



IDAHO DEPARTMENT OF HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

# Idaho WIC Training **Prenatal Nutrition** **Trainer**



## Module 1: Introduction to Prenatal Nutrition



### Activity 1

**COMPETENCY:** Describe recommendations for physical activity during pregnancy.

**Mock Scenario:** You are certifying a pregnant participant who is 15 weeks gestation. You ask her about activities she has been doing while pregnant and she tells you she walks and rides her horse.

1. What are the American Congress of Obstetricians and Gynecologists recommendations for daily exercise? (Module 1, Slide 5)

**30 minutes most days**

2. What does the American Congress of Obstetricians and Gynecologists recommend as examples of appropriate types of exercises while pregnant? (Module 1, Slide 5)

**Walking, swimming, riding a stationary bike, prenatal aerobic classes**

3. How do you respond to the participant about the exercise she currently does? (Module 1, Slide 5)

**Possible responses:**

- **It sounds like you are staying active during this pregnancy. What have you heard about physical activity during pregnancy?**
- **You are working hard to remain active during your pregnancy.**
- **What has your doctor told you about the types of physical activity you are doing?**
- **I applaud your efforts to exercise.**
- **It's wonderful you are getting some exercise.**
- **It sounds like exercising is important to you.**

## Module 2: Changes to a Woman's Body

**Note:** There is no activity for this module.

## Module 3: Medical Risks and Special Circumstances



### Activity 2

#### **COMPETENCIES:**

1. Describe known health risks of smoking, drinking alcohol, and consuming illegal drugs during pregnancy.
2. Describe how folate, iron, and water can impact a woman's health during pregnancy.
3. Understand how to prevent potential nutrition-related concerns during pregnancy, including listeriosis, toxoplasmosis, mercury poisoning, and lead poisoning.
4. Understand why there are potential medical risks during pregnancy related to closely spaced pregnancies, pica, teen pregnancy, and pregnancy with multiples.

#### **Prenatal Nutrition Concerns**

1. Describe known risks for consuming illegal drugs during pregnancy. (Module 1, Slide 10)
  - **Higher miscarriage rates**
  - **Higher stillborn rates**
  - **Baby may suffer from addiction and withdrawal after delivery**
2. What are ways to avoid contracting the parasite that causes toxoplasmosis? (Module 1, Slide 16)
  - **Have someone else handle cat litter or use gloves**
  - **Avoid soil or sandboxes used by cats**
  - **Cook meat thoroughly**
  - **Wash fruits and vegetables thoroughly to remove as much contaminated soil as possible**
3. Why is Mercury harmful to the unborn fetus? (Module 1, Slide 17)
  - **Mercury can affect the developing fetus' brain and nervous system.**
4. What are common lead sources? (Module 1, Slide 13)
  - **Lead paint, soil, some ceramic dinnerware and lead crystal**
5. What is pica? (Module 3, Slide 6)

- **The compulsive eating of non-food substances such as clay, dirt, baking soda, starch, ashes, chalk, coffee grounds, cigarette ashes, paint chips or large quantities of ice.**
6. If a pregnant woman has pica, what is the treatment? (Module 3, Slide 6)
    - **Help change eating patterns to avoid serious problems.**
    - **Be non-judgmental and assist mothers to understand. Ask permission to share the health risks associated with pica.**
  7. Give three examples of pregnancy-related concerns with a greater impact during the teenage years. (Module 3, Slide 8)
    - **Increased requirements for nutrients related to growth (calcium, phosphorus, zinc, magnesium)**
    - **Higher risk for premature birth**
    - **Higher risk for low birth weight baby**
  8. Why do women with closely spaced pregnancies have added risks? (Module 3, Slide 5)
    - **It takes more than a year to replenish all the vital stored nutrients following delivery. These women need good nutrition especially if they are still breastfeeding another infant.**



### Activity 3

#### **COMPETENCY:**

1. Describe the State and Local Agency policy and procedure for handling domestic violence situations.

**Instructions:** Discuss WIC's role in handling domestic violence situations.

1. Discuss with the learner domestic violence resources available for WIC participants (i.e.: shelters, safe homes, counseling services, domestic violence advocacy organizations, hotline number, etc.).

