

Risk Factor Update

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Risk Factor Definition

Risk factor: Something that increases a person's chances of developing a disease.



Agenda

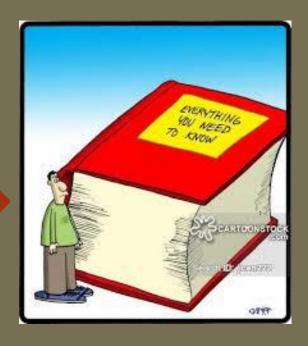
Explore the Risk Factor Resources

Retiring Risk Factors

Risk Factor Updates

Take Away -Jeopardy





Risk Factor Resources USDA Risk Factor Justification Manual

Illinois Risk Factor Identification Summary

Illinois WIC Nutrition Risk Criteria Desktop Reference

CHP Assessment Guides

Nutrition Practice Standards

Springfield Urban League- Community Health Training Center

http://www.springfieldul.org/

USDA Risk Factor Justification Manual

- Full risk definition and cut-off values
- Participant category and priority level
- Justification why it's important
- Implication for WIC Nutrition Services – how and what can WIC do about it
- References

142 Preterm or Early Term Delivery

Definition/Cut-off Value

Preterm and early term delivery are defined as follows (1, 2):

- Preterm: Delivery of an infant born ≤36 6/7 weeks gestation.
- Early Term: Delivery of an infant born ≥37 0/7 and ≤38 6/7 weeks gestation.

Note: See Clarification section for information on plotting growth measurements for preterm infants.

Participant Category and Priority Level

Category			
Infants	l .		
Children < 24 months	III		

Justification

Preterm birth is a significant cause of newborn morbidity and mortality. Preterm and early term deliveries strain society's healthcare resources due to the longer hospital stays for the infant and the long-term effects on the health of the newborn (3, 4).

Implications for WIC Nutrition Services

WIC services can directly support preterm and early term infants and their caregivers, as these babies may have unique feeding difficulties. Preterm delivery is often unexpected and a mother may not have made decisions about how to feed her baby yet. These infants may require additional calories, extra breastfeeding support, and/or the use of a human milk fortifier or special infant formula.

WIC can support preterm and early term infants and their caregivers through:

- Promoting and supporting breastfeeding as the normative standard for infant nutrition and providing early and frequent breastfeeding support.
- Recommending the use of a hospital grade electric breast pump for expressing milk if the baby is in the NICU or the baby is unable to breastfeed directly from the breast.
- Providing anticipatory guidance about potential feeding challenges.
- Encouraging caregivers to provide skin-to-skin contact.
- · Providing education on safe preparation, handling, and storage of breast milk and/or formula.
- Educating pregnant women about the importance of carrying a baby to term, unless medically
 contraindicated.
- Monitoring the child's growth to ensure healthy weight gain.
- Providing nutrition education for mothers/caregivers and appropriate referrals as necessary for growth, feeding, health, and/or infant developmental issues.

Illinois WIC RISK FACTOR IDENTIFICATION Summary -07/2018

Use this chart as a quick reference to: identify risk factors categorized as "high risk" (H) in Illinois; how risks are assigned in Cornerstone; and the priority level based on participant category for each risk. For more detailed information, review USDA WIC Nutrition Risk Criteria and the Illinois WIC Policy Manual.

