

2025 Anemia in Minnesota WIC Children Talking Points

JUNE 2025

[Child Anemia in the Minnesota WIC Program, 2025 \(PDF\)](#) fact sheet is available and highlights the benefits of WIC participation. This fact sheet is a useful tool to share with internal and external partners and stakeholders.

Talking points when sharing

- Anemia in MN WIC children during 2024 decreased to 11.4% from a high of 14.4% in 2018 (Figure 1). There is a gap in data because hemoglobin was not routinely measured during the pandemic.
- Anemia in MN WIC is higher than the rate among all U.S. children.
- Anemia varies by race/ethnicity with Black/African American and American Indian children having higher rates. Asian children in 2019 had one of the higher rates of anemia (17%), but in 2024, Asian Non-Hispanic children anemia rates (10%) were similar to White Non Hispanic rates (9.7%).
- Children from families culturally identifying as Sudanese, Liberian, multi-generation African American, or Kenyan have higher rates of anemia. Similarly, Asian children from families culturally identifying as Laotian and Cambodian have significantly higher rates of anemia.
- Children who are 12 to 14 months experience more anemia than older children. Although rates decreased for all age groups since 2019, anemia in the 12-to-24-month age group remained fairly stable.
- Only 48% of breakfast cereals, 35% of infant cereals and 18% of jarred infant meats are redeemed by MN WIC participants. Promotion of these iron-rich foods, especially during the 12-to-17-month age group may decrease anemia.

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

This institution is an equal opportunity provider.