**Community shelters/safe homes vary by clinic and local agency.**

**Women's & Children's Alliance in Idaho:**

- **208-343-3688**
- **24 hour Domestic Violence Hotline 208-343-7025**
- **24 hour Sexual Assault Hotline 208-345-7273**

**National Domestic Violence Hotline: 1-800-799-SAFE (7233)**

2. Discuss your Local Agency's policy and procedure for domestic violence?

- **Varies by local agency. Please verify what your Local Agency does for domestic violence situations.**
3. The safety of the participant must be the first priority. What are suggestions of what to say or ask if the participant informs you she is in an abusive situation? (Module 3, Slide 13)

**Possible responses:**

- **This is not your fault.**
  - **No one deserves to be treated that way.**
  - **I'm sorry you've been hurt.**
  - **Help is available to you.**
  - **"Do you have a safe place to go?"**
  - **If participant is residing in a safe place, ask, "Do you want to talk to someone about your abusive situation?"**
  - **"Do you want a referral to a "safe house" program or hot line for abuse?"**
  - **"Is it safe to give you information on abuse to read?"**
4. What are some possible responses when a participant informs you she is in an abusive situation yet declines referral information?

**Possible responses:**

- **I appreciate you sharing this with me and I can see this is something that weighs heavily on your heart. When you feel ready, I just want you to know we are always here for you to offer you support and anything else you need.**
- **When you feel ready, WIC is here for you.**



**Activity 4**

**COMPETENCY:**

1. In a case study format, assess prenatal weight gain, biochemical and clinical status, and dietary risks for a pregnant participant.

**Mock Scenario:** A pregnant woman, Andrea, comes into your WIC clinic for her health check appointment. You find out the following information about her:

Age: 30 years old

Height: 5'6"

Pre-pregnancy weight: 175 pounds

Pre-pregnancy BMI: 28.2

Weight at 8 weeks gestation: 177 pounds

Weight at 20 weeks gestation: 189 pounds

Weight at 28 weeks gestation: 198 pounds

Current weight: 198 pounds

She is 28 weeks pregnant today

Hgb: 10.1 g/dl, non-smoker

Andrea tells you:

- Does not eat vegetables
- Eats out 5x/week, and typically orders fried foods
- Drinks 1 cup milk/day and no other dairy products
- No prenatal vitamin or other vitamin supplement

**TRAINER NOTE:** Before having the learner answer the questions below, show them where the Nutrition Risk Criteria section is located in the online Idaho WIC Policy Manual.

**Assessment:**

1. Andrea's pre-pregnancy BMI is considered: underweight, normal, overweight, or obese?
  - **overweight**
2. What is the amount of weight gain thus far during this pregnancy?
  - **23 pounds**

**TRAINER NOTE:** Help the learner locate and print the appropriate Prenatal Weight Gain Chart in the online Idaho WIC Policy Manual, Computer-Down Kit section. Have the learner graph Andrea's weights on the appropriate Prenatal Weight Gain Chart to assist with understanding anthropometric assessment.

3. What are her *anthropometric* (weight related) nutrition risk criteria? (refer to the online Idaho WIC Policy Manual, Nutrition Risk Criteria section).

**Andrea's rate of weight gain thus far is rapid considering her pre-pregnancy BMI is overweight.**

**For a pregnancy lasting 40 weeks gestation, a weight gain recommendation for an overweight**

**pregnant woman is 15-25 pounds. Andrea has 12 weeks gestation remaining and has already gained 23 pounds. Anthropometric nutrition risk criteria that apply are 111**

**Overweight**

**Woman and 133 High Maternal Weight Gain.**

4. What is her *biochemical* (hemoglobin or hematocrit related) nutrition risk criterion?  
**Hemoglobin is below normal limits for a pregnant, nonsmoking woman at 28 weeks gestation. Hemoglobin of 10.9 g/dL or less is below the “anemia risk” cutoff value. Nutrition risk criterion 201 Low Hematocrit/Low Hemoglobin applies.**
5. What potential maternal complications is Andrea at an increased risk for if she gains too much weight during this pregnancy?

