

IDAHO WIC PROGRAM

REFERRAL FOR NUTRITION COUNSELING—PRENATAL WOMEN

RD referral should be within timeframe indicated below or may be done during certification appointment.

Additional Referral: Any combination of four (or more) risk factors, route chart to RD.

X = Appropriate Counselor

CODE	NUTRITIONAL RISK CRITERIA	CL	CA	RD	OTHER ACTION
101★	UNDERWEIGHT WOMAN	X			ROUTE CHART TO RD
111★	OVERWEIGHT WOMAN	X			ROUTE CHART TO RD
131★	LOW MATERNAL WEIGHT GAIN			X	RD IN 1 MO
132★	MATERNAL WEIGHT LOSS IN PREGNANCY			X	RD IN 1 MO
133★	HIGH MATERNAL WEIGHT GAIN			X	RD IN 1 MO
201★	LOW HEMOGLOBIN		X		
	≤ 10.0 or decreases at recheck			X	RD IN 2 MOS
301	HYPEREMESIS GRAVIDARUM			X	REQUIRES MD DX, RD IN 1 MO
302	GESTATIONAL DIABETES			X	RD IN 1 MO
303	HX GESTATIONAL DIABETES	X			ROUTE CHART TO RD
304	HX OF PREECLAMPSIA	X			ROUTE CHART TO RD
311	HX PRETERM DELIVERY (≤ 37 weeks)	X			
312	HX LOW BIRTH WEIGHT	X			
321	HX FETAL OR NEONATAL LOSS	X			
331★	PREGNANCY – YOUNG AGE (<18 yrs)			X	RD IN 2 MOS (before EDC)
332★	SHORT INTERPREGNANCY INTERVAL	X			
334	LACK OF OR INADEQUATE PRENATAL CARE	X			MEDICAL REFERRAL
335★	MULTIFETAL GESTATION			X	RD IN 2 MOS (before EDC)
336	FETAL GROWTH RESTRICTION			X	REQUIRES MD DX, RD IN 1 MO
337	HX BIRTH LGA INFANT	X			ROUTE CHART TO RD
338	PREGNANT & BREASTFEEDING			X	RD/BF COORDINATOR IN 1 MO
339	HX BIRTH W/ CONGENITAL DEFECT	X			

★ - computer generated code

Key to abbreviations:

- Dx – diagnosed by medical provider
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CODE	NUTRITIONAL RISK CRITERIA	CL	CA	RD	OTHER ACTION
341	NUTRIENT DEFICIENCY DISEASES			X	REQUIRES MD DX, RD IN 1 MO
342	GASTRO-INTESTINAL DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
343	DIABETES MELLITUS			X	REQUIRES MD DX, RD IN 1 MO
344	THYROID DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
345	HYPERTENSION AND PREHYPERTENSION			X	REQUIRES MD DX, RD IN 1 MO
346	RENAL DISEASE			X	REQUIRES MD DX, RD IN 1 MO
347	CANCER			X	REQUIRES MD DX, RD IN 1 MO
348	CENTRAL NERVOUS SYSTEM DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
349	GENETIC AND CONGENITAL DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
351	INBORN ERRORS OF METABOLISM			X	REQUIRES MD DX, RD IN 1 MO
352	INFECTIOUS DISEASES			X	REQUIRES MD DX, RD IN 1 MO
353	FOOD ALLERGY	X			
354	CELIAC DISEASE			X	REQUIRES MD DX, RD IN 1 MO
355	LACTOSE INTOLERANCE	X			
356	HYPOGLYCEMIA	X			
357	DRUG NUTRIENT INTERACTIONS			X	RD IN 1 MO
358	EATING DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
359	RECENT MAJOR SURGERY, TRAUMA, BURNS			X	RD IN 1 MO
360	OTHER MEDICAL CONDITIONS			X	REQUIRES MD DX, RD IN 1 MO
361	DEPRESSION		X		APPROPRIATE REFERRALS
362	DEVELOPMENTAL, SENSORY, OR MOTOR DELAYS INTERFERING WITH ABILITY TO EAT			X	RD IN 1 MO
371	MATERNAL SMOKING		X		SUBSTANCE ABUSE REFERRAL
372	ALCOHOL AND ILLEGAL DRUG USE			X	SUBSTANCE ABUSE REFERRAL, RD IN 1 MO
381	ORAL HEALTH CONDITIONS			X	RD IN 1 MO
401	FAILURE TO MEET DIETARY GUIDELINES FOR AMERICANS	X			
427	INAPPROPRIATE NUTRITION PRACTICES	X			
502★	TRANSFER OF CERTIFICATION (VOC)	X			ASSESS AND REFER AS NEEDED
601	BREASTFEEDING MOTHER OF INFANT AT NUTRITIONAL RISK	X			
602	BREASTFEEDING COMPLICATIONS OR POTENTIAL COMPLICATIONS (WOMEN)			X	IMMEDIATE REFERRAL TO LOCALACTATION EDUCATOR/BF COORDINATOR
801★	HOMELESS	X			APPROPRIATE REFERRALS
802★	MIGRANCY	X			
902	FEEDING SKILLS LIMITATION	X			ROUTE CHART AS NEEDED
904	ENVIRONMENTAL TOBACCO SMOKE EXPOSURE	X			

