

FY 2025-26 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 CY2023
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	
Statewide Total	20,557	19.79%	28,387	27.33%	52,380	50.44%	2,527	2.43%	103,851
Alamance	330	19.87%	396	23.84%	831	50.03%	104	6.26%	1,661
Alexander	51	17.23%	78	26.35%	164	55.41%	3	1.01%	296
Alleghany	19	22.09%	25	29.07%	42	48.84%	0	0.00%	86
Anson	50	23.15%	72	33.33%	94	43.52%	0	0.00%	216
Ashe	33	19.41%	52	30.59%	85	50.00%	0	0.00%	170
Avery	20	17.39%	31	26.96%	64	55.65%	0	0.00%	115
Beaufort	87	24.30%	80	22.35%	187	52.23%	4	1.12%	358
Bertie	36	28.35%	28	22.05%	61	48.03%	2	1.57%	127
Bladen	86	26.79%	74	23.05%	149	46.42%	12	3.74%	321
Brunswick	206	19.64%	272	25.93%	570	54.34%	1	0.10%	1,049
Buncombe	333	15.95%	644	30.84%	1,107	53.02%	4	0.19%	2,088
Burke	191	26.53%	210	29.17%	317	44.03%	2	0.28%	720
Cabarrus	500	21.48%	668	28.69%	1,138	48.88%	22	0.95%	2,328
Caldwell	149	21.75%	195	28.47%	340	49.64%	1	0.15%	685
Camden	14	17.72%	14	17.72%	49	62.03%	2	2.53%	79
Carteret	92	20.49%	108	24.05%	249	55.46%	0	0.00%	449
Caswell	35	19.89%	45	25.57%	87	49.43%	9	5.11%	176
Catawba	315	21.65%	377	25.91%	762	52.37%	1	0.07%	1,455
Chatham	87	14.22%	166	27.12%	325	53.10%	34	5.56%	612
Cherokee	30	14.08%	45	21.13%	116	54.46%	22	10.33%	213

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Statewide Total	20,557	19.79%	28,387	27.33%	52,380	50.44%	2,527	2.43%	103,851
Chowan	28	26.17%	27	25.23%	50	46.73%	2	1.87%	107
Clay	8	11.27%	18	25.35%	39	54.93%	6	8.45%	71
Cleveland	222	22.56%	279	28.35%	477	48.48%	6	0.61%	984
Columbus	165	33.60%	107	21.79%	218	44.40%	1	0.20%	491
Craven	197	18.27%	287	26.62%	589	54.64%	5	0.46%	1,078
Cumberland	839	19.38%	1,117	25.80%	2,353	54.35%	20	0.46%	4,329
Currituck	54	19.71%	82	29.93%	138	50.36%	0	0.00%	274
Dare	50	19.46%	75	29.18%	131	50.97%	1	0.39%	257
Davidson	328	20.68%	402	25.35%	843	53.15%	13	0.82%	1,586
Davie	70	22.44%	87	27.88%	155	49.68%	0	0.00%	312
Duplin	138	23.04%	169	28.21%	287	47.91%	5	0.83%	599
Durham	704	20.02%	948	26.95%	1,589	45.18%	276	7.85%	3,517
Edgecombe	116	25.72%	124	27.49%	208	46.12%	3	0.67%	451
Forsyth	801	21.27%	1,096	29.10%	1,824	48.43%	45	1.19%	3,766
Franklin	146	18.16%	214	26.62%	393	48.88%	51	6.34%	804
Gaston	410	16.83%	672	27.59%	1,277	52.42%	77	3.16%	2,436
Gates	21	29.58%	18	25.35%	29	40.85%	3	4.23%	71
Graham	15	21.13%	18	25.35%	35	49.30%	3	4.23%	71
Granville	127	24.71%	117	22.76%	237	46.11%	33	6.42%	514
Greene	35	21.47%	48	29.45%	78	47.85%	2	1.23%	163