HIGH RISK	USDA CODE	IL RISK FACTOR	RISK FACTOR	RISK FACTORS GENERATED FROM:		CATEGORY and PRIORITY				
				auto	question	Р	В	N	T	С
	201	A010	NON-SMOKER - LOW HGB/HCT	Х		1	1	6	1	3
	201	A020	SMOKER - LOW HGB/HCT	X		1	1	6		
	131	B010	LO MATERNAL WT GAIN-UNDER WT	X		1				
	131	B020	LO MATERNAL WT GAIN -NORM WT	X		1				
	131	B030	LO MATERNAL WT GAIN -OVER WT/OBESE	X		1				
	132	B040	MATERNAL WT LOSS in PREG	X	X	1				
	133	C010	HI WT GAIN DURING PREG	X		1				
	133	C020	HI WT GAIN DURING PREG-UNDER WT	Х			1	6		
	133	C030	HI WT GAIN DURING PREG-NORM WT	Х			1	6		
	133	C040	HI WT GAIN DURING PREG-OVER WT	Х			1	6		
	133	C050	HI WT GAIN DURING PREG-OBESE	Х			1	6		
	101	D010	LOW WEIGHT FOR HEIGHT	X		1	1	6		
	103	D010	UNDERWEIGHT	Х					1	3
	103	D020	AT RISK OF UNDERWEIGHT	X					1	3
Н	135	D135	SLOWED / FALTERING GROWTH PATTERN – Only Infants ≤6 Months of Age		Х				1	
	111	E010	HIGH WEIGHT FOR HEIGHT	X		1	1	6		
	113	E020	OBESE	X						3
	114	E030	OVERWEIGHT	X						3
	114	E040	AT RISK OF OVERWEIGHT-PARENT BMI	X					1	3
	115	E050	HIGH WEIGHT FOR LENGTH	X					1	3*
	101	E040	CHORT STATURE FOR ACE	V					1	2

Illinois Risk Factor Identification Summary

Illinois WIC Nutrition Risk Criteria Desktop Reference* July 2018

*Refer to the Risk Factor Justification Manual for complete Risk Factor information and guidance, including: Definitions, Justification for Risk Criteria, Implications for WIC Nutrition Services (assessment, counseling and education guidance), References and Clarification, as provided by USDA.

CORNERSTONE CODE (USDA # code & title)		DEFINITION		
A010	LOW HGB/HCT –	Women:	Infants & Children:	
(201)	NON-SMOKERS	Pregnant	6 – 23 months	
	All Participants	1 st trimester (1-13 weeks)	Hematocrit less than 33%	
		Hematocrit less than 33%	Hemoglobin less than 11 g/100 ml	
		Hemoglobin less than 11 g/100 ml		
			2 – 5 years old	
		2 nd trimester - (14-26 weeks)	Hematocrit less than 33%	
		Hematocrit < 32%	Hemoglobin less than 11.1 g/100 ml	
		Hemoglobin < 10.5 g /100 ml		
		3 rd trimester (27-40+ weeks)		
		Hematocrit less than 33%		
		Hemoglobin less than 11 g/100 ml		
		Breastfeeding & Postpartum		
		Hematocrit < 36%		
		Hemoglobin < 12 g/100 ml		

Desktop Reference

WIC Breastfeeding Woman (WICB) Assessment Guide

Setting the Stage:

- Establish rapport with participant/family.
- Explain to the participant what to expect during WIC visit, time of visit, and why information is collected, for example: "Now that you have had your baby, this visit is for you (and baby) and will take about ____ (time). We will do an assessment of how you are doing since you had the baby by gathering some information, such as your height, weight, a finger stick to check your iron level, and talking about your overall health as a postpartum woman. We want to help you be healthy to take care of yourself and your family/new baby. In addition, WIC provides referrals/shares community resources that could be helpful to you and your family."
- *Possible conversation starter questions:*
 - o "How are you feeling since you had the baby?"
 - o "Tell me what a typical day looks like in terms of eating or meals for you."

