

**RISK  
CODE  
PRACTICE  
WORKBOOK**

# Introduction

## **Goal**

To learn basic information about the nutrition risk codes and how they are selected for participants.

## **How to Use This Workbook**

1. Read the Risk Code module.
2. Complete the practice activities and skill checks in each section.
3. Locate the risk code criteria document found on the MN WIC Program website at: [Risk Code Criteria](#)
4. Locate the High Risk and Medical Referral Criteria information (Exhibit 6A in the MN Operations Manual) at: [High Risk and Medical Referral Criteria](#)
5. Complete the questions included in each section of the Risk Code Practice Workbook.
  - Review the risk code criteria for each section of the workbook.
  - Answer the questions listed in each section.
  - Keep track of questions to ask your WIC Supervisor.
6. Meet with your WIC Supervisor to review the material.



## 'Health Problem' Risk Codes

People with these risk codes have serious health problems.

Read the Risk Code Criteria information for each of these risk codes:

**342:** Gastro-Intestinal Disorder

**343:** Diabetes Mellitus

**345:** Hypertension and Prehypertension

**346:** Renal Disease

**347:** Cancer

**356:** Hypoglycemia

**360:** Other Medical Conditions

### *Questions:*

1. What would you do if you weren't sure a medical condition was included in one of these risk codes?
2. What is the key information that you need to know if a parent is reporting that their child has one of these health or medical conditions?
3. Which risk code(s), if any, is considered high risk?
4. Avery is a postpartum woman with a 6-week-old baby. She was just diagnosed with breast cancer. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

5. Savannah is a 2-year-old. When she was a baby, she had an infection in her intestines which required removal of half of her small intestine. Would she qualify for a risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

6. Scarlett is a 4-year-old recently diagnosed with Type 1 diabetes. Would she qualify for one of these risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

7. Alexandra is a pregnant woman who has been taking medication for high blood pressure for the past 2 years. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

8. Sarah is currently being treated by her physician for a kidney infection. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

9. Anna is a pregnant woman with asthma who requires daily medication. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

## 'Ongoing Health Issues' Risk Codes

Participants with these risk codes have health issues that are ongoing.  
Read the Risk Code Criteria information for each of these risk codes:

**341:** Nutrient Deficiency Diseases

**348:** Central Nervous System Diseases

**349:** Genetic and Congenital Disorders

**351:** Inborn Errors of Metabolism

**362:** Developmental Delays, Sensory or Motor Delays Interfering with the Ability to Eat

### *Questions:*

1. In the following table, write the risk code that would apply to a participant with each of these conditions.

<b>Risk Code</b>	<b>Condition:</b>
	Spina bifida
	Developmental Delays
	Malnutrition
	Cleft Palate
	PKU
	Autism
	Multiple Sclerosis
	Galactosemia
	Down Syndrome
	Epilepsy
	Sickle Cell Anemia
	Vitamin A Deficiency
	Brain Damage
	Rickets
	Cerebral Palsy

2. Where will you document additional information for these risk codes?
3. Which risk code(s), if any, is considered high risk?

## 'Can't Eat Some Foods' Risk Codes

There are some participants who cannot eat some foods because they are allergic or intolerant to them. The risk codes in this group all pertain to food intolerance or allergy.

Read the Risk Code Criteria information for each of these risk codes:

**353:** Food Allergies

**354:** Celiac Disease

**355:** Lactose Intolerance

### *Questions:*

1. Which risk code(s), if any, is considered high risk?
2. Johanna is pregnant. She tells you that she can't drink milk because it gives her stomach cramps and diarrhea. She can eat small amount of cheese. Would she qualify for any of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

3. Jordan is 3 years old. His mother tells you that he was diagnosed with gluten enteropathy last month. Would he qualify for any of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

4. Joel is 2 years old. His father tells you that last month he had a severe allergic reaction to peanuts. On the advice of their doctor, they are closely watching his diet to make sure he doesn't eat anything that contains peanuts. Would he qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

## 'Current Illness' Risk Codes

Participants with these risk codes have a current or recent medical problem or illness.

Read the Risk Code Criteria information for each of these risk codes:

**352:** Infectious Diseases

**357:** Drug Nutrient Interactions

**359:** Recent Major Surgery, Trauma or Burns

**381:** Dental Problems

### *Questions:*

1. Which risk code(s), if any, is considered high risk?  
  

YES, RISK CODE \_\_\_\_\_ NO RISK
2. Andres, a 5- month old baby, had heart surgery last month. Would he qualify for one of these risk codes?  
  

