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WIC Data

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WIC Data



What is this indicator?

The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program - serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.²² Two major types of nutrition risk are recognized for WIC eligibility:

- ♦ Medically-based risks such as anemia, underweight, overweight, history of pregnancy complications, or poor pregnancy outcomes.
- ♦ Dietary risks, such as failure to meet the dietary guidelines or inappropriate nutrition practices.²²

Nutrition risk is determined by a health professional such as a physician, nutritionist, or nurse, and is based on Federal guidelines. This health screening is free to program applicants.

This report contains monthly data for the current fiscal year for each WIC State agency. There are 89 WIC State agencies including the 50 geographic states, the District of Columbia, Puerto Rico, Guam, the Virgin Islands, American Samoa, and 34 Indian tribal or-

ganizations (ITO's).

What are the key findings?

More than 8 million people get WIC benefits each month. In 1974, the first year WIC was permanently authorized, 88,000 people participated. By 1980, participation was at 1.9 million; by 1985 it was 3.1 million; and by 1990 it was 4.5 million. Average monthly participation for Fiscal Year (FY) 2004 was approximately 7.9 million. Children have always been the largest category of WIC participants. Of the 7.9 million people who received WIC benefits each month in FY 2004, approximately 4 million were children, 2 million were infants, and 1.9 million were women. (WIC Facts, 2009) Data for October 2008 through January 2009 of FY 2009 is presented for the WIC sites nationally.

In most WIC State agencies, WIC participants receive checks or vouchers to purchase specific foods each month that are designed to supplement their diets. A few WIC State agencies distribute the WIC foods through warehouses or deliver the foods to participants' homes. The

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Women Infant and Children's Nutrition Program
Fiscal Year 2009

Data as of March 26, 2009	Data Calculated from October 2008 through January 2009									
	Pregnant Women	Breast-feeding Women	Post-partum Women	Total Women	Infants	Children	Total Participation	Average Food Cost Per Person	Food Cost FY 2009	Nutrition and Administrative Costs
State Agency or Indian Tribal Organization	Average Participation	Average Participation	Average Participation	Average Participation	Average Participation	Average Participation	Average Participation	Cumulative Average	Cumulative Cost	Cumulative Cost
Connecticut	6,535	2,976	3,306	12,817	15,558	30,084	58,458	51	11,942,217	3,492,954
Maine	2,499	1,440	1,984	5,924	5,787	14,524	26,234	41	4,260,943	1,387,835
Massachusetts	13,065	10,333	7,721	31,119	29,527	66,749	127,395	43	21,744,563	8,421,030
New Hampshire	2,047	1,014	1,073	4,133	4,565	9,406	18,103	44	3,181,288	1,377,509
New York	50,582	51,797	27,021	129,400	127,781	256,008	513,189	49	101,308,051	31,195,804
Rhode Island	2,791	1,208	1,722	5,721	6,102	14,325	26,148	44	4,637,963	1,465,464
Vermont	1,376	1,312	920	3,608	3,353	10,517	17,477	47	3,312,616	1,700,690
Indian Township, ME	10	1	3	14	11	56	81	64	20,619	9,423
Pleasant Point, ME	9	1	2	13	21	45	79	72	22,688	13,080
Seneca Nation, NY	24	3	4	31	45	64	140	35	19,362	17,343
Northeast Region	78,938	70,085	43,756	192,778	192,749	401,777	787,303	48	150,450,310	49,081,132
Delaware	2,302	895	1,715	4,912	6,284	12,182	23,378	41	3,842,137	1,323,232
District of Columbia	1,641	1,501	1,509	4,651	5,138	7,555	17,343	45	3,139,088	1,888,414
Maryland	16,374	10,391	9,261	36,026	36,872	69,734	142,631	43	24,313,013	8,821,553
New Jersey	14,277	13,948	10,891	39,116	41,703	84,909	165,727	48	31,532,747	8,370,473
Pennsylvania	21,020	7,889	29,313	58,222	62,994	138,899	260,114	46	47,892,688	17,563,059
Puerto Rico	20,593	6,955	11,325	38,872	39,833	119,407	198,111	86	67,757,867	10,233,893
Virginia	18,215	10,234	13,057	41,506	39,643	76,618	157,767	38	23,908,531	7,515,165
Virgin Islands	423	820	168	1,410	1,305	3,025	5,740	83	1,901,159	463,694
West Virginia	5,962	1,876	4,715	12,553	12,746	27,888	53,187	43	9,080,549	6,610,367
Mid-Atlantic Region	100,806	54,507	81,952	237,265	246,517	540,216	1,023,997	52	213,367,779	62,789,850
Alabama	15,795	4,472	12,891	33,157	38,143	67,635	138,935	46	25,641,253	7,808,658
Florida	51,723	42,627	30,574	124,924	124,467	245,813	495,204	46	91,659,220	27,867,459
Georgia	25,779	21,937	32,327	80,044	80,440	164,602	325,085	50	65,267,244	19,739,774
Kentucky	16,680	3,909	10,619	31,208	34,049	74,255	139,511	46	25,866,707	8,619,585
Mississippi	11,323	3,458	9,642	24,422	33,527	53,694	111,643	55	24,698,128	5,134,380
North Carolina	27,384	16,983	20,870	65,237	68,908	139,225	273,370	45	49,383,123	16,646,558
South Carolina	14,860	3,929	17,195	35,984	37,933	61,547	135,463	46	24,661,245	6,985,100
Tennessee	21,510	7,704	15,511	44,725	48,162	81,848	174,734	40	28,077,370	9,004,915
Choctaw Indians, MS	121	10	24	155	231	517	903	45	161,255	86,469
Eastern Cherokee, NC	64	41	34	138	138	372	649	45	117,192	69,920
Southeast Region	185,237	105,069	149,685	439,992	465,997	889,507	1,795,495	47	335,532,737	101,962,818
Illinois	36,513	17,755	19,321	73,589	86,200	145,714	305,503	48	58,400,165	24,332,457
Indiana	16,278	8,803	15,684	40,765	44,324	79,968	165,057	40	26,706,586	8,950,962
Michigan	24,623	10,003	18,045	52,671	54,705	127,632	235,009	45	42,202,664	13,717,282
Minnesota	13,401	10,540	9,314	33,254	32,469	77,352	143,075	43	24,790,456	8,065,550
Ohio	31,020	13,441	24,639	69,101	82,251	149,088	300,439	39	47,204,465	18,813,236
Wisconsin	12,937	6,726	9,933	29,596	30,415	66,193	126,204	41	20,575,429	8,318,063

