New York State Department of Health:

2024 New York State Pregnancy Nutrition Surveillance System Report

Executive Summary:

The 2024 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 2024, and changes between 2023 and 2024 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.

Key Highlights:

- The number of individual pregnant women enrolled in WIC increased slightly (by 1.4%) in 2024 (102,403) compared to 2023 (101,001).
- The number of WIC-enrolled women living below 130% of the federal poverty level (FPL) in NYS increased to 81,940 in 2024 (80.2% of all PNSS participants) from 77,723 (77.0% of all PNSS participants) in 2023.
- The percentage of women who enrolled in WIC during their first trimester remained stable among the following racial/ethnic groups: Non-Hispanic Whites (34.1% in 2024, and 34.7% in 2023), Non-Hispanic Blacks (19.8% in 2024, and 20.1% in 2023), Hispanics/Latinos (23.5% in 2024, and 25.1% in 2023), American Indians/Alaskan Natives (26.1% in 2024, and 26.0% in 2023), and Asian/Pacific Islanders (25.0% in 2024, and 26.6% in 2023). A slight increase was observed among women in the Multiple Races subgroup (29.9% in 2024 vs. 27.4% in 2023).
- Among women enrolled in WIC, Non-Hispanic Black women had the highest prevalence of preterm deliveries in 2024 (20.1%).
- The proportion of WIC-enrolled women who reported breastfeeding their infant for any length of time increased across women of all racial/ethnic categories to 82.2% in 2024 from 77.0% in 2023.

2024 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. Annual changes are characterized as stable, slight increases/decreases, or as increases/decreases based on the observed historic trends for each indicator.

All data referenced in this document are publicly available in the 2024 "**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 2024 NYS PNSS Report

Demographic Characteristics

- There was a 1.4% increase in the number of individual pregnant women certified in 2024 (102,403) compared to 2023 (101,001) (Table_15C).
- In 2024, the percentage of pregnant women enrolled in WIC who identified as Non-Hispanic Black (19.0% in 2024 and 19.6% in 2023), Asian/Pacific Islander (9.2% in 2024 and 9.3% in 2023), American Indian/Alaskan Native (0.6% in 2024 and 2023), Multiple Races (1.7% in 2024 and 1.9% in 2023), and those identifying as Non-Hispanic White (28.3% in 2024 and 28.2% in 2023), and Hispanic/Latino women (39.4% in 2024 and 38.9% in 2023) remained relatively stable. (Figure 1, Table_14C).

