

**New York State Department of Health:**  
**2023 New York State Pregnancy Nutrition Surveillance**  
**System Report**

**Executive Summary:**

The 2023 Pregnancy Nutrition Surveillance System (PNSS) report presents statewide and county-level nutrition indicators and risk factors associated with birth outcomes and infant mortality among women participating in the New York State Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Trends from 2010 through 2023, and changes between 2022 and 2023 are assessed for several indicators including birthweight, preterm deliveries, maternal health and breastfeeding initiation. At the state-level, indicators are stratified by race/ethnicity. County-level data illustrate the geographic distribution of indicators and can be used by local health departments and other community-based public health partners to identify underserved areas where additional resources and outreach may improve maternal and child health outcomes. This report represents the first annual PNSS report since the transition from the check-based WIC Management Information System (WICSIS) to the WIC-EBT Management Information System (NYWIC) in 2018 and 2019.

**Key Highlights:**

- The number of individual pregnant women enrolled in WIC increased slightly (by 1.3%) in 2023 (101,001) compared to 2022 (98,748).
- The number of WIC enrolled women living below 130% of the federal poverty level (FPL) in NYS increased to 77,723 in 2023 (77.0% of all PNSS participants) from 71,338 (72.3% of all PNSS participants) in 2022.
- The percentage of women who enrolled in WIC during their first trimester increased among the following racial/ethnic groups: Non-Hispanic Whites (34.7% in 2023 vs. 32.6% in 2022), Non-Hispanic Blacks (20.1% in 2023 vs. 19.2% in 2022), American Indians/Alaskan Natives (26.0% in 2023 vs. 22.0% in 2022), and Multiple Races (27.4% in 2023 vs. 26.3% in 2022), but remained stable among Hispanics/Latinos (25.1% in 2023 and 2022), and decreased among Asians/Pacific Islanders (26.6% in 2023 vs. 28.9% in 2022).
- Among women enrolled in WIC, Non-Hispanic Black women had the highest prevalence of preterm deliveries in 2023 (21.2%).
- The proportion of WIC-enrolled women who reported breastfeeding their infant for any length of time increased across women of all racial/ethnic categories from 74.6% in 2022 to 77.0% in 2023.

# 2023 New York State Pregnancy Nutrition Surveillance System Report

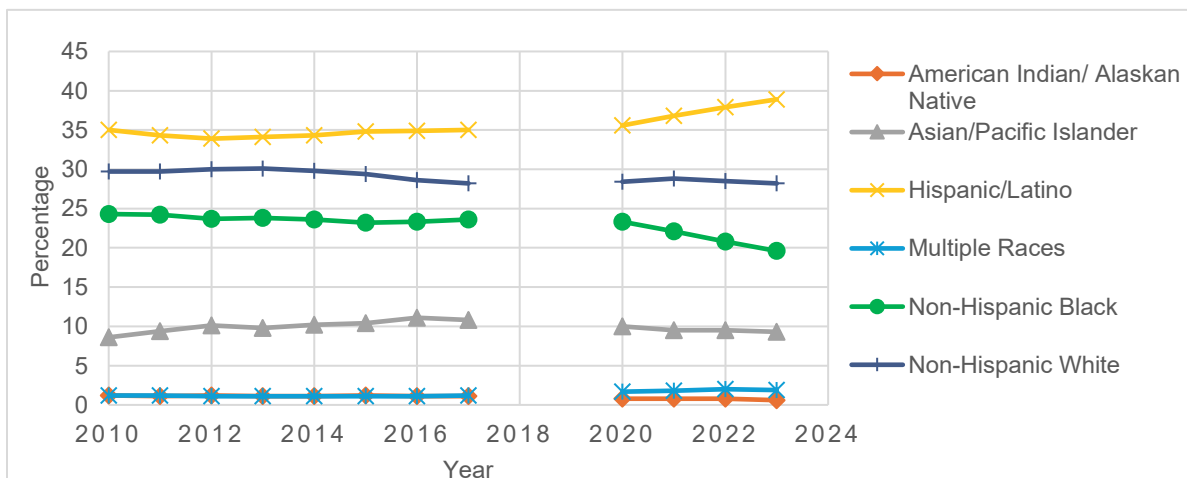
The annual New York State (NYS) Pregnancy Nutrition Surveillance System (PNSS) report provides data on the prevalence and trends of healthcare- and nutrition-related indicators among pregnant women enrolled in the NYS Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). The list of indicators includes prenatal care received during the first trimester, pre-pregnancy body mass index (BMI), maternal weight gain, WIC enrollment, preterm births, gestational diabetes, and breastfeeding initiation.

