

This report summarizes selected data on maternal health and nutrition indicators received from states, U.S. territories, and Indian Tribal Organizations that contributed to the Centers for Disease Control and Prevention's (CDC) *Pregnancy Nutrition Surveillance 2007 Report*.

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# Pregnancy Nutrition Surveillance

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The Pregnancy Nutrition Surveillance System (PNSS) is a public health surveillance system that monitors the prevalence of nutrition problems, behavioral risk factors, and birth outcomes among low-income women who are enrolled in public health programs in states or U.S. territories or through Indian Tribal Organizations (ITOs).

The goal of the PNSS is to collect, analyze, and disseminate surveillance data to guide public health policy and action. The collected data are used to set public health priorities and to plan, implement, and evaluate nutrition programs for pregnant women. This report summarizes PNSS data from 2007 and highlights data trends from 1998 through 2007.

The PNSS collects demographic data about maternal age, race and ethnicity, education level, household income, migrant status, and participation in food and medical assistance programs. Information about a mother's height; weight before, during, and after pregnancy; hemoglobin and hematocrit levels; parity; medical care during pregnancy; and enrollment in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is collected.

Information also is collected about patterns of maternal smoking and alcohol consumption 3 months before and during pregnancy. Data collected about infants include date of birth, birthweight, and breastfeeding status.

Data are collected at the clinic level, aggregated at the state level, and then submitted to the Centers for Disease Control and Prevention (CDC) for analysis. The PNSS generates surveillance reports for each contributor and for the nation (all participating contributors). A *contributor* is defined as a state, U.S. territory, or ITO.

In 2007, the PNSS included 28 states, the District of Columbia, 4 ITOs, and 1 U.S. territory (Figure 1).

Figure 1. This is a map of the United States indicating contributors to PNSS in 2007. Contributors include Alabama, Arizona, Connecticut, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, New Hampshire, New Jersey, New York, North Carolina, North Dakota, Ohio, Oregon, Vermont, Virginia, West Virginia, and Wisconsin. Contributors not shown on the map include the District of Columbia, Puerto Rico and the following Indian Tribal Organizations: Cheyenne River Sioux (SD), Inter Tribal Tribal Council of Arizona (AZ), the Rosebud Sioux (SD) and the Standing Rock Sioux (ND).

These contributors provided more than 1,252,000 records to the system, nearly double the number of records in 1998. This increase is largely due to the expanded number of contributors to the PNSS. Fluctuations in the number of contributors and records can affect trends. The number of PNSS contributors differs slightly from year to year because some contributors did not provide data every year during the 10-year period from 1998 through 2007 (Table 1). The WIC program has consistently been the primary source of PNSS data, contributing 100% of the records in 2007.

**Table 1. Contributors to the Pregnancy Nutrition Surveillance System, 1998–2007\***

<b>Contributor</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>
Alabama										
Arizona										
Inter Tribal Council of Arizona										
American Samoa										
Cheyenne River Sioux (SD)										
Chickasaw Nation (OK)										
Connecticut										
District of Columbia										
Florida										
Georgia										
Hawaii										
Idaho										
Illinois										
Indiana										
Iowa										
Kansas										
Massachusetts										
Michigan										
Minnesota										
Missouri										
Montana										
Nebraska										
New Hampshire										
New Jersey										
New York										
North Carolina										
North Dakota										
Ohio										
Oregon										
Puerto Rico										
Rosebud Sioux (SD)										
Standing Rock Sioux (ND)										
Utah										
Vermont										
Virginia										
West Virginia										
Wichita Caddo (OK)										
Wisconsin										
<b>Number of Contributors</b>	<b>25</b>	<b>26</b>	<b>26</b>	<b>29</b>	<b>27</b>	<b>29</b>	<b>31</b>	<b>31</b>	<b>32</b>	<b>34</b>
<b>Total Records</b>	<b>632</b>	<b>694</b>	<b>751</b>	<b>739</b>	<b>727</b>	<b>769</b>	<b>856</b>	<b>857</b>	<b>1,143</b>	<b>1,253</b>

\* Bolded, shaded blocks indicate years that data were contributed.