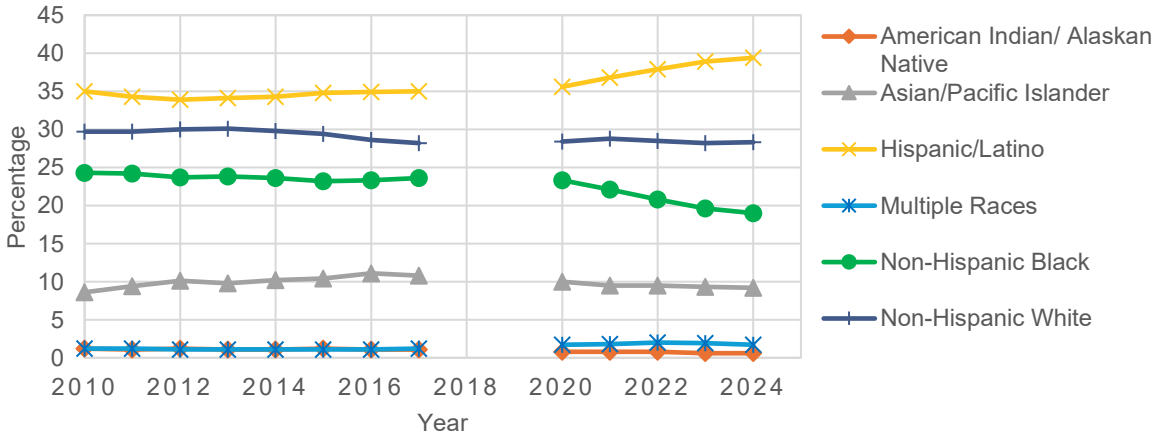


Figure 1. Percentage of records submitted to NYS PNSS, 2010-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- The number of WIC enrolled women living below 130% of the federal poverty level (FPL) in NYS increased to 81,940 (80.2% of all PNSS participants) in 2024 from 77,723 in 2023 (77.0% of all PNSS participants).
- The percentage of WIC-enrolled women aged 18-19 (3.8% in 2024 vs. 3.9% in 2023), those aged 40+ (4.6% in 2024 vs. 4.4% in 2023), 15-17 years old (1.2% in 2024 vs. 1.3% in 2023), 20-29 years old (51.0% in 2024 vs. 51.2% in 2023), and women aged 30-39 (39.3% in 2024 vs. 39.0% in 2023) remained relatively stable. The percentage of those under 15 years old (0.1%) remained the same in 2024 compared to 2023. (Figure 2, Table_15C).

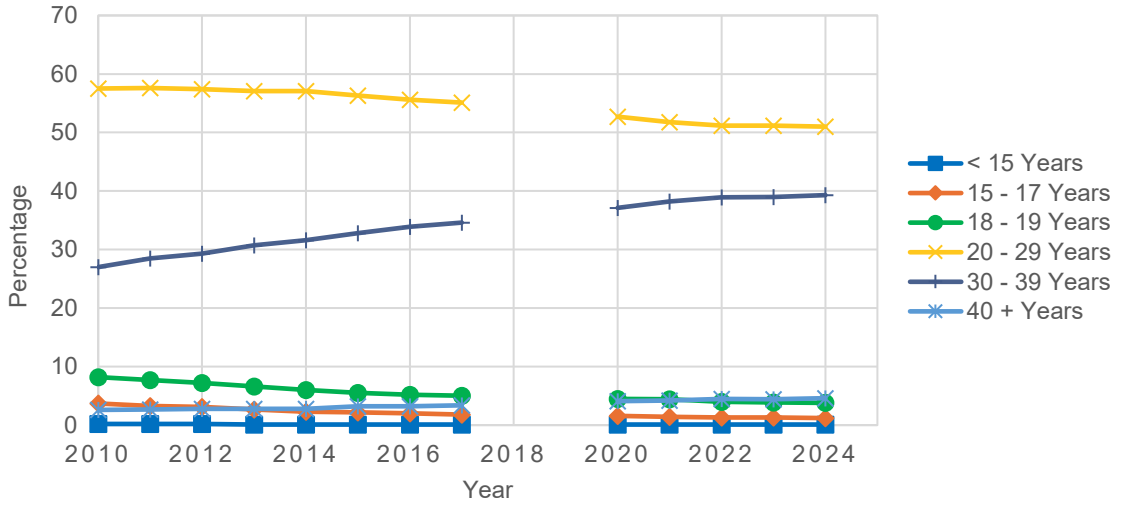


Figure 2. Trends in percentage of pregnant women enrolled in WIC by maternal age: NYS PNSS, 2010-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

Birthweight

- The prevalence of low birthweight (LBW) among infants born to WIC-enrolled mothers was stable in 2024 compared to 2023 (7.3%). The percentage of individuals delivering high birthweight infants remained relatively stable at 5.9% in 2024 from 5.8% in 2023. (Figure 3, Table_19C).

