

Texas WIC Health and Human Services Commission

Effective October 1, 2022

Policy No. CS:18.0

Criteria For Identifying Nutrition Risk Conditions

Purpose

To provide benefits to meet the special health and nutrition needs of low-income pregnant, breastfeeding and postpartum women, infants, and children. WIC provides supplemental foods and nutrition education to participants at nutrition risk during the critical growth and development periods of pregnancy, infancy, and early childhood.

Authority

7 CFR Part 246.7

Policy

To be eligible for program benefits, all WIC Program applicants must have a nutrition risk condition identified through the documentation of a complete nutrition assessment.

Procedures

- I. When determining eligibility, compare all data from the applicant's health history, dietary, biomedical, and anthropometric assessment to the risk conditions listed in the Texas Clinic Assessment Manual. The Texas Clinic Assessment Manual provides the definition, justification, clarifications, guidelines and references about each of the allowable risk conditions. The criteria listed in this policy reflect allowable risk conditions.
- II. Every nutrition risk condition must be identified on the Participant Page of the MIS. Every risk code on the Participant Page must have supporting documentation, e.g., growth charts, diet/health history information, and/or notes.

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Guidelines

List of Allowable Nutrition Risk Conditions

The allowable nutrition risk conditions are subsequently listed by category. These risk conditions are in accordance with the national risk conditions identified and required by the United States Department of Agriculture (USDA). See the Texas Clinic Assessment Manual for complete definitions, priority levels, justifications, and clarifications of each risk criteria.

Pregnant Women

Anthropometric - Priority I

- 101 Underweight
- 111 Overweight
- 131 Low Maternal Weight Gain
- 133 High Maternal Weight Gain

Biochemical - Priority I

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Priority I

Pregnancy-Induced Conditions

- 301 Hyperemesis Gravidarum
- 302 Gestational Diabetes
- 303 History of Gestational Diabetes
- 304 History of Preeclampsia

Delivery of Low-Birth weight/Premature Infant

- 311A History of Preterm Delivery

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- 311B History of Early Term Delivery
- 312 History of Low Birth Weight

Prior Stillbirth Fetal or Neonatal Death

- 321 History of Spontaneous Abortion (two or more terminations of less than 20 weeks gestation or less than 500 grams), Fetal (20 weeks or greater gestation) or Neonatal Loss (28 days or less of life)

General Obstetrical Risks

- 331 Pregnancy at a Young Age
- 332 Short Interpregnancy Interval
- 334 Lack of or Inadequate Prenatal Care
- 335 Multifetal Gestation
- 336 Fetal Growth Restriction (FGR)
- 337 History of Birth of a Large for Gestational Age Infant
- 338 Pregnant Woman Currently Breastfeeding
- 339 History of Birth with Nutrition Related Congenital or Birth Defect

Nutrition-Related Risk Conditions (Chronic disease, Genetic Disorder, Infection)

- 341 Nutrient Deficiency or Disease
- 342 Gastro-Intestinal Disorders
- 343 Diabetes Mellitus
- 344 Thyroid Disorders
- 345A Hypertension
- 345B Prehypertension
- 346 Renal Disease
- 347 Cancer
- 348 Central Nervous System Disorders
- 349 Genetic and Congenital Disorders
- 351 Inborn Errors of Metabolism

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- 352A Infectious Diseases - Acute (within the past 6 months)
 - 352B Infectious Diseases - Chronic
 - 353 Food Allergies
 - 354 Celiac Disease
 - 355 Lactose Intolerance
 - 356 Hypoglycemia
 - 357 Drug Nutrient Interactions
 - 358 Eating Disorders
 - 359 Recent Major Surgery, Trauma, Burns
 - 360 Other Medical Conditions
 - 361 Depression
 - 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat

Substance Use (Drugs, Alcohol, Tobacco)

- 371 Nicotine and Tobacco Use
- 372A Any Alcohol Use in Current Pregnancy
- 372B Any Substance Use in Current Pregnancy

Other Health Risks

- 381 Oral Health Conditions
- 382 Fetal Alcohol Spectrum Disorders

Dietary - Priority IV

- 401 Failure to Meet *Dietary Guidelines for Americans*
- 427 Inappropriate Nutrition Practices for Women

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Other Risks - Refer to each risk condition for priority level

Regression/Transfer

502 Transfer of Certification - Priority I

Breastfeeding Mother/Infant Dyad

601A Breastfeeding Mother of Infant at Nutritional Risk - Priority I
depending on infant's priority

