

Division of Community Nutrition

Subject: **Determine Nutrition Risk - Anthropometric**

Policy: **Appendix 15**

Reference: **N / A**

Effective: **August 12, 2013**

Supersedes: **April 18, 2005**

Nutrition Risk Identification for Women Using BMI (Body Mass Index)

A. Underweight woman (USDA risk 101, VA WIC risk 1100)

Pregnant woman	pre-pregnancy BMI <18.5
Postpartum woman	pre-pregnancy or current BMI <18.5
Breastfeeding woman < six months postpartum	pre-pregnancy or current BMI <18.5
Breastfeeding woman \geq six months postpartum	current BMI <18.5

B. Overweight woman (USDA risk 111, VA WIC risk 1200, 1210)

Pregnant woman	pre-pregnancy BMI \geq 25.0
Postpartum woman	pre-pregnancy BMI \geq 25.0
Breastfeeding woman < six month postpartum	pre-pregnancy BMI \geq 25.0
Breastfeeding woman \geq six months postpartum	current BMI \geq 25.0