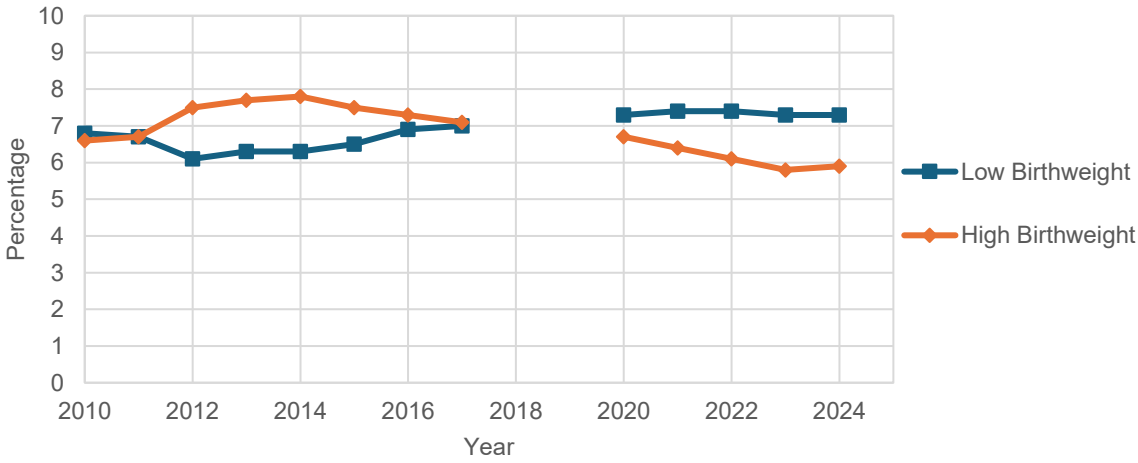


Figure 3. Percentage of individuals with low/high birthweight infants: NYS PNSS 2010-2024. Low birthweight defined as < 2500 grams, high birthweight defined as > 4000 grams. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

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 2024, and 2023), Non-Hispanic Blacks (20.1% in 2024, and 21.2% in 2023), Hispanics/ Latinos (18.0% in 2024, and 18.2% in 2023), Native Americans/Alaskan Natives (17.8% in 2024, and 17.0% in 2023), Asians/Pacific Islanders (17.2% in 2024, and 16.4% in 2023), and Multiple Races (18.7% in 2024, and 19.7% in 2023). (Figure 4, Table_12C).

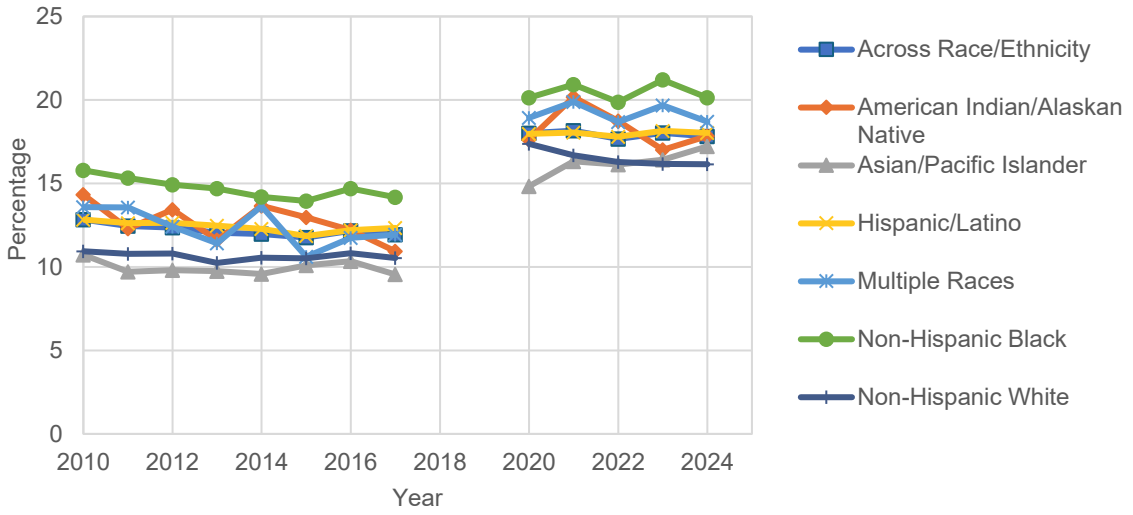


Figure 4. Prevalence of preterm deliveries among women enrolled in WIC, by race and ethnicity: NYS PNSS 2020-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

Maternal Health Indicators

- The proportion of women who enrolled in WIC during the first trimester was relatively stable at 26.6% in 2024 from 27.5% in 2023. The percentage of WIC-enrolled women who received prenatal care by the first trimester remained relatively stable at 89.6% in 2024 and 89.5% in 2023, the percentage of those who did not receive prenatal care also remained relatively stable at 4.1% in 2024 and 4.4% in 2023. (Figure 5, Table_17C).

