

# Risk Code Practice Workbook

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## Introduction

The purpose of this workbook is to learn basic information about the nutrition risk codes and how they are selected for each individual participant. This workbook can be used for new staff learning or as a refresher for those wanting to gain more information and experience in using risk codes.

## How to Use This Workbook

1. Read the [Introduction to Risk Code Assignment](#) 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: [Minnesota WIC Risk Code Criteria- Exhibit 5-T](#)
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 using the [High Risk and Medical Referral Criteria](#) as a guide.
6. Review the risk code criteria for each section of the workbook.
7. Answer the questions listed in each section.
8. Keep track of questions to ask your WIC Preceptor.
9. Meet with your WIC Preceptor to review the material.



## 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 Avery qualify for one of these risk codes? (yes or no- if yes, indicate which code)
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 Savannah qualify for a risk code? (yes or no- if yes, indicate which code)
6. Scarlett is a 4-year-old recently diagnosed with Type 1 diabetes. Would Scarlett qualify for one of these risk codes? (yes or no- if yes, indicate which code)
7. Alexandra is a pregnant woman who has been taking medication for high blood pressure for the past 2 years. Would Alexandra qualify for one of these risk codes? (yes or no- if yes, indicate which code)
8. Sarah is currently being treated by her physician for a kidney infection. Would Sarah qualify for one of these risk codes? (yes or no- if yes, indicate which code)

9. Anna is a pregnant woman with asthma who requires daily medication. Would Anna qualify for one of these risk codes? (yes or no- if yes, indicate which code)

## ‘Ongoing Health Issues’ Risk Codes

Participants with these risk codes have health issues that are ongoing.

Read the Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **341:** Nutrient Deficiency or Disease
- **348:** Central Nervous System Disorders
- **349:** Genetic and Congenital Disorders
- **351:** Inborn Errors of Metabolism
- **362:** Developmental, Sensory or Motor Disabilities 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.

Risk Code	Condition
	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 Allowed [WIC Risk 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 Johanna qualify for any of these risk codes? (yes or no- if yes, indicate which code)
3. Jordan is 3 years old. His mother tells you that he was diagnosed with gluten enteropathy last month. Would Jordan qualify for any of these risk codes? (yes or no- if yes, indicate which code)
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 Joel qualify for one of these risk codes? (yes or no- if yes, indicate which code)

## 'Current Illness' Risk Codes

Participants with these risk codes have a current or recent medical problem or illness that may impact their nutritional status.

Read the Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **352A:** Infectious Diseases- Acute
- **352B:** Infectious Diseases- Chronic
- **357:** Drug-Nutrient Interactions
- **359:** Recent Major Surgery, Physical Trauma, Burns
- **381:** Oral Health Conditions

## Questions:

1. Which risk code(s), if any, is considered high risk?
  
2. Andres, a 5-month-old baby, had heart surgery last month. Would Andres qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
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 Divya qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
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 Austin qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
5. Kalay had a C-section when she delivered her baby three weeks ago. She is at WIC for her postpartum recertification appointment. Would Kalay qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
6. Andrew is 19 months old. His mother tells you that he has had bronchiolitis 4 times since his last certification. Would Andrew qualify for one of these risk codes? (yes or no- if yes, indicate which code)

## 'Other' Risk Codes

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

Read the Allowed [WIC Risk 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 (ETS)

**NOTE:** MN WIC recommends not using 501. Instead, use Risk Code 401: Failure to Meet Dietary Guidelines for Americans or 428: Dietary Risk Associated with Complementary Feeding Practices (if no other risk codes apply).

## Questions:

1. Wilma is a pregnant woman who is transferring into your agency. Her VOC card lists the risk "Low Hemoglobin". Which risk codes would you select for Wilma?
  
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 Weston 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. Would Wyatt qualify for any risk code(s)? (yes or no- if yes, indicate which code)
  
4. Wendy is currently staying on the couch at a friend's house while she looks for a job and an apartment. Would Wendy qualify for one of these risk codes? (yes or no- if yes, indicate which code)

## 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 Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **303:** History of Gestational Diabetes
- **304:** History of Preeclampsia
- **311:** History of Preterm or Early Term Delivery
- **312:** History of Low Birth Weight
- **321:** History of Spontaneous Abortion, Fetal or Neonatal Loss
- **337:** History of Birth of a Large for Gestational Age Infant
- **339:** History of Birth with Nutrition Related Congenital or 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 Nikki qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
3. Margaret is pregnant with her third child. Her first baby was born at 36 weeks. Would Margaret qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
4. Mary Anne is being recertified as a non-breastfeeding woman. Her baby was born 2 weeks ago and weighed 5 pounds, 8 ounces. Would Mary Anne qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
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 Mary Ann qualify for one of these risk codes? (yes or no- if yes, indicate which code)

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 Marlene qualify for one of these risk codes? (yes or no- if yes, indicate which code)
7. Lynnette was pregnant but had a therapeutic abortion at 11 weeks gestation. Would Lynnette qualify for one of these risk codes? (yes or no- if yes, indicate which code)
8. Laura just gave birth to a baby who weighed 9 pounds. Would Laura qualify for one of these risk codes? (yes or no- if yes, indicate which code)
9. Lisa is being enrolled as a prenatal woman. Her first child was born with spina bifida. Would Lisa qualify for one of these risk codes? (yes or no- if yes, indicate which code)

## 'Pregnancy' Risk Codes

These risk codes are about the woman's current or past pregnancy.

