

103 Underweight-At Risk Underweight (I/C)

H: I/C <5<sup>th</sup>%

**Description** • **Underwt-** Birth to <24mo; ≤2.3% wt-for-lgth or 2-5yrs; ≤5th% BMI. **At risk-** Birth to <24mo; >2.3 ≤5% wt-for-lgth. 2-5yrs; >5% ≤10% BMI  
 • Poor nutrition can cause poor growth, more frequent illness, and affect organ & brain development

**Assess Readiness for Change:** with open ended questions

- “How do you feel about Sam’s weight?”
- “How would you feel about Sam gaining more weight?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
-------------------	---------------------------	---------------

<p><b>Not ready</b> →                      “His dad is thin, he takes after his dad.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “Genetics does play a part. A thin child may also not be eating enough. We could check his weight next appointment just to be sure.”</li> <li>• “Tell me a little about what Sam eats?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Most children ≤2.3% are underweight. Though ≤10% is normal for some children, for others it may mean they are not eating enough.”</li> <li>• “Poor eating in children can cause more illnesses and slower growth.”</li> <li>• Share plotted growth (growth consistent over time?)</li> <li>• <i>*Knowledge: see resource, Revision 11 transition to WHO based growth charts; no BMI &lt;2yr old, growth channel differences when moving birth to 2yr charts</i></li> </ul>
---	---	--

<b>Record Plan or Goal</b>	Participant viewed growth chart, but states child’s weight is normal. Will re-assess readiness for change at next appointment.
----------------------------	--

<p><b>Unsure</b> →                      “Sometimes I think he is too thin, but the Dr said he is healthy.”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “It sounds like you are worried about Sam’s weight. Tell me what worries you the most?”</li> <li>• “On a scale of 1-10, how well you do you think Sam eats?”</li> <li>• “If you could change Sam’s eating, what would you change?”</li> </ul>	<ul style="list-style-type: none"> <li>• Assess milk fat content for age</li> <li>• Suggestions for feeding:                             <ul style="list-style-type: none"> <li>○ Set snack times</li> <li>○ Limit juice before meals so hungry at meals</li> <li>○ Add high calorie dense foods: cheese, eggs, PB</li> <li>○ Avoid force feeding</li> </ul> </li> <li>• Monitor wt at regular intervals (additional wt checks?)</li> </ul>
--	--	---

<b>Record Plan or Goal</b>	Parent to try limiting juice between meals. Will check weight and re-asses next appointment.
----------------------------	--

<p><b>Ready</b> →                      “I worry about his weight. He is a picky eater.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “Tell me why you think he is a picky eater?”</li> <li>• “What is your biggest mealtime concern for Sam?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Many WIC parents say their child does not want to try new foods.”</li> <li>• Tips to offer new foods:                             <ul style="list-style-type: none"> <li>○ Provide choices (broccoli <u>or</u> carrots)</li> <li>○ Provide small portions (child size)</li> <li>○ Set a good example (parents eat well too)</li> </ul> </li> </ul>
---	--	--

<b>Record Plan or Goal</b>	Discussed parents concerns. To try 1 veg at dinner. Mom wants to try whole milk to increase calories- began ENPR process.
----------------------------	---

<b>Education Resources</b>	<a href="http://www.choosemyplate.gov/preschoolers/cope-with-picky-eaters.html">http://www.choosemyplate.gov/preschoolers/cope-with-picky-eaters.html</a> Reference- <i>Picky Eating</i> <a href="http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm">http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm</a> *Resource- <i>Using WHO Growth Charts To Assess Children Birth to 2yrs</i> <a href="http://wicworks.nal.usda.gov/infants/infant-feeding-guide">http://wicworks.nal.usda.gov/infants/infant-feeding-guide</a> Resource- <i>Chapter 1: Nutritional Needs of Infants</i>
----------------------------	--