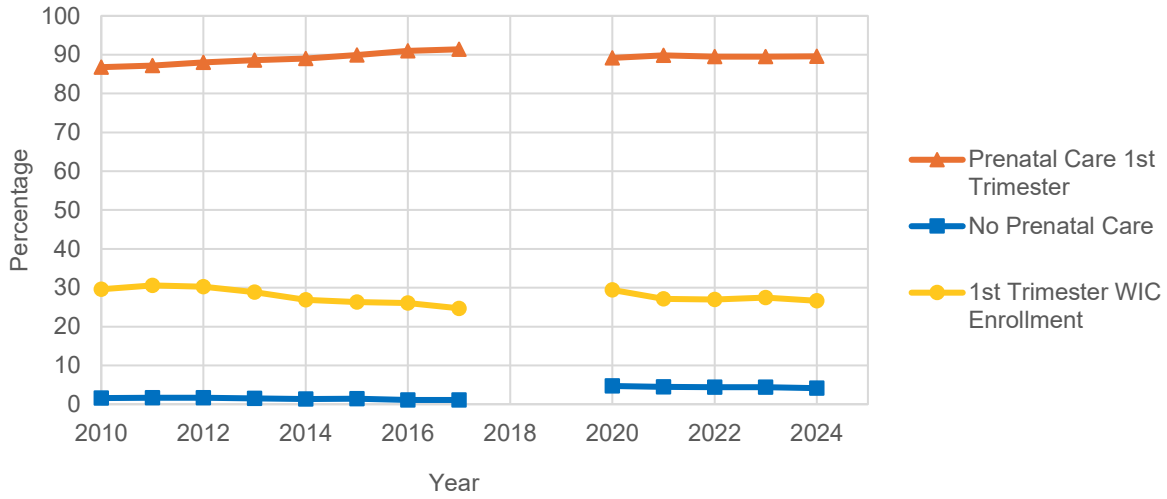


Figure 5. Prevalence of first trimester enrollment, prenatal care, and no prenatal care among women enrolled in WIC: NYS PNSS 2010-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- WIC enrollment during the first trimester remained relatively stable among women from the following racial/ethnic groups: Non-Hispanic Whites (34.1% in 2024, and 34.7% in 2023), Non-Hispanic Blacks (19.8% in 2024, and 20.1% in 2023), Hispanics/Latinos (23.5% in 2024, and 25.1% in 2023), American Indians/Alaskan Natives (26.1% in 2024, and 26.0% in 2023), Multiple Races (29.9% in 2024, and 27.4% in 2023), and Asians/Pacific Islanders (25.0% in 2024, and 26.6% in 2023). (Figure 6, Table_10C).

