

# High Risk and Medical Referral Criteria

03/2024

## Definitions

**High Risk:** The following conditions are considered High Risk. Individual Nutrition Care Plans (INCPs) should be developed for each of these conditions. High Risk Factors are equivalent to the risk criteria unless there are additional criteria in the High Risk Category and Criteria column.

**Medical Referrals:** If a participant doesn't have health care or if the participant is not being followed by his/her health care provider for the specific high risk condition identified, a written referral should be made to the health care provider.

**Minnesota WIC Information System:** The table indicates whether the Information System (Info System) assigns a risk code. It also indicates when the Information System flags a risk code as High Risk.

Risk Code #, Name and Risk Criteria Link	Brief Description of Risk Code See MOM <a href="#">Exhibit 5-T</a> for risk code description	Info System Assigns Risk Code?	High Risk Category and Criteria	Info System Flags as High Risk?
Medically Prescribed Formula	Special Medical Formula prescribed by Health Care Provider (Food Package 3)	NA	<b>Pregnant and Breastfeeding Women, Infants and Children</b> All participants who receive medical formula (Food Package 3) are required to have a High Risk care plan	N CPA must select High Risk Checkbox
<a href="#">101</a> Underweight (Women)	Pre-pregnancy BMI for current pregnancy <18.5	Y	<b>Pregnant Women</b> 1 <sup>st</sup> Trimester: High Risk 2 <sup>nd</sup> and 3 <sup>rd</sup> Trimester: High Risk if woman has not shown adequate weight gained defined by prenatal weight gain grids.	Y
<a href="#">103</a> Underweight or At Risk of Becoming Underweight (Infants and Children)	<b>Birth to &lt;24 months:</b> ≤2.3 <sup>rd</sup> percentile weight-for-length on WHO Growth Grid <b>2-5 years:</b> ≤5 <sup>th</sup> percentile BMI-for-age on CDC Growth Grid ( <b>At Risk of Becoming Underweight</b> not part of High Risk Criteria so not described here)	Y	<b>Infants and Children</b> Underweight: High Risk	Y For Underweight criteria only

EXHIBIT 6-A: HIGH RISK AND MEDICAL REFERRAL CRITERIA

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<a href="#">113</a> Obese (Children 2-5 years)	≥ 24 months to 5 years: ≥ 95 <sup>th</sup> percentile BMI-for-age on the CDC Growth Grid	Y	<b>Children 2-5 years</b> Child is ≥ 95% BMI-for-age with a high rate of weight gain and has not established a parallel growth curve to the recommended curve. <b>OR</b> Child is ≥ 95% BMI-for-age and has gained ≥ 5 pounds in past 6 months. <b>OR</b> Child is significantly above the 95% BMI-for-age (more than 2 squares above 95% channel line)	Y  CPA must assess if meets High Risk Criteria
<a href="#">131</a> Low Maternal Weight Gain	Weight gain in pregnancy is below the IOM recommendations	Y	<b>Pregnant Women</b> Same as risk criteria	Y
<a href="#">133</a> High Maternal WeightGain	Any weight gain in pregnancy that is higher than the IOM recommended range based on pre-pregnancy BMI	Y	<b>Pregnant Women</b> Same as risk criteria	Y
<a href="#">134</a> Failure to Thrive	Failure to Thrive diagnosed by a physician	N	<b>Infants and Children</b> Same as risk criteria	Y
<a href="#">135</a> Slow/Faltering Growth Pattern	Weight loss (see MOM <a href="#">Exhibit 5-T</a> )	N	<b>Infants</b> Same as risk criteria	Y
<a href="#">201</a> Low Hemoglobin/Low Hematocrit	Hemoglobin below the cut-off level (See MOM <a href="#">Exhibit 5-T</a> )	Y	<b>Pregnant, Breastfeeding and Postpartum Women, Infants and Children</b> High Risk if Hgb<10.0 or Hematocrit <30.0	Y, if Hgb <10.0 or if Hematocrit <30.0
<a href="#">211</a> Elevated Blood Lead	<u>Women (all categories) and Infants:</u> Blood Lead ≥ 5 µg/deciliter within the past 12 months. <u>Children:</u> Blood Lead ≥ 3.5 µg/deciliter within the past 12 months.	Y if Blood Lead ≥ 5 µg/deciliter  N if Blood Lead for child is 3.5-4.9 µg/deciliter	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria	Y
<a href="#">301</a> Hyperemesis Gravidarum	Severe and persistent nausea. HG diagnosed by physician	N	<b>Pregnant Women</b> High Risk if the woman currently has Hyperemesis Gravidarum	Y

