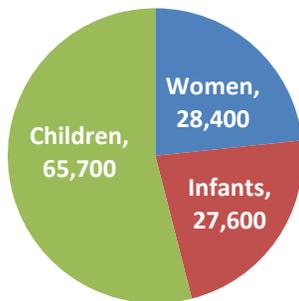


# Minnesota WIC Facts

## Who Participates in Minnesota WIC?

- During FFY 2014, an average of 121,700 low to moderate income women, infants, and children participated each month in the Minnesota WIC program.<sup>1</sup>
- In 2013, Minnesota WIC served an estimated 46% of all infants born in Minnesota.<sup>1</sup>

**FY 2014 Average Monthly Participation in Minnesota WIC<sup>1</sup>**



## Nutrition Services & Breastfeeding Support

- Participants receive individualized nutrition education and referrals to community resources.
- WIC promotes and actively supports breastfeeding, important for child and maternal health, and health care cost savings.
- WIC reduces anemia and obesity by providing healthy foods and nutrition counseling.

## Healthy Foods

- WIC provides healthy foods including fruits, vegetables, whole grains and low fat dairy. The food package contributes to healthy diets which aid in reducing obesity and chronic disease.
- During FY 2014, WIC participants purchased over \$90 million in WIC foods at local grocery stores. (Map)

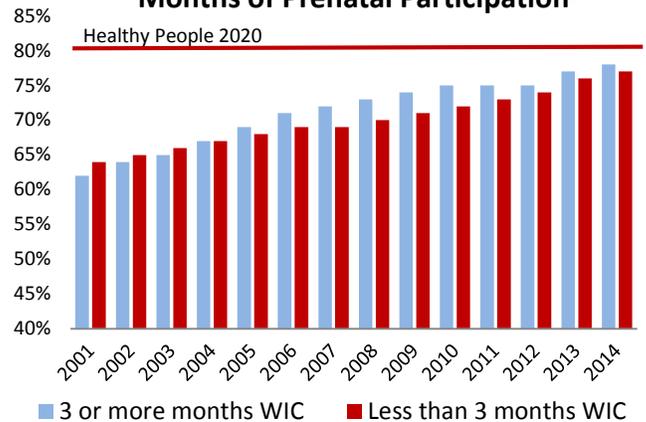
## Minnesota Health Care Cost Savings

- Every dollar spent on pregnant women in Minnesota WIC saves \$4.21 in Medicaid costs for newborns and their mothers or an average of \$636 per prenatal participant.<sup>2</sup>

## Breastfeeding Initiation in Minnesota WIC

- Initiation increased by 22% from 63% in 2001 to 77% in 2014. Breastfeeding initiation is positively associated with three or more months prenatal participation in WIC.<sup>1</sup>

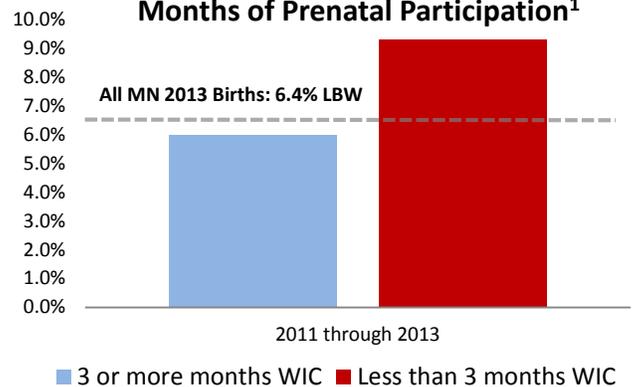
**Breastfeeding Initiation by Months of Prenatal Participation<sup>1</sup>**



## Birth Outcomes in Minnesota WIC

- Mothers participating 3 or more months prenatally in WIC had fewer low birth weight babies (6.0% compared to 9.3%)<sup>1</sup>. Low birth weight (<2500 g) increases risk for many health problems, birth defects, and infant mortality.

