NORTH CAROLINA

2005

Pregnancy Nutrition Surveillance System
2004 (prior year) national PNSS data are presented.

Contributors included 25 states, and 6 tribal governments.
Source of data

*Special Supplemental Nutrition Program for Women, Infants and Children.*

2005 NC PNSS Table 1C
Trends in racial and ethnic distribution

2005 NC PNSS Table 14C
Age distribution

2005 NC PNSS Table 1C
Trends in age distribution
Education level

2005 NC PNSS Table 1C
Migrant status

2005 NC PNSS Table 1C
Household income
reported as percent poverty level

<table>
<thead>
<tr>
<th>State</th>
<th>Nation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>Percentage</td>
</tr>
<tr>
<td>0-50</td>
<td>0-50</td>
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<tr>
<td>51-100</td>
<td>51-100</td>
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<tr>
<td>101-130</td>
<td>101-130</td>
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<tr>
<td>131-150</td>
<td>131-150</td>
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<tr>
<td>151-185</td>
<td>151-185</td>
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<tr>
<td>186-200</td>
<td>186-200</td>
</tr>
<tr>
<td>Over 200</td>
<td>Over 200</td>
</tr>
</tbody>
</table>

2005 NC PNSS Table 1C
Timing of WIC enrollment and medical care

**WIC Enrollment**

- **1st Trimester**: State - 30%, Nation - 35%
- **2nd Trimester**: State - 50%, Nation - 55%
- **3rd Trimester**: State - 20%, Nation - 25%
- **Postpartum**: State - 10%, Nation - 15%

**Medical Care**

- **1st Trimester**: State - 80%, Nation - 85%
- **No Care**: State - 20%, Nation - 15%

* Year 2010 target: 90% of pregnant women will enter into prenatal care during the first trimester.

2005 NC PNSS Table 2C
Trends in WIC enrollment and medical care

Year

Percentage

Medical Care 1st Trimester
No Medical Care
1st Trimester WIC Enrollment

2005 NC PNSS Table 17C
Trends in first trimester WIC enrollment by race and ethnicity

Year

Percentage

White
Black
Hispanic
American Indian
Asian
Total


2005 NC PNSS Table 21C
Prevalence of prepregnancy underweight and overweight*

* Underweight (BMI < 19.8); overweight (BMI = 26.0-29.0); and obese (BMI > 29.0).
Prevalence of prepregnancy underweight*
by race and ethnicity

* BMI < 19.8.
Prevalence of prepregnancy overweight* by race and ethnicity

* BMI > 26.0 (includes overweight and obese women).
Prevalence of less than ideal maternal weight gain* by race and ethnicity

* Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.
Prevalence of greater than ideal maternal weight gain* by race and ethnicity

* Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.

2005 NC PNSS Table 9C
Prevalence of less than ideal, ideal and greater than ideal maternal weight gain*

*  Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.

2005 NC PNSS Table 2C
Maternal weight gain* by prepregnancy BMI**

* Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.

** Underweight (BMI < 19.8); overweight (BMI = 26.0-29.0); and obese (BMI > 29.0).

2005 NC PNSS Table 13C
Trends in prevalence of prepregnancy overweight and underweight*

* Underweight (BMI < 19.8); overweight (BMI ≥ 26.0; includes overweight and obese).
Trends in prevalence of less than ideal and greater than ideal weight gain*

* Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.
Trends in the prevalence of less than ideal maternal weight gain* by race and ethnicity

* Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.

2005 NC PNSS Table 20C
Trends in the prevalence of greater than ideal maternal weight gain* by race and ethnicity

* Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.
Prevalence of anemia* by timing of program enrollment

*Hb or Hct < 5th percentile, CDC MMWR vol. 47 (No. RR-3), 1998.
Prevalence of third-trimester anemia* by race and ethnicity

* Hb or Hct < 5th percentile, CDC MMWR vol. 47 (No. RR-3), 1998.
Prevalence of postpartum anemia* by race and ethnicity

*Hb or Hct < 5th percentile, CDC MMWR vol. 47 (No. RR-3), 1998.
Trends in prevalence of third trimester anemia* by race and ethnicity

* Hb or Hct < 5th percentile, CDC MMWR vol. 47 (No. RR-3), 1998.
Trends in the prevalence of postpartum anemia* by race and ethnicity

* Hb or Hct < 5th percentile, CDC MMWR vol. 47 (No. RR-3), 1998.
Prevalence of smoking and smoking in the household by pregnancy status

Year 2010 target: 99% of pregnant women report no smoking in the past month.