## Demographic Characteristics

### ***Income***

More than 60% of women who participated in the 2007 PNSS and were eligible for WIC had gross incomes equal to or less than 100% of the U.S. poverty level. To be eligible for the WIC program, an applicant's gross income must be equal to or less than 185% of the 2007 U.S. Department of Health and Human Services poverty guidelines.

### ***Race and Ethnicity***

Of the women in the 2007 PNSS, 42.4% were non-Hispanic white, 23.7% were non-Hispanic black, 28.4% were Hispanic or Latino, 3.2% were Asian or Other Pacific Islander, 1.2% were American Indian or Alaska Native, and 0.1% were of multiple races. In the 2007 PNSS, a smaller proportion of women was non-Hispanic white (42.4%) compared with the proportion of women in the 1998 PNSS (54.7%), and a higher proportion of the sample was Hispanic or Latina in 2007 (28.4%) than in 1998 (17.5%).

### ***Age***

In 2007, 60.0% of women were aged 20–29 years, 19% were aged 30–39 years, and 1.4% were aged 40 years or older. The proportion of teenaged mothers declined from 25.1% in 1998 to 19.6% in 2007. The proportion of pregnant women aged 30 years or older increased from 16.0% in 1998 to 19.0% in 2007.

### ***Education***

In the 2007 PNSS, 33.1% of women had less than a high school education, and this proportion has changed little during the past decade. Among all women in the United States, 22% of those who gave birth in 2007 had less than a high school education.<sup>1</sup>

## Maternal Health Indicators

### ***Prepregnancy Weight Status***

Prepregnancy weight is a determinant of infant birthweight. For example, studies suggest an association between being underweight before pregnancy and giving birth to an infant with low birthweight.<sup>2</sup> Overweight women are at increased risk for preeclampsia, gestational diabetes, cesarean delivery, and failure to initiate breastfeeding.<sup>3</sup>

Prepregnancy body mass index (BMI) was calculated for each woman in the 2007 PNSS and was based on self-reported weight and height. Women were classified by the 1990 Institute of Medicine's (IOM) BMI categories.<sup>4</sup> *Underweight* is less than 19.8 BMI. *Normal weight* is 19.8–26.0 BMI. *Overweight* is 26.1–29.0 BMI, and *obese* is greater than 29.0 BMI.

In the 2007 PNSS, 10.9% of women were underweight, 44.6% were normal weight, 15.1% were overweight, and 29.4% were obese. The overall proportion of women in the 2007 PNSS who were overweight or obese was 44.5%; proportions varied by contributor, from 37.3% (Puerto Rico) to 60.1% (Inter Tribal Council of Arizona) (Table 2 located at end of document).

From 1998 through 2007, the prevalence of women who were overweight or obese before pregnancy increased from 38.9% to 44.5%, but the percentage of women who were underweight before they became pregnant decreased from 14.4 % to 10.9% (Figure 2).

Figure 2. This is a line graph showing trends in the percentage of women who were overweight and underweight before they became pregnant. Data for this table came from 2007 National PNSS Table 16D.

**Figure 2. Trends in prevalence\* of prepregnancy overweight and underweight<sup>†</sup>**

	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Overweight	38.9	39.9	40.5	41.5	42.2	43	43.2	44	43.7	44.5
Underweight	14.4	14.1	13.7	13	12.6	12.1	11.8	11.4	11.2	10.9

\*All trend data in this report are based on participants that vary slightly from year to year. Comparisons should be made with caution.

<sup>†</sup> Overweight= body mass index \*BMI)  $\geq 26.1$  (includes overweight and obesity); Underweight= BMI  $< 19.8$

### **Maternal Weight Gain**

The 1990 IOM report recommends a pregnancy weight gain of 28–40 pounds for underweight women, 25–35 pounds for women of normal weight, 15–25 pounds for overweight women, and at least 15 pounds for obese women.<sup>4</sup> For this report, we use a range of 15–25 pounds for both overweight and obese women. Women who gain less than the IOM’s recommended weight gain during pregnancy are at increased risk of giving birth to an infant with low birthweight. Women who gain more than the IOM’s recommended weight gain during pregnancy are at increased risk of giving birth to an infant with high birthweight, which can cause difficulty with delivery.<sup>4</sup>

Additionally, women who gain excess weight during pregnancy may have more difficulty returning to their prepregnancy weight.<sup>5</sup> In the 2007 PNSS, 25.0% of women gained less weight than recommended during pregnancy, 32.2% gained the recommended amount of weight, and 42.8% gained more weight than recommended. The proportion of women in the 2007 PNSS who gained more than the recommended amount of weight during pregnancy varied by contributor, from 33.6% (Rosebud Sioux Tribe [South Dakota] and Standing Rock Sioux Tribe [North Dakota]) to 50.6% (New Hampshire) (Table 2 located at end of document).