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Summary – Charts to Route to RD:

101 Underweight Woman
 111 Overweight Woman
 303 Hx Gestational Diabetes

304 Hx of Preeclampsia
 337 Hx Birth LGA Infant
 902 Feeding Skills Limitation (route chart as needed)

Any combination of four (or more) risk factors (if not already scheduled for RD referral)

IDAHO WIC PROGRAM

REFERRAL FOR NUTRITION COUNSELING— BREASTFEEDING AND NON-BREASTFEEDING POSTPARTUM WOMEN

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CODE	NUTRITIONAL RISK CRITERIA	CL	CA	RD	OTHER ACTION
101★	UNDERWEIGHT WOMAN			X	BF WOMEN WITH RD IN 1 MO; NON-BF WOMEN WITH CA IN 3 MOS
111★	OVERWEIGHT WOMAN	X			
133★	HIGH MATERNAL WEIGHT GAIN	X			
201★	LOW HEMOGLOBIN		X		
	≤10.0 or decreases at recheck			X	RD IN 2 MOS
303	HX GESTATIONAL DIABETES	X			ROUTE CHART TO RD
304	HISTORY OF PREECLAMPSIA	X			
311	HX PRETERM DELIVERY (≤ 37 weeks)	X			
312	HX LOW BIRTH WEIGHT	X			
321	HX FETAL OR NEONATAL LOSS	X			REFER AS NEEDED
331★	PREGNANCY – YOUNG AGE (< 18 yrs)	X			
332★	SHORT INTERPREGNANCY INTERVAL	X			
335	MULTIFETAL GESTATION			X	BF WOMEN WITH RD IN 1 MO; NON-BF WOMEN WITH CA IN 3 MOS
337	HX BIRTH LGA INFANT	X			
339	HX BIRTH WITH CONGENITAL DEFECT	X			
341	NUTRIENT DEFICIENCY DISEASES			X	REQUIRES MD DX, RD IN 1 TO 3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF CONDITION
342	GASTRO-INTESTINAL DISORDERS			X	(SEE ABOVE)

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IDAHO WIC PROGRAM
REFERRAL FOR NUTRITION COUNSELING—
BREASTFEEDING AND NON-BREASTFEEDING POSTPARTUM WOMEN

