

FY 2026-27 Agreement Addenda Section III: WIC Deliverable #2-B: Promote Healthy Weights

Percentage of **All NC prenatal women* with live, term singleton births** who gain within the 2009 Institute of Medicine (IOM) Recommended Weight Gain Ranges (*weight gain ranges by prepregnancy weight categories are 28-40 lbs. for underweight women (BMI<18.5); 25-35 lbs. for normal weight women (BMI 18.5 to 24.9); 15-25 lbs. for overweight women (BMI 25 to 29.9); and 11-20 lbs. for obese women (BMI >= 30).*

County	Inadequate Weight Gain		Adequate or Recommended Weight Gain		Excessive Weight Gain		Unknown Weight Gain		Number of ALL NC Women Giving Births during CY2024
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	
Statewide Total	21,880	20.50%	29,767	27.89%	53,667	50.29%	1,411	1.32%	106,725
Alamance	403	22.88%	473	26.86%	857	48.67%	28	1.59%	1,761
Alexander	81	25.47%	95	29.87%	141	44.34%	1	0.31%	318
Alleghany	27	31.03%	26	29.89%	34	39.08%	0	0.00%	87
Anson	62	28.05%	67	30.32%	92	41.63%	0	0.00%	221
Ashe	34	18.48%	47	25.54%	102	55.43%	1	0.54%	184
Avery	20	18.52%	35	32.41%	53	49.07%	0	0.00%	108
Beaufort	84	22.05%	94	24.67%	200	52.49%	3	0.79%	381
Bertie	44	32.35%	29	21.32%	63	46.32%	0	0.00%	136
Bladen	57	20.80%	86	31.39%	127	46.35%	4	1.46%	274
Brunswick	229	19.90%	268	23.28%	649	56.39%	5	0.43%	1,151
Buncombe	310	15.02%	701	33.96%	1,046	50.68%	7	0.34%	2,064
Burke	188	24.13%	252	32.35%	337	43.26%	2	0.26%	779
Cabarrus	521	21.80%	713	29.83%	1,131	47.32%	25	1.05%	2,390
Caldwell	153	23.11%	190	28.70%	318	48.04%	1	0.15%	662
Camden	14	17.28%	24	29.63%	42	51.85%	1	1.23%	81
Carteret	82	18.22%	112	24.89%	254	56.44%	2	0.44%	450
Caswell	36	22.09%	38	23.31%	87	53.37%	2	1.23%	163
Catawba	315	20.97%	392	26.10%	790	52.60%	5	0.33%	1,502
Chatham	84	14.48%	170	29.31%	321	55.34%	5	0.86%	580
Cherokee	35	15.22%	61	26.52%	125	54.35%	9	3.91%	230

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Statewide Total	21,880	20.50%	29,767	27.89%	53,667	50.29%	1,411	1.32%	106,725
Chowan	30	23.26%	37	28.68%	61	47.29%	1	0.78%	129
Clay	12	14.12%	23	27.06%	50	58.82%	0	0.00%	85
Cleveland	203	21.66%	274	29.24%	458	48.88%	2	0.21%	937
Columbus	118	25.21%	93	19.87%	185	39.53%	72	15.38%	468
Craven	207	18.52%	288	25.76%	619	55.37%	4	0.36%	1,118
Cumberland	807	18.55%	1,061	24.39%	2,463	56.62%	19	0.44%	4,350
Currituck	65	22.49%	77	26.64%	144	49.83%	3	1.04%	289
Dare	52	19.62%	93	35.09%	120	45.28%	0	0.00%	265
Davidson	316	19.80%	417	26.13%	848	53.13%	15	0.94%	1,596
Davie	81	20.98%	99	25.65%	206	53.37%	0	0.00%	386
Duplin	193	30.83%	167	26.68%	262	41.85%	4	0.64%	626
Durham	783	21.38%	977	26.68%	1,718	46.91%	184	5.02%	3,662
Edgecombe	110	23.21%	112	23.63%	250	52.74%	2	0.42%	474
Forsyth	866	22.20%	1,050	26.92%	1,958	50.19%	27	0.69%	3,901
Franklin	149	18.26%	217	26.59%	423	51.84%	27	3.31%	816
Gaston	479	19.44%	633	25.69%	1,307	53.04%	45	1.83%	2,464
Gates	17	21.52%	19	24.05%	38	48.10%	5	6.33%	79
Graham	7	12.28%	17	29.82%	32	56.14%	1	1.75%	57
Granville	108	20.93%	137	26.55%	256	49.61%	15	2.91%	516
Greene	31	17.92%	58	33.53%	82	47.40%	2	1.16%	173

