

	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
<b>Underweight</b>										
Total deliveries <sup>a</sup>	281	303	285	252	283	262	251	258	241	274
Inadequate (gain < 12.5 kg)	20.3%	19.8%	16.5%	22.2%	18.4%	21.8%	19.5%	24.4%	22.4%	22.3%
Adequate (12.5 kg ≤ gain ≤ 18 kg)	43.1%	38.6%	38.9%	41.3%	38.9%	41.2%	41.0%	41.5%	38.2%	36.5%
Excessive (gain > 18 kg)	36.7%	41.6%	44.6%	36.5%	42.8%	37.0%	39.4%	34.1%	39.4%	41.2%
<b>Normal weight</b>										
Total deliveries <sup>a</sup>	2,961	3,067	3,020	2,961	2,899	2,655	2,636	2,641	2,519	2,431
Inadequate (gain < 11.5 kg)	17.7%	17.3%	19.5%	20.0%	20.5%	21.3%	23.5%	22.7%	23.5%	25.0%
Adequate (11.5 kg ≤ gain ≤ 16 kg)	33.1%	32.0%	32.5%	31.8%	32.6%	33.6%	31.9%	34.0%	32.2%	30.9%
Excessive (gain > 16 kg)	49.2%	50.7%	48.0%	48.1%	46.9%	45.1%	44.6%	43.4%	44.3%	44.1%
<b>Overweight</b>										
Total deliveries <sup>a</sup>	1,530	1,478	1,426	1,504	1,474	1,414	1,492	1,358	1,427	1,480
Inadequate (gain < 7 kg)	8.3%	8.7%	7.8%	11.2%	9.4%	11.4%	11.8%	12.2%	14.1%	13.1%
Adequate (7 kg ≤ gain ≤ 11.5 kg)	19.5%	19.2%	19.6%	18.4%	21.8%	20.9%	20.8%	20.9%	22.2%	20.4%
Excessive (gain > 11.5 kg)	72.2%	72.1%	72.7%	70.3%	68.9%	67.8%	67.4%	66.9%	63.7%	66.5%
<b>Obese</b>										
Total deliveries <sup>a</sup>	1,366	1,390	1,472	1,398	1,477	1,438	1,460	1,458	1,468	1,503
Inadequate (gain < 5 kg)	17.7%	17.6%	19.4%	19.2%	20.4%	24.3%	24.5%	24.6%	26.6%	25.2%
Adequate (5 kg ≤ gain ≤ 9 kg)	20.5%	18.8%	19.6%	20.2%	18.9%	19.7%	19.7%	20.1%	18.7%	19.1%
Excessive (gain > 9 kg)	61.8%	63.6%	61.1%	60.6%	60.7%	56.0%	55.8%	55.3%	54.6%	55.7%

<sup>a</sup> Number of singleton deliveries in this body mass index category with known pre-pregnancy and delivery weights and height.

<sup>b</sup> Gestational weight gain according to recommendations made by Health Canada.