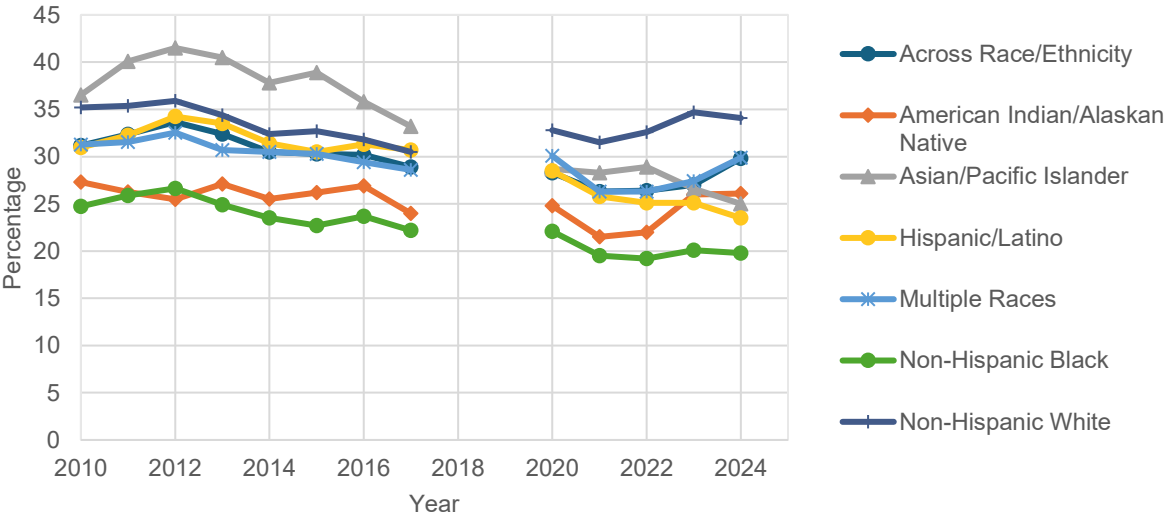


Figure 6. Trends in prevalence of first trimester enrollment among women enrolled in WIC, NYS PNSS 2010-2024, by race and ethnicity. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- The percentage of women who received prenatal care in the first trimester remained relatively stable among most racial/ethnic groups: Non-Hispanic Whites (88.3% in 2024, and 88.5% in 2023), Hispanics/Latinos (89.5% in 2024, and 89.3% in 2023), Asians/Pacific Islanders (92.3% in 2024, and 92.1% in 2023), and Multiple Races (90.4% in 2024, and 89.3% in 2023), and American Indians/ Alaskan Natives (88.2% in 2024, and 90.2% in 2023). The prevalence among Non-Hispanic Black women remained the same (88.9% in 2024 and 2023). (Figure 7, Table_10C).

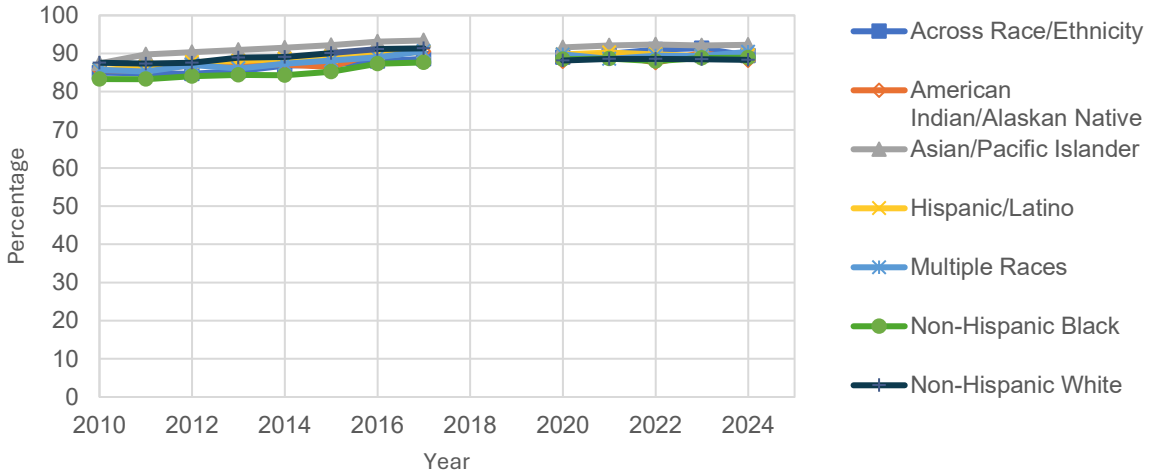


Figure 7. Prevalence of prenatal care during the first trimester among women enrolled in WIC, by race and ethnicity: NYS PNSS 2010-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- In 2024, the percentage of women with an underweight pre-pregnancy body mass index (BMI) remained relatively stable at 3.5% compared to 3.4% in 2023. The percentage of those with an overweight pre-pregnancy BMI also remained relatively stable in 2024 (29.8%) compared to 2023 (29.0%). (Figure 8, Table_16C).

