

Nutrition Risk Codes for Women

Anthropometric / Biochemical

Risk Code	Risk Condition/Indicator of Nutritional Need	Category/Priority
101 - H* R	Underweight Women: Pregnant—pre-pregnancy BMI <18.5 <6 mo PP BF and non-BF pre-pregnancy BMI <18.5 ≥6 mo PP BF current BMI <18.5 *HR excluding women who now have sufficient weight gain	P: 1 BF: 1 N: III, IV, V, or VI
111 - H*	Overweight Women: Pregnant—pre-pregnancy BMI ≥ 25 P & N with pre-pregnancy BMI ≥ 25 < 6 mo PP BF and non-BF with pre-pregnancy BMI ≥ 25 ≥ 6 mo PP BF current BMI ≥ 25 *HR only for Postpartum Obese > 30.0 BMI	P: 1 BF: 1 N: III, IV, V, or VI
131 - H	Low Maternal Weight Gain: <ol style="list-style-type: none"> A low rate of weight gain in the 2nd and 3rd trimesters for singleton pregnancies Low rate of weight gain (2nd & 3rd trimester singleton pregnancies) <ul style="list-style-type: none"> Underweight < 1 lb. per week Normal weight < 0.8 lbs. per week Overweight < 0.5 lbs. per week Obese < 0.4 lbs. per week 	P: 1
133 – H H* - BF and non-BF	High Maternal Weight Gain: <ol style="list-style-type: none"> Pregnant woman weight gain in 2nd & 3rd trimester for singleton pregnancies exceed: <ul style="list-style-type: none"> Underweight > 1.3 lbs. per week Normal weight > 1 lb. per week Overweight > 0.7 lbs. per week Obese > 0.6 lbs. per week High weight gain at any point in pregnancy where weight gain plots at any point above top line of the appropriate IOM weight gain range for current pregnancy weight category High weight gain at any point in pregnancy, where woman’s weight plots above the top line of the appropriate weight gain range for her respective prepregnancy weight category 	P: 1 BF: 1 N: III, IV, V, or VI
201 - H* R	Low Hemoglobin/Low Hematocrit: Refer to normal standards Hemoglobin/Hematocrit for levels below standards *HR if >10% below standard or 1 percentage point below standard	P: 1 BF: 1 N: III, IV, V, or VI
211 - H	Elevated Blood Lead Levels: Blood lead level ≥ 5 ug/deciliter within last 12 months	P: 1 BF: 1 N: III, IV, V, or VI

Clinical/Health/Medical

Risk Code	Risk Condition/Indicator of Nutritional Need	Category/Priority
301 - H	Hyperemesis: Severe nausea and vomiting to the extent that the pregnant woman becomes dehydrated and acidotic—Diagnosed++	P: 1
302 - H	Gestational Diabetes: Current gestational diabetes—Diagnosed++	P: 1

