

333 High Parity at Young Age (PG/BF/NBF)

Description

- Women under age 20 at conception who have 3 or more previous pregnancies at least 20 weeks duration (PG current preg, BF/NBF most recent)
- Mother’s nutrition stores depleted from previous pregnancy, risk of delivering LBW infant

Assess Readiness for Change: with open ended questions

- “WIC would like to see you get the best nutrition, how do you feel this pregnancy?”
- “How well do you think you eat?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“I’m heavy. I gained a little with each pregnancy. So I eat enough, and I eat lots of vegetables”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “You’re ahead. Lots of people don’t eat vegetables every day. What else do you eat most days?” • “You said you were heavy. How much do you think you should weigh?” • “What foods do you think you might not be getting enough of?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because you have 3 or more pregnancies before age 20. With a higher number, your body’s nutrient stores may be low, which increases your chances of having a LBW baby.” • Offer information on eating during pregnancy
<p>Record Plan or Goal Mom feels she eats ok. Does not want pregnancy handout. Will re-assess readiness for change at next appointment.</p>		
<p>Unsure →</p> <p>“You said my weight gain was normal, so I think I am eating enough?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “Yes, your weight shows you are eating enough. It is important to also eat a variety of foods. On a scale of 1-10, how do you do at eating foods from every food group daily?” • “Describe what you eat in a typical day?” 	<ul style="list-style-type: none"> • Approximate daily pregnancy servings (MyPyramid): <ul style="list-style-type: none"> ○ 6-8oz grains (make half whole) ○ 2.5-3 cup vegetables ○ 1.5-2 cup fruit ○ 3 cup milk ○ 5-6.5oz meat
<p>Record Plan or Goal Mom doesn’t eat fruit daily, will try to add one time daily. Follow-up on fruit use and re-asses next appointment.</p>		
<p>Ready →</p> <p>“I try to eat well, but sometimes I skip meals keeping up with the other kids.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “How would you eat differently if you had more time?” • “Have you tried time savers, like making double and freezing meals for later?” 	<ul style="list-style-type: none"> • “If you would like, I have some recipes using WIC foods that I could share with you.”
<p>Record Plan or Goal Mom interested in WIC recipes, especially for peanut butter and beans. Booklet provided. Follow-up on use.</p>		

Education Resources

<http://www.merck.com/mmpe/sec18/ch259/ch259a.html?qt=parity&alt=sh> Resource- *description of the term “parity”*

<http://www.ispub.com/ostia/index.php?xmlFilePath=journals/ijgo/vol5n1/teenage.xml> Resource- *Update Teenage Pregnancy- Internet journal Gynecology & Obstetrics*