Whether the women in the PNSS gained an adequate amount of weight during pregnancy varied significantly by the women’s prepregnancy BMI (Figure 3).

Figure 3. This is a bar graph showing the percentage of women gaining less than ideal weight gain during pregnancy and greater than ideal weight gain during pregnancy by prepregnancy body mass index<sup>†</sup>. Data for this table came from 2007 National PNSS Table 13D.

**Maternal weight gain \* by prepregnancy body mass index<sup>†</sup>**

Prepregnancy body mass index	Maternal weight gain	
	< ideal weight gain	> ideal weight gain
Underweight	31.7	26.9
Normal	26.8	38.9
Overweight	14.0	58.9
Obese	25.4	46.4

\* A 1980 report by the Institute of Medicine recommends a pregnancy weight gain of 28-40 pounds if underweight, 25-25 pounds if normal weight, and 15-25 pounds if overweight or obese before pregnancy.

<sup>†</sup> Underweight=BMI  $< 19.8$ ; Normal=BMI 19.8-26.0; Overweight=BMI 26.1-29.0; Obese =BMI  $> 29.0$ .

Women who were overweight or obese before pregnancy were more likely to exceed the IOM's recommended maximum weight gain for their body size. Excess weight gain during pregnancy and failure to lose weight after pregnancy are important and identifiable predictors of long-term obesity.<sup>5</sup>

From 1998 through 2007, the prevalence of women who gained too much weight during pregnancy rose from 37.5% to 42.8%, and the prevalence of women who gained less than the IOM's recommended weight gain during pregnancy dropped from 33.1% to 25.0%.

## **Anemia**

The most common nutritional deficiency during pregnancy is iron deficiency.<sup>2</sup> Because pregnant women require higher amounts of iron, iron supplementation during pregnancy is often recommended. Pregnant women may not receive an adequate amount of iron if they do not take iron supplements during pregnancy or fail to take iron supplements during the first trimester of pregnancy.<sup>6</sup>

Iron-deficiency anemia during the first two trimesters of pregnancy has been associated with inadequate gestational weight gain, a two-fold risk for preterm delivery, and a three-fold risk of giving birth to an infant with low birthweight.<sup>7</sup> Iron-deficiency anemia during the third trimester of pregnancy reflects inadequate iron intake and can affect the woman's health postpartum.<sup>7</sup>

In the 2007 PNSS, 7.1% of women had anemia\* when they enrolled in the WIC program during their first trimester, 11.5% had anemia when they enrolled in the program during their second trimester, and 33.5% had anemia when they enrolled during their third trimester. Women who enrolled in the WIC program during their third trimester were more likely to start prenatal care late in pregnancy and may not be representative of all low-income women in their third trimester of pregnancy. *Healthy People 2010* Objective 19-13 proposes reducing the prevalence of third trimester anemia among low-income pregnant females to no more than 20%.<sup>8</sup>

In the 2007 PNSS, the prevalence of anemia in the third trimester of pregnancy was highest for black mothers (48.2%). The prevalence for other racial and ethnic groups were all above the 2010 target of 20%–27.7% for whites, 30.3% for Hispanics or Latinas, 32.6% for American Indians or Alaska Natives, and 28.4% for Asians and Native Hawaiians and Other Pacific Islanders. From 1998 through 2007, the overall prevalence of anemia during the third trimester of pregnancy rose slightly from 29.3% to 33.5%. In the 2007 PNSS, only Montana met the *Healthy People 2010* objective for the prevalence of anemia during the third trimester of pregnancy.