YES, RISK CODE \_\_\_\_\_ NO RISK
3. Divya is a pregnant woman who has two missing molars on one side of her mouth. She reports that it makes eating difficult. Would she qualify for one of these risk codes?  
  

YES, RISK CODE \_\_\_\_\_ NO RISK
4. Austin is 13 months old and taking antibiotics daily for chronic ear infections. His mother tells you that he doesn't seem as hungry as usual and he doesn't want to eat his favorite foods. Would he qualify for one of these risk codes?  
  

YES, RISK CODE \_\_\_\_\_ NO RISK
5. Kalay had a c-section when she delivered her baby three weeks ago. She is at WIC for her postpartum recertification appointment. Would she qualify for one of these risk codes?  
  

YES, RISK CODE \_\_\_\_\_ NO RISK
6. Andrew is 19 months old. His mother tells you that he has had bronchiolitis 4 times since his last certification. Would he qualify for one of these risk codes?  
  

YES, RISK CODE \_\_\_\_\_ NO RISK

## 'Other' Risk Codes

These are the “other” risk codes – risks that are not due to a specific health or medical problem.

Read the Risk Code Criteria information for each of these risk codes:

**501:** Possibility of Regression

**502:** Transfer of Certification

**801:** Homelessness

**802:** Migrancy

**901:** Recipient of Abuse

**903:** Foster Care

**904:** Environmental Tobacco Smoke Exposure

### *Questions:*

1. Wilma is a pregnant woman who is transferring into your agency. Her VOC card lists the risk “Low Hemoglobin”. Which risk code would you select for her?
2. Weston is a child who was recently taken into foster care because he was physically abused by his family. Which risk code(s) would he qualify for?
3. Wyatt is a child who lives with his mother and grandmother. The grandmother smokes but limits her smoking to less than 10 cigarettes a day.

YES, RISK CODE \_\_\_\_\_

NO RISK

4. Wendy is currently staying on the couch at a friend’s house while she looks for a job and an apartment. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

## Section 2: Risk Codes for All Women

### 'History of . . . ' Risk Codes

These risk codes refer to a condition a woman had during a previous pregnancy.

Read the Risk Code Criteria information for each of these risk codes:

**303:** History of Gestational Diabetes

**304:** History of Preeclampsia

**311:** History of Preterm Delivery

**312:** History of Low Birth Weight

**321:** History of Fetal or Neonatal Loss

**337:** History of Large for Gestational Age Infant

**339:** History of Birth with Nutrition Related Congenital Birth Defect

### *Questions:*

1. Which risk code(s), if any, is considered high risk?
2. Nikki is being recertified as a breastfeeding woman and had gestational diabetes during her pregnancy. Would she qualify for one of these risk codes?  

YES, RISK CODE \_\_\_\_\_ NO RISK
3. Margaret is pregnant with her third child. Her first baby was born at 36 weeks. Would she qualify for one of these risk codes?  

YES, RISK CODE \_\_\_\_\_ NO RISK
4. Mary Anne is being recertified as a non-breastfeeding woman. Her baby was born 2 week ago and weight 5 pounds, 8 ounces. Would she qualify for one of these risk codes?  

YES, RISK CODE \_\_\_\_\_ NO RISK
5. Martha is being certified as a pregnant woman. She has had 2 previous pregnancies, both ending in miscarriage. The first one ended at 20 weeks, and the second one ended at 17 weeks. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_ NO RISK

6. Marlene is being certified as a breastfeeding woman. She was pregnant with twins, but at 21 weeks miscarried only one of the twins. The second baby survived and is now 2 weeks old and breastfeeding. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_ NO RISK

7. Lynnette was pregnant but had a therapeutic abortion at 11 weeks gestation. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_ NO RISK

8. Laura just gave birth to a baby who weighed 9 pounds. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_ NO RISK

9. Lisa is being enrolled as a prenatal woman. Her first child was born with spina bifida. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_ NO RISK

## 'Pregnancy' Risk Codes

These risk codes are about the woman's current or past pregnancy.  
Read the Risk Code Criteria information for each of these risk codes:

**331:** Pregnancy at a Young Age

**332:** Closely Spaced Pregnancy

**333:** High Parity and Young Age

**335:** Multiple Fetus Pregnancy

### *Questions:*

1. Katie is 15 years old and pregnant. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

2. This is Katrina's third pregnancy. Her other children are 13 months and 2 ½ years old. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

3. Kaylee is 20 years old and pregnant for the fifth time. She has one child, born 3 years ago. Before her child was born, she had 3 miscarriages (one at 18 weeks gestation, one at 21 weeks gestation and one at 20 weeks gestation). Her due date is 3 months from today. Her birthday was 2 months ago. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

4. Kjustin just gave birth to quadruplets. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

5. Which risk code(s), if any, is considered high risk?

## 'Other Health' Risk Codes

These are other health risk codes that apply to all women.