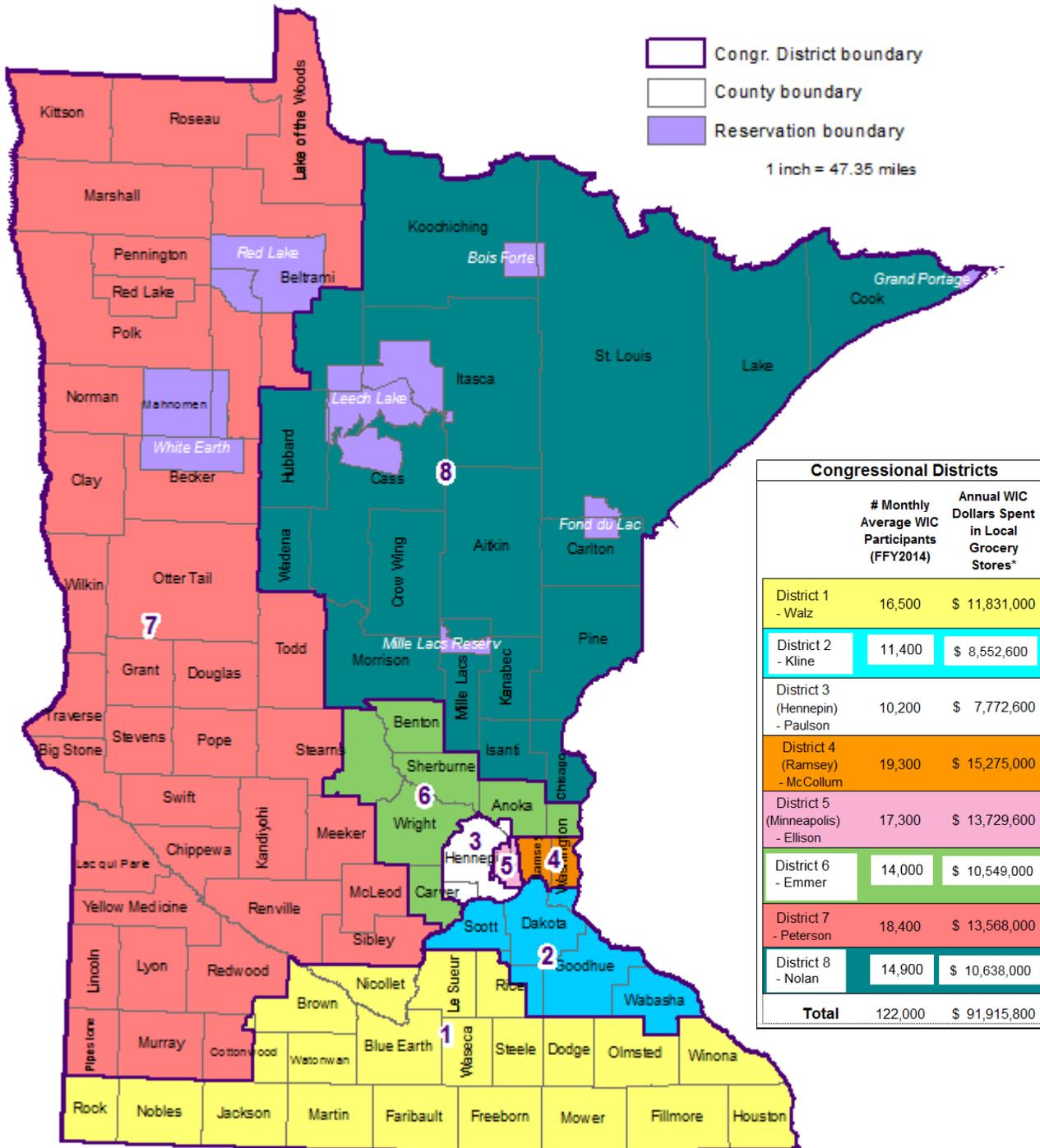
**Low Birth Weight by Months of Prenatal Participation<sup>1</sup>**



<sup>1</sup> Minnesota WIC Information System

<sup>2</sup> USDA Report: The savings in Medicaid costs for newborns and their mothers from prenatal participation in the WIC program. Addendum October 1991 p 5. <http://www.fns.usda.gov/sites/default/files/savadd.pdf> Last accessed Feb. 19, 2015

# WIC Dollars Spent in Local Grocery Stores on Food by Congressional District, FFY2014



The estimated monthly average FFY2014 participation for all Congressional Districts was determined based on the average monthly number of WIC participants in each WIC clinic.

\* FFY2014 - WIC \$ spent on food.