## **Interpregnancy Interval**

Interpregnancy interval is the time between the end of one pregnancy and the last menstrual period before the next pregnancy. Women with an interpregnancy interval of less than 6 months are at higher risk for maternal mortality and morbidity, giving birth to infants with low birthweight or infants who are small for gestational age, and giving birth preterm than women conceiving after an interpregnancy interval of 18–23 months.<sup>9</sup> In addition, a shorter interpregnancy interval means less time for repletion of nutrient stores.<sup>10</sup> In the 2007 PNSS, 13.0%, of all women had an interpregnancy interval of less than 6 months, and 26.8% had an interval of 6 months to less than 18 months.

# Maternal Behavioral Indicators

## Prenatal Care

The quality, quantity, and timing of prenatal care influence pregnancy outcome, and inadequate prenatal care increases a woman's risk for poor pregnancy outcome.<sup>11</sup> *Healthy People 2010* Objective 16-6a proposes increasing the proportion of pregnant women who receive prenatal care during the first trimester to 90%. According to national health statistics in 2006, 69.0% of women sought prenatal care during their first trimester, and 7.9% of women received no prenatal care during pregnancy.<sup>12</sup>

In the 2007 PNSS, 79.4% of women began prenatal care during their first trimester, an increase from 74.3% reported in 1998, and 4.7% received no prenatal care. Mothers aged 19 years or younger were less likely than older mothers to obtain prenatal care during the first trimester. By age group, 57.1% of teenagers younger than 15 years, 70.4% of those aged 15–17 years, and 76.7% of those aged 18–19 years obtained prenatal care during the first trimester.

White women (81.9%) were more likely to obtain prenatal care during the first trimester of pregnancy than blacks (77.3%), Hispanics (77.1%), American Indians or Alaska Natives (76.1%), or Asians and Native Hawaiians or Other Pacific Islanders (78.4%).

## WIC Enrollment

Several studies have concluded that participation in the WIC program is associated with improved birthweights and a reduction in preterm deliveries.<sup>11,13</sup> Another study concluded that participation in the WIC program during pregnancy resulted in fewer deliveries of infants who are small for gestational age, and healthier infants were linked to longer enrollment in the program.<sup>14</sup>

In the 2007 PNSS, 31.3% of women enrolled in the WIC program during their first trimester, 35.1% during their second trimester, 18.2% during their third trimester, and 15.4% after giving birth. The proportion of women who enrolled during their first trimester increased from 27.4% in 1998. Percentages varied among contributors, from 22.0% (the District of Columbia) to 48.3% (West Virginia) (Table 2 at end of document).

## Maternal Smoking

Infants born to mothers who smoke cigarettes during pregnancy have a 40.0% higher rate of mortality than infants born to nonsmoking mothers.<sup>15</sup> Small gestational size, rather than preterm birth, is the main mechanism through which smoking causes excess infant mortality.<sup>15</sup> The percentage of preterm births is not significantly different for smoking mothers when compared with nonsmoking mothers, but the percentages of low birthweight and full-term low birthweight are significantly higher for infants born to smoking mothers (Figure 4).

Figure 4. This is a bar graph showing birth outcomes by smoking status.\* It shows the percentage of smokers and non-smokers who gave birth to low birthweight infants, preterm infants, and full-term low birthweight infants. Data for this table came from 2007 National PNSS Table 13D.

### Birth outcomes by smoking status\*

	Low Birthweight <sup>†</sup>	Preterm <sup>‡</sup>	Full-term Low Birthweight <sup>§</sup>
Smokers	10.7	12.4	5.7
Non-smokers	7.0	11.6	3.0

\* A smoker is defined as a woman who uses any tobacco in the last 3 months of pregnancy.

<sup>†</sup> Defined as birthweight <2,500 grams.

<sup>‡</sup> Defined as gestational period <37 weeks.

<sup>§</sup> Defined as born at or after 37 weeks gestation with birthweight <2,500 grams.

Maternal smoking also increases the risk for sudden infant death syndrome (SIDS)<sup>16</sup> and spontaneous abortion,<sup>17</sup> and it has long-term negative effects on the growth, development, behavior, and cognition of the infant.<sup>18,19</sup> Healthy People 2010 Objective 16-17c proposes increasing the rate of abstinence from smoking during the last month of pregnancy to 98%.