601B Breastfeeding Mother of Infant at Nutritional Risk - Priority II
depending on infant's priority

601C Breastfeeding Mother of Infant at Nutritional Risk - Priority IV
depending on infant's priority

602 Breastfeeding Complications or Potential Complications - Priority
I

Homelessness/Migrancy

801 Homelessness – Priority IV

802 Migrancy – Priority IV

Other Nutrition Risks

901 Recipient of Abuse (within past six months) – Priority IV

902 Woman with Limited Ability to Make Feeding Decisions and/or
Prepare Food – Priority IV

903 Foster Care – Priority IV

904 Environmental Tobacco Smoke Exposure – Priority I

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Breastfeeding Women

A woman is considered a breastfeeding woman if she nurses the infant at least once a day.

Anthropometric - Priority I

- 101 Underweight
- 111 Overweight
- 133 High Maternal Weight Gain in Most Recent Pregnancy

Biochemical- Priority I

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Priority I

Pregnancy-Induced Conditions

- 303 History of Gestational Diabetes
- 304 History of Preeclampsia

Delivery of Low-Birth weight/Premature Infant

- 311A History of Preterm Delivery
- 311B History of Early Term Delivery

Prior Stillbirth, Fetal or Neonatal Death

- 321 History of Spontaneous Abortion (termination of less than 20 weeks gestation or less than 500 grams), Fetal (20 weeks or greater gestation) or Neonatal Loss (28 days or less of life)

General Obstetrical Risks

- 331 Pregnancy at a Young Age
- 332 Short Interpregnancy Interval

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- 335 Multifetal Gestation
- 337 History of Birth of a Large for Gestational Age Infant
- 339 History of Birth with Nutrition Related Congenital or Birth Defect

Nutrition-Related Risk Conditions (E.g. Chronic Disease, Genetic Disorder, Infection)

- 341 Nutrient Deficiency or Disease
- 342 Gastro-Intestinal Disorders
- 343 Diabetes Mellitus
- 344 Thyroid Disorders
- 345A Hypertension
- 345B Prehypertension
- 346 Renal Disease
- 347 Cancer
- 348 Central Nervous System Disorders
- 349 Genetic and Congenital Disorders
- 351 Inborn Errors of Metabolism
- 352A Infectious Diseases - Acute (within the past 6 months)
- 352B Infectious Diseases - Chronic
- 353 Food Allergies
- 354 Celiac Disease
- 355 Lactose Intolerance
- 356 Hypoglycemia
- 357 Drug Nutrient Interactions
- 358 Eating Disorders
- 359 Recent Major Surgery, Trauma, Burns
- 360 Other Medical Conditions
- 361 Depression

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362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat

363 Pre-Diabetes

Substance Use (Drugs, Alcohol, Tobacco)

371 Nicotine and Tobacco Use

372A Any Alcohol Use

372B Any Substance Use

Other Health Risks

381 Oral Health Conditions

382 Fetal Alcohol Spectrum Disorders

Dietary - Priority IV

401 Failure to Meet *Dietary Guidelines for Americans*

427 Inappropriate Nutrition Practices for Women

Other Risks - Refer to each risk condition for priority level

Regression/Transfer

501 Possibility of Regression - Priority IV

502 Transfer of Certification - Priority I

Breastfeeding Mother/Infant Dyad

601A Breastfeeding Mother of Infant at Nutritional Risk - Priority I depending on infant's priority

601B Breastfeeding Mother of Infant at Nutritional Risk - Priority II depending on infant's priority

601C Breastfeeding Mother of Infant at Nutritional Risk - Priority IV depending on infant's priority

602 Breastfeeding Complications or Potential Complications - Priority I

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Homelessness/Migrancy

- 801 Homelessness - Priority IV
- 802 Migrancy - Priority IV

Other Nutrition Risks

- 901 Recipient of Abuse (within past six months) - Priority IV
- 902 Woman with Limited Ability to Make Feeding Decisions and/or Prepare Food - Priority IV
- 903 Foster Care - Priority IV
- 904 Environmental Tobacco Smoke Exposure – Priority I

Postpartum Women

Anthropometric - Refer to each risk condition for priority level

- 101 Underweight - Priority III
- 111 Overweight - Priority VI
- 133 High Maternal Weight Gain in Most Recent Pregnancy - Priority VI

Biochemical - Priority III

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Refer to each risk condition for priority level