All data referenced in this document are publicly available in the 2023 “State Level Statistics” Excel file located on the New York State Department of Health Nutrition Data and Statistics web page: <https://www.health.ny.gov/statistics/prevention/nutrition/pnss/>. Local health departments and other community-based public health partners can use county- and state-level PNSS indicators to identify local underserved areas where additional resources and outreach may improve maternal and child health outcomes.

## Highlights from the 2023 NYS PNSS Report

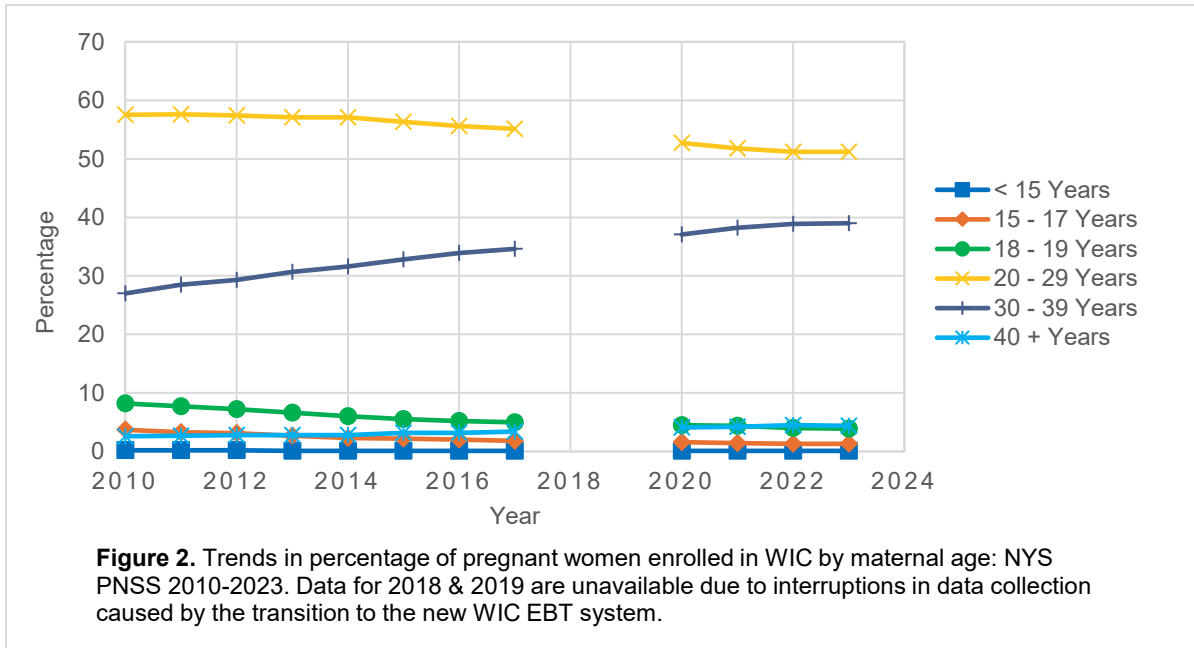
### Demographic Characteristics

- There was a 1.3% increase in the number of individual pregnant women certified in WIC in 2023 (101,001) compared to 2022 (98,748) (Table\_15C).
- In 2023, there was a decrease in the percentage of pregnant women enrolled in WIC who identified as Non-Hispanic Black (19.6% in 2023 vs. 20.8% in 2022). Trends among Asians/Pacific Islanders (9.3% in 2023 vs. 9.5% in 2022), American Indians/Alaskan Natives (0.6% in 2023 vs. 0.8% in 2022), Multiple Races (1.9% in 2023 vs. 2.0% in 2022), and those identifying as Non-Hispanic White (28.2% in 2023 vs. 28.5% in 2022) remained relatively stable. A slight increase was observed in the percentage of Hispanics/Latinos (38.9% in 2023 vs. 37.9% in 2022). (Figure 1, Table\_14C).