In the 2007 PNSS, 26.6% of women reported smoking during the 3 months before they became pregnant, and 15.8% reported smoking during the last 3 months of their pregnancy. The proportions of women who smoke before pregnancy or during the last trimester of pregnancy have consistently declined since 1998, when about 34% of women reported smoking before becoming pregnant, and about 20% reported smoking during their last trimester.

In the 2007 PNSS, the prevalence of smoking during the last 3 months of pregnancy was highest among white women (26.6%), women aged 18–19 years (17.4%), and women with less than a high school education (19.1%). The proportion of women in the 2007 PNSS who smoked during their last trimester of pregnancy varied widely by contributor, from 2.2% (Inter Tribal Council of Arizona) to 34.4% (West Virginia) (Table 2 at end of document).

The PNSS also monitors the proportion of women who quit smoking. Of the 26.6% of women who reported smoking during the 3 months before they became pregnant, 42.0% reported quitting smoking by the time they enrolled in WIC, and 35.1% of these women abstained from smoking during the last 3 months of their pregnancies.

### **Household Smoking**

Studies of the association between passive smoking during pregnancy and birth outcomes provide mixed findings on the effect of passive smoking on infant birthweight. However, the effects of household smoking on infants' health are better documented.<sup>20,21</sup> Exposure to passive smoke during the first 2 years of a child's life is associated with a higher incidence of SIDS, respiratory infection, and chest illness.<sup>21</sup>

In the 2007 PNSS, 20.9% of women reported that during their pregnancy, someone other than themselves smoked in their household, and 22.6% reported that someone in the household smoked during the weeks following the birth of the infant.

## **Birth Outcomes**

### **Low Birthweight**

Low birthweight (<2,500 grams) is associated with neonatal and postneonatal mortality.<sup>22</sup> Infants with low birthweight who survive are at increased risk for health problems that range from neurodevelopmental handicaps to conditions of the lower respiratory tract.<sup>23</sup>

Healthy People 2010 Objective 16-10a proposes reducing the incidence of low birthweight to 5%.<sup>8</sup> In the 2007 PNSS, 8.2% of infants had low birthweights compared with 8.3% of all U.S. infants born with low birthweights in 2006.<sup>12</sup> The incidence of low birthweight varies by contributor, from 5.7% (Standing Rock Sioux Tribe [North Dakota]) to 10.6% (District of Columbia) (Table 2 at end of document).

The overall incidence of low birthweight in 2007 (8.2%) was slightly higher than the incidence in 1998 (7.7%). By racial and ethnic group, the incidence was higher for black infants (11.8%) than for white (7.4%), Hispanic (6.7%), Asian and Native Hawaiian or Pacific Islander (7.6%), or American Indian or Alaska Native (7.1%) infants.

## **High Birthweight**

A high birthweight (>4,000 grams) is associated with an increased risk for birth injuries such as shoulder dystocia.<sup>24</sup> In the 2007 PNSS, 6.7% of infants had high birthweights compared with 8.6% in 1998. The prevalence for high birthweight varied by contributor, from 2.4% (Puerto Rico) to 11.6% (North Dakota) (Table 2). American Indians or Alaska Natives had the highest rate (9.5%) followed by whites (7.9%), Hispanics (6.9%), Asians and Native Hawaiians or Pacific Islanders (5.0%), and blacks (4.4%).

## **Preterm Births**

Preterm birth refers to infants who are born before 37 weeks gestation. It is associated with increased risk for newborn health complications; long-term disabilities such as mental retardation, cerebral palsy, lung and gastrointestinal problems, and vision and hearing loss; and death.<sup>25</sup> Factors related to preterm birth include iron-deficiency anemia during pregnancy, low gestational weight gain, low income, race and ethnicity, young age of the mother, smoking, and low educational attainment.<sup>10</sup>

Healthy People 2010 Objective 16-11a proposes reducing preterm births to 7.6%. In the 2007 PNSS, 11.9% of infants were born prematurely, up from 10.9% in 1998. The prevalence of preterm births differed by race, with black infants having a higher prevalence (14.6%) than American Indians or Alaska Natives (12.3%), Hispanics (11.8%), whites (10.7%), or Asians and Native Hawaiians or Other Pacific Islanders (8.9%).