Postpartum (PA10) & Adult Health (PA08)	Possible Participant Centered Questions
Screens-Health Information	
Multi-fetal Gestation	
*'Number of fetuses' entry autofills 'Yes' on AS01	
screen for this risk	
Screening for Smoking and Alcohol use	Screening for Tobacco and Alcohol use refer to NPS
Environmental Tobacco Smoke? Yor N	documents for how to ask/collect data.
*'Yes' response for smoking and ETS auto-assigns risks	
(X010/X020)	
Note: ETS risk for WIC is exposure to smoke from	
any tobacco products inside the home. (Refers only	

Assessment Guides

Illinois WIC Program Nutrition Practice Standard - Screening for Tobacco, & Environmental Tobacco Smoke Exposure (ETS) September 2013

Nutrition Practice Standards are provided to assist staff in translating policy into practice. This guidance is intended to be used in conjunction with the Illinois WIC Policy and Procedure Manual, Certification Standards, Section 6 and the Risk Factor Justification Manual (RFJM), to assist in conducting and documenting a complete WIC nutrition assessment and offering appropriate counseling, education and referrals.

Research has shown that smoking during pregnancy causes health problems and other adverse consequences for the mother, the unborn fetus and the newborn infant such as: pregnancy complications, premature birth, low-birth-weight, stillbirth, infant death, and risk for Sudden Infant Death Syndrome (SIDS). Women who smoke are at risk for chronic and degenerative diseases such as: cancer, cardiovascular disease and chronic obstructive pulmonary disease. They are also at risk for other physiological effects such as loss of bone density. (RFJM –X010/371)

Environmental Tobacco Smoke (ETS) is a known human carcinogen. Women who are exposed to ETS are at risk for lung cancer and cardiovascular diseases. Prenatal or postnatal ETS exposure is related to numerous adverse health outcomes among infants

Nutrition Practice Standards



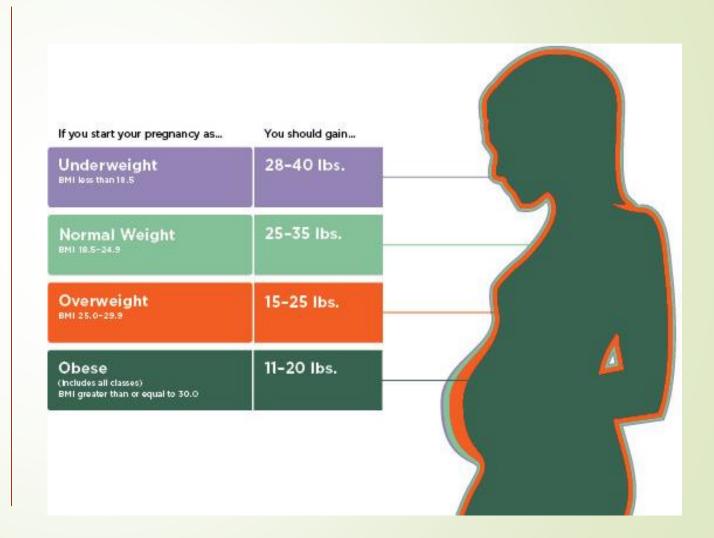
Retiring Risk Factor/What to Use

Retired

- **■** B040 (132)
- Maternal Weight Loss During Pregnancy

Use

- **→**B010, B020, B030 (131)
- Low maternal weight gain



How Can WIC Help?

High calorie snack ideas



Assess possible reasons for low weight gain



Small Frequent Meals & Snacks



Appropriate Referrals



Retiring Risk Factor/What to Use

Retiring (INFANTS Only)

N030 (703) – Infant born to a woman with mental retardation

<u>Use</u>

S020 (902) Primary caregiver with limited ability to make feeding decisions / prepare food

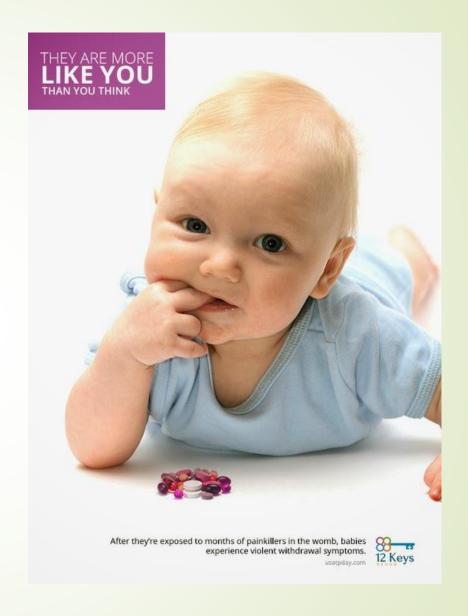
Retiring Risk Factor/ What to Use

Retiring (INFANTS Only)