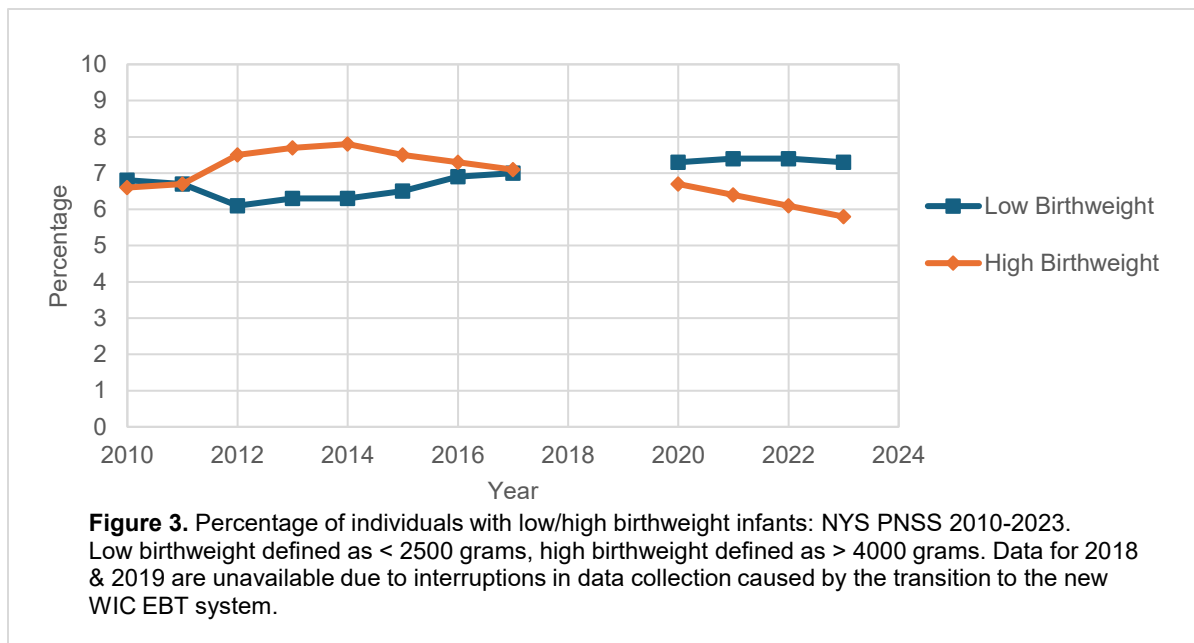
**Figure 1.** Percentage of records submitted to NYS PNSS, 2010-2023, by race and ethnicity. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- The number of WIC enrolled women living below 130% of the federal poverty level (FPL) in NYS increased to 77,723 in 2023 (77.0% of all PNSS participants) from 71,338 (72.3% of all PNSS participants) in 2022.
- The percentage of WIC-enrolled women aged 18-19 (4.0% in 2022 vs. 3.9% in 2023), those aged 40+ (4.5% in 2022 vs. 4.4% in 2023), and women aged 30-39 remained relatively stable (38.9% in 2022 vs. 39.0% in 2023). The percentage of those under 15 years old (0.1%), 15-17 years old (1.3%), and 20-29 years old (51.2%) remained the same in 2023 compared to 2022. (Figure 2, Table\_15C).



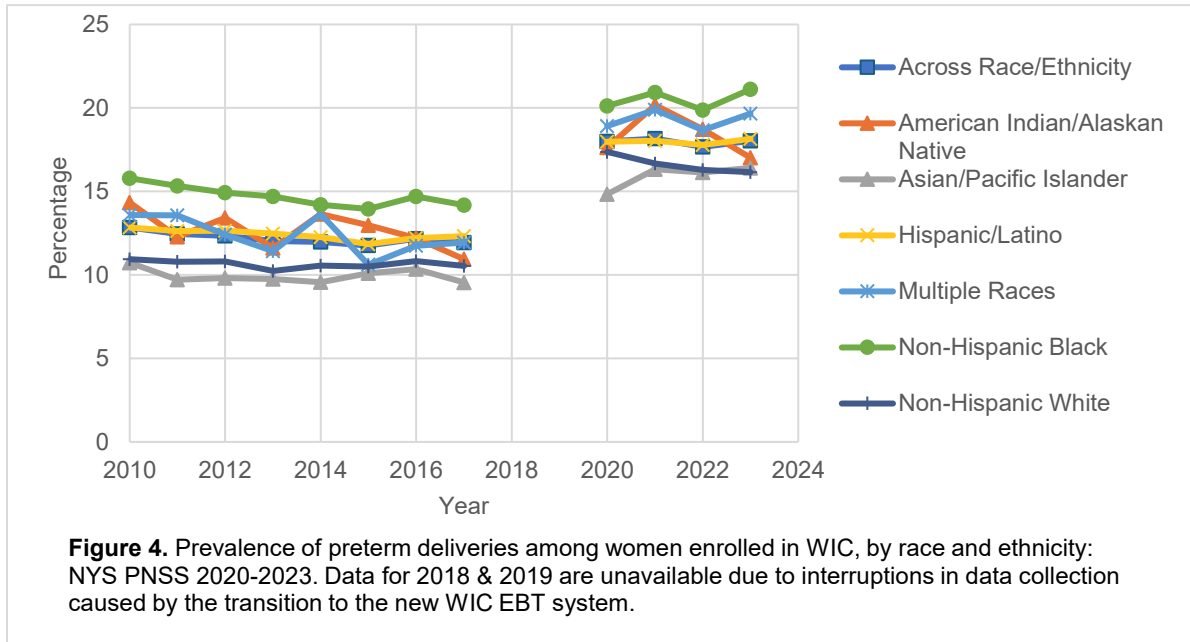
## Birthweight

- The prevalence of low birthweight (LBW) among infants born to WIC-enrolled mothers was relatively stable in 2023 (7.3%) compared to 2022 (7.4%). The percentage of individuals delivering high birthweight infants remained relatively stable from 6.1% in 2022 to 5.8% in 2023. (Figure 3, Table\_19C).