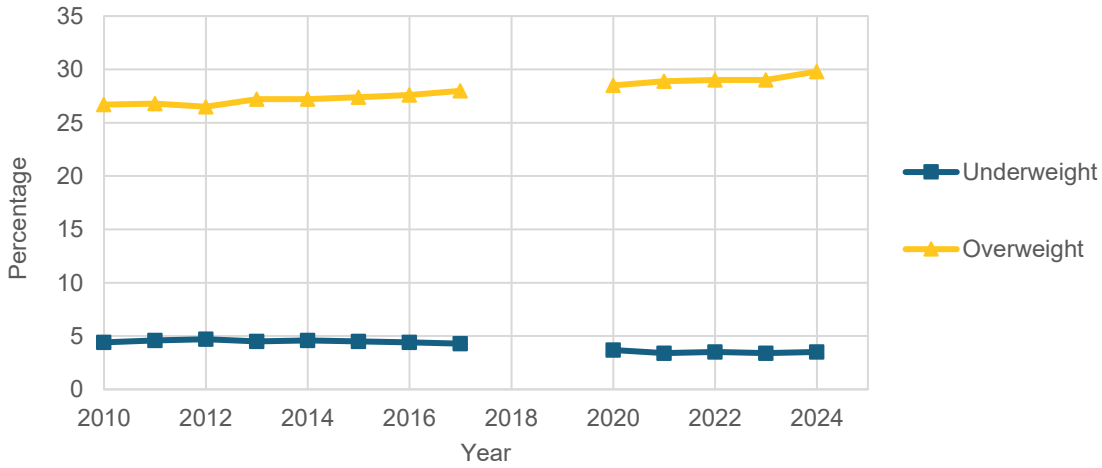


Figure 8. Prevalence of underweight and overweight pre-pregnancy BMI among women enrolled in WIC: NYS PNSS, 2010-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- The percentage of WIC-enrolled women who gained a less-than-ideal amount of weight from the beginning to the end of their pregnancy remained relatively stable (32.5% in 2024, and 32.4% in 2023). The proportion of women who gained a greater-than-ideal amount of weight from the beginning to the end of their pregnancy remained stable (37.4% in both 2024 and 2023). (Figure 9, Table_16C).