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303 - H*	History of Gestational Diabetes—Diagnosed++ *HR: P—Last pregnancy only; BF & N—Most recent pregnancy only	P: 1 BF: 1 N: III, IV, V, or VI
304 - H*	History of Preeclampsia – Diagnosed++ *HR: P—Last pregnancy only; BF & N—Most recent pregnancy only	P: 1 BF: 1 N: III, IV, V, or VI
311A - H* P only	History of Preterm: Delivery of an infant born $\leq 36 \frac{6}{7}$ weeks gestation. *HR: P—Last pregnancy only; BF & N—Most recent pregnancy only	P: 1 BF: 1 N: III, IV, V, or VI
311B - H* P only	History of Early Term Delivery: Delivery of an infant born $\geq 37 \frac{0}{7}$ and $\leq 38 \frac{6}{7}$ weeks gestation. *HR: P—Last pregnancy only; BF & N—Most recent pregnancy only	P: 1 BF: 1 N: III, IV, V, or VI
312 - H* P only	History of Low Birth Weight: ≤ 5 lbs. 8 oz or ≤ 2500 g *HR: P—Last pregnancy only; BF & N—Most recent pregnancy only	P: 1 BF: 1 N: III, IV, V, or VI
321A – H*	History of Fetal or Neonatal Loss: 1. Spontaneous Abortion: < 20 weeks gestation 2. Fetal Death: ≥ 20 weeks gestation 3. Neonatal Death: ≤ 28 days of life. P: any history of fetal or neonatal death or 2 or more miscarriages 2 or more spontaneous abortions (miscarriages) HIGH RISK for a current pregnancy only	P: 1
321B - H*	Multifetal gestation with one or more deaths and infants living: most recent pregnancy with one or more fetal or neonatal deaths but with one or more infants still living	BF: 1
321C - H*	Spontaneous abortion, fetal or neonatal loss: N: most recent pregnancy only	N: III, IV, V, or VI
331A - H	Pregnancy at a Young Age: < 16 years of age at conception P—Current Pregnancy; BF—most recent pregnancy	P: 1 BF: 1 N: III, IV, V, or VI
331B - H*	Pregnancy at a Young Age: ≥ 16 and ≤ 20 years of age at conception P—Current Pregnancy; BF & N—most recent pregnancy	P: 1 BF: 1 N: III, IV, V, or VI
332	Short Interpregnancy Interval: Conception before 18 months PP P—Current Pregnancy; BF & N—Most recent pregnancy only	P: 1 BF: 1 N: III, IV, V, or VI
334	Lack of or Inadequate Prenatal Care: Care beginning after 1 st trimester (13 weeks) or 1 st prenatal visit in 3 rd trimester (27-40 weeks) 14-21 weeks: 0 visits 22-29 wks.: < 1 visit 30-31 wks.: < 2 visits 32-33 wks. ≤ 3 visits ≥ 34 weeks ≤ 4 visits	P: 1
335 - H*	Multifetal Gestation: P-- >1 fetus current pregnancy BF,N—Most recent pregnancy *HR: Triplets or more	P: 1 BF: 1 N: III, IV, V, or VI
336-H	Fetal Growth Restriction (FGR)—Diagnosed++	P: 1
337	History of a Birth of Large for Gestational Age Infant ≥ 9 lbs or ≥ 4000 g or diagnosed ++ P—Any pregnancy: BF & N—Most recent pregnancy only	P: 1 BF: 1 N: III, IV, V, or VI
338	Pregnant Currently Breastfeeding: BF woman now pregnant	P: 1
339 - H	History of Birth with Nutrition Related Congenital or Birth Defect: Birth of infant with congenital birth defect linked to inappropriate nutritional intake--Diagnosed++ P—Any pregnancy BF & N—Most recent pregnancy only	P: 1 BF: 1 N: III, IV, V, or VI

