

## **Select Washington Nutrition Risks for Clients who Transfer from Out-of-State**

### Federal Risk Name and Number to Washington Risk

WIC staff must select all nutrition risk factors that apply for each client. This includes clients who transfer to your clinic from another state. In addition to the “Out of State Transfer” risk Client Services assigns, staff review the transfer card and select the risks listed on the card in the client’s file.

Identifying Washington risk factors from out-of-state transfer cards can be challenging because:

- WIC Programs in other states sometimes use federal risk numbers only (no risk names) or they use the federal risk names.
- Washington WIC uses the federal risk factors, but changed the risk names to follow state “plain talk” requirements.
- We also separated many of the large federal risks into several more specific risks so we can get better information about the health and nutrition status of our clients.

This tool helps staff select the correct Washington risks for an out-of-state transfer client. The tool lists the federal risk names and numbers and the corresponding Washington risks.

### **How to use this tool:**

1. Review the client’s transfer information and identify the risk numbers or names.
2. Look up the federal risk names or numbers to determine the Washington risks to select in the client’s file.
3. When there’s more than one Washington risk to choose:
  - Ask questions when the client transfers in if appropriate.
    - Do this if you have time to ask a few questions and there’s enough privacy to have the conversation, especially when asking about health or medical conditions.
  - Schedule a follow-up or second nutrition education contact for a future month to weigh and measure the client or ask more questions to determine which risks to mark.
4. Use the “Out of State Transfer” risk Client Services assigns when you can’t determine the specific Washington WIC risk, or in the few cases when we don’t use the federal risk.
  - Make a note in the client’s file when you can’t determine the Washington risk from the transfer information, or we don’t use the federal risk.
5. When the client has risk 401 or “Not Meeting Dietary Guidelines”:
  - Client Services automatically selects the “Out of State Transfer” risk, so you can’t select “Not Meeting Dietary Guidelines” since it must be the only risk selected.
  - Leave the “Out of State Transfer” risk and make a note in the client’s file that the “Not Meeting Dietary Guidelines” risk applies.



**Staff Tool**  
**Federal Risk Name and Number to Washington Risk**

Federal Risk	Federal Risk Number	Washington Risk
Underweight (women)	101	Current BMI < 18.5 (BF, PP) Pre-Pregnancy BMI < 18.5 (PG) Pre-Pregnancy BMI < 18.5 (< 6 mos. Postpartum) (BF, PP)
Underweight or At Risk of Underweight (Infants and Children)	103	<b>BMI/Age ≤ 5<sup>th</sup></b> (C ≥ 24 months) BMI/Age ≤ 10 <sup>th</sup> (C ≥ 24 months) <b>Weight/Length ≤ 2<sup>nd</sup></b> (I, C < 24 months) Weight/Length > 2 <sup>nd</sup> and ≤ 5 <sup>th</sup> (I, C < 24 months)
Overweight (Women)	111	Current BMI 25 – 29.9 (≥ 6 mos. Postpartum) (BF) <b>Current BMI ≥ 30 (≥ 6 mos. Postpartum)</b> (BF) Pre-Pregnancy BMI 25 – 29.9 (PG) Pre-Pregnancy BMI ≥ 30 (PG) Pre-Pregnancy BMI 25 – 29.9 (< 6 mos. Postpartum) (BF, PP) Pre-Pregnancy BMI ≥ 30 (< 6 mos. Postpartum) (BF, PP)
Obese (Children 2 – 5 Years of Age)	113	<b>BMI ≥ 95<sup>th</sup></b> (C ≥ 24 months)
Overweight or At Risk of Overweight (Infants and Children)	114	BMI ≥ 85 <sup>th</sup> and < 95 <sup>th</sup> (C ≥ 24 months of age) Note: Washington WIC doesn't use this risk for infants. <ul style="list-style-type: none"> <li>• The federal risk uses the parents' BMI values to determine this risk for infants.</li> <li>• Client Services will assign the "Out of State Transfer" risk.</li> </ul>
High Weight-for-Length (Infants and Children)	115	<b>Weight/Length ≥ 98<sup>th</sup></b> (I) <b>Weight/Length ≥ 98<sup>th</sup></b> (< 24 months) (C)
Short Stature or At Risk of Short Stature (Infants and Children)	121	Height/Age ≤ 5 <sup>th</sup> (C) Height/Age ≤ 10 <sup>th</sup> (C) Length/Age ≤ 2 <sup>nd</sup> (I, C < 24 months) Length/Age > 2 <sup>nd</sup> and ≤ 5 <sup>th</sup> (I, C < 24 months) Length/Adjusted Age ≤ 2 <sup>nd</sup> (I, C < 24 months) Length/Adjusted Age > 2 <sup>nd</sup> and ≤ 5 <sup>th</sup> (I, C < 24 months)