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Statewide Total	21,880	20.50%	29,767	27.89%	53,667	50.29%	1,411	1.32%	106,725
Guilford	1,094	22.40%	1,292	26.45%	2,367	48.46%	131	2.68%	4,884
Halifax	100	23.15%	104	24.07%	227	52.55%	1	0.23%	432
Harnett	311	18.28%	464	27.28%	915	53.79%	11	0.65%	1,701
Haywood	78	16.49%	131	27.70%	264	55.81%	0	0.00%	473
Henderson	140	16.11%	280	32.22%	449	51.67%	0	0.00%	869
Hertford	29	19.73%	45	30.61%	72	48.98%	1	0.68%	147
Hoke	122	17.48%	184	26.36%	390	55.87%	2	0.29%	698
Hyde	5	26.32%	3	15.79%	11	57.89%	0	0.00%	19
Iredell	427	22.43%	512	26.89%	963	50.58%	2	0.11%	1,904
Jackson	63	19.09%	95	28.79%	172	52.12%	0	0.00%	330
Johnston	425	16.20%	711	27.11%	1,464	55.81%	23	0.88%	2,623
Jones	16	23.19%	18	26.09%	34	49.28%	1	1.45%	69
Lee	130	18.71%	180	25.90%	378	54.39%	7	1.01%	695
Lenoir	117	20.78%	149	26.47%	283	50.27%	14	2.49%	563
Lincoln	154	18.80%	216	26.37%	448	54.70%	1	0.12%	819
McDowell	74	20.67%	105	29.33%	178	49.72%	1	0.28%	358
Macon	62	21.60%	81	28.22%	144	50.17%	0	0.00%	287
Madison	23	14.65%	44	28.03%	90	57.32%	0	0.00%	157
Martin	41	19.16%	61	28.50%	110	51.40%	2	0.93%	214
Mecklenburg	2,943	21.69%	4,194	30.92%	6,289	46.36%	140	1.03%	13,566

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Mitchell	18	16.98%	40	37.74%	48	45.28%	0	0.00%	106
Montgomery	55	22.09%	57	22.89%	135	54.22%	2	0.80%	249
Moore	169	15.76%	268	25.00%	630	58.77%	5	0.47%	1,072
Nash	189	21.50%	224	25.48%	463	52.67%	3	0.34%	879
New Hanover	388	20.05%	535	27.65%	1,009	52.14%	3	0.16%	1,935
Northampton	25	18.66%	34	25.37%	75	55.97%	0	0.00%	134
Onslow	645	19.68%	962	29.36%	1,663	50.75%	7	0.21%	3,277
Orange	162	16.86%	308	32.05%	476	49.53%	15	1.56%	961
Pamlico	23	24.47%	23	24.47%	48	51.06%	0	0.00%	94
Pasquotank	96	24.06%	92	23.06%	207	51.88%	4	1.00%	399
Pender	120	19.08%	180	28.62%	326	51.83%	3	0.48%	629
Perquimans	22	21.15%	30	28.85%	52	50.00%	0	0.00%	104
Person	77	20.42%	85	22.55%	202	53.58%	13	3.45%	377
Pitt	367	20.84%	478	27.14%	908	51.56%	8	0.45%	1,761
Polk	19	15.45%	40	32.52%	64	52.03%	0	0.00%	123
Randolph	278	20.01%	325	23.40%	773	55.65%	13	0.94%	1,389
Richmond	110	23.97%	95	20.70%	249	54.25%	5	1.09%	459
Robeson	422	25.76%	468	28.57%	717	43.77%	31	1.89%	1,638
Rockingham	186	23.91%	169	21.72%	418	53.73%	5	0.64%	778
Rowan	277	19.80%	394	28.16%	724	51.75%	4	0.29%	1,399

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Statewide Total	21,880	20.50%	29,767	27.89%	53,667	50.29%	1,411	1.32%	106,725
Rutherford	111	20.67%	151	28.12%	271	50.47%	4	0.74%	537
Sampson	179	24.49%	171	23.39%	358	48.97%	23	3.15%	731
Scotland	101	29.36%	86	25.00%	157	45.64%	0	0.00%	344
Stanly	145	21.80%	183	27.52%	335	50.38%	2	0.30%	665
Stokes	59	15.01%	96	24.43%	235	59.80%	3	0.76%	393
Surry	150	22.06%	181	26.62%	348	51.18%	1	0.15%	680
Swain	28	25.00%	23	20.54%	60	53.57%	1	0.89%	112
Transylvania	30	13.70%	68	31.05%	120	54.79%	1	0.46%	219
Tyrrell	6	23.08%	11	42.31%	9	34.62%	0	0.00%	26
Union	438	18.74%	700	29.95%	1,191	50.96%	8	0.34%	2,337
Vance	142	29.65%	110	22.96%	211	44.05%	16	3.34%	479
Wake	2,168	18.32%	3,563	30.10%	5,760	48.67%	345	2.91%	11,836
Warren	39	28.47%	23	16.79%	71	51.82%	4	2.92%	137
Washington	30	36.59%	18	21.95%	34	41.46%	0	0.00%	82
Watauga	52	18.06%	84	29.17%	152	52.78%	0	0.00%	288
Wayne	374	25.56%	417	28.50%	663	45.32%	9	0.62%	1,463
Wilkes	118	20.74%	154	27.07%	297	52.20%	0	0.00%	569
Wilson	192	24.03%	190	23.78%	413	51.69%	4	0.50%	799
Yadkin	77	19.95%	93	24.09%	214	55.44%	2	0.52%	386
Yancey	26	16.46%	47	29.75%	84	53.16%	1	0.63%	158

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