

**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]
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]
2011⁴	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.

Suggested Citation: Minnesota WIC Information System. *Appropriate weight gain during pregnancy in women participating in Minnesota WIC by calendar year*. Minnesota WIC Program: 2019.

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.

⁴ 2011 was the transition year between the legacy CHIP data system and the new HuBERT data system