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CODE	NUTRITIONAL RISK CRITERIA	CL	CA	RD	OTHER ACTION
343	DIABETES MELLITUS			X	REQUIRES MD DX, RD IN 1 MO
344	THYROID DISORDERS			X	REQUIRES MD DX, RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF CONDITION
345	HYPERTENSION AND PREHYPERTENSION			X	(SEE ABOVE)
346	RENAL DISEASE			X	(SEE ABOVE)
347	CANCER			X	(SEE ABOVE)
348	CENTRAL NERVOUS SYSTEM DISORDERS			X	(SEE ABOVE)
349	GENETIC AND CONGENITAL DISORDERS			X	(SEE ABOVE)
351	INBORN ERRORS OF METABOLISM			X	(SEE ABOVE)
352	INFECTIOUS DISEASES			X	(SEE ABOVE)
353	FOOD ALLERGY	X			
354	CELIAC DISEASE			X	REQUIRES MD DX, RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF CONDITION
355	LACTOSE INTOLERANCE	X			
356	HYPOGLYCEMIA	X			
357	DRUG NUTRIENT INTERACTIONS			X	RD IN 1 TO 3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF INTERACTIONS
358	EATING DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
359	RECENT MAJOR SURGERY, TRAUMA, BURNS			X	REQUIRES MD DX, RD IN 1 MO; EXCEPT WHERE C-SECTION IS ONLY REASON WITH CA IN 3 MOS
360	OTHER MEDICAL CONDITIONS			X	REQUIRES MD DX, RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF CONDITION
361	DEPRESSION		X		APPROPRIATE REFERRALS
362	DEVELOPMENTAL, SENSORY, OR MOTOR DELAYS INTERFERING WITH EATING			X	RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF CONDITION
363	PRE-DIABETES			X	REQUIRES MD DX, RD IN 1 MO
371	MATERNAL SMOKING	X			ROUTE CHART TO RD/LC FOR BF WOMEN
372	ALCOHOL OR ILLEGAL DRUG USE			X	SUBSTANCE ABUSE REFERRAL, RD IN 1 MO
381	ORAL HEALTH CONDITIONS	X			DENTAL REFERRAL
401	FAILURE TO MEET DIETARY GUIDELINES FOR AMERICANS	X			
427	INAPPROPRIATE NUTRITION PRACTICES	X			
501	POSSIBILITY OF REGRESSION	X			
502★	TRANSFER OF CERTIFICATION (VOC)	X			ASSESS AND REFER AS NEEDED
601	BF MOM OF INFANT AT NUTRITIONAL RISK	X			
602	BF COMPLICATION OR POTENTIAL COMPLICATIONS – WOMAN			X	IMMEDIATE REFERRAL TO LOCAL LACTATION EDUCATOR/BF COORDINATOR
801★	HOMELESS	X			APPROPRIATE REFERRALS
802★	MIGRANCY	X			
902	FEEDING SKILLS LIMITATION	X			ROUTE CHART AS NEEDED
904	ENVIRONMENTAL TOBACCO SMOKE EXPOSURE	X			

★ - computer generated code

Summary – Codes to Route Chart to RD:

303 Hx Gestational Diabetes
 371 Maternal Smoking (route chart for BF women)

902 Feeding Skills Limitation (route chart as needed)

Any combination of four (or more) risk factors (if not already scheduled for RD referral)