- <u>Y020 (703)</u> − Alcohol Use
- <u>Y021 (703)</u> Illegal Drug Use

<u>Use</u>

- R010 (382) Nutrition related medical conditions (Fetal Alcohol Syndrome)
- Y383 (383) Neonatal AbstinenceSyndrome



Monitor Weight

How WIC Can Help



Review Hunger Cues



Referrals



Encourage Skin to Skin



REUP date

Alcohol and Substance Use (372)

(Previously Alcohol and Illegal Drug Use)

- Y020 Alcohol Use
 - **■**P, B, N
- 2 categories:
 - High risk drinking
 - Routinely having:
 - * ≥8 drinks per week
 - * or ≥4 drinks per day
 - Binge drinking
 - Routinely having:
 - * ≥4 drinks within 2 hours.



- ► Y021 Substance Use
 - **■**P, B, N
- Expanded to include:
 - abuse of prescription medications
 - any marijuana use in any form
 - P and BF only



Alcohol and Substance Use

Substance	Effects on Mother	Effects on Birth Outcomes	Effects on Baby*		
Alcohol	 Impaired judgment, reflexes, memory, and coordination Heart and liver damage Pancreatitis Peptic ulcers Malnutrition Alteration of menstrual cycle 	 Miscarriage Stillbirth Low birth weight Preterm delivery Increased incidence of fetal distress at delivery Sudden Infant Death Syndrome Fetal Alcohol Spectrum Disorders 	 Reduced growth Reduced milk consumption Delayed motor development Altered postnatal growth, sleep patterns, and/or psychomotor patterns 		

<u>I020 (301)</u> – Current Pregnancy Problem (hyperemesis)

Expanded definition, justification, added WIC implications



USDA Risk Factor Justification Manual (301)

Nutrient Deficiency or Disease (T010 / 341)

(Previously Nutrient Deficiency Diseases)

- Definition revised to include "treated or untreated nutrient deficiency or disease"
- Requires diagnosis by provider
- Added implications for WIC services
- Updated justification

How WIC Can Help

Refer to Smoking Cessation Program



Provide education on preparation of WIC foods



Refer other programs



Reinforce treatment plans from provider. Refer as appropriate



New CHP Resource

Nutrient	Function	Signs and Symptoms of Deficiency
Iron	A component of hemoglobin and therefore important in the transfer of oxygen from the lungs to organs, and involved in the synthesis of hormones as well as normal growth and development.	Microcytic, hypochromic anemia; impaired cognitive function, poor body temperature regulation, depressed immune function, and spoon like shape of nails (9).

"Looks like you need to cut-back on your iron."

Coming Soon!

CHP Self-Study Modules:

- Hyperemesis
- Low Maternal Weight Gain
- Nutrient Deficiency or Disease

Updated:

- USDA RFJM pages
- Assessment Guides
- RFJM Desktop Reference Guide and Identification Summary

How to play Jeopardy!

Pick a category and a point value.

The first person to raise their paddle after the question is read is chosen to answer the question.

You must give the answer in the form of a question.

If you are correct, you are awarded the point value of the question.

Continue until all questions have been answered.

The person with the most points wins.

Quick practice:

Herbs and Spices

- 100- This herb has a reputation for causing bad breath.
 - What is ____?
- 200- Many people are eating this herb with their favorite cucumber pickle.
 - What is ?
- 300- The Latin name for this spice is mentha.
 - What is ____?





TAKE AWAY

- 1. Know your resources
- 2. Be aware of RF changes
- 3. A lot of great new info to reference!
- 4. Try a game with your staff!



And, oh, just to be with you

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