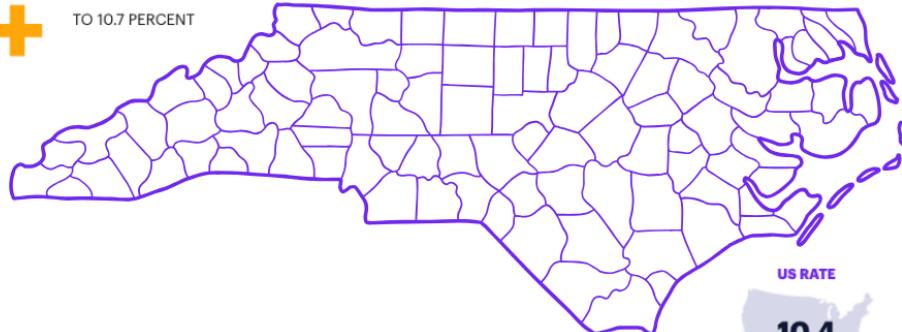


NC Preconception Health Snapshot

**PRETERM
BIRTH
GRADE**

D+

RATE OF 10.4 PERCENT
TO 10.7 PERCENT



US RATE

10.4

NC RATE

10.7

NC RANK

32

Key Risk Factors during the Preconception Period

HYPERTENSION

In 2024, 4.1% of live births were exposed to hypertension before pregnancy.

Hypertension before and during pregnancy raises the risk for preterm birth, preeclampsia, restricted fetal growth and other adverse maternal/fetal outcomes.

DIABETES

In 2024, 1.5% of live births were exposed to diabetes before pregnancy.

Preexisting diabetes can increase the risk of birth defects, preterm birth, preeclampsia, miscarriage and additional fetal growth issues.

SMOKING

In 2024, 3.6% of live births were exposed to smoking prior to pregnancy.

Exposure to smoking prior to and during pregnancy increases the risk of preterm labor, ectopic pregnancy, low birthweight, miscarriage, and birth defects.

UNHEALTHY WEIGHT

In 2024, 36.4% of live births were exposed to unhealthy weight prior and during pregnancy.

Unhealthy weight refers to weight outside of a healthy range (including underweight and overweight). This can increase the chance of preeclampsia, preterm birth, and birth defects.

HELPFUL TIPS

1. These risk factors are not mutually exclusive. Speak with a primary care provider about any concerns you may have.
2. Consider utilizing a preconception focused check-up that focuses on addressing any lifestyle risks or chronic conditions related to pregnancy.
3. Review daily nutrition habits. Daily folic acid multivitamin during the preconception period can decrease development of neural tube defects.

Want to learn more about preconception healthcare? Visit ncpreconceptionhealth.org

Data taken from the March of Dimes' 2025 Report Card for North Carolina