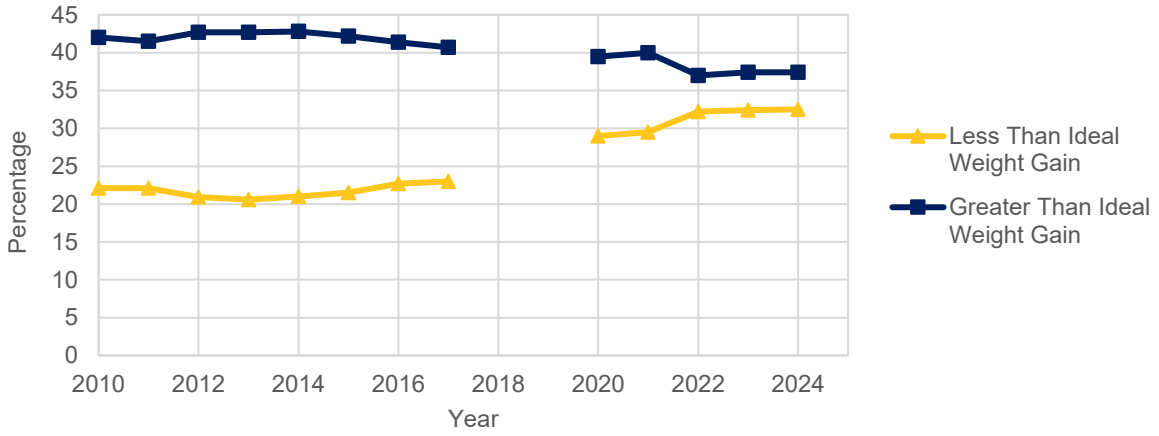


Figure 9. Prevalence of non-ideal maternal weight gain among women enrolled in WIC: NYS PNSS 2010-2024 by maternal weight gain. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- 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 some racial/ethnic categories: Non-Hispanic Whites (44.0% in 2024, and 44.8% in 2023), Non-Hispanic Blacks (43.8% in 2024, and 42.3% in 2023), and Multiple Races (41.6% in 2024, and 40.9% in 2023), Hispanics/Latinos (47.6% in 2024, and 48.0% in 2023), and Asians/Pacific Islanders (57.0% in 2024, and 55.5% in 2023). American Indians/Alaskan Natives (39.3% in 2024, and 41.4% in 2023), experienced an increase. (Figure 10, Table_9C).

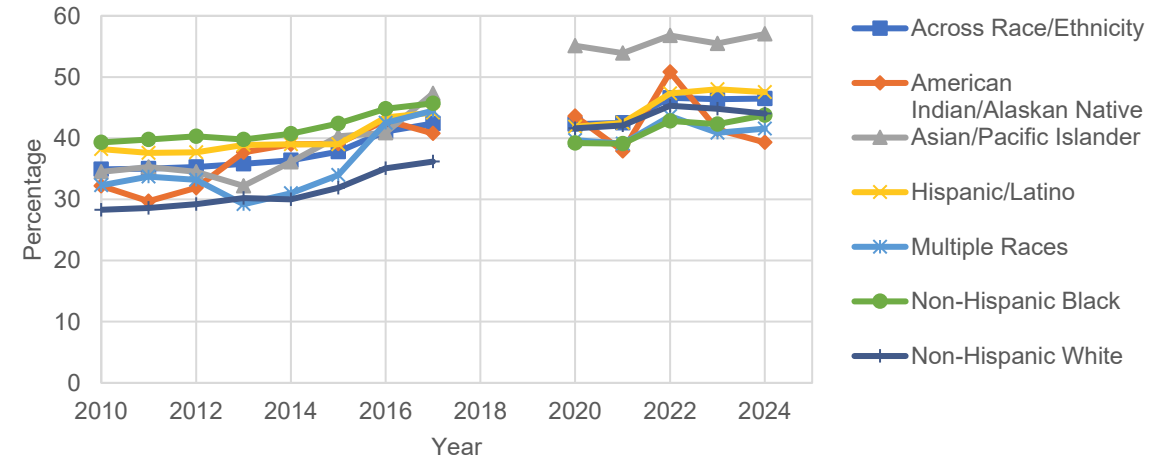


Figure 10. Prevalence of less than ideal weight gain among women enrolled in WIC, by race and ethnicity: NYS PNSS 2020-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

- The prevalence of gestational diabetes remained relatively stable among women enrolled in WIC from most racial/ethnic categories: Non-Hispanic Whites (5.9% in 2024, and 6.0% in 2023), Non-Hispanic Blacks (5.9% in 2024, and 5.8% in 2023), Hispanics/Latinos (5.7% in 2024, and 5.6% in 2023), Asians/Pacific Islanders (12.8% in 2024, and 13.4% in 2023), and Multiple Races (7.5% in 2024, and 7.6% in 2023). A slight increase was seen in the prevalence of gestational diabetes among American Indians/Alaskan Natives (9.0% in 2024, and 7.4% in 2023). (Figure 11, Table_9C).