Federal Risk	Federal Risk Number	Washington Risk
Low Maternal Weight Gain	131	Low Weight Gain - 1st Trimester (PG)
Maternal Weight Loss During Pregnancy	132	Weight Loss 1st Tri < Pre-Pregnancy Weight (PG)
High Maternal Weight Gain	133	High Weight Gain- 1 <sup>st</sup> Trimester (PG) <b>High Weight Gain – 2<sup>nd</sup> &amp; 3<sup>rd</sup> Trimester (PG)</b> High Weight Gain (This PG) (BF, PP)
Failure to Thrive	134	<b>Failure to Thrive (I, C)</b>
Inadequate Growth	135	<b>Slow Weight Gain (I, C)</b>
Low Birth Weight and Very Low Birth Weight	141	<b>Low Birth Weight ≤ 5 lbs 8 oz (&lt; 6 mos) (I)</b> Low Birth Weight ≤ 5 lbs 8 oz (≥ 6 mos) (I) Low Birth Weight ≤ 5 lbs 8 oz (< 24 months) (C) <b>Very Low Birth Weight &lt; 3 lbs 5 oz (I)</b>
Prematurity	142	Premature ≤ 37 Wks Gestation (I, C < 24 months)
Small for Gestational Age	151	Small for Gestational Age (I, C < 24 months)
Low Head Circumference (Infants and Children < 24 Months of Age)	152	Head Circumference/Age ≤ 2 <sup>nd</sup> (I, C < 24 months) Head Circumference/Adjusted Age ≤ 2 <sup>nd</sup> (I, C < 24 months)
Large for Gestational Age	153	High Birth Weight ≥ 9 pounds (I) Large for Gestational Age (I)
Low Hematocrit/Low Hemoglobin	201	Iron Deficiency Anemia (PG, BF, PP, I, C) Low Hgb 1 <sup>st</sup> Tri < 11.0 g/dl (Hct < 33%) (PG) Low Hgb 2 <sup>nd</sup> Tri < 10.5 g/dl (Hct < 32%) (PG) Low Hgb 3 <sup>rd</sup> Tri < 11.0 g/dl (Hct < 33%) (PG) Low Hgb < 12.0 g/dl (Hct < 36%) (BF, PP) Low Hgb < 11.0 g/dl (Hct < 33%) (I, C) <b>Very Low Hgb 1st Tri ≤ 10.3 g/dl (Hct ≤ 31%) (PG)</b> <b>Very Low Hgb 2<sup>nd</sup>/3<sup>rd</sup> Tri ≤ 10.0 g/dl (Hct ≤ 30%) (PG)</b> <b>Very Low Hgb ≤ 10.3 g/dl (Hct ≤ 31%) (BF, PP, C)</b> <b>Very Low Hgb 6-12 mos ≤ 10.3 g/dl (Hct ≤ 31%) (I)</b>
Elevated Blood Lead Levels	211	<b>High Blood Lead Level (PP, BF, PG, I, C)</b>
Hyperemesis Gravidarum	301	Severe Nausea/Vomiting (PG)
Gestational Diabetes	302	Gestational Diabetes (PG)