## **Full-Term Low Birthweight**

The PNSS monitors the proportion of full-term, low-birthweight infants and uses this proportion as an indicator to diagnose intrauterine growth retardation or fetal growth restriction.<sup>10</sup> An infant is considered full term with low birthweight if the infant is born at or after 37 weeks gestation but weighs less than 2,500 grams. Poor nutrition during pregnancy is cited as one of the causes of full-term, low-birthweight infants.<sup>10</sup> An infant's size at birth is important because fetal growth retardation contributes to the risk for respiratory distress, hypoglycemia, and other health problems in infants.<sup>10</sup>

In the 2007 PNSS, 3.7% of infants who were born full term had low birthweight, which is slightly lower than the 3.8% reported in 1998. Black infants (5.6%) had a higher prevalence of being full term with low birthweight than infants from other racial or ethnic groups. Prevalence varied by contributor, from 2.2% (Inter Tribal Council of Arizona) to 7.5% (Michigan) (Table 2).

## **Infant Feeding Practices**

Breastmilk, which is nutritionally superior to any other milk supply, provides infants with many benefits, including immunity to many viral and bacterial diseases. Breastmilk also can enhance immunologic defenses; prevent or reduce the risk of respiratory and diarrheal diseases; promote correct development of jaws, teeth, and speech patterns; decrease the tendency to be obese during childhood; and facilitate maternal-infant attachment.<sup>26</sup>

The proportion of breastfed infants in the PNSS has steadily increased in recent years. In 2007, 64.6% of infants were breastfed, compared with 51.7% in 1998. *Healthy People 2010* Objective 16-19 proposes increasing the proportion of infants ever breastfed to 75%.<sup>8</sup> Only four states in the 2007 PNSS met this objective—Hawaii, Idaho, Montana, and Oregon. The percentage of infants ever breastfed varied widely among contributors, from 42.4% (Cheyenne River Sioux Tribe [South Dakota]) to 90.6% (Oregon) (Table 2 at end of document).

## Maternal Health Progress Review

Advances in several indicators were observed in the PNSS population from 1998 through 2007 (Figure 5).<sup>†</sup> The prevalence of initiation of breastfeeding increased from 51.7% in 1998 to 64.7% in 2007, a relative increase of 25%. The 2007 rate was the highest ever reported. In addition, since 1998, the proportion of women who enroll in the WIC program during their first trimester increased 14% and the proportion of women who gain inadequate weight during pregnancy decreased 24%.

The prevalence of women who smoke during the last trimester of pregnancy also was reduced 23% during the past 10 years. The prevalence of women who smoke during the last trimester of pregnancy was 15.8% in 2007, the lowest prevalence ever reported in the PNSS.

The 2007 PNSS report also indicated areas of concern. One area of concern is the 9% increase in preterm births and the 6% increase in low birthweight. The prevalence of iron-deficiency anemia during pregnancy remains high.

Overweight is a major public health problem that has steadily increased in the United States, and this problem is mirrored in the PNSS population. The proportion of women who are overweight or obese before pregnancy has increased 14%, and the proportion of women gaining more than the IOM's recommended amount of weight gain during pregnancy also increased 14%.

Figure 5. This is a bar graph showing the relative percent changes in maternal health status from 1998 to 2007.

### Changes\* in maternal health status, 1998-2007

Health Indicators	Percent Change 1998-2007	
	Worse	Better
Ever breastfed		25
Inadequate weight gain		24
Entered WIC <sup>†</sup> first trimester		14
Smoked during last trimester		23
Low birthweight	-6	
Infants born preterm	-9	
Overweight prepregnancy <sup>‡</sup>	-14	
Ideal weight gain	-14	

\* All trend data in this report are based on participants that vary from year to year. Comparisons should be made with caution.

<sup>†</sup> Special Supplemental Nutrition Program for Women, Infants, and Children.

<sup>‡</sup> Based on definitions of overweight and obese prepregnancy (BMI  $\geq$ 26.1) in a 1980 report by the Institute of Medicine.

## Recommendations

The PNSS data indicate that national and state public health programs are needed to support the following activities:

- Implement innovative strategies to continue to reduce the prevalence of tobacco use among pregnant women and women of reproductive age.
- Promote and support breastfeeding through effective programs, medical care systems, work sites, and communities.

