

**Sample Protocol for Women  
Pre-Diabetes (C49)**

<p>Definition</p>	<p>Impaired fasting glucose (IFG) and/or impaired glucose tolerance (IGT) are referred to as pre-diabetes. These conditions are characterized by hyperglycemia that does not meet the diagnostic criteria for diabetes mellitus. An individual who is identified as having pre-diabetes is at relatively high risk for the development of type 2 diabetes and cardiovascular disease (CVD).</p> <p>Individuals with a fasting plasma glucose level between 100-125 mg/dl are referred to as having IFG. Individuals with plasma glucose levels of 140-199 mg/dl after a 2-hour oral glucose tolerance test are referred to as having IGT.</p> <p>Screening for pre-diabetes is critically important in the prevention of type 2 diabetes. The American Diabetes Association recommends that testing to detect pre-diabetes should be considered in all asymptomatic adults who are overweight (BMI <math>\geq</math> 25) or obese (BMI <math>\geq</math> 30) and who have one or more additional risk factors.</p>
<p>Objective</p>	<p>Achieve and maintain a healthy prenatal or postpartum weight. Note health history predisposing participant to pre-diabetes.</p>
<p>Instruction for staff</p>	<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. Identify which topics participant is interested in discussing or learning about within the parameters of their category, developmental stage, and health/nutrition risks.</li> <li>4. Provide Healthy Lifestyle Messaging and/or information about the risk condition, as appropriate. For example, increase consumption of fruits and vegetables and increase time spent on physical activity.</li> <li>5. Work with participant to identify constructive "next steps".</li> <li>6. If the Summary Screen shows and "N", ask participant about seeing a Nutritionist to answer questions about the identified medical condition.</li> <li>7. Document the nutrition content in ISIS.</li> <li>8. Make referral(s) and schedule follow-up as needed.</li> </ol>
<p>Possible assessment information</p>	<ol style="list-style-type: none"> <li>1. Pregravid height and weight at first WIC visit</li> <li>2. Overweight (BMI <math>\geq</math>25)?</li> <li>3. History of GDM? (e.g., large infant)</li> <li>4. Maternal age &gt;45 years?</li> <li>5. Hx of CVD?</li> <li>6. Hx of low HDL (&lt;35) and /or a triglyceride level &gt;250 mg/dl?</li> <li>7. Polycystic ovarian syndrome (PCOS) present?</li> <li>8. Acanthosis Nigricans present? (a skin disorder characterized by dark, thick, velvety skin in body folds and creases)</li> <li>9. Hx of hypertension or on therapy for hypertension?</li> <li>10. First degree relative with diabetes?</li> </ol>
<p>Possible topics for discussion (Focus on HH/ HEAL)</p>	<ol style="list-style-type: none"> <li>1. Counsel participant to gain recommended amount of weight for their pre-pregnancy BMI (prenatal)</li> <li>2. Importance of weight management (prenatal and postpartum women)</li> <li>3. Educate participant to consume a nutritionally adequate diet consistent with the Dietary Guidelines for Americans</li> <li>4. Counsel participant to balance daily eating, healthy snacks and physical activity</li> <li>5. Educate participant to engage in regular physical activity</li> <li>6. Counsel participant to avoid high sugar foods and beverages</li> <li>7. Educate participant to avoid foods in excess such as fast foods and processed foods</li> <li>8. Educate participant to consume high fiber foods</li> </ol>
<p>Refer to the Nutritionist</p>	<ul style="list-style-type: none"> <li>• If the participant presents a prescription for therapeutic formula</li> </ul>
<p>Possible Triggers for Referral to a Nutritionist</p>	<ul style="list-style-type: none"> <li>• Does the participant need follow-up on the results of IFG or IGT?</li> <li>• Does the participant want to see the RD?</li> <li>• Does the participant have medical or social issues beyond the scope of the counseling session?</li> </ul>

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Possible Referrals to outside WIC	<ul style="list-style-type: none"><li>• Health Care Provider</li></ul>
Suggested education materials	
<ul style="list-style-type: none"><li>• Healthy Habits Active Living handouts</li><li>• WIC Shopping Guide</li><li>• What Moms Say About Breastfeeding</li></ul>	<ul style="list-style-type: none"><li>• Try Something New with Fruits and Vegetables</li><li>• Nutrition During Pregnancy</li><li>• Be a Healthy Mom</li></ul>