

FY23 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 Women Giving Births during CY2020
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	
Statewide Total	19,120	19.01%	28,063	27.90%	50,407	50.12%	2,979	2.96%	100,569
Alamance	305	19.16%	357	22.42%	786	49.37%	144	9.05%	1,592
Alexander	42	14.05%	76	25.42%	181	60.54%	0	0.00%	299
Alleghany	26	29.89%	14	16.09%	47	54.02%	0	0.00%	87
Anson	62	27.43%	53	23.45%	111	49.12%	0	0.00%	226
Ashe	40	20.73%	67	34.72%	86	44.56%	0	0.00%	193
Avery	23	19.01%	31	25.62%	67	55.37%	0	0.00%	121
Beaufort	80	22.86%	100	28.57%	168	48.00%	2	0.57%	350
Bertie	43	30.07%	37	25.87%	63	44.06%	0	0.00%	143
Bladen	76	27.24%	82	29.39%	102	36.56%	19	6.81%	279
Brunswick	137	16.00%	226	26.40%	489	57.13%	4	0.47%	856
Buncombe	287	14.65%	582	29.71%	910	46.45%	180	9.19%	1,959
Burke	162	22.95%	201	28.47%	335	47.45%	8	1.13%	706
Cabarrus	444	20.09%	619	28.01%	1,123	50.81%	24	1.09%	2,210
Caldwell	121	19.33%	164	26.20%	338	53.99%	3	0.48%	626
Camden	5	5.75%	27	31.03%	55	63.22%	0	0.00%	87
Carteret	65	15.85%	120	29.27%	222	54.15%	3	0.73%	410
Caswell	27	18.62%	39	26.90%	72	49.66%	7	4.83%	145
Catawba	243	17.60%	363	26.29%	770	55.76%	5	0.36%	1,381
Chatham	70	12.43%	157	27.89%	252	44.76%	84	14.92%	563
Cherokee	30	15.23%	55	27.92%	103	52.28%	9	4.57%	197

* All 2020 North Carolina Pregnant Women who delivered singleton term babies during CY2020
Weight Gain Ranges according to the 2009 National Academy of Sciences-Institute of Medicine

FY23 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 Women Giving Births during CY2020
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	
Statewide Total	19,120	19.01%	28,063	27.90%	50,407	50.12%	2,979	2.96%	100,569
Chowan	30	26.09%	37	32.17%	48	41.74%	0	0.00%	115
Clay	19	24.05%	20	25.32%	38	48.10%	2	2.53%	79
Cleveland	199	21.28%	247	26.42%	476	50.91%	13	1.39%	935
Columbus	122	25.05%	127	26.08%	226	46.41%	12	2.46%	487
Craven	248	21.97%	291	25.78%	585	51.82%	5	0.44%	1,129
Cumberland	931	21.28%	1,206	27.57%	2,205	50.41%	32	0.73%	4,374
Currituck	44	17.05%	77	29.84%	135	52.33%	2	0.78%	258
Dare	61	19.93%	99	32.35%	146	47.71%	0	0.00%	306
Davidson	292	19.86%	387	26.33%	775	52.72%	16	1.09%	1,470
Davie	70	20.90%	87	25.97%	174	51.94%	4	1.19%	335
Duplin	137	23.54%	185	31.79%	257	44.16%	3	0.52%	582
Durham	632	18.35%	1,008	29.26%	1,633	47.40%	172	4.99%	3,445
Edgecombe	113	22.55%	130	25.95%	255	50.90%	3	0.60%	501
Forsyth	726	19.97%	1,015	27.92%	1,825	50.19%	70	1.93%	3,636
Franklin	116	17.93%	150	23.18%	322	49.77%	59	9.12%	647
Gaston	358	16.60%	590	27.35%	1,187	55.03%	22	1.02%	2,157
Gates	18	21.18%	28	32.94%	38	44.71%	1	1.18%	85
Graham	11	17.74%	15	24.19%	33	53.23%	3	4.84%	62
Granville	86	17.55%	120	24.49%	248	50.61%	36	7.35%	490
Greene	46	26.29%	44	25.14%	81	46.29%	4	2.29%	175

* All 2020 North Carolina Pregnant Women who delivered singleton term babies during CY2020 Weight Gain Ranges according to the 2009 National Academy of Sciences-Institute of Medicine

FY23 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 Women Giving Births during CY2020
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	
Statewide Total	19,120	19.01%	28,063	27.90%	50,407	50.12%	2,979	2.96%	100,569
Guilford	1,080	21.23%	1,430	28.11%	2,477	48.68%	101	1.99%	5,088
Halifax	100	22.78%	122	27.79%	212	48.29%	5	1.14%	439
Harnett	304	18.63%	459	28.13%	818	50.12%	51	3.13%	1,632
Haywood	80	17.94%	123	27.58%	223	50.00%	20	4.48%	446
Henderson	120	13.78%	277	31.80%	437	50.17%	37	4.25%	871
Hertford	49	28.32%	53	30.64%	70	40.46%	1	0.58%	173
Hoke	172	23.82%	182	25.21%	361	50.00%	7	0.97%	722
Hyde	7	21.88%	11	34.38%	14	43.75%	0	0.00%	32
Iredell	330	20.06%	516	31.37%	798	48.51%	1	0.06%	1,645
Jackson	47	17.15%	74	27.01%	147	53.65%	6	2.19%	274
Johnston	385	17.51%	553	25.15%	1,200	54.57%	61	2.77%	2,199
Jones	13	16.05%	21	25.93%	46	56.79%	1	1.23%	81
Lee	130	18.84%	178	25.80%	309	44.78%	73	10.58%	690
Lenoir	138	24.21%	154	27.02%	277	48.60%	1	0.18%	570
Lincoln	114	15.32%	189	25.40%	438	58.87%	3	0.40%	744
McDowell	61	19.68%	84	27.10%	157	50.65%	8	2.58%	310
Macon	50	17.73%	79	28.01%	144	51.06%	9	3.19%	282
Madison	24	15.38%	41	26.28%	78	50.00%	13	8.33%	156
Martin	34	18.38%	49	26.49%	100	54.05%	2	1.08%	185
Mecklenburg	2,187	17.28%	3,936	31.10%	6,388	50.48%	143	1.13%	12,654