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341 - H R	Nutrient Deficiency Diseases: Scurvy, PEM, Rickets, Beri Beri, Pellagra, Xerophthalmia, etc.—Diagnosed++	P: 1; BF: 1 N: III, IV, V, or VI
342 - H R	Current Gastrointestinal Disorders: GERD, post-bariatric surgery, IBD (including Crohn’s or ulcerative colitis) peptic ulcer short bowel syndrome, liver disease, biliary tract disease, etc.—Diagnosed++	P-1 F,H,S-1 N-4
343 - H	Diabetes Mellitus: Diagnosed++	P: 1; BF: 1 N: III, IV, V, or VI
344 - H	Thyroid Disorders: Diagnosed++	P: 1; BF: 1 N: III, IV, V, or VI
345 - H R	Hypertension and/or Prehypertension: Diagnosed++ (chronic, pregnancy induced (PIH), and/or prehypertension)	P: 1; BF: 1 N: III, IV, V, or VI
346 - H	Renal Disease: Diagnosed++ (excludes urinary tract infections (UTI) involving bladder)	P: 1; BF: 1 N: III, IV, V, or VI
347 – H* R	Cancer: Diagnosed+++ (*must affect nutritional status) BF NOT recommended with some cancer treatments	P: 1; BF: 1 N: III, IV, V, or VI
348 - H	Central Nervous System Disorders: Epilepsy, cerebral palsy, NTD, etc.--Diagnosed++	P: 1; BF: 1 N: III, IV, V, or VI
349 – H*	Genetic and Congenital Disorders: Cleft lip or palate, Down’s, MS, sickle cell anemia, etc.—Diagnosed++ (*must affect nutritional status)	P: 1; BF: 1 N: III, IV, V, or VI
351 - H	Inborn Errors of Metabolism: PKU, galactosemia, urea cycle disorder, glycogen storage disease, etc.—Diagnosed++	P: 1; BF: 1 N: III, IV, V, or VI
352A – H*	Infectious Disease-Acute: Hepatitis A, Hepatitis E, Meningitis (Bacterial/Viral), Parasitic Infections, Listeriosis, Pneumonia, Bronchitis (3 episodes in last 6 months), etc.- Diagnosed++ Disease present within the past 6 months	P: 1 BF: 1 N: III, IV, V, or VI
352B – H*	Infectious Disease-Chronic: Human Immunodeficiency Virus (HIV), Acquired Immunodeficiency Syndrome (AIDS), Hepatitis D, Hepatitis B, Hepatitis C	P: 1 BF: 1 N: III, IV, V, or VI
353 – H*	Food Allergies: occurs reproducibly on exposure to a given food *HR if intake of an entire food group is affected	P: 1; BF: 1 N: III, IV, V, or VI
354 - H	Celiac Disease: Diagnosed++	P: 1; BF: 1 N: III, IV, V, or VI
355 - H*	Lactose Intolerance: Diagnosed++ *HR if serious	P: 1; BF: 1 N: III, IV, V, or VI
356 - H	Hypoglycemia: Diagnosed++	P: 1; BF: 1 N: III, IV, V, or VI
357	Drug Nutrient Interactions: RX or OTC drugs interfere with nutritional status Risk assigned by RD/Nutritionist only	P: 1 BF: 1 N: III, IV, V, or VI
358 - H R	Eating Disorders: Anorexia, bulimia. Diagnosed++ or documented evidence	P: 1; BF: 1 N: III, IV, V, or VI
359 - H*	Recent Major Surgery (includes cesarean sections), Trauma, Burns: Within last 2 mo or >2mo if nutrition support is prescribed by MD HR for C-Section	P: 1 BF: 1 N: III, IV, V, or VI
360 – H*	Other Medical Conditions: Lupus, heart disease, cystic fibrosis, moderate/severe asthma requiring daily medication, etc.— Diagnosed++ *HR is serious enough to affect nutritional status	P: 1 BF: 1 N: III, IV, V, or VI
361-H* R	Depression: Diagnosed++ *HR at option of CPA if concern	P: 1; BF: 1 N: III, IV, V, or VI
362 - H	Developmental Delays, Sensory or Motor Delays: Interfering with ability to chew or swallow	P: 1; BF: 1 N: III, IV, V, or VI

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363 - H	Pre-Diabetes: Presence of pre-diabetes diagnosed++.	BF: 1 N: III, IV, V, or VI
371	Nicotine and Tobacco Use: Any use of products that contain nicotine and/or tobacco to include but not limited to cigarettes, pipes, cigars, electronic nicotine delivery systems (e-cigarettes, vaping devices), hookahs, smokeless tobacco (chewing tobacco, snuff, dissolvables), or nicotine replacement therapies (gums, patches).	P: 1; BF: 1 N: III, IV, V, VI, or VII
372A - H	For Pregnant Women: <ul style="list-style-type: none"> ▪ any alcohol; any illegal substance use and/or abuse of Rx meds ▪ any marijuana use in any form 	P: 1
372B-H Breastfeeding is NOT recommended for conditions	For BF and non-BF Women <ul style="list-style-type: none"> ▪ High Risk Drinking: Routine consumption of ≥ 8 drinks/week or ≥ 4 drinks/on any day ▪ Binge Drinking: Routine consumption of ≥ 4 drinks within 2 hours ▪ Any illegal substance use and/or abuse of prescription medication ▪ Any marijuana use in any form 	BF: 1 N: III, IV, V, or VI
381 - H*	Dental Problems: Gingivitis during pregnancy *HR if impaired ability to ingest food in adequate quantity or quality (tooth decay, periodontal disease, tooth loss, etc.)	P: 1 BF: 1 N: III, IV, V, or VI
382 - H	Fetal Alcohol Spectrum Disorders: Diagnosed++	P: 1 BF: 1 N: III, IV, V, or VI