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<a href="#">302</a> Gestational Diabetes	Gestational diabetes diagnosed by physician	Y	<b>Pregnant Women</b> Same as risk criteria	Y
<a href="#">331</a> Pregnancy at a Young Age	Conception $\leq$ 20 years of age	Y if $\leq$ 17 years N if 18 - $\leq$ 20 years	<b>Pregnant and Breastfeeding Women</b> High Risk if the woman is $\leq$ 17 years of age at conception.	Y
<a href="#">335</a> Multifetal Gestation	> 1 fetus in current pregnancy	Y	<b>Pregnant Women</b> Same as risk criteria	Y
<a href="#">338</a> Pregnant Woman Currently Breastfeeding	Breastfeeding woman now pregnant	N	<b>Pregnant Women</b> High risk if the woman is fully breastfeeding an infant and is at risk of not meeting her own nutrient needs or at risk for a decrease in milk supply	Y CPA must assess if meets High Risk Criteria
<a href="#">341</a> Nutrient Deficiency or Disease	Diagnosis of nutritional deficiencies or a disease caused by insufficient dietary intake of macro or micronutrients	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">342</a> Gastro-intestinal Disorders	Diagnosed disease or condition that interferes with the intake or absorption of nutrients	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">343</a> Diabetes Mellitus	Diagnosed Diabetes Mellitus	Y	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">345</a> Hypertension and Pre-hypertension	Diagnosed Hypertension or Pre-hypertension	Y	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">346</a> Renal Disease	Diagnosed Renal disease	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria

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<a href="#">347</a> Cancer	Diagnosed Cancer	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">348</a> Central Nervous System Disorders	Any CNS conditions which affect energy requirements, ability to feed self or alter nutritional status such as: Epilepsy; Cerebral Palsy; Neural Tube Defects; Parkinson’s Disease; Multiple Sclerosis	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">349</a> Genetic and Congenital Disorders	Genetic or Congenital disorder that alters nutrition status such as: Cleft lip or palate; Down’s syndrome; Thalassemia major; Sickle Cell Anemia; Muscular Dystrophy	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">351</a> Inborn Errors of Metabolism	Diagnosed Inborn Error of Metabolism	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">352A</a> Infectious Disease – Acute	Disease characterized by a single or repeated episode of relatively rapid onset and short duration, see MOM <a href="#">Exhibit 5-T</a> for examples	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">352B</a> Infectious Disease – Chronic	Conditions likely lasting a lifetime and require long-term management, see MOM <a href="#">Exhibit 5-T</a> for examples	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">354</a> Celiac Disease	Diagnosed Celiac Disease such as: Celiac Sprue; Gluten Enteropathy	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria

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<a href="#">358</a> Eating Disorders	Eating disorders such as: Anorexia Nervosa; Bulimia; or Binge-Eating Disorder	N	<b>Pregnant and Breastfeeding Women</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">360</a> Other Medical Conditions	Diseases or conditions with nutritional implications such as: Asthma requiring daily medication; Cystic Fibrosis; Cardiovascular Disease; Lupus; PCOS; Juvenile Arthritis	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">362</a> Developmental Delays, sensory or Motor Delays Interfering with the Ability to Eat	Disabilities that restrict ability to intake, chew or swallow food or require tube feeding such as: minimal brain function; autism; birth injury; head trauma	N	<b>Pregnant, Breastfeeding Women, Infants and Children</b> Same as risk criteria*	Y CPA must assess if meets High Risk Criteria
<a href="#">371</a> Nicotine and Tobacco Use	Any use of products that contain nicotine and/or tobacco (e.g., cigarettes, pipes, cigars, e-cigarettes, vaping devices, hookahs, chewing tobacco, snuff, dissolvables, or nicotine replacement therapies)	Y if documented cigarette use N if other nicotine and tobacco use	<b>Pregnant and Breastfeeding Women</b> High risk if smoking $\geq 1$ pack (20) cigarettes per day	Y, if smoking $\geq 20$ cigarettes/day
<a href="#">372</a> Alcohol and Substance Use	Pregnant: Any alcohol use or illegal and/or illicit drug use Breastfeeding: See MOM <a href="#">Exhibit 5-T</a>	Pregnant: Y Breastfeeding: N	<b>Pregnant and Breastfeeding Women</b> Same as risk criteria	Y
<a href="#">411</a> Only for <b>411G</b> Routinely limiting the frequency of nursing of the exclusively breastfed infant	Fully breastfed infant (no solids): Scheduled feedings instead of demand feedings; and Less than 8 feedings in 24 hours if less than 2 months of age	N	<b>Infants</b> Same as risk criteria	Y