2005 NC PNSS Table 2C
Smoking changes during pregnancy among women who reported smoking three months prior to pregnancy.

![Graph showing smoking changes during pregnancy among women who reported smoking three months prior to pregnancy.]

- Quit by 1st Prenatal Visit
- Quit by 1st Prenatal Visit and Stayed Off Cigarettes

2005 NC PNSS Table 2C
Trends in prevalence of smoking during the last 3 months of pregnancy by race and ethnicity

Year
2000 2001 2002 2003 2004 2005

Percentage

White
Black
Hispanic
American Indian
Asian
Total

2005 NC PNSS Table 22C
Prevalence of maternal drinking

Year 2010 Target: 6% or less of pregnant women report use of alcohol in the previous month.

2005 NC PNSS Table 2C
Prevalence of low birthweight and high birthweight *

* VLBW < 1500 g; LBW = 1500 - < 2500 g; HBW > 4000 g.
** Year 2010 Target: Reduce very low birthweight to < 0.9 percent and low birthweight to < 5.0 percent.

2005 NC PNSS Table 2C
Prevalence of selected birth outcomes*

* Preterm: < 37 weeks gestation. Full term low birthweight: 37 or more weeks and < 2500 g. 2005 NC PNSS Table 2C
Prevalence of low birthweight* by race and ethnicity

* Low birthweight includes VLBW < 1500 g and LBW = 1500-<2500 g.
** Year 2010 target: Reduce low birthweight to < 5.0 percent.
Prevalence of low birthweight* by selected health indicators

* Low birthweight includes VLBW < 1500 g and LBW = 1500-<2500 g.
** Year 2010 target: Reduce low birthweight to < 5.0 percent.

2005 NC PNSS Table 13C
Prevalence of high birthweight* by race and ethnicity

* High birthweight $> 4000$ g.
Prevalence of preterm delivery* by race and ethnicity

* Preterm: < 37 weeks gestation.

2005 NC PNSS Table 12C
Trends in the prevalence of low birthweight* by race and ethnicity

* < 2500 g.
Trends in the prevalence of high birthweight* by race and ethnicity

* > 4000 g.
Trends in the prevalence of preterm delivery* by race and ethnicity

* < 37 weeks gestation.
Percentage of infants ever breastfed* by race and ethnicity

* Includes infants currently breastfeeding or ever breastfed as reported by mother at postpartum visit.

** Year 2010 Target: Increase the proportion of mothers who breastfeed their babies in the early postpartum period to 75%.

2005 NC PNSS Table 12C
Trends in the percentage of infants ever breastfed* by race and ethnicity

* Reported by mother at postpartum visit. Year 2010 target: increase the proportion of mothers who breastfeed their babies in the early postpartum period to 75%.

2005 NC PNSS Table 23C
Percentage of pregnancies among females aged ≤ 17 years, by county

2003-2005 NC PNSS Table 4B
Percentage of women enrolling in WIC during their first trimester, by county

2003-2005 NC PNSS Table 6B
Prevalence of prepregnancy underweight*, by county

* BMI < 19.8.
Prevalence of prepregnancy overweight*, by county

* BMI > 26.0.

2003-2005 NC PNSS Table 5B
Prevalence of < ideal weight gain*,
by county

* Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.

2003-2005 NC PNSS Table 5B
Prevalence of > ideal weight gain*,
by county

* Ideal weight gain: prepregnancy underweight = 28-40 pounds; prepregnancy normal weight = 25-35 pounds; prepregnancy overweight and obese = 15-25 pounds.

2003-2005 NC PNSS Table 5B
Prevalence of smoking during the last 3 months of pregnancy, by county

2003-2005 NC PNSS Table 7B
Prevalence of low birthweight*, by county

* < 2500 grams.

2003-2005 NC PNSS Table 8B
Prevalence of high birthweight*,
by county

* > 4000 grams.

2003-2005 NC PNSS Table 8B
Prevalence of preterm delivery*, by county

* < 37 weeks gestation.

2003-2005 NC PNSS Table 8B
Percentage of infants ever breastfed*, by county

* Reported by mother at postpartum visit.

2003-2005 NC PNSS Table 8B