Dietary

Risk Code	Risk Condition/Indicator of Nutritional Need	Category/Priority
401	Failure to Meet Dietary Guidelines for Americans: <u>Last resort risk if no other risks found after full assessment;</u> including #427	P: IV; BF: IV N: IV
427A - H R	Inappropriate Nutrition Practices for Women: Consuming dietary supplements which when ingested in excess of recommended dosages, may be toxic or have harmful consequences	P: IV; BF: IV N: IV
427B - H R	Inappropriate Nutrition Practices for Women: Diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients following bariatric surgery	P: IV; BF: IV N: IV
427C - H R	Inappropriate Nutrition Practices for Women: Compulsively ingesting non-food items (Pica)	P: IV; BF: IV N: IV
427D - H R	Inappropriate Nutrition Practices for Women: Inadequate vitamin/mineral supplementation recognized as essential (e.g. prenatal not taking 27 mg iron/day in 2nd and 3rd trimesters).	P: IV; BF: IV N: IV
427E - H R	Inappropriate Nutrition Practices for Women: Pregnant women ingesting foods that could be contaminated with pathogenic microorganisms	P: IV; BF: IV N: IV

Other Risks

501 Can use ONCE	Possibility of Regression: Not for consecutive certifications R: 101, 201, 341, 342, 345, 347, 358, 361, 427, 801	BF: I, IV, VII N: III, IV, V, VI, or VII
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502	Transfer of Certification – must accepted; valid till end of the current certification period	N/S
503	Presumptive Eligibility for Pregnant Women: Meets income eligibility standards; not evaluated for nutrition risk—good for a period of up to 60 days. Nutrition risk must be done no later than 60 days after cert.	P: IV
601	Breastfeeding Mother of Infant at Nutritional Risk: Do not use if only risk is 702 for infant; must have same priority as Infants	P: I, II, IV BF: I, II, IV
602	Breastfeeding Complications: Severe breast engorgement, recurrent plugged ducts, mastitis, flat/inverted nipples, cracked/bleeding/sore nipples, age ≥ 40yrs, failure of milk to come in by 4 days PP, tandem nursing (two siblings – NOT twins).	P: I BF: I
801 R	Homelessness: Lack of fixed nighttime residence; temporary residence	P: IV, VII; BF: IV, VII N: VI, VII
802	Migrancy	P: IV, VII BF: IV, VII N: VI, VII
901 - H	Recipient of Abuse: Battering within last 6 months	P: IV, VII BF: IV, VII N: VI, VII
902 - H	Woman with Limited Ability to Make Feeding Decisions and/or Prepare Food: Mental/Physical Disability; history of drug/alcohol abuse	P: IV, VII BF: IV, VII N: IV, VII
903	Foster Care: Entering during the previous six months or moving from one foster care home to another foster care home during the previous six months.	P: IV, VII BF: IV, VII N: VI, VII
904	Environmental Tobacco Smoke Exposure: Is exposure to smoke from tobacco products inside enclosed areas, like the home, place of childcare, etc. Is also known as secondhand, passive, or involuntary smoke. Also includes the exposure to the aerosol from electronic nicotine delivery systems.	P: I BF: I N: III, IV, V, or VI

H—High risk

H*--High risk sometimes

R—May be used for “501 Possibility of Regression”

++Denotes diagnosis by MD as self-reported