Federal Risk	Federal Risk Number	Washington Risk
History of Gestational Diabetes	303	Gestational Diabetes (Hx) (PG, BF, PP)
History of Preeclampsia	304	Preeclampsia (Hx) (PG, BF, PP)
History of Preterm Delivery	311	Premature $\leq$ 37 wks Gestation (Hx) PG Premature $\leq$ 37 wks Gestation (This PG) (BF, PP)
History of Low Birth Weight	312	Low Birth Weight $\leq$ 5 pounds, 8 oz (Hx) (PG) Low Birth Weight $\leq$ 5 pounds, 8 oz (This PG) (BF, PP)
History of Spontaneous Abortion, Fetal or Neonatal Loss	321	Spon Abortion, Fetal or Neonatal Loss (Hx) (PG) Spon Ab, Fetal or Neonatal Loss (This PG) (BF, PP)
Pregnancy at a Young Age	331	<b><math>\leq</math> 16 Years at Conception</b> (PG) 17 Years at Conception (PG) $\leq$ 17 Yrs at Conception (This PG) (BF, PP)
Closely Spaced Pregnancies	332	Two Pregnancies/Two Years (PG) Two Pregnancies/Two Years (This PG) (BF, PP)
High Parity and Young Age	333	Note: Washington WIC doesn't use this risk. <ul style="list-style-type: none"> <li>Client Services will automatically assign the "Out of State Transfer" risk.</li> </ul>
Lack of or Inadequate Prenatal Care	334	No Prenatal Care $>$ 13 Wks (PG)
Multi-fetal Gestation	335	Pregnant with Multiples (PG) Pregnant with Multiples (This PG) (BF, PP) Breastfeeding Twins, Triplets (BF)
Fetal Growth Restriction	336	<b>Fetal Growth Restriction</b> (PG)
History of Birth of a Large for Gestational Age Infant	337	Large for Gestational Age (Hx) (PG) Large for Gestational Age (This PG) (BF, PP)
Pregnant Woman Currently Breastfeeding	338	Breastfeeding While Pregnant
History of Birth with Nutrition Related Congenital or Birth Defect	339	Nutrition Related Birth Defects (Hx) (PG)

Federal Risk	Federal Risk Number	Washington Risk
Nutrient Deficiency Diseases	341	<b>Nutrient Deficiency Disease</b> (PG, BF, PP, I, C)
Gastro-Intestinal Disorders	342	Bariatric Surgery (PG, BF, PP) <b>Gastro-Esophageal Reflux</b> (I) <b>Gastrointestinal Disorder</b> (PG, BF, PP, I, C)
Diabetes Mellitus	343	<b>Diabetes Mellitus</b> (PG, BF, PP, I, C)
Thyroid Disorders	344	Thyroid Disorder (PG, BF, PP, I, C)
Hypertension and Prehypertension	345	<b>Hypertension/Prehypertension</b> (PG, BF, PP, I, C) <b>Pregnancy Induced Hypertension</b> (PG)
Renal Disease	346	<b>Kidney Disorder (not UTI)</b> (PG, BF, PP, I, C)
Cancer	347	<b>Cancer</b> (PG, BF, PP, I, C)
Central Nervous System Disorders	348	<b>Central Nervous System Disorder</b> (PG, BF, PP, I, C)
Genetic and Congenital Disorders	349	Cleft Lip and/or Palate (I, C) <b>Cleft Lip/Palate (Unrepaired)</b> (I, C) <b>Genetic and Congenital Disorders</b> (PG, BF, PP, I, C)
Inborn Errors of Metabolism	351	<b>Metabolic Disorder</b> (PG, BF, PP, I, C)
Infectious Diseases	352	<b>Infectious Disease (past 6 months)</b> (PG, BF, PP, I, C) <b>Respiratory Infection (3x/6months)</b> (I)
Food Allergies	353	<b>Food Allergy (severe diet impact)</b> (PG, BF, PP, I, C)
Celiac Disease	354	<b>Celiac Disease</b> (PG, BF, PP, I, C)
Lactose Intolerance	355	Lactose Intolerance (PG, BF, PP, I, C)
Hypoglycemia	356	<b>Hypoglycemia</b> (PG, BF, PP, I, C)
Drug-Nutrient Interactions	357	Drug Nutrient Interactions (PG, BF, PP, I, C)
Eating Disorders	358	<b>Eating Disorder</b> (PG, BF, PP)
Recent Major Surgery, Trauma, Burns	359	Recent Major Surgery, Trauma, Burns (PG, BF, PP, I, C)