- Prevent preterm delivery and low birthweight by providing preconception nutrition, including iron supplementation. Conduct outreach activities to promote early identification of pregnancy and early entry into comprehensive prenatal care, including the WIC program.
- Provide information to prenatal participants, especially women who are overweight or obese before pregnancy, about the importance of appropriate weight gain during pregnancy and the health risks of excess weight gain and post partum weight gain retention.

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**Table 2. State-specific prevalence of selected indicators of maternal health, 2007 Pregnancy Nutrition Surveillance System \***

Contributors	Under-weight†	Over-weight†	< Ideal wt gain	> Ideal wt gain‡	3rd trim anemia§	Post p anemia	1st trim med	No med	1st trim WIC	Smoking				LBW**	HBW††	Pre-term‡‡	Ever BF§§
										3 mos b/f preg	3rd trim	House prenatal	House post p				
Alabama	11.7	50.2	*	*	39.4	38.8	*	*	39.8	*	*	*	*	9.3	5.0	15.1	*
Arizona	11.0	42.3	22.5	47.5	27.8	23.9	*	*	31.1	*	*	*	*	7.2	6.9	11.4	64.3
Inter Tribal	5.7	60.1	23.9	45.6	29.4	33.6	73.7	3.3	30.3	10.8	2.2	14.3	12.6	6.4	8.6	10.7	65.2
Cheyenne River	7.9	53.9	35.3	36.0	*	55.3	*	*	46.8	63.0	*	*	*	7.4	11.1	10.5	42.4
Connecticut	10.0	43.8	*	*	31.0	51.7	84.7	3.6	22.3	*	*	16.1	9.1	6.9	7.0	7.6	65.7
District of	8.5	48.2	28.8	36.6	50.8	43.1	60.0	18.1	22.0	*	*	13.5	10.9	10.6	4.9	16.7	47.0
Florida	11.5	42.1	25.5	44.0	38.9	37.9	*	*	26.9	16.1	18.2	*	*	8.6	6.1	12.8	70.8
Georgia	9.5	47.3	26.3	43.4	42.9	30.0	81.0	2.4	27.2	*	*	*	*	9.2	5.1	13.4	49.3
Hawaii	12.9	38.8	21.4	49.1	31.0	23.0	74.3	6.5	22.6	*	*	*	*	7.4	7.3	4.6	83.2
Idaho	10.2	43.7	19.6	44.2	23.9	18.4	*	*	32.4	25.6	13.0	15.7	14.9	6.2	7.2	9.8	81.8
Illinois	10.0	45.8	29.2	40.8	30.0	34.0	*	*	*	19.6	11.7	18.3	15.8	7.6	7.2	10.3	65.1
Indiana	12.0	46.3	20.6	49.2	36.3	27.0	*	*	41.1	29.6	21.6	36.7	29.6	8.4	6.5	15.1	62.7
Iowa	8.0	49.6	19.4	45.6	33.0	24.2	*	*	41.7	42.8	25.6	26.3	16.8	7.8	8.4	10.8	*
Kansas	11.1	45.3	22.4	46.3	31.5	23.8	74.8	3.7	39.2	33.8	18.7	18.6	16.8	7.4	6.7	10.9	67.7
Massachusetts	11.4	39.9	23.6	45.6	33.1	29.9	72.4	10.4	34.1	23.0	11.9	18.5	14.3	8.2	7.8	9.7	71.3
Michigan	10.7	46.4	30.4	42.7	33.0	35.9	75.2	10.2	32.3	36.5	19.6	*	*	7.5	7.6	*	54.0
Minnesota	9.4	45.7	29.1	38.4	28.8	19.7	*	*	32.7	29.8	11.7	*	*	7.0	8.8	10.2	73.2
Missouri	11.6	45.6	20.6	45.4	40.5	28.4	72.5	15.1	40.2	37.3	23.8	37.4	29.0	8.1	6.6	11.2	55.2
Montana	10.8	44.3	23.4	46.6	15.9	22.0	79.9	7.7	26.1	38.5	7.0	22.1	20.5	7.1	8.7	11.3	76.7
Nebraska	9.7	45.9	24.4	40.8	33.7	28.6	88.4	1.9	27.0	33.1	16.3	*	*	7.3	7.3	10.8	69.7
New Hampshire	11.6	42.3	20.9	50.6	29.1	21.9	88.8	2.6	36.9	43.4	29.2	40.7	36.9	6.7	10.4	8.2	66.7
New Jersey	9.4	43.1	23.9	39.6	33.0	46.4	*	*	25.2	*	*	11.3	11.2	7.7	6.2	14.6	62.1
New York	10.9	41.6	25.0	37.7	35.3	31.7	84.8	1.6	28.8	18.7	8.7	8.6	*	7.8	6.9	10.9	70.0
North Carolina	11.2	47.2	27.0	39.5	34.7	30.8	74.3	0.9	25.9	25.2	15.4	*	*	9.4	6.6	14.3	61.1
North Dakota	8.7	49.3	17.0	49.2	24.4	21.2	*	*	47.0	48.1	25.9	21.2	14.8	7.9	11.6	12.7	*
Ohio	12.0	45.9	25.6	45.9	33.0	24.8	82.4	4.4	32.0	42.8	23.0	39.4	35.2	9.2	6.1	11.7	*
Oregon	8.6	47.8	19.0	46.2	29.1	20.0	74.3	6.1	35.9	*	*	*	*	5.8	9.8	8.1	90.6