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<a href="#">602</a> Breastfeeding Complications or Potential Complications (Women)	Breastfeeding woman with complications or potential complications such as: Severe breast engorgement; recurrent plugged ducts; mastitis; flat or inverted nipples; severely sore or damaged nipples; ≥40 years of age; failure of milk to come in by 4 days postpartum; Tandem nursing (not twins)	N	<b>Pregnant and Breastfeeding Women</b> High risk if breastfeeding problems affect infant growth or mother's milk supply.	Y CPA must assess if meets High Risk Criteria
<a href="#">603</a> Breastfeeding Complications or Potential Complications (Infant)	Breastfeeding infant with complications or potential complications such as: jaundice; weak or ineffective suck; difficulty latching onto mother's breast; inadequate stooling; less than 6 wet diapers perday	N	<b>Infants</b> Same as risk code	Y

\*If the participant is receiving appropriate ongoing care from a qualified health care provider, then the INCP should consist of adequate documentation that care is being provided elsewhere. If the participant is not receiving appropriate health care, a referral should be made to a health care provider and follow-up of that referral should be provided. Refer to [MOM Section 6.6: High Risk Individual Nutrition Care Plans](#) for additional information regarding documentation expectations.

## Reference – Complete Listing of Hyperlinks

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

[101 Underweight](https://www.health.state.mn.us/people/wic/localagency/riskcodes/101.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/101.html>)

[103 Underweight or At Risk of Underweight \(Infants and Children\)](https://www.health.state.mn.us/people/wic/localagency/riskcodes/103.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/103.html>)

[113 Obese \(Children 2-5 Years of Age\)](https://www.health.state.mn.us/people/wic/localagency/riskcodes/113.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/113.html>)

[134 Failure to Thrive](https://www.health.state.mn.us/people/wic/localagency/riskcodes/134.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/134.html>)

[135 Slowed/Faltering Growth Pattern](https://www.health.state.mn.us/people/wic/localagency/riskcodes/135.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/135.html>)

[201 Low Hematocrit/Low Hemoglobin](https://www.health.state.mn.us/people/wic/localagency/riskcodes/201.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/201.html>)

EXHIBIT 6-A: HIGH RISK AND MEDICAL REFERRAL CRITERIA

- [211 Elevated Blood Levels](https://www.health.state.mn.us/people/wic/localagency/riskcodes/211.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/211.html>)
- [302 Gestational Diabetes](https://www.health.state.mn.us/people/wic/localagency/riskcodes/302.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/302.html>)
- [331 Pregnancy at a Young Age](https://www.health.state.mn.us/people/wic/localagency/riskcodes/331.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/331.html>)
- [335 Multi-fetal Gestation](https://www.health.state.mn.us/people/wic/localagency/riskcodes/335.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/335.html>)
- [338 Pregnant Woman Currently Breastfeeding](https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/riskcodes/338.pdf) (<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/riskcodes/338.pdf>)
- [341 Nutrient Deficiency or Disease](https://www.health.state.mn.us/people/wic/localagency/riskcodes/341.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/341.html>)
- [342 Gastrointestinal Disorders](https://www.health.state.mn.us/people/wic/localagency/riskcodes/342.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/342.html>)
- [343 Diabetes Mellitus](https://www.health.state.mn.us/people/wic/localagency/riskcodes/343.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/343.html>)
- [346 Renal Disease](https://www.health.state.mn.us/people/wic/localagency/riskcodes/346.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/346.html>)
- [347 Cancer](https://www.health.state.mn.us/people/wic/localagency/riskcodes/347.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/347.html>)
- [351 Inborn Errors of Metabolism](https://www.health.state.mn.us/people/wic/localagency/riskcodes/351.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/351.html>)
- [352B Infectious Diseases - Chronic](https://www.health.state.mn.us/people/wic/localagency/riskcodes/352b.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/352b.html>)
- [358 Eating Disorders](https://www.health.state.mn.us/people/wic/localagency/riskcodes/358.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/358.html>)
- [360 Other Medical Conditions](https://www.health.state.mn.us/people/wic/localagency/riskcodes/360.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/360.html>)
- [362 Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat](https://www.health.state.mn.us/people/wic/localagency/riskcodes/362.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/362.html>)
- [371 Maternal Smoking](https://www.health.state.mn.us/people/wic/localagency/riskcodes/371.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/371.html>)
- [372 Alcohol and Substance Abuse](https://www.health.state.mn.us/people/wic/localagency/riskcodes/372.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/372.html>)
- [411 Inappropriate Nutrition Practices for Infants](https://www.health.state.mn.us/people/wic/localagency/riskcodes/411.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/411.html>)
- [602 Breastfeeding Complications or Potential Complications \(Women\)](https://www.health.state.mn.us/people/wic/localagency/riskcodes/602.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/602.html>)
- [603 Breastfeeding Complications or Potential Complications \(Infants\)](https://www.health.state.mn.us/people/wic/localagency/riskcodes/603.html) (<https://www.health.state.mn.us/people/wic/localagency/riskcodes/603.html>)

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Section 6.6: High Risk Individual Nutrition Care Plans

([http://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6\\_6.pdf](http://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6_6.pdf))

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