IDAHO WIC PROGRAM

REFERRAL FOR NUTRITION COUNSELING—INFANTS

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CODE	NUTRITIONAL RISK CRITERIA	CL	CA	RD	OTHER ACTION
103★	UNDERWEIGHT (Wt/Lgth ≤ 2.3%) OR AT RISK FOR UNDERWEIGHT (Wt/Lgth ≤ 5%)			X	RD IN 1 MO
115★	HIGH WEIGHT-FOR-LENGTH (Wt/Lgth ≥ 97.7%)		X		
121★	SHORT STATURE (Lgth/Age ≤ 2.3%) OR AT RISK OF SHORT STATURE (Lgth/Age < 5%)	X			
134	FAILURE TO THRIVE			X	REQUIRES MD DX, RD IN 1 MO
135★	INADEQUATE GROWTH			X	RD IN 1 MO
141★	LOW BIRTH WEIGHT (< 5 lbs 8 oz)			X	RD IN 1 MO
142★	PREMATURITY (≤ 37 weeks)			X	RD IN 1 MO
153★	LARGE FOR GESTATIONAL AGE (≥ 9 lbs)		X		
201★	LOW HEMOGLOBIN		X		
	≤ 10.0 or no rise on re-check			X	RD IN 2 MOS
341	NUTRIENT DEFICIENCY DISEASES			X	REQUIRES MD DX, RD IN 1 MO
342	GASTRO-INTESTINAL DISORDER			X	REQUIRES MD DX, RD IN 1 MO
343	DIABETES MELLITUS			X	REQUIRES MD DX, RD IN 1 MO
344	THYROID DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
345	HYPERTENSION AND PREHYPERTENSION			X	REQUIRES MD DX, RD IN 1 MO
346	RENAL DISEASE			X	REQUIRES MD DX, RD IN 1 MO
347	CANCER			X	REQUIRES MD DX, RD IN 1 MO
348	CENTRAL NERVOUS SYSTEM DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
349	GENETIC AND CONGENITAL DISORDERS			X	REQUIRES MD DX, RD IN 1 MO
351	INBORN ERRORS OF METABOLISM			X	REQUIRES MD DX, RD IN 1 MO
352	INFECTIOUS DISEASES			X	REQUIRES MD DX, RD IN 1 MO
353	FOOD ALLERGY	X			REQUIRES MD DX, ROUTE CHART TO RD
354	CELIAC DISEASE			X	REQUIRES MD DX, RD IN 1 MO
355	LACTOSE INTOLERANCE	X			REQUIRES MD DX, ROUTE CHART TO RD
356	HYPOGLYCEMIA	X			
357	DRUG NUTRIENT INTERACTIONS			X	RD IN 1 MO
359	RECENT MAJOR SURGERY, TRAUMA, BURNS			X	RD IN 1 MO
360	OTHER MEDICAL CONDITIONS			X	REQUIRES MD DX, RD IN 1 MO
362	DEVELOPMENTAL, SENSORY, OR MOTOR DELAYS INTERFERING WITH EATING			X	RD IN 1 MO
381	ORAL HEALTH CONDITIONS	X			REFER TO DENTAL
382	FETAL ALCOHOL SYNDROME			X	REQUIRES MD DX, RD IN 1 MO
411	INAPPROPRIATE NUTRITION PRACTICES	X			
428	DIETARY RISK ASSOCIATED WITH COMPLEMENTARY FEEDING PRACTICES	X			
501	POSSIBILITY OF REGRESSION	X			
502★	TRANSFER OF CERTIFICATION (VOC)	X			ASSESS AND REFER AS NEEDED
603	BF COMPLICATION – INFANT			X	IMMEDIATE REFERRAL TO LOCAL LACTATION EDUCATOR, IF AVAILABLE
701	BORN TO WIC MOM/POTENTIAL WIC MOM	X			

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CODE	NUTRITIONAL RISK CRITERIA	CL	CA	RD	OTHER ACTION
702	BF INFANT OF MOM AT NUTRITIONAL RISK	X			
801★	HOMELESS	X			APPROPRIATE REFERRALS
802★	MIGRANCY	X			
902	FEEDING SKILLS LIMITATION	X			APPROPRIATE REFERRALS
903★	FOSTER CARE	X			
904	ENVIRONMENTAL TOBACCO SMOKE EXPOSURE	X			

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Summary – Charts to Route to RD:

353 Food Allergy

355 Lactose Intolerance

Any combination of four (or more) risk codes (if not already scheduled for RD referral)