Federal Risk	Federal Risk Number	Washington Risk
Other Medical Conditions	360	<i>Ask questions to determine which risk(s) to select.</i> Asthma (using daily meds) (PG, BF, PP, C) <b>Cardiovascular Disorder</b> (PG, BF, PP, I, C) <b>Cystic Fibrosis</b> (PG, BF, PP, I, C) <b>Juvenile Rheumatoid Arthritis</b> (PG, BF, PP, I, C) <b>Lung Disorder</b> (PG, BF, PP, I, C) <b>Lupus</b> (PG, BF, PP, I, C) Other Medical Conditions (impacts nutr. status) (PG, BF, PP, I, C)
Depression	361	Depression (PG, BF, PP)
Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat	362	<b>Developmental Delays Affecting Chewing/Swallowing</b> (PG, BF, PP, I, C)
Pre-Diabetes	363	<b>Pre-Diabetes</b> (BF, PP)
Maternal Smoking	371	Maternal Smoking (PG, BF, PP)
Alcohol and Illegal Drug Use	372	<i>Ask questions to determine which risk(s) to select.</i> Alcohol Use (PG, BF, PP) Drug Use (PG, BF, PP)
Oral Health Conditions	381	Oral Health Conditions (PG, BF, PP, I, C)
Fetal Alcohol Syndrome	382	<b>Fetal Alcohol Syndrome</b> (I, C)
Failure to Meet Dietary Guidelines for Americans	401	Not Meeting Dietary Guidelines (PG, BF, PP) Not Meeting Dietary Guidelines (2 – 5 years) (C)
<p>Inappropriate Nutrition Practices for Infants Federal Risk Number: 411 <i>If the transfer card has code 411 and none of the specific codes listed below, ask more questions as appropriate to select the correct Washington risk.</i></p>		
Routinely using a substitute(s) for breastmilk or FDA approved iron-fortified formula as the primary nutrient source during the first year of life	411.1	Inappropriate Substitute for Breastmilk/Formula
Routinely using nursing bottles or cups improperly	411.2	Inappropriate Use of Bottle/Cup Feeding Sugar-containing Drinks
Routinely offering complementary foods or other substances that are inappropriate in type or timing	411.3	Early Introduction of Solids (< 4 months)

Federal Risk	Federal Risk Number	Washington Risk
<p>Inappropriate Nutrition Practices for Infants  Federal Risk Number: 411  <i>If the transfer card has code 411 and none of the specific codes listed below, ask more questions as appropriate to select the correct Washington risk.</i></p>		
Routinely using feeding practices that disregard the developmental needs or stage of the infant	411.4	Not Supporting Development/Feeding Relationship
Feeding foods to an infant that could be contaminated with harmful microorganisms or toxins	411.5	Potentially Contaminated Foods
Routinely feeding inappropriately diluted formula	411.6	Inappropriate Formula Dilution
Routinely limiting the frequency of nursing of the exclusively breastfed infant when breast milk is the sole source of nutrients	411.7	Limited Frequency of Breastfeeding ( $\leq 6$ months)
Routinely feeding a diet very low in calories and/or essential nutrients	411.8	<b>Very Restrictive Feeding</b>
Routinely using inappropriate sanitation in preparation, handling, and storage of expressed breastmilk or formula	411.9	Unsafe Handling of Breastmilk/Formula
Feeding dietary supplements with potentially harmful consequences	411.10	<b>Inappropriate or Excessive Supplements</b>
Routinely not providing dietary supplements recognized as essential by national public health policy when an infant's diet alone cannot meet nutrient requirements	411.11	Inadequate Fluoride Supplementation ( $\geq 6$ mos) Inadequate Vitamin D Supplementation ( $< 400$ IU)