**Possible responses:**

- **Gestational Diabetes Mellitus**
- **Pre-Eclampsia and Hypertension**
- **Delivery complications (i.e. Cesarean-section)**
- **Increased risk of having a large gestational age baby**
- **Difficulty losing weight after the baby is born**
- **Increased risk of having a baby with a Neural Tube Defect (i.e. spina bifida)**

Reference: Position of the Academy of Nutrition and Dietetics and American Society for Nutrition: Obesity, Reproduction, and Pregnancy Outcomes. J Am Diet Assoc. 2009; 109:918-927.

6. What is Andrea’s *dietary* (food related) nutrition risk criterion?

**Possible responses:**

- **Excessive fat intake due to frequently eating out and choosing fried foods.**
- **At risk for low fiber intake due to frequent intake of fried foods (typically low in fiber) and inadequate vegetable intake.**
- **Inadequate Calcium intake due to eating 1 serving/day of dairy.**
- **Unknown whether or not she takes a prenatal vitamin.**

*Nutrition risk criteria 427 Inappropriate Nutrition Practices (Women) applies (specifically consuming a diet very low in calories and/or essential nutrients and inadequate vitamin/mineral supplementation recognized as essential by national public health policy).*

7. After conducting a thorough assessment on Andrea, what are six suitable nutrition education topics you can offer Andrea to choose from as a focus of her appointment?

**Possible responses:**

- **Weight gain**
- **Low hemoglobin**
- **Calcium**
- **Fiber**
- **Eating out**
- **Vegetable intake**
- **Prenatal vitamin**

8. Locate in your clinic which nutrition education handout(s) contain pregnancy-related messages you can offer to discuss with Andrea?

- **Varies by local agency**

## Prenatal Nutrition Post Test

1. Women who receive prenatal care are more likely to: (Select all that apply.) (2 pts.)
  - a. have a higher incidence of pre-term labor.
  - b. have healthy babies.**
  - c. have fewer complications during labor and recovery.**
  - d. have more complications during labor and recovery.
2. Which is current information about physical activity and pregnancy? (Select all that apply.) (2 pts.)
  - a. It's best to avoid physical activity.
  - b. Women should check with their doctors about amounts and types of physical activities.**
  - c. Pregnant women who haven't been on a regular exercise program can do moderate activities, like walking, swimming and prenatal aerobic classes for 30 minutes, most days of the week.**
  - d. Pregnancy is a great time to begin new types of physical activities.
3. What is the recommendation about dental care for pregnant women? (1 pt.)
  - a. There is no connection with dental care and the baby's health.
  - b. Brush and floss and see the dentist regularly to avoid infections.**
  - c. Women can expect to lose one tooth during each pregnancy.
4. True or False? There is no safe level of alcohol for a pregnant woman, so the recommendation is to avoid all alcohol during pregnancy. (1 pt.)
  - a. True**
  - b. False
5. True or False? Herbal supplements and natural home remedies sold without prescriptions can be used during pregnancy, even without checking with one's doctor first. (1 pt.)
  - a. True
  - b. False**
6. True or False? The weight gain of pregnancy should be as little as possible, so the baby will be small and easier to deliver. (1 pt.)
  - a. True
  - b. False**

7. A pregnant woman mentions that there are several cats in her home. Which of the following could be a potential problem related to caring for the cats? (1 pt.)
- Mercury poisoning
  - Toxoplasmosis**
  - Lead poisoning
  - Listeriosis
8. A pregnant woman enjoys the imported, brightly colored ceramic dishes in her old home. To avoid \_\_\_\_\_, she should know more about what causes the condition, including exposure to some ceramics and old paint. (1 pt.)
- Mercury poisoning
  - Toxoplasmosis
  - Lead poisoning**
  - Listeriosis
9. Uncooked meats, such as hot dogs, and unpasteurized soft cheeses can result in \_\_\_\_\_, a type of foodborne illness which is easily passed to unborn babies. (1 pt.)
- Tuberculosis
  - Toxemia
  - Gestational diabetes
  - Listeriosis**
10. Which of the following conditions is a possibility if a pregnant mom eats more than 12 ounces per week of certain types of fish? (1 pt.)
- Mercury poisoning**
  - Toxoplasmosis
  - Marine intoxication
  - Listeriosis
11. **True** or False? A pregnant woman can expect to gain from 1 to 4 ½ pounds in the first trimester and about 1 pound/week during the last two trimesters. (1 pt.)
12. Which of the following are NOT true about weight gained in pregnancy? (1 pt.)
- It is for supporting tissues like the uterus and placenta.
  - It includes amniotic fluid and extra blood.
  - More breast tissue grows to support milk production after birth.
  - The heart, lungs, kidneys, liver and brain all get bigger during pregnancy.**
  - It is the growing baby.

