

**Appropriate Weight Gain During Pregnancy in Women Participating In Minnesota WIC
By Calendar Year
Minnesota WIC Information System**

Year ¹	Total ²	< Ideal [95% CI]	Ideal [95% CI] ³	> Ideal [95% CI]
2021	21,305	27.6% [27.0, 28.2]	29.4% [28.8], 30.0]	43.0% [42.3, 43.7]
2020	22,336	27.7% [27.1, 28.3]	30.4% [29.8, 31.1]	41.9% [41.2,42.5]
2019	20,969	30.4% [29.8, 31.0]	30.7% [29.8,30.7]	38.9% [38.3, 39.6]
2018	20,916	23.0% [22.4, 23.5]	33.2% [32.5, 33.8]	43.9% [33.2, 44.6]
2017	22,332	22.7% [22.2, 23.3]	34.7% [34.0, 35.3]	42.6% [42.0, 43.3]
2016	18,595	24.4% [23.8, 25.0]	31.6% [30.1, 32.3]	44.0% [43.3, 44.7]
2015	19,342	20.9% [20.4, 21.5]	35.1% [34.4, 35.8]	44.0% [43.3, 44.7]
2014	23,964	21.5% [21.0, 22.0]	33.1% [44.8, 46.1]	45.4% [44.8, 46.1]
2013	23,585	18.9% [17.7, 20.0]	34.5% [33.5, 35.5]	46.6% [45.7, 47.6]
2012	24,411	18.8% [18.3, 19.3]	34.0% [33.5, 34.7]	47.1% [46.5, 47.7]
2011	21,680	18.3% [17.8, 18.8]	34.0% [33.4, 34.6]	47.7% [47.0, 48.3]

Percent [95% Confidence Interval] Confidence intervals that do not overlap between two comparison years are statistically significant.

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For more information contact: Minnesota WIC Program 1 (800) 657-3942

¹ Calendar year woman delivered an infant in WIC

² Total number of women with valid weight gain during pregnancy information.

³ Underweight during pregnancy (ideal weight gain = 28 to 40 pounds), normal weight pre-pregnancy (ideal weight gain = 25 to 35 pounds), overweight pre-pregnancy (ideal weight gain = 15 to 25 pounds), obese pre-pregnancy (ideal weight gain = 11 to 20 pounds). Underweight is a BMI <18.5, normal weight is a BMI 18.5 to 24.9, overweight is a BMI 25.0 to 29.9, obese is a BMI >30.0.