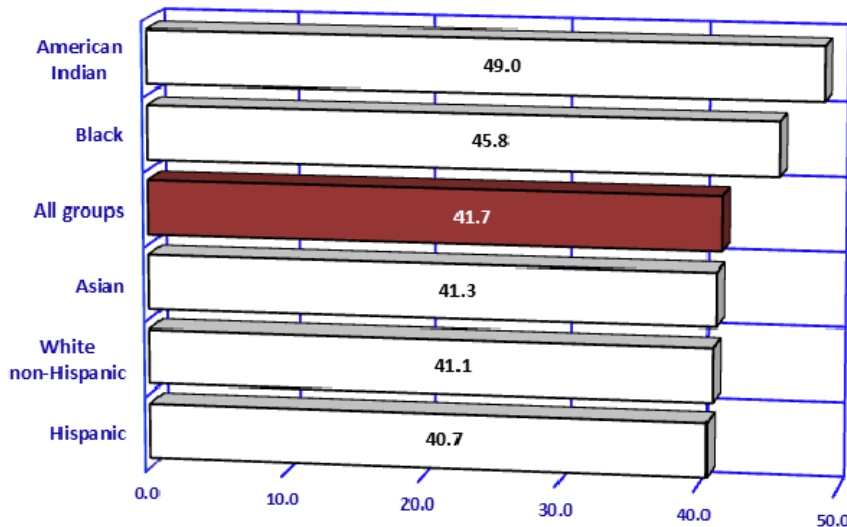


1B. NATALITY: MATERNAL CHARACTERISTICS AND NEWBORN'S HEALTH

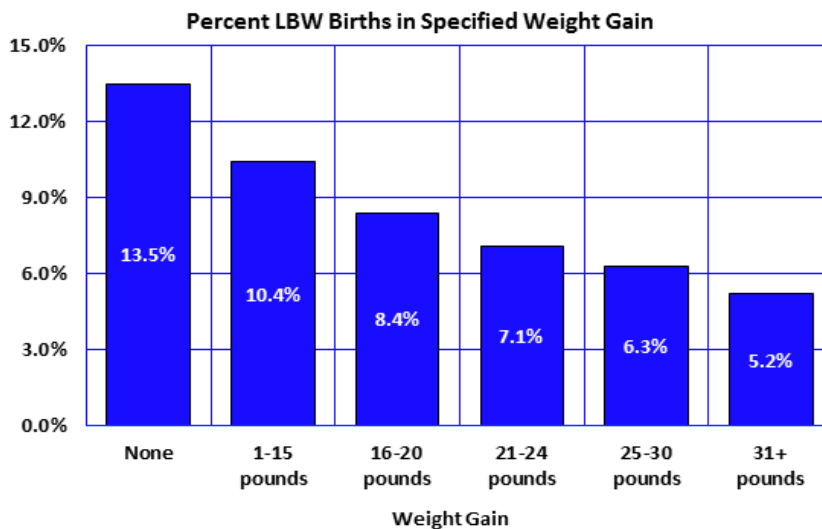
Figure 1B-21
Maternal Medical Risk Factors^a by Mother's Race/Ethnicity, Arizona, 2013



Maternal medical risk factors (such as anemia, diabetes, hypertension, or kidney disease) can contribute to serious pregnancy complications and infant deaths, if not treated properly. In 2013, American Indian or Alaskan Native and Black or African American women giving birth had the highest proportion of medical risk factors (49.0 and 45.8 percent respectively; **Figure 1B-21**).

Notes: ^a Births with medical risk factors reported per 100 births in specified group.

Figure 1B-22
Risk for Low-Birthweight by Maternal Weight Gain during Pregnancy, Arizona, 2013



Maternal weight gain during pregnancy is a determinant of both fetal growth and birthweight. Insufficient or excessive weight gain during pregnancy can negatively influence outcomes of both mother and infant (see **Figure 2C-4.3**). Women who are of normal weight (average body mass index or BMI) should gain 21-35 pounds during pregnancy. Women who are underweight should gain more (28-40 pounds), and women who are overweight should gain less (15 to 25 pounds). Unfortunately, it is not possible to determine whether weight gain is within the recommendations for the mother's BMI because the mother's pre-pregnancy weight and height is not reported on the birth certificate.

Maternal weight gain has been shown to be correlated with infant birthweight. In 2013, as in previous years, the percent of infants with low birthweight decreased with increasing maternal weight gain (**Figure 1B-22**).