Puerto Rico	15.2	37.3	28.1	37.1	35.1	28.4	90.6	0.3	*	4.0	3.9	10.6	10.0	10.3	2.4	18.2	55.0
Rosebud Sioux	7.5	53.6	34.5	33.6	*	43.0	*	*	36.7	38.3	13.1	*	*	7.5	7.0	12.1	66.7
Standing Rock	5.1	58.4	36.1	33.6	*	38.8	*	*	33.0	59.0	*	*	*	5.7	4.1	14.9	49.3
Vermont	11.1	46.4	20.4	46.0	23.6	22.5	79.4	.3	37.7	46.4	30.2	*	*	6.7	9.7	9.9	72.2
Virginia	10.7	46.0	22.9	42.8	35.0	27.2	71.7	2.3	30.2	29.7	12.1	22.8	48.4	9.8	6.7	10.8	57.6
West Virginia	13.7	45.9	18.9	46.3	27.4	23.1	86.3	5.2	48.3	52.2	34.4	30.0	23.7	9.8	6.4	13.0	42.5
Wisconsin	9.7	46.4	24.7	45.1	33.1	25.8	83.3	2.3	33.7	35.6	21.6	22.7	8.8	7.8	7.8	10.4	65.8
National PNSS	10.9	44.5	25.0	42.8	33.5	29.8	79.4	4.7	31.3	26.6	15.8	20.9	22.6	8.2	6.7	11.9	64.6

Abbreviations: Wt = weight; Trim = trimester; Post p = postpartum; Med = entry to medical care; WIC = Special Supplemental Nutrition Program from Women, Infants, and Children; Mos = months; b/f = before; House = household; LBW = low birthweight; HBW = high birthweight; Ever BF = ever breastfed.

\* Percentages are not calculated if <100 records were available for analysis after exclusions.

† Pregnancy weight status: Underweight = body mass index (BMI) <19.8; Overweight = BMI  $\geq$ 26.1 (includes overweight and obese). Source: Institute of Medicine. *Nutrition During Pregnancy*. Washington, DC: National Academy Press; 1990.

‡ Recommended pregnancy weight gain = 28–40 lbs if underweight, 25–35 lbs if normal weight, and 15–25 lbs if overweight or obese. Source: Institute of Medicine. *Nutrition During Pregnancy*. Washington, DC: National Academy Press; 1990.

§ Adjusted for altitude and smoking. Source: CDC. Recommendations to prevent and control iron deficiency in the United States. *MMWR* 1998;47(RR-3):1–29.

\*\* Defined as birthweight <2,500 grams.

†† Defined as birthweight >4,000 grams.

‡‡ Defined as gestational period <37 weeks.

§§ Among infants born during the reporting period. *Healthy People 2010* target: Increase the proportion of mothers who breastfeed their babies during the early postpartum period to 75%.