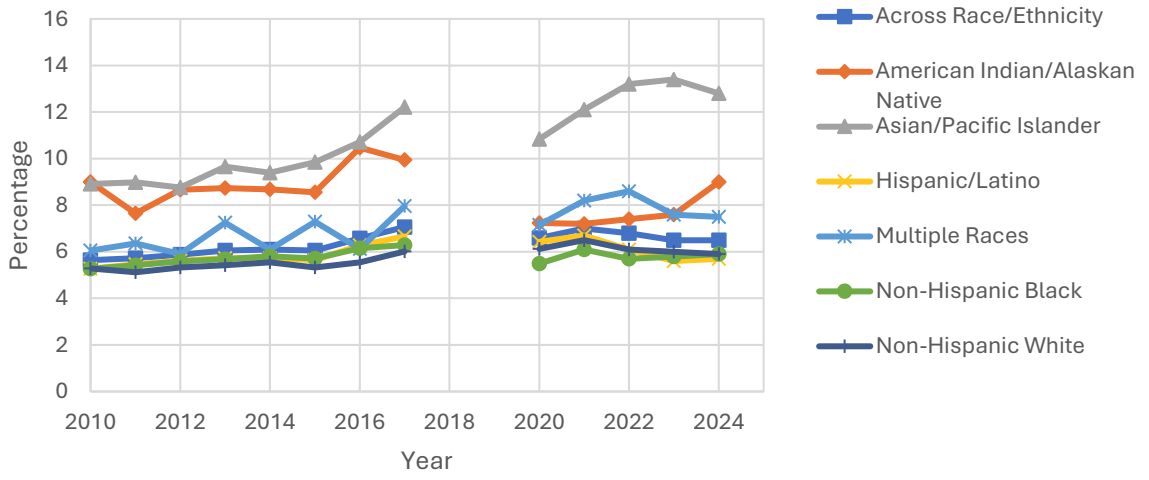


Figure 11. Prevalence of gestational diabetes among women enrolled in WIC, by race and ethnicity: NYS PNSS 2020-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

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 (81.3% in 2024 vs. 76.7% in 2023), Non-Hispanic Blacks (78.9% in 2024 vs. 74.6% in 2023), Hispanics/Latinos (83.7% in 2024 vs. 78.1% in 2023), American Indians/ Alaskan Natives (80.8% in 2024 vs. 74.6% in 2023), Asians/Pacific Islanders (85.6% in 2024 vs. 79.3% in 2023), and Multiple Races (78.7% in 2024 vs. 72.9% in 2023). (Figure 12, Table_19C).

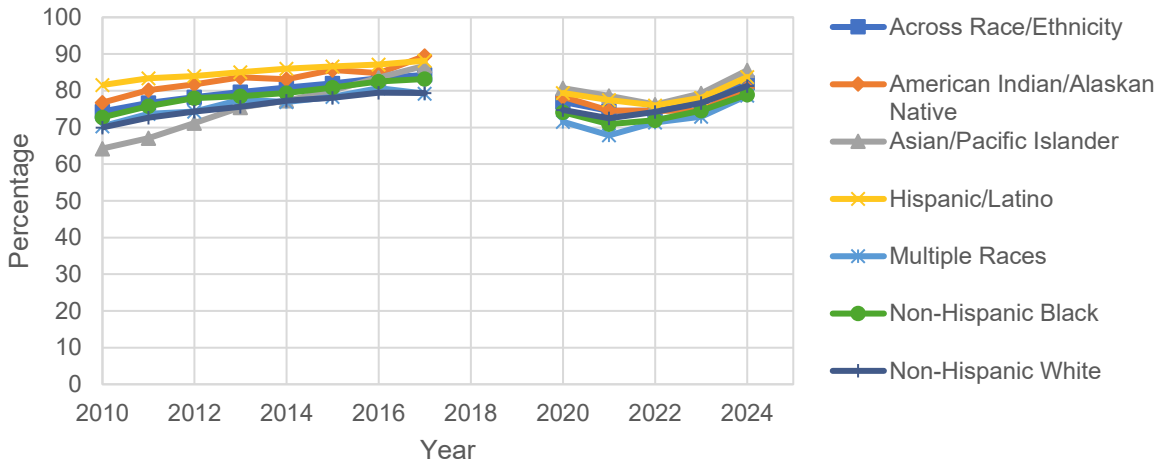


Figure 12. Trends in prevalence of breastfeedng initiation among WIC-enrolled women, by race ethnicity, NYS PNSS, 2010-2024. Data for 2018 & 2019 are unavailable due to interruptions in data collection caused by the transition to the new WIC EBT system.

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Please email any questions regarding the PNSS reports to WICDATA@health.ny.gov with PNSS as the subject line.