

	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Total deliveries ^a	6,138	6,238	6,203	6,115	6,133	5,769	5,839	5,715	5,655	5,688
Inadequate	15.5%	15.4%	16.6%	17.8%	17.7%	19.7%	20.6%	20.7%	21.9%	21.8%
Adequate	27.4%	26.4%	26.8%	26.3%	27.0%	27.4%	26.4%	27.7%	26.5%	25.3%
Excessive	57.2%	58.2%	56.6%	56.0%	55.3%	53.0%	53.0%	51.6%	51.7%	52.8%

^a Singleton deliveries with known pre-pregnancy and delivery weights and height.

Note: Gestational weight gain according to recommendations made by Health Canada. See section 3.13 for the amounts that are recommended according to pre-pregnancy BMI category.