Women Infant and Children's Nutrition Program-Continued
Fiscal Year 2009

Midwest Region	134,771	67,268	96,936	298,975	330,364	645,947	1,275,286	43	219,879,765	82,197,550
Arkansas	12,360	3,848	7,504	23,712	25,877	41,785	91,374	46	16,859,485	5,493,635
Louisiana	16,680	4,325	15,815	36,819	41,656	66,134	144,608	53	30,386,121	9,326,998
New Mexico	6,756	4,019	4,525	15,300	16,057	36,226	67,582	42	11,218,192	6,174,145
Oklahoma	12,241	4,570	7,974	24,785	25,687	50,190	100,663	41	16,551,368	6,985,063
Texas	98,691	73,379	62,167	234,237	236,617	487,679	958,533	34	131,781,053	71,188,453
Acoma, Canoncito & Laguna, NM	43	52	29	125	120	318	562	44	99,086	53,802
Eight Northern Pueblos,	19	15	14	48	80	239	366	46	67,312	51,663
Five Sandoval Pueblos,	24	38	12	74	81	203	358	54	77,181	75,599
Isleta Pueblo, NM	60	71	46	177	194	540	911	44	158,421	95,203
San Felipe Pueblo, NM	27	22	17	66	66	202	334	58	77,306	45,974
Santo Domingo Tribe,	16	15	8	38	43	131	213	64	54,424	34,745
Zuni Pueblo, NM	64	66	37	167	152	462	780	65	203,054	86,637
Cherokee Nation, OK	801	197	573	1,572	1,826	4,106	7,503	56	1,667,338	626,014
Chickasaw Nation, OK	358	157	352	867	890	1,913	3,670	42	615,177	482,640
Choctaw Nation, OK	339	152	364	855	958	1,979	3,792	44	665,797	288,566
Citizen Potawatomi Na-	105	52	97	255	319	863	1,436	49	279,099	121,002
Inter-Tribal Council, OK	51	29	85	165	190	471	826	57	188,114	69,454
Muscogee Creek Nation,	236	105	258	600	599	1,526	2,724	47	512,696	281,080
Osage Tribal Council, OK	201	108	211	519	656	1,293	2,468	46	454,465	171,228
Otoe-Missouria Tribe, OK	65	22	59	146	173	384	703	48	135,998	75,908
Wichita, Caddo & Dela-	285	133	345	762	801	1,849	3,411	40	539,161	286,528
Southwest Region	149,420	91,374	100,490	341,284	353,040	698,491	1,392,814	38	212,590,848	102,014,337
Colorado	10,616	7,293	7,488	25,396	26,809	52,456	104,661	38	15,763,087	6,665,646
Iowa	6,878	3,631	6,855	17,364	17,319	39,898	74,580	40	12,003,488	3,570,623
Kansas	8,282	3,655	6,157	18,094	19,170	38,382	75,646	37	11,291,234	4,258,309
Missouri	14,741	6,236	16,288	37,265	39,759	70,308	147,331	34	20,280,059	7,573,781
Montana	1,929	1,403	1,578	4,909	5,428	10,254	20,590	36	2,939,142	1,125,305
Nebraska	4,467	2,755	3,364	10,585	10,944	23,294	44,823	40	7,220,102	3,235,854
North Dakota	1,390	674	1,087	3,151	3,267	7,094	13,511	46	2,465,829	1,004,680
South Dakota	1,969	998	1,638	4,605	5,381	10,838	20,825	35	2,876,442	1,622,139
Utah	6,578	6,820	5,224	18,621	17,927	34,103	70,651	35	9,839,125	2,446,347
Wyoming	1,410	818	873	3,101	3,086	5,984	12,170	30	1,467,415	1,094,123
Ute Mountain Ute Tribe,	27	19	2	48	37	109	193	47	35,855	46,506
Omaha Sioux, NE	35	4	7	46	94	178	317	74	94,357	80,829
Santee Sioux, NE	12	1	7	20	30	75	124	75	37,020	35,434
Winnebago Tribe, NE	20	6	4	30	49	118	196	76	59,382	32,991
Standing Rock Sioux	67	16	56	139	193	563	895	55	195,142	158,198
Three Affiliated Tribes,	44	10	9	63	110	163	336	86	115,353	75,309
Cheyenne River Sioux,	74	23	49	146	158	441	745	67	198,445	95,025
Rosebud Sioux, SD	139	95	56	290	305	770	1,364	57	308,838	163,379
Northern Arapahoe, WY	58	27	37	122	156	252	529	67	141,190	125,707
Shoshone Tribe, WY	10	7	13	30	47	105	182	68	49,149	42,629