13. Calorie needs for most healthy women in the second and third trimesters of pregnancy increase by about: (1 pt.)
- 150 - 250 calories/day.
  - 250 – 350 calories/day.
  - 350 – 450 calories/day.**
  - 450 – 550 calories/day.
14. Which of the following are added to prenatal supplements, because more is needed in pregnancy? (1 pt.)
- Calcium and iron
  - Calcium and folic acid
  - Folic Acid and vitamin C
  - Folic Acid and iron**
15. Which of the following would be the extra food a healthy pregnant woman needs, for a day in the last two trimesters of the pregnancy? (1 pt.)
- An additional serving of a fruit, a vegetable, a cup of 1% milk, a whole grain, and ½ cup of beans.**
  - An egg, two hamburgers, and a chicken breast for the extra protein.
  - Soda, sweetened tea, milk and fruit juice for the fluids and energy.
  - 1 cup regular milk, 1 cup cheddar cheese, ¼ cup sour cream, 1 cup yogurt to help make milk for breastfeeding after birth
16. Which of the following are NOT conditions commonly associated with pregnancy? (1 pt.)
- Nausea and vomiting
  - Constipation
  - Eye, ear and throat infections**
  - Heartburn
  - Swollen legs
17. A baby is at greater risk of prematurity and low birth weight if: (1 pt.)
- the mother experienced food cravings during pregnancy.
  - the baby is the first baby.
  - the mother is a teenager.**
  - the mother continues her physical activity throughout the pregnancy.
18. A pregnant woman who craves and eats non-foods, such a dirt, ashes, large quantities of ice, paint chips or baking soda is experiencing \_\_\_\_\_, a condition of unknown cause which can contribute to poor absorption of nutrients and other health problems. (1 pt.)
- anorexia
  - bulimia
  - pica**
  - pellagra
  - pepsin

19. For whom is adequate nutrition especially important? (1 pt.)
- a. A healthy 25 year old mother with her first baby
  - b. A mother expecting her second child, who will be 3 years younger than the first child
  - c. A healthy 35 year old mother expecting her first child
  - d. A woman expecting a second child within 16 months of her first child's birth, who is still breastfeeding the first child**
20. True or False? A woman who is depressed during her pregnancy should be referred to a specialist. (1 pt.)
- a. True**
  - b. False
21. When a WIC staff member suspects a WIC participant is being abused, some suggestions of what to say are (Select all that Apply): (2 pts.)
- a. "I'm sorry you've been hurt."**
  - b. "No one deserves to be treated that way."**
  - c. "Why don't you just leave?"
  - d. "This is not your fault."**
  - e. "You should know better."
22. True or False? High blood pressure is related to preeclampsia, a condition that requires medical attention. (1 pt.)
- a. True**
  - b. False
23. Choose all the statements that are true about gestational diabetes. (Select all that Apply) (2 pts.)
- a. It develops before the pregnancy.
  - b. It is characterized by high blood sugar levels, which affect the baby.**
  - c. It usually goes away after the pregnancy.**
  - d. It has no affect on the baby, only the mother.
  - e. Women with gestational diabetes are at higher risk of type 2 diabetes after the baby is born.**

**Extra Questions, if needed for replacements:**

1. True or False? It is especially important that women pregnant with more than one baby (called "multiples"), eat extra foods for the growth of the babies. Weight gain goals need to be discussed with the health care provider. (1 pt.)
- a. True**
  - b. False
2. True or False? Pregnant women can find suggestions for food choices in a section of MyPyramid.gov. (1 pt.)
- a. True**
  - b. False