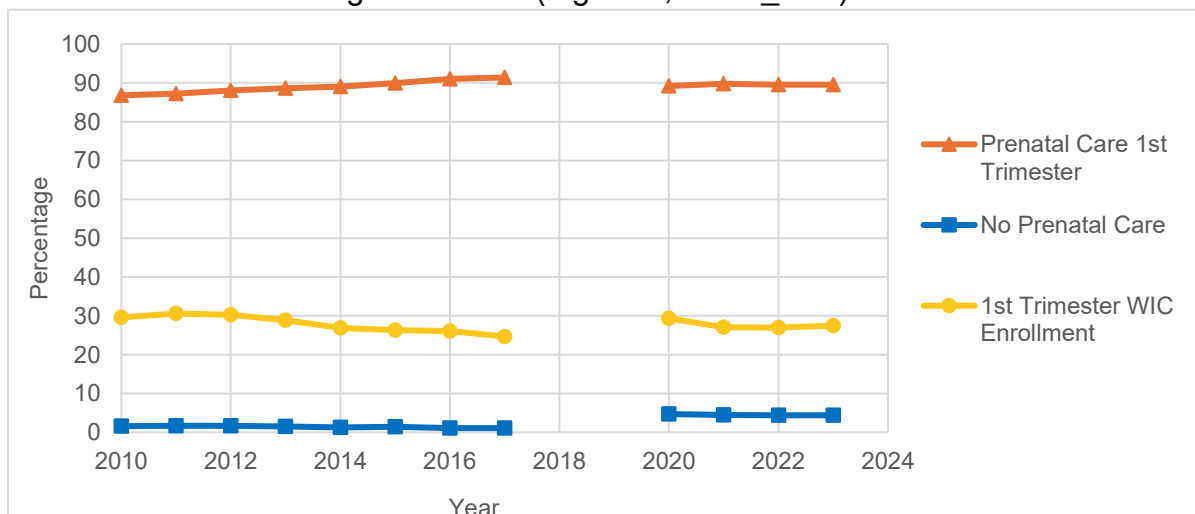
## Preterm Deliveries

- The percentage of WIC-enrolled women who had preterm deliveries remained relatively stable across all racial/ethnic groups: Non-Hispanic Whites (16.2% in 2023, and 16.3% in 2022), Non-Hispanic Blacks (21.2% in 2023, and 19.9% in 2022), Hispanics/Latinos (18.2% in 2023, and 17.8% in 2022), Native Americans/Alaskan Natives (17.0% in 2023, and 18.7% in 2022), Asians/Pacific Islanders (16.4% in 2023, and 16.1% in 2022), and Multiple Races (19.7% in 2023, and 18.7% in 2022). (Figure 4, Table\_12C).