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Statewide Total	20,557	19.79%	28,387	27.33%	52,380	50.44%	2,527	2.43%	103,851
Guilford	933	19.08%	1,264	25.85%	2,463	50.37%	230	4.70%	4,890
Halifax	115	29.64%	83	21.39%	189	48.71%	1	0.26%	388
Harnett	278	17.01%	448	27.42%	872	53.37%	36	2.20%	1,634
Haywood	67	14.60%	137	29.85%	254	55.34%	1	0.22%	459
Henderson	164	18.79%	254	29.10%	454	52.00%	1	0.11%	873
Hertford	41	25.47%	43	26.71%	74	45.96%	3	1.86%	161
Hoke	156	22.13%	200	28.37%	344	48.79%	5	0.71%	705
Hyde	7	22.58%	10	32.26%	14	45.16%	0	0.00%	31
Iredell	331	19.13%	484	27.98%	907	52.43%	8	0.46%	1,730
Jackson	52	17.93%	74	25.52%	164	56.55%	0	0.00%	290
Johnston	407	16.12%	617	24.44%	1,422	56.32%	79	3.13%	2,525
Jones	19	20.00%	36	37.89%	38	40.00%	2	2.11%	95
Lee	124	18.90%	173	26.37%	337	51.37%	22	3.35%	656
Lenoir	142	27.15%	148	28.30%	225	43.02%	8	1.53%	523
Lincoln	144	17.22%	237	28.35%	453	54.19%	2	0.24%	836
McDowell	73	21.53%	106	31.27%	160	47.20%	0	0.00%	339
Macon	42	14.89%	91	32.27%	149	52.84%	0	0.00%	282
Madison	24	13.79%	58	33.33%	92	52.87%	0	0.00%	174
Martin	42	24.14%	43	24.71%	87	50.00%	2	1.15%	174
Mecklenburg	2,476	18.75%	3,870	29.30%	6,624	50.15%	238	1.80%	13,208

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Mitchell	16	15.09%	28	26.42%	62	58.49%	0	0.00%	106
Montgomery	62	26.50%	56	23.93%	115	49.15%	1	0.43%	234
Moore	170	16.11%	278	26.35%	578	54.79%	29	2.75%	1,055
Nash	192	21.57%	215	24.16%	472	53.03%	11	1.24%	890
New Hanover	342	18.77%	516	28.32%	950	52.14%	14	0.77%	1,822
Northampton	39	31.20%	35	28.00%	49	39.20%	2	1.60%	125
Onslow	631	19.61%	926	28.78%	1,658	51.52%	3	0.09%	3,218
Orange	167	16.52%	303	29.97%	484	47.87%	57	5.64%	1,011
Pamlico	15	16.67%	22	24.44%	52	57.78%	1	1.11%	90
Pasquotank	73	19.89%	95	25.89%	198	53.95%	1	0.27%	367
Pender	106	17.70%	172	28.71%	310	51.75%	11	1.84%	599
Perquimans	19	22.89%	25	30.12%	39	46.99%	0	0.00%	83
Person	75	20.95%	81	22.63%	182	50.84%	20	5.59%	358
Pitt	350	20.73%	425	25.18%	894	52.96%	19	1.13%	1,688
Polk	21	19.63%	31	28.97%	54	50.47%	1	0.93%	107
Randolph	252	18.06%	380	27.24%	722	51.76%	41	2.94%	1,395
Richmond	148	32.39%	114	24.95%	185	40.48%	10	2.19%	457
Robeson	407	25.49%	435	27.24%	689	43.14%	66	4.13%	1,597
Rockingham	176	22.14%	179	22.52%	425	53.46%	15	1.89%	795
Rowan	296	21.65%	360	26.34%	703	51.43%	8	0.59%	1,367

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Statewide Total	20,557	19.79%	28,387	27.33%	52,380	50.44%	2,527	2.43%	103,851
Rutherford	109	20.72%	176	33.46%	241	45.82%	0	0.00%	526
Sampson	159	22.55%	185	26.24%	350	49.65%	11	1.56%	705
Scotland	89	30.58%	64	21.99%	137	47.08%	1	0.34%	291
Stanly	145	22.14%	186	28.40%	322	49.16%	2	0.31%	655
Stokes	58	18.89%	76	24.76%	170	55.37%	3	0.98%	307
Surry	172	25.60%	184	27.38%	315	46.88%	1	0.15%	672
Swain	17	15.74%	23	21.30%	68	62.96%	0	0.00%	108
Transylvania	24	11.37%	68	32.23%	118	55.92%	1	0.47%	211
Tyrrell	14	37.84%	9	24.32%	14	37.84%	0	0.00%	37
Union	433	18.91%	669	29.21%	1,182	51.62%	6	0.26%	2,290
Vance	99	22.76%	95	21.84%	222	51.03%	19	4.37%	435
Wake	2,040	17.87%	3,140	27.51%	5,507	48.24%	728	6.38%	11,415
Warren	33	24.63%	21	15.67%	75	55.97%	5	3.73%	134
Washington	17	20.48%	23	27.71%	43	51.81%	0	0.00%	83
Watauga	50	17.61%	86	30.28%	148	52.11%	0	0.00%	284
Wayne	344	23.87%	384	26.65%	705	48.92%	8	0.56%	1,441
Wilkes	125	22.28%	161	28.70%	269	47.95%	6	1.07%	561
Wilson	187	24.16%	173	22.35%	403	52.07%	11	1.42%	774
Yadkin	77	21.94%	81	23.08%	192	54.70%	1	0.28%	351
Yancey	33	22.15%	46	30.87%	69	46.31%	1	0.67%	149

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