



Referrals for Nutrition Evaluation & Counseling /Medical Nutrition Therapy at Brunswick County Health Services Department

From a Women's Health Clinic team:

PREGNANCY & POSTPARTUM Nutrition Referrals:

- Anemia with Hct < 30 or Hgb < 10
- Pre-pregnancy underweight or overweight
- **Obesity: BMI > 30 pre-pregnancy and postpartum; BMI >35 at 6 weeks gest; BMI >30 at 12 weeks gest OR** • Documented hx of first degree relative with CVD or with increased risk factors for CVD such as elevated cholesterol, smoking, high BP, overweight.
- Inadequate weight gain during pregnancy
- Teen under 16 years old
- Multiple gestation
- Substance use
- Diabetes, thyroid dysfunction, PKU, CF or other metabolic disorders
- Chronic conditions: IBS, HTN, Cancer, Hyperlipidemia
- Autoimmune diseases: Lupus,

From a Family Practice team

Nutrition Referrals (21 years+):

- Diabetes MNT
- Kidney disease
- Diabetes Self-Management Education and Support (DSMES)

From a Pediatric & Family Clinic team

Infant and Children Nutrition Referrals (Birth – 21 years):

- Feeding difficulties
- Inappropriate growth or weight gain, malnutrition
- Eating or feeding disorders to include "ARFID"
- Conditions that impact growth & feeding: CP, NEC, LBW, cleft palate
- Chronic infections: HIV, Hepatitis
- Genetic conditions: CF, Prader-Willi Syndrome, Down Syndrome, etc.
- Metabolic or Endocrine Disorders: diabetes, Fragile X, PKU, galactosemia, etc.
- Documented hx of first degree relative with CVD or with increased risk factors for CVD such as elevated cholesterol, smoking, high BP, overweight



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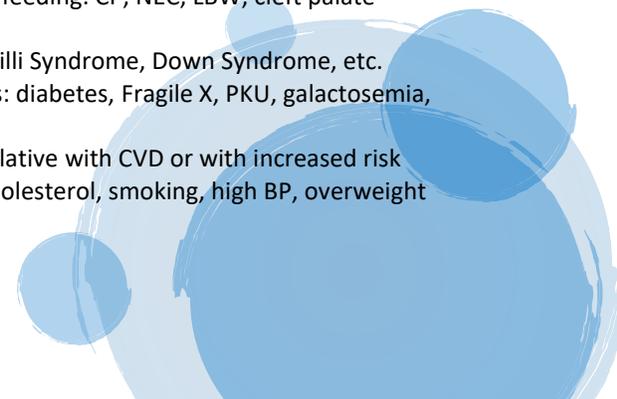
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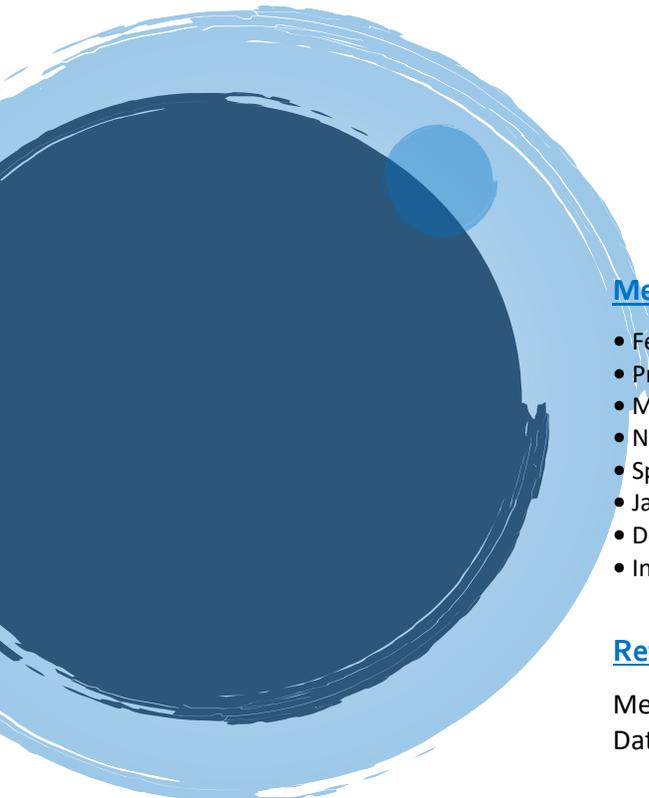


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<https://www.brunswickcountync.gov/hhs/>





Medical Lactation Referrals from NP, PA, CNM, MD, DO:

- Feeding difficulties
- Prematurity
- Multiple births
- Need assistance in the continuation of breastfeeding or milk production
- Special-needs infant affecting feeding
- Jaundice
- Dehydration & difficulty with weight gain or inadequate weight gain
- Inappropriate weight loss

References

Medicaid and Health Choice Clinical Coverage Policy No:1-I Amended
Date: December 1, 2020:

“Dietary Evaluation and Counseling offers direction and guidance for specific nutrient needs related to a beneficiary’s diagnosis and treatment. Individualized care plans provide for disease related dietary evaluation and counseling. Medical lactation services provide support and counseling, or behavioral interventions to improve breastfeeding outcomes”

Cindy is a Registered Dietitian and International Board-Certified Lactation Consultant of whom is qualified to cover this umbrella of services for our patients and comes to us with over 20 years of combined clinical, outpatient & home visit pediatric and maternal health practice experience.