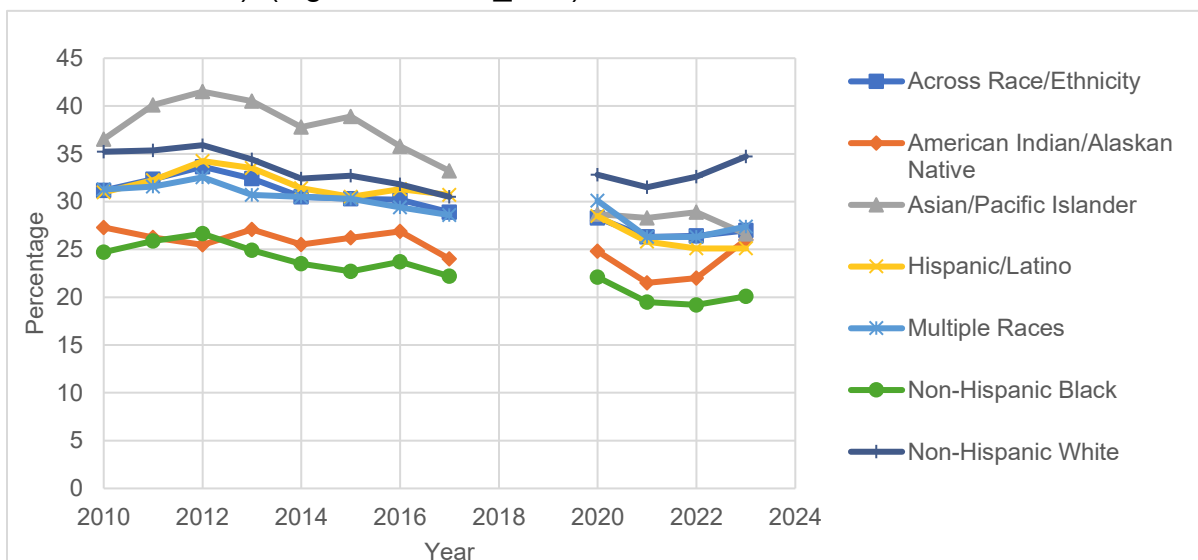


## Maternal Health Indicators

- The proportion of women who enrolled in WIC during the first trimester was relatively stable, from 27.0% in 2022 to 27.5% in 2023. The percentage of WIC-enrolled women who received prenatal care by the first trimester stayed the same at 89.5% in both 2023 and 2022. The percentage of women who did not receive prenatal care also remained unchanged at 4.4%. (Figure 5, Table\_17C).

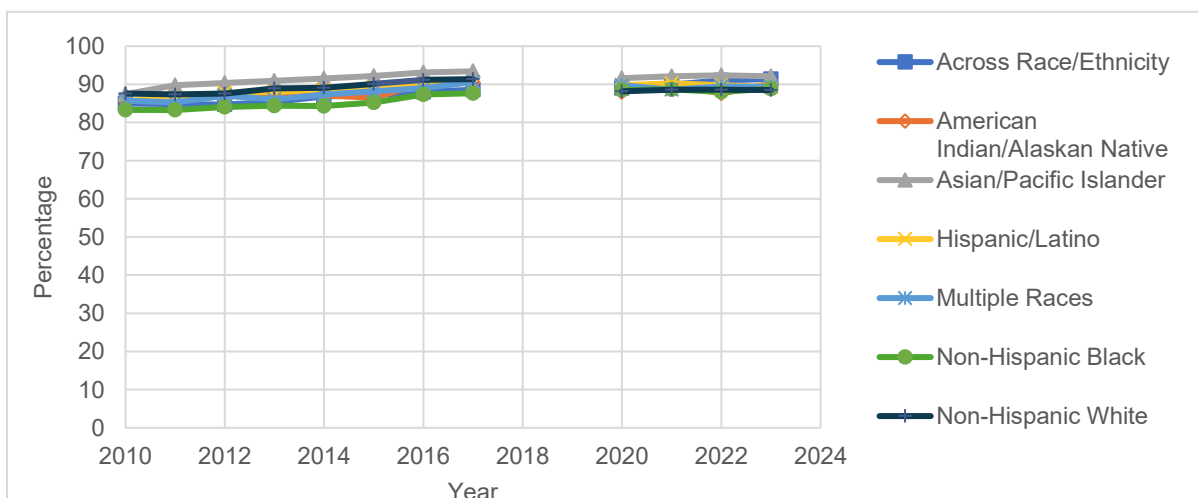


- WIC enrollment during the first trimester increased or remained the same among women of the following racial/ethnic groups: Non-Hispanic Whites (34.7% in 2023 vs. 32.6% in 2022), Non-Hispanic Blacks (20.1% in 2023 vs. 19.2% in 2022), Hispanics/Latinos (25.1% in 2023 and 2022), American Indians/Alaskan Natives (26.0% in 2023 vs. 22.0% in 2022), and Multiple Races (27.4% in 2023 vs. 26.3% in 2022). There was a decrease among Asians/Pacific Islanders (26.6% in 2023 vs. 28.9% in 2022). (Figure 6, Table\_10C).



