmHg or above 90 mmHg. People with high blood pressure can be asymptomatic for years. Untreated hypertension leads to many degenerative diseases, including congestive heart failure, end-stage renal disease, and peripheral vascular disease.	
Objective	To bring blood pressure into the normal range systolic <120 and diastolic < 80 mmHg. To improve nutritional status and health and to support optimal growth and development.	
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. Identify which topics participant is 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, increase consumption of fruits and vegetables. 5. Work with the participant to identify constructive "next steps". 6. If the Summary Screen shows and "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	<ol style="list-style-type: none"> 1. Height, weight 2. Overweight or obesity present? 3. Physical inactivity? 4. Smoking? 5. Unhealthy nutrient intake such as high sodium intake and/or low potassium intake? 6. Inadequate diet with low protein or magnesium intake? 7. Does participant take multivitamin if planning pregnancy or vitamin for pregnant women if pregnant? 8. Chronic stress? 	
Possible topics for discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Importance of eating a balanced diet • Offer ideas on how to increase foods high in potassium • Offer ideas on how to decrease foods high in sodium • Importance of physical activity 	
Refer to the Nutritionist	<ul style="list-style-type: none"> • If the participant presents a prescription for therapeutic formula 	
Possible triggers to a Nutritionist	<ul style="list-style-type: none"> • 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"> • Health Care Provider • Public Health Nurse 	
Suggested education materials		
<ul style="list-style-type: none"> • Healthy Habits Active Living • Selecting, Storing and Using Fruits and Vegetables 		<ul style="list-style-type: none"> • Try Something New with Fruits and Vegetables