Read the Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **331:** Pregnancy at a Young Age
- **332:** Short Interpregnancy Interval
- **335:** Multifetal Gestation

## Questions:

1. Katie is 15 years old and pregnant. Would Katie qualify for one of these risk codes? (yes or no- if yes, indicate which code)
2. This is Katrina's third pregnancy. Her other children are 13 months and 2 ½ years old. Would Katrina qualify for one of these risk codes? (yes or no- if yes, indicate which code)
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 Kaylee qualify for one of these risk codes? (yes or no- if yes, indicate which code)

4. Kjirsten just gave birth to quadruplets. Would Kjirsten qualify for one of these risk codes? (yes or no- if yes, indicate which code)
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 Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **358:** Eating Disorders (Women Only)
- **902:** Woman or Infant/Child of Primary Caregiver 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 Carol qualify for one of these risk codes? (yes or no- if yes, indicate which code)
2. Heather is 13 years old and pregnant. She lives with her mom who shops and makes all the meals. Would Heather qualify for one of these risk codes? (yes or no- if yes, indicate which code)
3. Which risk code(s), if any, is considered high risk?

## ‘Substance Use’ Risk Codes

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

Read the Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **371:** Nicotine or Tobacco Use
- **372:** Alcohol and Substance Use

### Questions:

1. Olivia is a non-breastfeeding woman who usually drinks 3 beers in the evening. Would Olivia qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
2. Tina is a pregnant woman who smokes one-half a pack of cigarettes a day. Would Tina qualify for one of these risk codes? (yes or no- if yes, indicate which code)
  
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 Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **101:** Underweight (Women)
- **111:** Overweight (Women)
- **131:** Low Maternal Weight Gain
- **133:** High Maternal Weight Gain

## Questions:

1. Match the Risk Code with the condition.
  - A. 101-Underweight
  - B. 111- Overweight
  - C. 131-Low Maternal Weight Gain
  - D. 133- High Maternal Weight Gain
  - a. Weight gain during the second trimester is 1.5 pounds per week and pre-pregnancy BMI is 23. (A/B/C/D)
  - b. Pre-pregnancy BMI is 24 and weight gain is .6 pounds per week during the 2nd trimester. (A/B/C/D)
  - c. Weight loss during the first trimester of pregnancy is 2 pounds. (A/B/C/D)
  - d. Pre-pregnancy BMI is less than 18.5. (A/B/C/D)
  - e. Pre-pregnancy BMI is 25. (A/B/C/D)

## 'Pregnancy' Risk Codes

These risk codes are all conditions that only exist during pregnancy.

Read the Allowed [WIC Risk 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 Fetal Growth Restriction. 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 Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **103:** Underweight or At Risk of Becoming Underweight (Infants and Children)
- **113:** Obese (Children 2-5 years old)
- **114:** Overweight or At Risk of Overweight (Infants and Children)
- **121:** Short Stature or At Risk of Short Stature (Infants and Children)
- **134:** Failure to Thrive
- **135:** Slowed/Faltering Growth Pattern
- **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 Timothy qualify for a risk code? (yes or no- if yes, indicate which code)
4. Terence is a 3-year-old boy. His BMI is in the 10<sup>th</sup> percentile. Would Terence qualify for a risk code? (yes or no- if yes, indicate which code)
5. Fong is a 2 ½ year-old boy. His weight-for-length is at the 90<sup>th</sup> percentile. Would Fong qualify for a risk code? (yes or no- if yes, indicate which code)
6. Tommy's mom brings to his appointment a note from the doctor that says, "Referred to WIC for FTT". Would Tommy qualify for a risk code? (yes or no- if yes, indicate which code)
7. Todd, 18 months old toddler, weighed 9 pounds at birth. Would Todd qualify for a risk code? (yes or no- if yes, indicate which code)
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 Tyler qualify for a risk code? (yes or no- if yes, indicate which code)
9. Taylor is 10 months old. Her length is at the 5<sup>th</sup> percentile. Would Taylor qualify for a risk code? (yes or no- if yes, indicate which code)

## 'Small Baby' Risk Codes

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

Read the Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **141:** Low Birth Weight and Very Low Birth Weight
- **142:** Preterm or Early Term Delivery
- **151:** Small for Gestational Age

## Questions:

1. Which of these risk codes is not assigned by the WIC Information System? 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 Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **382:** Fetal Alcohol Spectrum Disorders
- **902:** Woman or Infant/Child of 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 Spectrum Disorder?
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 or no- if yes, indicate which code)

## 'Infant Only' Risk Codes

These risk codes can only be assigned to infants.

Read the Allowed [WIC Risk Criteria](#) information for each of these risk codes:

- **603:** Breastfeeding Complications or Potential Complications (Infant)
- **701:** Infant Up to 6 Months Old of WIC Mother or of a Woman Who Would Have Been Eligible During Pregnancy
- **702:** Breastfeeding Infant of Woman at Nutritional Risk

## 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 Alexis qualify for a risk code? (yes or no- if yes, indicate which code)



## 'Breastfeeding Mother' Risk Codes

These risk codes apply only to breastfeeding mothers.

Read the Allowed [WIC Risk 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 in WIC because he was large for gestational age. Would Jessie 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?

### WIC Module Answer Keys

## References- Complete Listing of Hyperlinks:

### Introduction to Risk Code Assignment

(<https://www.health.state.mn.us/docs/people/wic/localagency/training/nutrition/nst/riskcodes.pdf>)

### Minnesota WIC Risk Code Criteria- Exhibit 5-T

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/exhbts/ex5/5t\\_new.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/exhbts/ex5/5t_new.pdf))

### High Risk and Medical Referral Criteria

(<https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/exhbts/ex6/6a.pdf>)

### WIC Risk Criteria

(<https://www.health.state.mn.us/people/wic/localagency/riskcodes/index.html>)

### WIC Module Answer Keys

(<https://www.health.state.mn.us/people/wic/localagency/training/answerkeys.html>)

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