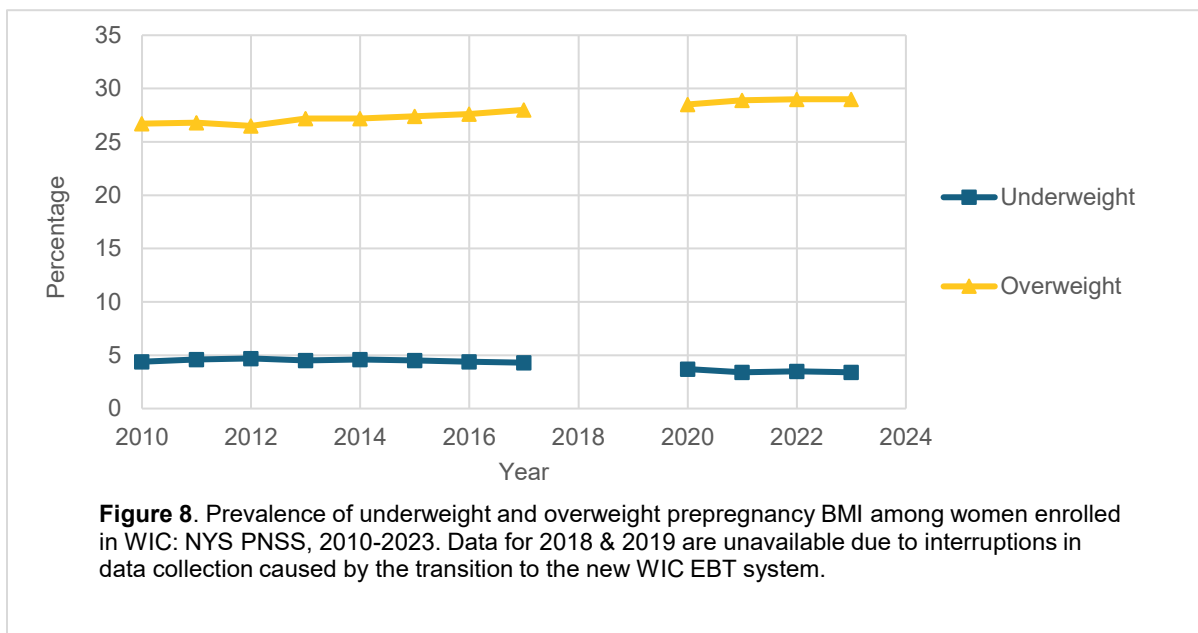
**Figure 6.** Trends in prevalence of first trimester enrollment among women enrolled in WIC, NYS PNSS 2010-2023, by race and ethnicity. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- The percentage of women who received prenatal care in the first trimester was relatively stable among most racial/ethnic groups: Non-Hispanic Whites (88.5% in 2023, 88.6% in 2022), Hispanics/Latinos (89.3% in 2023, 89.8% in 2022), Asians/Pacific Islanders (92.1% in 2023, 92.4% in 2022), Non-Hispanic Black women (88.9% in 2023 and 88.0% 2022), and Multiple Races (89.3% in 2023, and 89.4% in 2022). There was an increase among American Indians/Alaskan Natives (90.2% in 2023, 87.6% in 2022). (Figure 7, Table\_10C).

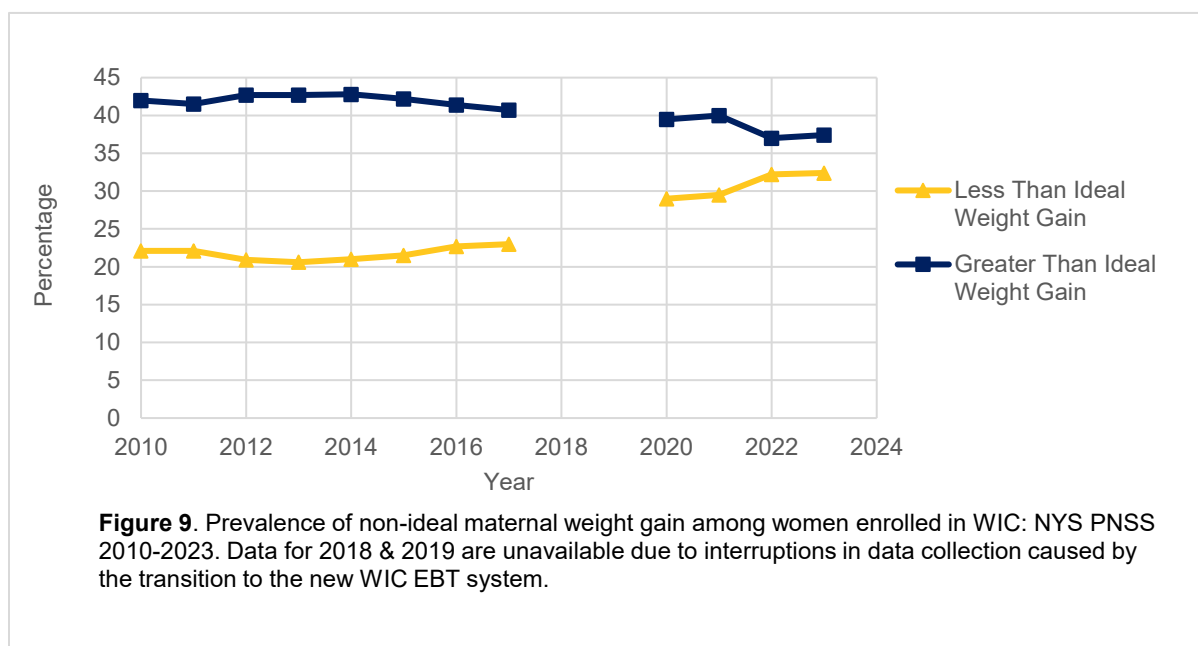


**Figure 7.** Prevalence of prenatal care during the first trimester among women enrolled in WIC, by race and ethnicity: NYS PNSS 2010-2023. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