Women Infant and Children's Nutrition Program-Continued
Fiscal Year 2009

Mountain Plains	58,745	34,489	50,787	144,022	150,264	295,381	589,667	37	87,380,654	33,452,814
Alaska	2,393	2,432	1,221	6,045	6,069	12,712	24,827	52	5,200,303	2,247,892
American Samoa	470	805	115	1,390	1,162	4,507	7,058	72	2,021,886	404,090
Arizona	17,896	14,270	13,073	45,239	48,267	89,175	182,681	42	30,727,055	11,646,694
California	135,568	110,646	93,530	339,744	318,719	771,698	1,430,161	45	257,553,791	104,922,773
Guam	609	364	560	1,534	1,808	3,974	7,316	71	2,068,740	785,241
Hawaii	3,375	3,271	2,163	8,809	8,769	18,387	35,965	56	8,111,763	3,683,001
Idaho	4,313	3,113	2,997	10,424	10,625	24,367	45,415	39	7,058,146	2,420,208
Nevada	6,253	5,990	4,396	16,638	16,626	31,547	64,811	35	9,196,964	3,311,622
Oregon	12,052	10,148	5,284	27,484	25,113	59,609	112,206	40	17,823,228	6,480,057
Washington	23,450	13,159	9,299	45,907	42,106	100,444	188,458	45	33,819,338	8,813,985
Northern Marianas	330	332	141	802	735	1,962	3,500	62	872,883	249,683
Inter-Tribal Council, AZ	1,083	681	730	2,494	2,785	6,125	11,403	40	1,807,414	957,746
Navajo Nation, AZ	1,092	917	655	2,664	2,790	7,259	12,712	53	2,699,705	1,147,914
Inter-Tribal Council, NV	160	135	83	377	366	995	1,737	38	265,496	154,990
Western Region	209,043	166,260	134,246	509,549	485,939	1,132,759	2,128,247	45	379,226,712	147,225,896
TOTAL	916,960	589,052	657,852	2,163,864	2,224,868	4,604,078	8,992,810	44	1,598,428,805	578,724,397
All data are preliminary and are subject to revision.										

foods provided are high in one or more of the following nutrients: protein, calcium, iron, and vitamins A and C. These are the nutrients frequently lacking in the diets of the program's target population. Different food packages are provided for different categories of participants. WIC foods include iron-fortified infant formula and infant cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, peanut butter, dried beans/peas, tuna fish and carrots. Special therapeutic infant formulas and medical foods may be provided when prescribed by a physician for a specified medical condition.²²

What are the implications?

WIC is not an entitlement program; that is, Congress does not set aside funds to allow every eligible individual to participate in the program. Instead, WIC is a Federal grant program for which Congress authorizes a specific amount of funding each year for program operations. The Food and Nutrition Service (FNS), which administers the program at the Federal level, provides these funds to WIC State agencies (State health departments or comparable agencies) to pay for WIC foods, nutrition education, and administrative costs.²²

WIC saves lives and improves the health of nutritionally at-risk women, infants and children. The results of studies conducted by FNS and other non-government enti-

ties prove that WIC is one of the nation's most successful and cost-effective nutrition intervention programs. Since its beginning in 1974, the WIC Program has earned the reputation of being one of the most successful Federally-funded nutrition programs in the United States. Collective findings of studies, reviews and reports demonstrate that the WIC Program is cost effective in protecting or improving the health/nutritional status of low-income women, infants and children. The following highlights some of the findings (pertinent references are provided).