Pregnancy-Induced Conditions

- 303 History of Gestational Diabetes – Priority V
- 304 History of Preeclampsia – Priority V

Delivery of Low-Birth weight/Premature Infant

- 311A History of Preterm Delivery – Priority III
- 311B History of Early Term Delivery – Priority III
- 312 History of Low Birth Weight – Priority III

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Prior Stillbirth, Fetal or Neonatal Death

- 321 History of Spontaneous Abortion (termination of less than 20 weeks gestation or less than 500 grams), Fetal (20 weeks or greater gestation) or Neonatal Loss (28 days or less of life) – Priority III

General Obstetrical Risks

- 331 Pregnancy at a Young Age- Priority III
332 Short Interpregnancy Interval – Priority III
335 Multifetal Gestation – Priority III
337 History of Birth of a Large for Gestational Age Infant – Priority V
339 History of Birth with Nutrition Related Congenital Birth Defect – Priority V

Nutrition-Related Risk Conditions (E.g. Chronic Disease, Genetic Disorder, Infection)

- 341 Nutrient Deficiency Diseases – Priority III
342 Gastro-Intestinal Disorders – Priority III
343 Diabetes Mellitus – Priority III
344 Thyroid Disorders – Priority III
345A Hypertension– Priority III
345B Prehypertension – Priority VI
346 Renal Disease – Priority III
347 Cancer – Priority III
348 Central Nervous System Disorders- Priority III
349 Genetic and Congenital Disorders – Priority III
351 Inborn Errors of Metabolism – Priority III
352A Infectious Diseases - Acute (within the past 6 months) – Priority VI
352B Infectious Diseases – Chronic – Priority VI

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- 353 Food Allergies - Priority III
 - 354 Celiac Disease – Priority III
 - 355 Lactose Intolerance – Priority III
 - 356 Hypoglycemia – Priority III
 - 357 Drug Nutrient Interactions – Priority III
 - 358 Eating Disorders – Priority III
 - 359 Recent Major Surgery, Trauma, Burns – Priority III
 - 360 Other Medical Conditions – Priority III
 - 361 Depression – Priority III
 - 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat – Priority III
 - 363 Pre-Diabetes – Priority IV

Substance Use (Drugs, Alcohol)

- 371 Nicotine and Tobacco Use – Priority VI
- 372A Any Alcohol Use – Priority VI
- 372B Any Substance Use – Priority VI

Other Health Risks

- 381 Oral Health Conditions – Priority III
- 382 Fetal Alcohol Spectrum Disorders – Priority III

Dietary - Priority VI

- 401 Failure to Meet *Dietary Guidelines for Americans*
- 427 Inappropriate Nutrition Practices for Women

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Other Risks - Refer to each risk condition for priority level

Regression/Transfer

501 Possibility of Regression - Priority VII

502 Transfer of Certification - Priority III

Homelessness/Migrancy

801 Homelessness - Priority VI

802 Migrancy - Priority VI

Other Nutrition Risks

901 Recipient of Abuse (within past six months). - Priority VI

902 Woman with Limited Ability to Make Feeding Decisions and/or Prepare Food - Priority VI

903 Foster Care - Priority VI

904 Environmental Tobacco Smoke Exposure - Priority V

Infants

Anthropometric - Priority I

103A Infant Underweight

103B Infant At Risk of Underweight

115 High Weight-for-Length

121A Short Stature

121B Infant At Risk of Short Stature

134 Failure to Thrive (FTT)

135 Slowed/Faltering Growth Pattern

141A Low Birth Weight

141B Very Low Birth Weight

142A Preterm Delivery

142B Early Term Delivery

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- 151 Small for Gestational Age
- 152 Low Head Circumference
- 153 Large for Gestational Age

Biochemical - Priority I

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Priority I

Nutrition-Related Risk Conditions (E.g., Chronic Disease, Genetic Disorder, Infection)

- 341 Nutrient Deficiency or Disease
- 342 Gastro-Intestinal Disorders
- 343 Diabetes Mellitus
- 344 Thyroid Disorders
- 345A Hypertension
- 345B Prehypertension
- 346 Renal Disease
- 347 Cancer
- 348 Central Nervous System Disorders
- 349 Genetic and Congenital Disorders
- 351 Inborn Errors of Metabolism
- 352A Infectious Diseases - Acute (within the past 6 months)
- 352B Infectious Diseases - Chronic
- 353 Food Allergies
- 354 Celiac Disease
- 355 Lactose Intolerance
- 356 Hypoglycemia
- 357 Drug Nutrient Interactions