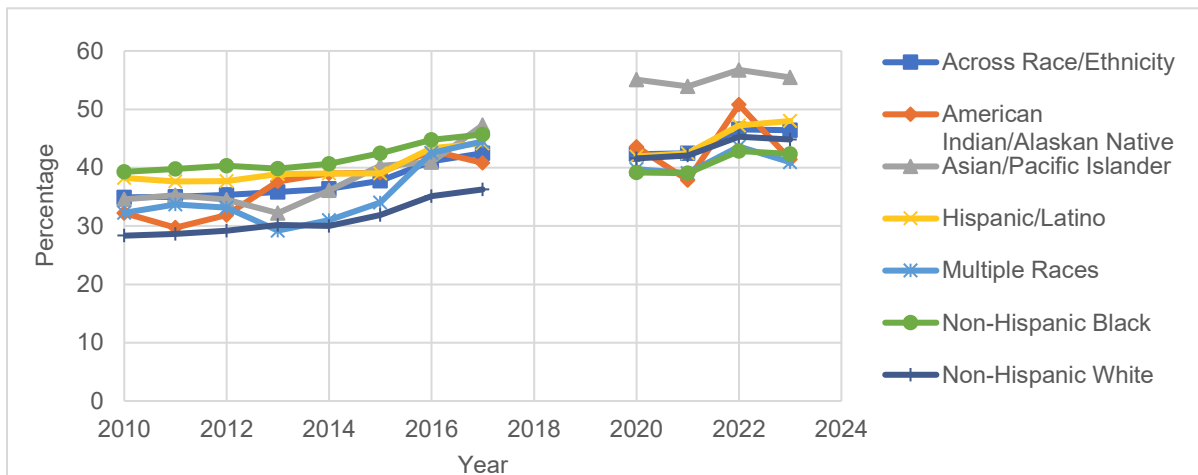
- In 2023, the percentage of women with an underweight pre-pregnancy body mass index (BMI) remained relatively stable from 3.5% in 2022 to 3.4% in 2023. The percentage of those with an overweight pre-pregnancy BMI remained the same in 2023 (29.0%) compared to 2022. (Figure 8, Table\_16C).



- The percentage of WIC-enrolled women who gained a less-than-ideal amount of weight from the beginning to the end of their pregnancy (32.4% in 2023 and 32.2% in 2022), and the proportion of women who gained a greater-than-ideal amount of weight from the beginning to the end of their pregnancy (37.4% in 2023 from 37.0% in 2022) remained relatively stable. (Figure 9, Table\_16C).

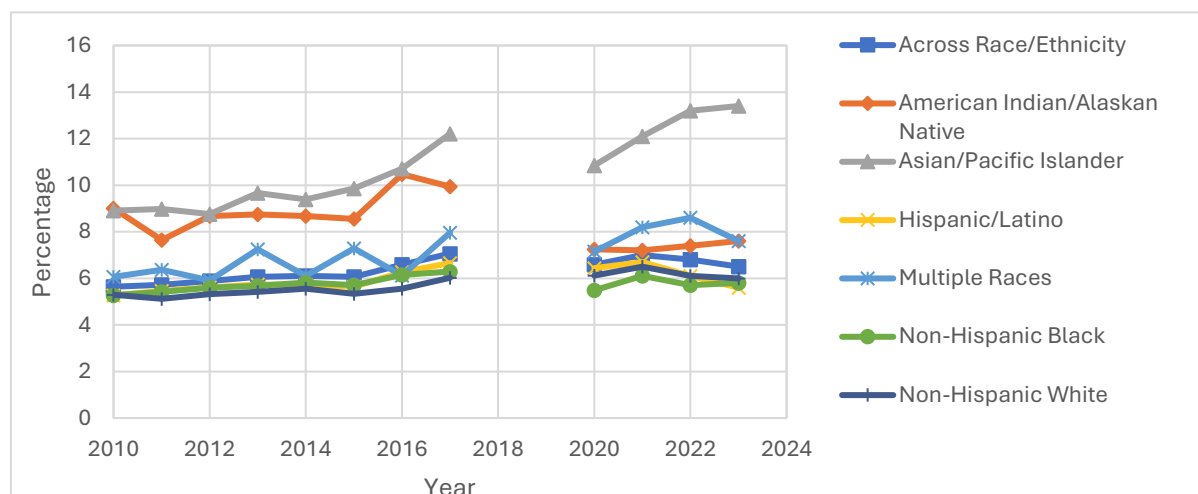


- The proportion of WIC-enrolled women who gained a less-than-ideal amount of weight from the beginning to the end of their pregnancy remained relatively stable for the following racial/ethnic categories: Non-Hispanic Whites (44.8% in 2023, and 45.3% in 2022), Non-Hispanic Blacks (42.3% in 2023, and 42.8% in 2022), and Hispanics/Latinos (48.0% in 2023, and 47.3% in 2022). There was a decrease for American Indians/Alaskan Natives (41.4% in 2023 vs. 50.8% in 2022), Asians/Pacific Islanders (55.5% in 2023 vs. 56.8% in 2022), and Multiple Races (40.9% in 2023 vs. 43.6% in 2022). (Figure 10, Table\_9C).