Read the Risk Code Criteria information for each of these risk codes:

**358:** Eating Disorders

**902:** Woman with Limited Ability to Make Feeding Decisions and/or Prepare Food

### *Questions:*

1. While you are enrolling Carol, a pregnant woman, she tells you that she was diagnosed with bulimia last year. She says that she has stopped bingeing and purging since she found out she was pregnant, but she is afraid she will start again. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

2. Heather is 13 years old and pregnant. She lives with her mom who shops and makes all the meals. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

3. Which risk code(s), if any, is considered high risk?

## 'Substance Abuse' Risk Codes

Women with these risk codes are using substances that are harmful to the body.

Read the Risk Code Criteria information for each of these risk codes:

**371:** Maternal Smoking

**372:** Alcohol and Illegal and/or Illicit Drug Use

### *Questions:*

1. Olivia is a non-breastfeeding woman who usually drinks 3 beers in the evening. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

2. Tina is a pregnant woman who smokes one-half a pack of cigarettes a day. Would she qualify for one of these risk codes?

YES, RISK CODE \_\_\_\_\_

NO RISK

3. Which risk code(s), if any, is considered high risk?

## Section 3: Risk Codes for Pregnant Women

### 'Anthropometric' Risk Codes

These risk codes are all anthropometric risks for pregnant women.  
Read the Risk Code Criteria information for each of these risk codes:

**101\***: Underweight (Pregnant Women)

**111\***: Overweight (Pregnant Women)

**131**: Low Maternal Weight Gain

**132**: Maternal Weight Loss during Pregnancy

**133\***: High Maternal Weight Gain (Pregnant Women)

### *Questions:*

1. Match the Risk Code with the condition.

101-Underweight	Weight gain during the second trimester is 1.5 pounds per week and pre-pregnancy BMI is 23.
111-Overweight	Pre-pregnancy BMI is 24 and weight gain is .6 pounds per week during the 2 <sup>nd</sup> trimester.
131-Low Maternal Weight Gain	Weight loss during the first trimester is pregnancy is 2 pounds.
132-Maternal Weight Loss during Pregnancy	Pre-pregnancy BMI is less than 18.5.
133-High Maternal Weight Gain	Pre-pregnancy BMI is 25.

## 'Pregnancy' Risk Codes

These risk codes are all conditions that only exist during pregnancy.  
Read the Risk Code Criteria information for each of these risk codes:

**301:** Hyperemesis Gravidarum

**302:** Gestational Diabetes

**334:** Lack of/or Inadequate Prenatal Care

**336:** Fetal Growth Restriction

**338:** Pregnant Woman Currently Breastfeeding

### *Questions:*

1. Does a woman who says "I'm really nauseated for most of the morning but by noon I'm feeling better" qualify for Risk Code 301? Why or why not?
2. What is the difference between Diabetes Mellitus (Risk Code 343) and Gestational Diabetes (Risk Code 302)?
3. Would someone who is 30 weeks pregnant and has seen a doctor one time qualify for Risk Code 334?
4. A pregnant woman tells you that her doctor has diagnosed her with IUGR. Would she qualify for Risk Code 336?
5. A woman is breastfeeding her toddler once a day and is pregnant. Would she qualify for Risk Code 338?

## Section 4: Risk Codes for Infants and Children

### 'Anthropometric' Risk Codes

The risk codes listed below are all anthropometric risks for infants and/or children.

Read the Risk Code Criteria information for each of these risk codes:

**103:** Underweight (Infants and Children)

**113:** Obese (Children 2-5 years old)

**114:** Overweight or At Risk for Overweight

**121:** Short Stature

**134:** Failure to Thrive

**135:** Inadequate Growth

**153:** Large for Gestational Age

### *Questions:*

1. Which of these risk codes are CPA-selected?
2. Which risk code(s), if any, is considered high risk?
3. Timothy was born August 1 and weighed 8 pounds 14 ounces. Today is August 16 and he weighs 8 pounds 2 ounces. Would he qualify for a risk code?  
YES, RISK CODE \_\_\_\_\_ NO RISK
4. Terence is a 3-year-old boy. His BMI is in the 10<sup>th</sup> percentile. Would he qualify for a risk code?  
YES, RISK CODE \_\_\_\_\_ NO RISK
5. Fong is a 2 ½ year-old boy. His weight-for-length is at the 90<sup>th</sup> percentile. Would he qualify for a risk code?  
YES, RISK CODE \_\_\_\_\_ NO RISK
6. Tommy's mom brings to his appointment a note from the doctor that says "Referred to WIC for FTI". Would he qualify for a risk code?  
YES, RISK CODE \_\_\_\_\_ NO RISK