* All 2020 North Carolina Pregnant Women who delivered singleton term babies during CY2020
Weight Gain Ranges according to the 2009 National Academy of Sciences-Institute of Medicine

FY23 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 Women Giving Births during CY2020
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	
Statewide Total	19,120	19.01%	28,063	27.90%	50,407	50.12%	2,979	2.96%	100,569
Mitchell	20	16.00%	27	21.60%	70	56.00%	8	6.40%	125
Montgomery	61	25.74%	67	28.27%	108	45.57%	1	0.42%	237
Moore	202	19.22%	307	29.21%	532	50.62%	10	0.95%	1,051
Nash	193	22.52%	204	23.80%	444	51.81%	16	1.87%	857
New Hanover	299	16.57%	525	29.10%	969	53.71%	11	0.61%	1,804
Northampton	35	26.32%	29	21.80%	69	51.88%	0	0.00%	133
Onslow	619	18.87%	924	28.17%	1,727	52.65%	10	0.30%	3,280
Orange	160	16.51%	279	28.79%	413	42.62%	117	12.07%	969
Pamlico	13	18.31%	17	23.94%	41	57.75%	0	0.00%	71
Pasquotank	61	15.44%	111	28.10%	219	55.44%	4	1.01%	395
Pender	104	19.96%	147	28.21%	266	51.06%	4	0.77%	521
Perquimans	15	18.99%	22	27.85%	41	51.90%	1	1.27%	79
Person	65	18.95%	70	20.41%	189	55.10%	19	5.54%	343
Pitt	332	19.58%	485	28.60%	867	51.12%	12	0.71%	1,696
Polk	19	19.19%	25	25.25%	52	52.53%	3	3.03%	99
Randolph	234	17.37%	362	26.87%	692	51.37%	59	4.38%	1,347
Richmond	147	29.05%	109	21.54%	240	47.43%	10	1.98%	506
Robeson	309	21.30%	288	19.85%	534	36.80%	320	22.05%	1,451
Rockingham	164	20.42%	215	26.77%	414	51.56%	10	1.25%	803
Rowan	286	21.20%	351	26.02%	693	51.37%	19	1.41%	1,349

* All 2020 North Carolina Pregnant Women who delivered singleton term babies during CY2020
Weight Gain Ranges according to the 2009 National Academy of Sciences-Institute of Medicine

FY23 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 Women Giving Births during CY2020
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	
Statewide Total	19,120	19.01%	28,063	27.90%	50,407	50.12%	2,979	2.96%	100,569
Rutherford	117	22.03%	169	31.83%	237	44.63%	8	1.51%	531
Sampson	163	24.77%	184	27.96%	308	46.81%	3	0.46%	658
Scotland	80	25.89%	81	26.21%	144	46.60%	4	1.29%	309
Stanly	115	20.39%	172	30.50%	275	48.76%	2	0.35%	564
Stokes	61	18.48%	76	23.03%	186	56.36%	7	2.12%	330
Surry	130	19.79%	177	26.94%	344	52.36%	6	0.91%	657
Swain	18	14.63%	30	24.39%	72	58.54%	3	2.44%	123
Transylvania	42	21.21%	51	25.76%	93	46.97%	12	6.06%	198
Tyrrell	4	14.29%	12	42.86%	12	42.86%	0	0.00%	28
Union	331	16.38%	618	30.58%	1,066	52.75%	6	0.30%	2,021
Vance	107	24.43%	99	22.60%	211	48.17%	21	4.79%	438
Wake	1,859	16.71%	3,144	28.26%	5,383	48.39%	738	6.63%	11,124
Warren	30	20.13%	37	24.83%	77	51.68%	5	3.36%	149
Washington	31	31.31%	26	26.26%	42	42.42%	0	0.00%	99
Watauga	57	21.35%	82	30.71%	128	47.94%	0	0.00%	267
Wayne	254	19.61%	332	25.64%	701	54.13%	8	0.62%	1,295
Wilkes	135	23.24%	144	24.78%	300	51.64%	2	0.34%	581
Wilson	175	24.20%	177	24.48%	358	49.52%	13	1.80%	723
Yadkin	73	23.47%	77	24.76%	157	50.48%	4	1.29%	311
Yancey	28	17.95%	47	30.13%	72	46.15%	9	5.77%	156

* All 2020 North Carolina Pregnant Women who delivered singleton term babies during CY2020 Weight Gain Ranges according to the 2009 National Academy of Sciences-Institute of Medicine