

Staff Resources: Pregnancy Case Study

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Resources for staff

[133 - High Maternal Weight Gain](#)

[6-A Minnesota WIC Program High Risk and Medical Referral Criteria \(PDF\)](#)

[6.6 High Risk Individual Nutrition Care Plans \(PDF\)](#)

[WIC Anthropometrics Module](#)

[Healthy Weight Gain During Pregnancy](#)

[Weight Gain During Pregnancy](#)

[Gummy Prenatal Vitamins \(PDF\)](#)

[Prenatal Vitamins \(PDF\)](#)

[Transition from Assessment to Goal Setting: Eleventh in a Series \(PDF\)](#)

Resources for participants

[Eating Well during Pregnancy \(PDF\)](#)

[Health Tips for Pregnant Women \(PDF\)](#)

[Weight Gain during Pregnancy \(PDF\)](#)

[Prenatal Vitamins \(PDF\)](#)

[Nausea & Vomiting during Pregnancy \(PDF\)](#)

[Wichealth.org](#)

- Eat Well for a Healthy Pregnancy
- Recipes Made Easy
- Cooking Made Easy
- Maximizing Food Dollars

Questions and answers

- **How can we use Wichealth to go?**
 - WIChealth.org to go allows us to quickly share information by text or carefully search for nutrition education resources specially made for WIC participants. Additionally, you can find staff resources to help you utilize and promote wichealth effectively.
 - **To share resources by text:**
 - Log onto the wichealth.org dashboard.
 - Look under “Client Nutrition Resources” Quick Links.
 - Click to browse wichealth to Gos.
 - Click the image you would like to share.
 - Click to send text, copy link, or download.

TIP: If you filter your search to ‘pregnancy’ and enter the type as ‘textable image’, you will find relevant resources.

References- complete listing of hyperlinks:

[133 - High Maternal Weight Gain](https://www.health.state.mn.us/people/wic/localagency/riskcodes/133.html)

(<https://www.health.state.mn.us/people/wic/localagency/riskcodes/133.html>)

[6-A Minnesota WIC Program High Risk and Medical Referral Criteria](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/exhbts/ex6/6a.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/exhbts/ex6/6a.pdf>)

[6.6 High Risk Individual Nutrition Care Plans](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6_6.pdf)

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6_6.pdf)

[WIC Anthropometrics Module](https://www.health.state.mn.us/training/cfh/wic/nutrition/anthropometric/story.html)

(<https://www.health.state.mn.us/training/cfh/wic/nutrition/anthropometric/story.html>)

[Healthy Weight Gain During Pregnancy](https://wicworks.fns.usda.gov/resources/healthy-weight-gain-during-pregnancy) (<https://wicworks.fns.usda.gov/resources/healthy-weight-gain-during-pregnancy>)

[Weight Gain During Pregnancy](https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgweightgain.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgweightgain.pdf>)

[Gummy Prenatal Vitamins](https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/gummyprenatals.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/gummyprenatals.pdf>)

[Prenatal Vitamins](https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/prenatalvits.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/prenatalvits.pdf>)

[Transition from Assessment to Goal Setting: Eleventh in a Series](https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/0518na.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/0518na.pdf>)

[Eating Well during Pregnancy](https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgeatwell.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgeatwell.pdf>)

[Health Tips for Pregnant Women](https://www.health.state.mn.us/docs/people/wic/nutrition/english/pghealthtips.pdf)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/pghealthtips.pdf>)

[Weight Gain during Pregnancy](#)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgweightgain.pdf>)

[Prenatal Vitamins](#)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgprenatalvits.pdf>)

[Nausea & Vomiting during Pregnancy](#)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/pgnausea.pdf>)

[Wichealth.org](#) (<https://www.wichealth.org/>)

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL, MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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