7. Todd, 18 months old toddler, weighed 9 pounds at birth. Would he qualify for a risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

8. Tyler is 4 years old, at WIC for recertification. At his last appointment, his BMI was at the 90<sup>th</sup> percentile. At this certification, his BMI is at the 98<sup>th</sup> percentile. Would he qualify for a risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

9. Taylor is 10 months old. Her length is at the 5<sup>th</sup> percentile. Would she qualify for a risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

## 'Small Baby' Risk Codes

Infants and children with these risk codes have all been born too small or too early.

Read the Risk Code Criteria information for each of these risk codes:

**141:** Low Birth Weight (LBW)

**142:** Prematurity

**151:** Small for Gestational Age

### *Questions:*

1. Which of these risk codes is not HuBERT assigned? How is it assigned?
2. Which risk code(s), if any, is considered high risk?
3. What is the difference between 'low birth weight' and small for gestational age'?

## 'Health Problem' Risk Codes

Infants and children with these risk codes have health problems or potential health problems. These health problem risk codes apply only to infants and children.

Read the Risk Code Criteria information for each of these risk codes:

**382:** Fetal Alcohol Syndrome (FAS)

**902:** Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food

### *Questions:*

1. What is the key information you need to know if a mother reports that her child has Fetal Alcohol Syndrome?
  
2. Wade is a 4-week-old baby. His mother, Amy, is mentally delayed. She has help from her family, but they are not able to be with her all day. Amy's mother mixes formula bottles in advance so that they are properly diluted for the baby. Would Wade qualify for a nutrition risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

## 'Infant Only' Risk Codes

These risk codes can only be assigned to infants.

Read the Risk Code Criteria information for each of these risk codes:

**603:** Breastfeeding Complications or Potential Complications (Infant)

**701:** Infant Born to WIC Mom or WIC-Eligible Mom

**702:** Breastfeeding Infant of Woman at Nutrition Risk

**703:** Infant of Woman with Alcohol or Drug Use or Mental Retardation

### *Questions:*

1. How will you know if an infant's mother had (or might have had) a nutritional risk\* during her pregnancy?

\* Nutritional risk is defined as having detrimental or abnormal nutritional conditions detectable by biochemical or anthropometric measurements or other documented nutritionally related medical conditions.

2. Alexis is a 4-day-old breastfeeding infant with jaundice. Would she qualify for a risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

3. Sawyer is an infant being cared for by his grandmother. Sawyer's mother used drugs during her pregnancy and is still using drugs. Would Sawyer qualify for a risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

## Section 5: Risk Codes for Breastfeeding and Non-Breastfeeding Women

### 'Anthropometric' Risk Codes

These risk codes are the anthropometric risk codes for breastfeeding and non-breastfeeding women. They are System-assigned when you enter the correct information in the 'Health Information' and/or 'Height, Weight, Blood screens. Read the Risk Code Criteria information for each of these risk codes:

**101:** Underweight (Breastfeeding & Non-Breastfeeding)

**111:** Overweight (Breastfeeding & Non-Breastfeeding)

**133:** High Maternal Weight Gain (Breastfeeding & Non-Breastfeeding)

### *Questions:*

1. Which risk code(s), if any, is considered high risk?
2. Sally's current BMI is 29 and her BMI before pregnancy was 24. She is a breastfeeding woman whose baby is 2 months old. Would she qualify for a risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

3. Sue is at WIC to be certified as a breastfeeding woman. Her baby is 2 weeks old. Her BMI before pregnancy was 29.0. Her weight gain during pregnancy was 33 pounds. Would she qualify for a risk code?

YES, RISK CODE \_\_\_\_\_

NO RISK

## 'Breastfeeding Mother' Risk Codes

These risk codes apply only to breastfeeding mothers.

Read the Risk Code Criteria information for each of these risk codes:

**601:** Breastfeeding Mother of Infant at Nutritional Risk

**602:** Breastfeeding Complications or Potential Complications (Woman)

### *Questions:*

1. Which risk code(s), if any, is considered high risk?
2. Jessie is breastfeeding her baby, James. He has already been enrolled on WIC because he was large for gestational age. Would she qualify for Risk Code 601?
3. Julie gave birth 5 days ago. She is at WIC to see the breastfeeding counselor. She has severe breast engorgement and inverted nipples. Would Julie qualify for Risk Code 602?