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- 359 Recent Major Surgery, Trauma, Burns
- 360 Other Medical Conditions
- 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat

Other Health Risks

- 381 Oral Health Conditions
- 382 Fetal Alcohol Spectrum Disorders
- 383 Neonatal Abstinence Syndrome (NAS)

Dietary - Priority IV

- 411 Inappropriate Nutrition Practices for Infants
- 428 Dietary risk Associated with Complementary Feeding Practices (4 to 12 months)

Other Risks - Refer to each risk condition for priority level

Regression/Transfer

- 502 Transfer of Certification - Priority I

Breastfeeding Mother/Infant Dyad

- 603 Breastfeeding Complications or Potential Complications - Priority I

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Infant of a WIC-Eligible Mother or Mother at Risk During Pregnancy

- 701A Infant Up to 6 Months Old of WIC Mother - Priority II
- 701B Infant Up to 6 Months Old of A Woman Who Would Have Been Eligible During Pregnancy – Priority II
- 702A Breastfeeding Infant of Woman at Nutritional Risk - Priority I depending on woman’s priority
- 702B Breastfeeding Infant of Woman at Nutritional Risk - Priority II depending on woman’s priority
- 702C Breastfeeding Infant of Woman at Nutritional Risk - Priority IV depending on woman’s priority

Homelessness/Migrancy

- 801 Homelessness - Priority IV
- 802 Migrancy - Priority IV

Other Nutrition Risks

- 901 Recipient of Abuse (within past six months) – Priority IV
- 902 Infant of Woman or Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food - Priority IV
- 903 Foster Care - Priority IV
- 904 Environmental Tobacco Smoke Exposure – Priority I

Children

Anthropometric - Priority III

- 103A Child Underweight
- 103B Child At Risk of Underweight
- 113 Child Obese (2-5 Years of Age)
- 114A Child Overweight (2 – 5 Years of Age)
- 114B Child At Risk of Overweight
- 115 High Weight-for-Length (12 – 23 Months of Age)

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- 121A Short Stature
- 121B Child At Risk of Short Stature
- 134 Failure to Thrive (FTT)
- 141A Low Birth Weight
- 141B Very Low Birth Weight
- 142A Preterm Delivery
- 142B Early Term Delivery
- 151 Small for Gestational Age
- 152 Low Head Circumference (12 – 23 Months of Age)

Biochemical - Priority III

- 201 Low Hematocrit/Low Hemoglobin
- 211 Elevated Blood Lead Levels Within the Past 12 Months

Clinical/Health/Medical - Priority III

Nutrition-Related Risk Conditions (E.g., Chronic Disease, Genetic Disorder, Infection)

- 341 Nutrient Deficiency or Disease
- 342 Gastro-Intestinal Disorders
- 343 Diabetes Mellitus
- 344 Thyroid Disorders
- 345A Hypertension
- 345B Prehypertension
- 346 Renal Disease
- 347 Cancer
- 348 Central Nervous System Disorders
- 349 Genetic and Congenital Disorders
- 351 Inborn Errors of Metabolism
- 352A Infectious Diseases – Acute (within the past 6 months)

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- 352B Infectious Diseases - Chronic
- 353 Food Allergies
- 354 Celiac Disease
- 355 Lactose Intolerance
- 356 Hypoglycemia
- 357 Drug Nutrient Interactions
- 359 Recent Major Surgery, Trauma, Burns
- 360 Other Medical Conditions
- 362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat

Other Health Risks

- 381 Oral Health Conditions
- 382 Fetal Alcohol Spectrum Disorders

Dietary - Priority V

- 401 Failure to Meet Dietary Guidelines (2 – 5 Years of Age)
- 425 Inappropriate Nutrition Practices for Children
- 428 Dietary Risk Associated with Complementary Feeding Practices (12 – 23 Months of Age)

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Other Risks - Refer to each risk condition for priority level

Regression/Transfer

501 Possibility of Regression - Priority VII

502 Transfer of Certification -Priority III

Homelessness/Migrancy

801 Homelessness - Priority V

802 Migrancy - Priority V

Other Nutrition Risks

901 Recipient of Child Abuse (within past six months) – Priority V.

902 Child of Woman or Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food - Priority V

903 Foster Care – Priority V

904 Environmental Tobacco Smoke Exposure – Priority III