Federal Risk	Federal Risk Number	Washington Risk
<p>Inappropriate Nutrition Practices for Children  Federal Risk Number: 425  <i>If the transfer card has code 425 and none of the specific codes listed below, ask more questions and select the correct Washington risk.</i></p>		
Routinely feeding inappropriate beverages as the primary milk source	425.1	Inappropriate Milk Substitute Reduced-fat or Non-fat Milk (12 – 23 months)
Routinely feeding a child any sugar-containing fluids	425.2	Feeding Sugar-containing Drinks
Routinely using nursing bottles, cups or pacifiers improperly	425.3	Inappropriate Use of Bottle/Cup
Routinely using feeding practices that disregard the developmental needs or stages of the child	425.4	Not Supporting Development/Feeding Relationship
Feeding foods to a child that could be contaminated with harmful microorganisms	425.5	Potentially Contaminated Foods
Routinely feeding a diet very low in calories and/or essential nutrients	425.6	<b>Very Restrictive Diet</b>
Feeding dietary supplements with potentially harmful consequences	425.7	<b>Inappropriate or Excessive Supplements</b>
Routinely not providing dietary supplements recognized as essential by national public health policy when a child’s diet alone cannot meet nutrient requirements	425.8	Inadequate Fluoride Supplementation Inadequate Vitamin D Supplementation (< 400 IU)
Routine ingestion of non-food items (pica)	425.9	<b>Pica</b>

Federal Risk	Federal Risk Number	Washington Risk
<p>Inappropriate Nutrition Practices for Women  Federal Risk Number: 427  <i>If the transfer card has code 427 and none of the specific codes listed below, ask more questions and select the correct Washington risk.</i></p>		
Consuming dietary supplements with potentially harmful consequences	427.1	<b>Inappropriate or Excessive Supplements</b> (PG, BF, PP)
Consuming a diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients following bariatric surgery	427.2	<b>Very Restrictive Diet</b> (PG, BF, PP)
Compulsively ingesting non-food items (pica)	427.3	<b>Pica</b> (PG, BF, PP)
Inadequate vitamin/mineral supplementation recognized as essential by national public health policy	427.4	Inadequate Folic Acid Supplementation (< 400 mcg) (BF, PP) Inadequate Iodine Supplementation (< 150 mcg) (PG, BF) Inadequate Iron Supplementation (< 27 mg) (PG)
Pregnant woman ingesting foods that could be contaminated with pathogenic microorganisms	427.5	Potentially Contaminated Foods (PG women)
Dietary Risk Associated with Complementary Feeding Practices	428	Not Meeting Feeding Guidelines (4 – 12 months) (I) Not Meeting Feeding Guidelines (12 – 23 months) (C)
Possibility of Regression	501	Regression (BF, C)
Transfer of Certification	502	Out of State Transfer (PG, BF, PP, I, C)
Presumptive Eligibility for Pregnant woman	503	<ul style="list-style-type: none"> <li>• Client Services doesn't have a "Presumed Eligible" risk factor to select.</li> <li>• Client Services will select the "Out of State Transfer" risk.</li> </ul>

<b>Federal Risk</b>	<b>Federal Risk Number</b>	<b>Washington Risk</b>
Breastfeeding Mother of Infant at Nutritional Risk	601	Breastfeeding a Priority 1 Infant Breastfeeding a Priority 2 Infant Breastfeeding a Priority 4 Infant
Breastfeeding Complications or Potential Complications (Women)	602	Breastfeeding Complications (BF women)
Breastfeeding Complications or Potential Complications (Infant)	603	Breastfeeding Complications (Infant)
Infant Up to 6 Months Old of WIC Mother, or of a Woman Who Would Have Been Eligible During Pregnancy	701	Infant of WIC Eligible Mom (< 6 months)
Breastfeeding Infant of Woman at Nutritional Risk	702	Infant of Pri 1 BF Woman At Nutr Risk Infant of Pri 2 BF Woman At Nutr Risk Infant of Pri 4 BF Woman At Nutr Risk
Infant Born of Woman with Mental Retardation or Alcohol or Drug Abuse During Most Recent Pregnancy	703	Maternal Substance Use (during pregnancy)
Homelessness	801	Homelessness (PG, BF, PP, I, C)
Migrancy	802	Migrancy (PG, BF, PP, I, C)
Recipient of Abuse	901	Recipient of Abuse (past 6 months) (PG, BF, PP, I, C)
Woman, or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food	902	Caregiver Alcohol/Drug Addiction (I, C) Caregiver with Limited Ability to Make Feeding Decisions (I, C) Limited Skills for Proper Nutrition (PG, BF, PP)
Foster Care	903	Foster Care (new/change in home past 6 months) (PG, BF, PP, I, C)
Environmental Tobacco Smoke Exposure	904	Secondhand Smoke (PG, BF, PP, I, C)



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