Improved Birth Outcomes and Savings in Health Care Costs

Research has shown that the WIC Program has been playing an important role in improving birth outcomes and containing health care costs.^{7,20} A series of reports published by USDA based on linked 1988 WIC and Medicaid data on over 100,000 births found that every dollar spent on prenatal WIC participation for

- ◆ low-income Medicaid women in 5 States resulted in:
 - ◆ longer pregnancies;
 - ◆ fewer premature births;
 - ◆ lower incidence of moderately low and very low birth weight infants;
 - ◆ fewer infant deaths;
 - ◆ a greater likelihood of receiving prenatal care; and
 - ◆ savings in health care costs from \$1.77 to \$3.13

within the first 60 days after birth.^{3,4,5}

Improved Diet and Diet-Related Outcomes

Studies have found WIC to have a positive effect on children's diet and diet-related outcomes such as:

- ◆ higher mean intakes of iron, vitamin C, thiamin, niacin and vitamin B6, without an increase in food energy intake, indicating an increase in the nutrient density of the diet;¹⁹
- ◆ positive effects on the intakes of ten nutrients without an adverse effect on fat or cholesterol;¹⁴
- ◆ more effective than other cash income or SNAP benefits at improving preschoolers' intake of key nutrients;¹⁴ and
- ◆ decline in the rate of iron deficiency anemia from 7.8 percent in 1975 to 2.9 percent in 1985 which the Centers for Disease Control and Prevention attributed to both a general improvement in iron nutrition and participation in WIC and other public nutrition programs.²⁰

Improved Infant Feeding Practices

WIC promotes breastfeeding as the optimal method of infant feeding. Studies show:

- ◆ WIC participants who reported having received advice to breastfeed their babies from the WIC clinic were more likely to breastfeed than other WIC participants or eligible nonparticipants;¹⁸
- ◆ WIC breastfeeding policy and program activities were strengthened in the early 1990's;
- ◆ Between 1996 and 2001, the percentage of WIC mothers breastfeeding in the hospital increased by almost 25 percent, from 46.6 to 58.2 percent;
- ◆ The percentage of WIC infants breastfeeding at six months of age increased by 61.2 percent, from 12.9 to 20.8 percent; and,
- ◆ For those infants who are fed infant formula, 90 percent received iron-fortified formula, which **is** recommended for nearly all non-breastfed infants for the first year of life.¹

Immunization Rates and Regular Source of Medical Care

A regular schedule of immunizations is recommended for children from birth to 2 years of age, which coincides with the period in which many low-income children participate in WIC. Studies have found significantly improved rates of childhood immunization and of having a regular source of medical care associated with WIC participation.¹⁹

Improved Cognitive Development

Cognitive development influences school achievement and behavior. Participation in the WIC Program has been shown to:

- ◆ improve vocabulary scores for children of mothers who participated in WIC prenatally; and
- ◆ significantly improve memory for numbers for children enrolled in WIC after the first year of life.¹⁹

Improved Preconceptional Nutritional Status

Preconceptional nutritional status is an important determinant of birth outcome. A previous pregnancy can cause nutritional depletion of the postpartum woman, particularly those with high parity and short interpregnancy intervals. One study found:

- ◆ women enrolled in WIC both during pregnancy and postpartum periods delivered infants with higher mean birth weights in a subsequent pregnancy than women who received WIC prenatally only; and,
- ◆ the women who received postpartum benefits had higher hemoglobin levels and lower risk of maternal obesity at the onset of the subsequent pregnancy.²

Other Improved Outcomes

WIC participation has also been shown to:

- ◆ increase the likelihood of children having a regular provider of medical care;¹⁹ and,
- ◆ improve growth rates.^{6,8}

Summary:

- ◆ WIC reduces fetal deaths and infant mortality.
- ◆ WIC reduces low birthweight rates and increases the duration of pregnancy.
- ◆ WIC improves the growth of nutritionally at-risk infants and children.
- ◆ WIC decreases the incidence of iron deficiency anemia in children.
- ◆ WIC improves the dietary intake of pregnant and postpartum women and improves weight gain in pregnant women.
- ◆ Pregnant women participating in WIC receive prenatal care earlier.
- ◆ Children enrolled in WIC are more likely to have a regular source of medical care and have more up to date immunizations.
- ◆ WIC helps get children ready to start school: children who receive WIC benefits demonstrate improved intellectual development.
- ◆ WIC significantly improves children's diets.

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Census questions?

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