**Figure 10.** Prevalence of less than ideal weight gain among women enrolled in WIC, by race and ethnicity: NYS PNSS 2020-2023. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

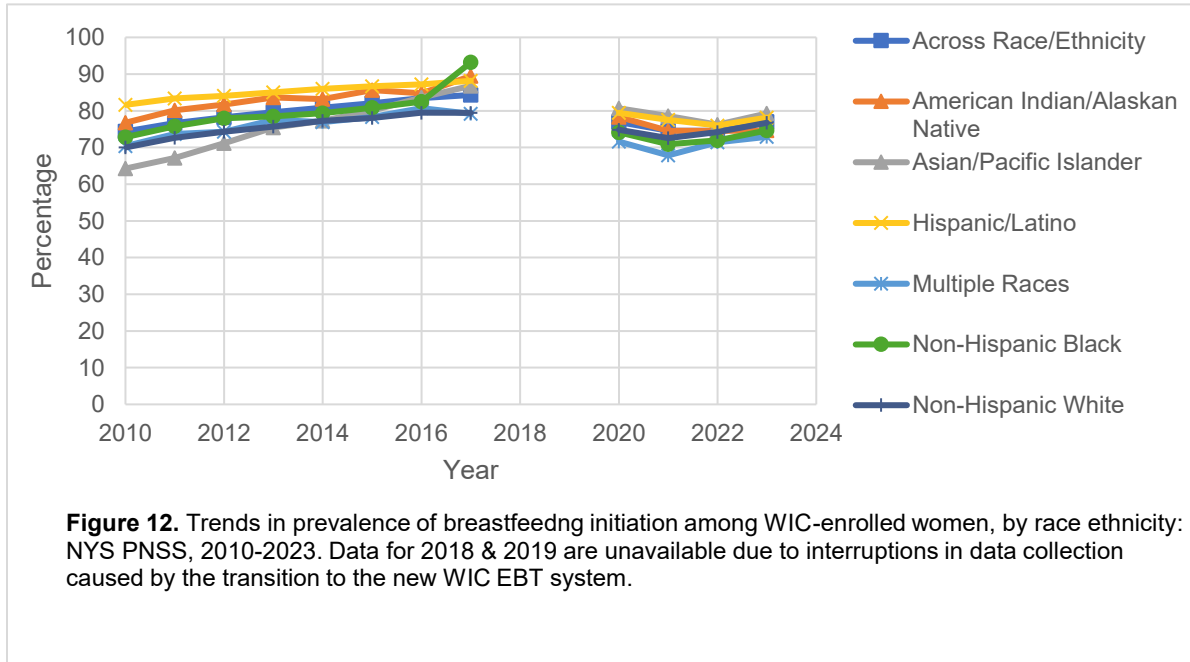
- The prevalence of gestational diabetes remained relatively stable among women enrolled in WIC from all racial/ethnic categories: Non-Hispanic Whites (6.0% in 2023, and 6.1% in 2022), Non-Hispanic Blacks (5.8% in 2023, and 5.7% in 2022), Hispanics/Latinos (5.6% in 2023, and 6.2% in 2022), American Indians/Alaskan Natives (7.4% in 2023, and 8.0% in 2022), Asians/Pacific Islanders (13.4% in 2023, and 13.2% in 2022), and Multiple Races (7.6% in 2023, and 8.2% in 2022). (Figure 11, Table\_9C).



**Figure 11.** Prevalence of gestational diabetes among women enrolled in WIC, by race and ethnicity: NYS PNSS 2020-2023. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

## Breastfeeding Indicators

- The proportion of WIC-enrolled women whose infants were ever breastfed increased among women from all racial/ethnic categories, including Non-Hispanic Whites (76.7% in 2023 vs. 74.2% in 2022), Non-Hispanic Blacks (74.6% in 2023 vs. 72.0% in 2022), Hispanics/Latinos (78.1% in 2023 vs. 76.0% in 2022), American Indians/Alaskan Natives (74.6% in 2023 vs. 74.5% in 2022), Asians/Pacific Islanders (79.3% in 2023 vs. 76.2% in 2022), and Multiple Races (72.9% in 2023 vs. 71.4% in 2022). (Figure 12, Table\_19C).



Please email any questions regarding the PNSS reports to [WICDATA@health.ny.gov](mailto:WICDATA@health.ny.gov) with PNSS as the subject line.