**IDAHO WIC PROGRAM
REFERRAL FOR NUTRITION COUNSELING—CHILDREN**

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CODE	NUTRITIONAL RISK CRITERIA	CL	CA	RD	OTHER ACTION NEEDED
103★	UNDERWEIGHT (BMI/Age ≤ 5%) OR AT RISK FOR UNDERWEIGHT (BMI/Age ≤ 10%); Under 24 months UNDERWEIGHT (Wt/Lgth ≤ 2.3%) OR AT RISK FOR UNDERWEIGHT (Wt/Lgth ≤ 5%)			X	RD IN 1 MO; IF GROWTH CONSISTENTLY PARALLELING CURVE, RD IN 3 MOS
113★	OBESE (BMI/Age ≥ 95%) - only for children ≥ 24 mos			X	RD IN 3 MOS
114★	OVERWEIGHT (BMI/Age ≥ 85%) - only for children ≥ 24 mos		X		
115★	HIGH WEIGHT-FOR-LENGTH (< 2 yrs; Wt/Lgth ≥ 97.7%)		X		
121★	SHORT STATURE (Ht/Age ≤ 5%) OR AT RISK OF SHORT STATURE (Ht/Age ≤ 10%); under age 2 SHORT STATURE (Lgth/Age ≤ 2.3%) OR AT RISK OF SHORT STATURE (Lgth/Age ≤ 5%)	X			
134	FAILURE TO THRIVE			X	REQUIRES MD DX, RD IN 1 MO
135★	INADEQUATE GROWTH		X		ROUTE CHART TO RD
141★	LOW BIRTH WEIGHT (< 2 yrs)		X		UP TO 24 MOS ROUTE CHART TO RD
142★	PREMATURITY (≤ 37 wks)		X		UP TO 24 MOS ROUTE CHART TO RD
201★	LOW HEMOGLOBIN		X		
	≤10.0 or decreases at re-check			X	RD IN 2 MOS
341	NUTRITION DEFICIENCY DISEASES			X	RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF CONDITION
342	GASTRO-INTESTINAL DISORDERS			X	(SEE ABOVE)
343	DIABETES MELLITUS			X	(SEE ABOVE)
344	THYROID DISORDERS			X	(SEE ABOVE)
345	HYPERTENSION AND PREHYPERTENSION			X	(SEE ABOVE)
346	RENAL DISEASE			X	(SEE ABOVE)
347	CANCER			X	(SEE ABOVE)
348	CENTRAL NERVOUS SYSTEM DISORDERS			X	(SEE ABOVE)
349	GENETIC AND CONGENITAL DISORDERS			X	(SEE ABOVE)
351	INBORN ERRORS OF METABOLISM			X	(SEE ABOVE)
352	INFECTIOUS DISEASES			X	(SEE ABOVE)
353	FOOD ALLERGY	X			REQUIRES MD DX, ROUTE CHART TO RD
354	CELIAC DISEASE			X	RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF CONDITION
355	LACTOSE INTOLERANCE	X			REQUIRES MD DX, ROUTE CHART TO RD
356	HYPOGLYCEMIA	X			
357	DRUG NUTRIENT INTERACTIONS			X	RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF INTERACTIONS

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CODE	NUTRITIONAL RISK CRITERIA	CL	CA	RD	OTHER ACTION NEEDED
359	RECENT MAJOR SURGERY, TRAUMA, BURNS			X	RD IN 1 MO
360	OTHER MEDICAL CONDITIONS			X	RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF CONDITION
362	DEVELOPMENTAL, SENSORY, OR MOTOR DELAYS INTERFERING WITH THE ABILITY TO EAT			X	RD IN 1-3 MOS DEPENDING ON MEDICAL CARE & SEVERITY OF INTERACTIONS
381	ORAL HEALTH CONDITIONS	X			REFER TO DENTAL
382	FETAL ALCOHOL SYNDROME			X	REFER TO SUBSTANCE ABUSE PROGRAM, RD IN 1 MO
401	FAILURE TO MEET DIETARY GUIDELINES FOR AMERICANS	X			
425	INAPPROPRIATE NUTRITION PRACTICES	X			
428	DIETARY RISK ASSOCIATED WITH COMPLEMENTARY FEEDING PRACTICES	X			
501	POSSIBILITY OF REGRESSION	X			
502★	TRANSFER OF CERTIFICATION (VOC)	X			ASSESS AND REFER AS NEEDED
801★	HOMELESS	X			APPROPRIATE REFERRALS
802★	MIGRANCY	X			
902	FEEDING SKILLS LIMITATION	X			APPROPRIATE REFERRALS
903★	FOSTER CARE	X			
904	ENVIRONMENTAL TOBACCO SMOKE EXPOSURE	X			

★ - computer generated code

Summary – Codes to Route Chart to RD:

- 135 Inadequate Growth
- 141 Low Birth Weight (route chart up to 24 months age)
- 142 Prematurity (route chart up to 24 months age)
- 353 Food Allergy
- 355 Lactose Intolerance

Any combination of four (or more) risk factors (if not already scheduled for RD referral)